



Chance Of a Lifetime Travel

**COLT** are proud partners of African Impact, on-the-ground leaders in African volunteering and winners of the 2011 Imvelo Award for Responsible Tourism

# Home Based Care and Community Project Cape Town, South Africa



*At African Impact, we see ourselves as the on-the-ground AFRICAN SPECIALISTS in volunteering. Founded in 2004, we have so far hosted over 6000 volunteers on our exciting Conservation and Community Volunteer Projects in Africa.*

*We are also immensely proud to have been nominated as Finalists for the following Responsible Tourism Awards in 2009: The **World Travel Awards**; The **British Youth Travel Awards** and the prestigious South African **Imvelo Responsible Tourism Awards**. In 2010 we were once again nominated for a World Travel Award and were proud **Winners of an Africa-wide Imvelo Responsible Tourism Award**. An accolade awarded in 2009 to Sir Richard Branson's Ulusaba Eco-Lodge in South Africa. In 2011 so far we are nominated for a World Travel Award and are entrants once again in the Imvelo Awards, British Youth Travel Awards and Virgin Responsible Tourism Award.*

*Our head office is in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania, Zimbabwe and Zambia. We are determined to make a difference in the amazing communities and conservation areas in which we work.  
And so can you...*



**Location:** Cape Town Southern Peninsula, in view of Cape Point Nature Reserve, on the coastline of Cape Town.

**Age limit:** Minimum 18 years, maximum decided on potential participants' health

**Required experience:** No specific prior experience is required for this project.

**Project Highlights:**

- Be part of Home Based Care teams and provide out-patient service to sick adults and children in their homes
- Offer much needed support to families and give medical or social referrals as needed



- Work alongside qualified nurses and gain valuable insight into basic health care in South Africa
- Improve the comfort and basic resources of these ill adults and children in underprivileged townships
- Help to uplift whole communities through healthcare
- Offer advice on healthy eating and lifestyle changes
- Treat and dress wounds and monitor a patients' health
- Be the backbone of relationships with community members and make an impact on the southern peninsula of South Africa
- Take advantage of optional trips to see more of Cape Town's spectacular sites including world famous Table Mountain and Robben Island
- Make friends for life with the other international volunteers on the programme and immerse yourself in Capetonian culture

### **Home Based Care and Community Programme**

In a city of contrasts, Cape Town's private sector health care and provision is extensive, but it is the rural communities that suffer from an immense lack of facilities. Whilst there are some structures in place or an effective health service, there is an enormous deficit in terms of staff and resources. This is why the volunteers' help is very much appreciated by the nurses and doctors we work with.

African Impact Volunteers in partnership with Living Hope\* have created this placement that will give you the opportunity to make a positive impact on the people in these underprivileged areas on the outskirts of Cape Town, by being part of the medical home based care teams that go out and serve the sick people's needs at their homes. This project was initiated by Living Hope for medical volunteers that are willing to sacrifice their time and expertise to serve sick poor people in their homes. Volunteers will also be involved with working in different community projects, helping to uplift their basic resources.

*\*Living Hope is a faith-based organisation and thus volunteers will be required to sign a form on arrival acknowledging that they understand what Living Hope stand for and that they won't compromise that. A volunteer is not required to be of similar faith, but is required to be respectful of it.*

### **Your daily tasks may include:**

**Home Based Care.** Ocean View was established in 1968 as a township for coloured people who had been forcibly removed from so called "white areas" such as Simon's Town, Noordhoek, Red Hill, Glencairn etc. by the former apartheid government under the Group Areas Act.

Ocean View is a community that visibly struggles with drug addiction, teenage pregnancies, unemployment and poverty. There is however an unseen struggle-the many elderly folk living within that community. We have found patients locked up in their homes during the day because the family is unable to afford or arrange for caregivers. Many of them are dependent on their children to collect their pensions and hopefully the money will be used to feed them and not on drug addiction.

The Ocean View Home Based care team looks after these elderly folk providing anything from a full bath, to a blood pressure check to a wound dressing. Home Based Care runs from 08h00 –12h30 daily and you will be involved in the following:

Our volunteers accompany community workers as they visit bed ridden or immobile patients in Ocean View.

