



*"Always Needed, Always There"*

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# The 67th Annual Report of the Red Cross Society, Hermanus

**March 2024 - March 2025**

## Introduction

The 67th annual report of Red Cross Hermanus presents a comprehensive overview of our activities, achievements, and challenges from **March 2024 to March 2025**. This period has been marked by significant milestones in our ongoing mission to alleviate human suffering and promote humanitarian values. Red Cross Hermanus is a vital branch of the Red Cross Society of the Western Province, dedicated to providing services to the local community.

## Our programmes that support our mission are :

1. Training in Home-Based Care and First Aid
2. Provision of medical equipment
3. Food Insecurity
4. Disaster management
5. Dementia Awareness

## 1. Training and workshops overview.

The Red Cross Hermanus branch has been instrumental in offering Home-Based Courses aimed at equipping students with vital skills for home-based care.

### Home Base Care Level 1 SETA Accredited

The primary goal of the Home-Based Care Level 1 course is to equip students with the foundational skills needed to provide care and support to individuals in their homes.

## Course Structure and Content

The lectures of the course are structured to provide a blend of theoretical knowledge and practical experience. The lectures involve the following key components:

- Theoretical Instructions: Students receive classroom-based education covering essential topics such as health and safety, patients' rights and care ethics.
- Practical Training: Hands-on training sessions enable students to practice and refine their caregiving skills in a controlled environment.
- Clinical Placements: Students undertake supervised visits to retirement homes, such as Huis Lettie Theron and SOFCA, as well as home settings, which allow them to learn and observe in actual environment scenarios.
- Assessments: Regular assessments, including written exams and practical evaluations, ensure students meet the required competencies.
- Support and Mentoring: Continuous support and mentoring from an experienced instructor, Sister Desiree Banson, who is a registered nurse, who helps students navigate the challenges of the course.
- Lectures in Communication by Molly Venter, lecturer and moderator of Communication. The students also discuss the importance of a contract.

### **Course Outcomes**

The Home-Based Courses presented by Red Cross Hermanus aimed to provide comprehensive training in home-based care, including first aid, patient care and emergency response. The lectures were designed to ensure that students gained practical and theoretical knowledge essential for providing high-quality home care. Key outcomes of the courses included:

- Enhanced Skills: Students demonstrated significant improvement in their caregiving skills, including patient handling, wound care, and emergency procedures.
- Certification: Successful students received certification recognised by healthcare institutions, enhancing their employability.
- Community Impact: Graduates of the courses contributed positively to their communities by offering competent home-based care services.

### **Number of Successful Students**

Over the past year, 75 students enrolled in the Home-Based Courses. Of these, 95% completed the course requirements and passed the final evaluations.

The success rate indicates the quality of training provided and the dedication of both the instructor and the students.

## **FIRST AID TRAINING**

Various courses were presented to cater to different needs and communities. The Level 1 SETA-accredited courses were held on three consecutive Saturdays, with students receiving certificates upon completion of written and practical exams.

Short one-day Saturday courses were also offered at the Depot, at soup kitchens for volunteers, Hermanus Learning Hub students and at schools. These short courses culminated in individual letters of attendance.

### **Trainer**

The trainer, a fully trained Level 3 SETA-accredited professional, conducted the training during weekends, despite being employed full-time by another organisation.

Efforts to find a full-time volunteer trainer have been ongoing, but no suitable applications have been received so far.

### **Courses presented included:**

- Short courses on Saturdays, providing certificates of attendance upon completion.
- Level 1 SETA-accredited courses conducted over three consecutive Saturdays, resulting in certificates post exams.
- Short basic first aid courses held at schools for learners and staff.
- The courses attracted a diverse group of participants, including 150 primary and high school learners, 60 soup kitchen staff members, and 20 interested members of the public

## **2. Provision of Medical Equipment**

The Red Cross provides a much-needed service of hiring out medical equipment. This brings in a stream of income for the organisation to fund some of our other services. We are grateful to our committee member, Grant Murdoch, who maintains and repairs the equipment.

## **3. Food Insecurity**

Red Cross continues to support community kitchens serving food to people who are unemployed, the elderly and children, who live close by. We do this through supplying dry ingredients to 15 feeding hubs and soup kitchens. We are also able to respond to extra needs requests as they arise and assist where we can.

## **4. Disaster management**

Throughout the year, we encountered various fires in Hermanus, challenging our community and emergency services. The Red Cross Hermanus promptly supported the firefighters by providing essential supplies such as water, food, and skin lotions. Several fires also devastated the Zwelihle and Mount Pleasant communities, where numerous individuals lost their homes and personal belongings. In response, Red Cross Hermanus donated building materials, food, and blankets to aid in the reconstruction efforts and provide immediate relief to those affected.

## **5. Dementia awareness**

Dr Kathie Buley and Angela Heslop initiated a programme to make Hermanus a Dementia friendly town by providing education and support for people suffering from dementia and those who care for them. There are workshops planned to work with various organisations and compile fliers where people can get the necessary support they need. A workshop was held on “Dementia Awareness” and lectures were presented by Dr Kathie Buley with the title “Demystifying Dementia” to various organisations. A day workshop is planned for April, “Nurtured by Nature” at Fernkloof.

## **Volunteers and Committee**

Volunteers are the backbone of our organisation, contributing their time and skills to support various activities and initiatives. The branch has a dedicated committee of

**9 members** that oversees operations, ensuring that everything runs smoothly and efficiently. The collaboration and commitment of volunteers and committee members are essential to the success of Red Cross Hermanus's mission.

## **Fundraising and Financial Overview**

The financial management of Red Cross Hermanus ensures transparency and accountability in all monetary transactions. We have a Core team of Committee members that carefully allocate funds to various programmes and services, ensuring that resources are utilised effectively to benefit the community we serve. Detailed financial reports are prepared monthly to track expenditure and donations, and to maintain trust with donors and stakeholders.

### **Financial Overview (see financials for more detail)**

The financial health of Red Cross Hermanus remains strong, with prudent management and transparent reporting. Detailed financial statements, including income, expenditure, and budget allocation reports, are available at the office.

## **Thanks to our Donors**

We have received donations from:

- Various Trust funds
- Community members donating towards specific projects.
- Businesses donate food and food parcels for specific events (Mandela Day).
- Churches donate various articles to our depot (adult nappies, toiletries, blankets).
- Members of the public donate medical equipment to our depot so that we can hire these articles out at a minimum cost to people needing these articles for short periods.
- Donating the refundable deposit when hiring medical equipment.
- Hiring out medical equipment to the public.
- Class fees paid by students for Home-Based Care and First Aid classes are presented monthly.

## **Challenges and Lessons Learned**

The year was not without its challenges. Natural disasters, economic instability, and logistical constraints tested our resilience. However, these challenges also provided valuable lessons that have strengthened our operations and strategic planning.

## **Looking Ahead**

As we look forward to the upcoming year, our focus will remain on enhancing our emergency response capabilities, expanding health services, and deepening community engagement. Strategic partnerships and innovation will be key drivers in achieving our goals.

## **Conclusion**

The 67th annual report of Red Cross Hermanus is a testament to the unwavering commitment of our volunteers, staff, partners, and donors. Together, we have made a significant impact on the lives of those in need. We remain steadfast in our mission to support the most vulnerable and continue to uphold the values of the Red Cross.

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Angela Heslop  
Chairperson