

Overstrand Hospice Newsletter



June 2026

HOSPICE SAYS FAREWELL TO THE HERMANUS CANCER FUND ANGELS



Back left to right: Alan Toombs; Sr Esme Potgieter and Fran Tong
Front left to right: Debby Brooke-Sumner; Carol Groenewald and Sandy Jenkin. Liz Curry-Marais is in the UK and could not attend.

"The Hermanus Cancer Fund (HCF) was formed by a group of ladies in the late 90's to help support families suffering from cancer. Helen Gardner, Carol Groenewald, Debby Brooke-Sumner, Sandy Jenkin and Liz Curry-Marais raised funds through organising bridge drives, garden parties and the annual highlight being the annual Christmas concert at Bouchard Finlayson Winery.

For over 20 years these angels have been supporting Hospice in so many wonderful ways. They financed syringe drivers, ripple mattresses, oxygen, hospital beds, food parcels and travel costs for patients to go over the mountain for oncology treatment. They even helped to finance a Hospice fundraiser!

The time has sadly arrived for these ladies to wind down their activities and take a well-earned rest. We at Hospice held a small tea party to say thank you to these wonderful ladies. Unfortunately, not all could attend, but we were able to say goodbye to Debby, Carol and Sandy. The occasion also proved to be a time for reminiscing and reflecting on the years of their association with us.

The contribution HCF has made to our Hospice and to this community cannot be overestimated. Thank you from all of us at Overstrand Hospice and from all those families whose lives you have touched over the years". Alan Toombs, Board member and Treasurer.

NEW DEVELOPMENT OVERSTRAND HOSPICE

This vision started about 12 years ago when we were fortunate enough to acquire 3 Aberdeen Street, where our beautiful shop now stands.

Years in the planning and waiting for the perfect location, which presented itself in the form of the Hermanus Times Building. There have been several hurdles to overcome over the years, mostly due to parking requirements in the CBD. Eventually, after draft 12, our design team, "Design Ateljee" headed by Janeske Brits and in consultation with the planning and building department at the municipality, as well as assisted by WRAP (Town planners and projects) we managed to fit in most requirements.

Building one's own home is very easy, however when working with donors and funders, the responsibility is rather daunting. There were times of despondency and frustrations. Hermanus is expanding, so contractors, builders and the like are in great demand. Satisfying staff requests reaches another level of hysteria!

However, in about 2 weeks despite the poor weather, multiple changes and the like, the building will be handed over to the Overstrand Hospice for occupancy.

We are very thankful to so many that have assisted us on this journey.



Office: 028 312 4679 / 1 Aberdeen Street, Hermanus 7200
admin@overstrandhospice.org.za

HOSPICE SHOP NEWS

As winter blows in over Hermanus, it is pleasing to experience the strong demand for our winter clothing. As always, the Hospice Shop is an important choice for families seeking such clothing items.

The shop continues to bundle and pass on unsold clothing to needy organizations and the R20 lucky dip clothing bags are a firm favourite when they are put out. The concept of paying it forward is a cornerstone of our operation and our desire to be the heart of the Overstrand community.

There are always exciting items that are donated by our benefactors. But, aside from clothing, furniture, electrical, books and bric-a-brac, occasionally we are excited to receive items that we have to research to determine what they are! We have had false teeth, dentistry drills and comics from days gone by – what a thrill! This month we received a donation of hundreds of hand-made bugs. There were colourful grasshoppers, beetles, lady birds and cockroaches all hand painted and made of wood and wire. We can only ponder the story behind this fascinating donation.

Our volunteer students doing community service from Hermanus High School and Curro carefully sorted and bagged these bugs into smaller packets and they have been selling fast. Never a dull day at the shop.

Keep allowing us to do what we do best and remember Overstrand Hospice when you have something that you no longer need that would be valuable to someone else.

Stay warm, stay well and please visit the shop when you can. **Dave Shutte, Vice chairman, Overstrand Hospice.**



To arrange pick up of
your donations
please contact Petro or
Ellenique
on 028 313 1884

Shop hours:
Monday to Friday: 9:00 - 16:00
Saturdays: 9:00 - 12:00

OUR HOSPICE ONLINE SHOP

Did you know that you can support Overstrand Hospice from the comfort of your home? Our Hospice Online Shop extends the reach of our Hospice Shop, offering a wonderful selection of quality pre-loved jewellery, antiques, collectables, home décor, and more.

Every purchase helps fund the compassionate palliative care and support services that Overstrand Hospice provides to patients and their families free of charge. New treasures are added regularly, so there's always something special to discover. Whether you're looking for a unique gift or a treat for yourself, every purchase makes a meaningful difference.

Shop with purpose. Give pre-loved treasures a new home while helping us care for our community.

Visit our online shop at <https://overstrandhospice.org.za/shop/>

Suzette Botha, Fundraiser, Overstrand Hospice

Shop: 028 313 1884 / 3 Aberdeen Street, Hermanus 7200
shop@overstrandhospice.org.za

OUR PATIENT CARE TEAM WELCOMES A NEW MEMBER



We are pleased to welcome a new staff member to our Patient Care team. Sr Phindile Mazibuko joined the Overstrand Hospice team on the 1st April 2026. Her career started in 2019 at the Newcastle Hospital in KZN until she joined Groote Schuur Retreat clinic in 2021.