It is their duty to provide basic advice, comfort and assistance to members of the community with little to no access to clinics or hospitals. This may mean basic First Aid or chatting to patients about the importance of hygiene, a healthy diet and in some cases assisting with bathing and exercise. Home Based Care is also about assisting those incapable of taking care of themselves, by making a patient's bed, doing a bit of simple house work for them, and generally trying to improve their circumstance in the most basic yet effective way. Ocean View currently has only 8 Home Based Carers trying to look after 104 patients a week with limited resources and time. There is also a great need for Occupational Therapists and Physiotherapists in these communities!

After having spent the morning with the Home Based Care team, you will assist in the local community in various aspects in the afternoon. You will rotate between the following community projects (Please also understand that our projects are continuously evolving, being improved, and adapting to the needs of the local communities that we are involved with, so involvement areas do change from time to time. Rest assured your work will be necessary, rewarding and exciting) :

#### **Building and painting schools**

Schools in Red Hill deal with a great shortage of classrooms and facilities, as a result of which they are limited to the amount of children they can accommodate. As a volunteer, you will assist with fixing fences and windows, and rebuilding and painting classrooms. This project will also involve community litter, glass and rubbish collection.

#### **Masiphumelele Library**

Masiphumelele has been blessed with a wonderfully-resourced library and great facilities. The library offers many services to the community and volunteers slot into

some of the existing programs offered at the library. These include arts and crafts, puzzles, games, literacy, one on one reading, homework club and math club.



### **Educare Centre**

Volunteers will assist teachers with after school care by helping with game playing, reading (both one-on-one with the kids and to the group during story time), and with other activities they engage the children with i.e. art, music, and dancing.

### **A day in the life of a Cape Town volunteer...**

*Please note that your itineraries may differ from this, depending on your own experience and the number of other volunteers on the placement at the same time, school holidays etc. and this is simply to give an example.*

**07:00** Get up, eat breakfast of cereals, toast, tea/coffee, and start getting ready for your project.

**07:45** Head off on the short drive to your project.

**08:00** Start work with the Home Based Care team. You will spend the rest of your day out in the community assisting our nursing staff as they attend to people at their homes.

**12:30** You will be collected from Ocean View and have lunch back at the volunteer house.

**14:00** You will leave for one of your afternoon community projects. Spend these afternoons playing with the children at the schools or building and painting on a local project.

**16:30** End of the working day. You will be picked up from your project and taken to the volunteer house where we evaluate the day and discuss the schedule for the next day, or enjoy some free time.

**18:30** Dinner at your volunteer house. After dinner, volunteers are free to do as the

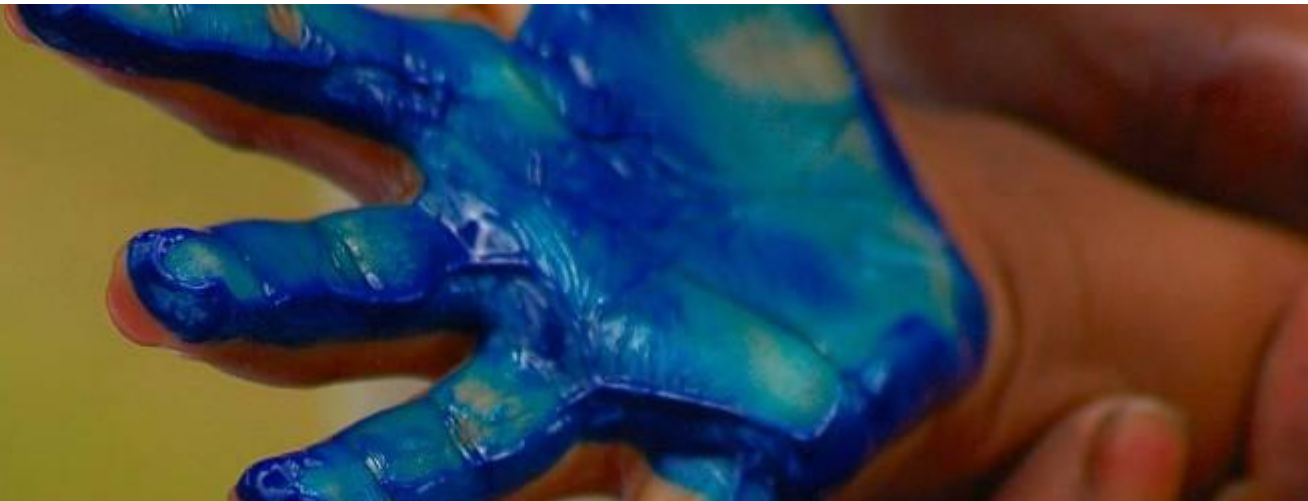
please i.e. movies, malls etc.

**Project Support:**

Throughout your placement you will have the support and guidance of our experienced project managers. They are part of our greater African Impact support team, which will provide you with competent 24-hour field support and assistance.

**Project Accommodation and meals:**

- Volunteers will stay in a fully furnished house situated at the foot of Chapman's Peak in the rustic town of Noordhoek.
- The house is on a private and secure one acre property and boasts a swimming pool and barbeque facilities.
- It's comfortable, spacious, and within easy walking distance of a shopping mall and cinema.
- It is also staffed with a cook and cleaner and each room has an en-suite bathroom.
- Other facilities include satellite television, a snooker table and a lock-up safe for your valuables.
- All bedding is provided, but you will however need to bring your own towels please.



- You will be provided with three meals a day.
- Breakfast is on a help-yourself basis consisting of cereals / porridge, toast, tea and coffee.
- Lunch and dinner will be cooked or prepared for you by one of our chefs at your volunteer house.
- On weekends you will need to cook your own meals (we will provide ingredients) as our staff will need to be given time off. Weekends are usually a good time for tourist activities and exploring the surrounding area, so this is the time that a lot of volunteers are out and about.

**Getting there: *We will meet you at the airport!***

**Project Cost Includes:**

- Project Fee: this entails financing that goes directly back into the project that you are involved with. This fee facilitates funding for items such as medical supplies, building materials, equipment, etc. Project fees are also used to buy vehicles / equipment for the project, and for developing new housing for volunteers to provide for the expansion of the project
- All airport transfers from Cape Town International Airport upon arrival and departure
- Comprehensive orientation program
- All daily transfers to and from your projects during your stay
- Full board and lodging which includes 3 meals a day at our volunteer house
- Weekly laundry service during your stay
- Assistance in your projects by various African Impact staff and Project Managers
- Outings to Cape Point– the most South-Western tip of Africa, Boulders Beach – to see the African Penguin colony, and world famous Table Mountain (except in the special offer months of September, October and November 2011)

**Project Cost Excludes:**

- Personal travel insurance for the duration of your placement, which must include cover for repatriation
- All transport by air or bus to Cape Town
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- E-mail / Internet and telephone calls
- Soft drinks, wines and spirits
- All visas for border crossings



- Any excursions over-and-above your planned itinerary in Cape Town

## Project Orientation:

Upon arrival at our project base on the outskirts of Cape Town, all volunteers are involved in a comprehensive orientation programme, which is included in your fee. This is facilitated by your Project Manager and entails:

- An introduction to the city of Cape Town and surrounding Cape Peninsula, as well as the communities you will be working in.
- An introduction to all of our Cape Town projects. Not only will you see where you will be working, you will also see where your fellow volunteers will be spending their days.

*We look forward to welcoming you for a unique, rewarding and unforgettable experience!*

## Project Travel Highlights:

### Guideline prices for popular activities offered in and around Cape Town:

**Aquila private game reserve** – a "Big 5" reserve situated 2 hours drive out of Cape Town: +-ZAR1500 pp (based on a minimum of 5 pax), which includes a buffet breakfast, lunch and a 3 hour game drive. It is also a possible opportunity to pet cheetahs.

**City hop on-hop off double-decker bus:** +- ZAR130pp

**Shark Cage Diving:** +- ZAR1500pp (including transport and based on a minimum of 4 pax)

**Sky diving:** +- ZAR2000 (including transport and based on a minimum of 2 pax)

**Abseiling down Table Mountain:** +-ZAR495

**Surfing lessons:** +-ZAR250



## Our Partners

**[The Happy Africa Foundation www.happyafricafoundation.org](http://www.happyafricafoundation.org)**

African Impact is proud to have been instrumental in the establishment of The Happy Africa Foundation in 2007 and continues to be one of the Foundations major supporters. UK Registered Charity Number: 1123529.

The mission of The Happy Africa Foundation is to empower the African people through the support of community and conservation based initiatives that operate at grass roots level.

We are proudly affiliated to the UK-based **Know Before You Go** campaign that promotes education and knowledge-sharing amongst travellers.

African Impact is delighted to have been nominated as a **2009 World Travel Awards Finalist** and see this as exciting recognition of our position as African specialists in Volunteering, with over 5 years experience in sharing Africa with travellers who have a passion for making a difference.