During COVID she was deployed to Breweelskloof Hospital until 2023. Sr Phindile joined Right to Care in Hermanus in Feb 2026.

Overstrand Hospice advertised a position for a professional nurse in March 2026 and Sr Phindile successfully applied.

We hope that she will have a long and fulfilling career as part of the Overstrand Hospice family.

GRATITUDE FROM AFAR

“ Good day

I hope you are well and having a nice day?

We just wanted to let you know that as part of our wedding on 10/10/2026 we have asked our guests to donate to Overstrand Hospice as they were so nice when looking after my Mom in her final weeks. We have included a link on our wedding website for guests that directs them to your donation web-page. There may be some donations from the UK too from now to October and we hope and pray you can put any funds that do come through to good use. Kind regards”.

From a grateful family in the UK.

PATIENT CARE STATS JANUARY - JUNE 2026

NEW ADMISSIONS: 153

RIP's: 100

TOTAL VISITS: 1262

TOTAL PATIENTS CARED FOR OVER THIS PERIOD: 560

TOTAL VISITS BY SOCIAL WORKER: 191

HOSPICE MYTH VS FACT

MYTH

Palliative care is purely about drugging patients with addictive narcotics like morphine to hasten death.

FACT

Pain medication is used strictly to relieve suffering and improve quality of life. When managed properly by professionals, these medications are safe and do not cause addiction or artificially hasten death

No patient will ever be rejected on the basis of race, religion, age, sexual orientation, culture, gender or financial status.

OUR ONLINE SHOP CROSSES BORDERS



“Good day.

A bit of background. I am 75 years of age and a former marine biologist, from the UK but have lived most of my adult life in the United States. I’ve been trying to obtain one of these plates for many years. Nearly all of them are in South Africa and when I come across one it was too late, already sold.

When I saw yours in early March I was determined to persevere until the plate crossed borders.

My plate arrived safely today! I’m wearing a coelacanth shirt in honour of the occasion! I am so appreciative to you. I know I was a persistent nuisance and, once again, thank you for putting up with me. Have a great day!” **Hugh Bellis-Jones.**

TWO BROTHERS WHO WALK MORE THAN THE EXTRA MILE FOR OVERSTRAND HOSPICE

The twin brothers, Bouwer and Laurentius Schoonwinkel are identical twins who retired from the South African Police Service after 33 years of service.

Together with their support team, they undertook a Walk for Cancer in 2025 in aid of Overstrand Hospice. This walk covered 104 km from L’Agulhas to Danger Point, Gansbaai, and was completed over a period of four days.

During this selfless project, an incredible amount of R60,167 was raised for Overstrand Hospice. Donors across the world, including the USA, Australia, Namibia and Angola, supported this initiative.

Inspired by this experience, they are once again undertaking a fundraising walk on 10 October 2026. They will depart at 05:00 from the Hospice in Hermanus and walk continuously for 12 hours, aiming for the Pearly Beach Angling Club approximately 65–70 km, depending on how far they are able to walk in 12 hours. They appeal to the community of the Overstrand and Overberg to support them in this fundraising initiative.

Any donation or auction item, no matter how small, will be gratefully received.

We will be sharing more information about this event nearer to the time.

**Please contact: Bouwer Schoonwinkel 084 206 6201
or Laurentius Schoonwinkel 083 320 4283 if you are able
to assist in any way.**



We provide end of life treatment, care & support for patients living with a life-threatening disease and support to families.

SECURING SUSTAINABLE FUNDING FOR OVERSTRAND HOSPICE

In my Hospice fundraising role, I am responsible for identifying funding opportunities and developing compelling grant requests and funding proposals to secure financial support from trusts, foundations, corporate partners, and individual donors.

This involves researching prospective funders, aligning funding applications with organizational priorities and producing high quality, persuasive applications that clearly demonstrate the impact of Overstrand Hospice services.

I work closely with patient care and operational teams to gather accurate information, ensuring proposals are true, transparent, and tailored to funders' requirements.

Creating awareness, and developing and maintaining relationships with potential funders is key to securing donations and bequests, without which Overstrand Hospice would not exist.

I try to maintain a pipeline of applications, monitor grant outcomes, and ensure compliance with funders' guidelines and reporting requirements.

Strong written communications, attention to detail, and strategic proposal development contribute to securing sustainable income, enabling Overstrand Hospice to provide compassionate, high quality care to patients and their families across the Overstrand sub-district

Penny van Rensburg, fundraiser, Overstrand Hospice.

HOW CAN YOU SUPPORT OVERSTRAND HOSPICE?

Join our 600 Club

Make a difference in the life of a Hospice patient while standing a chance to win 1 of 3 monthly cash prizes



Scheme 118/18

1st Prize: R5 000

2nd Prize: R2 500

3rd Prize: R1 000

All that is required is a small contribution of R50 per month

Congratulations to our winners!

April:

1st prize: E McGeoch

2nd prize: G Spires

3rd prize: S Thompson

May:

1st prize: S Milton

2nd prize: JC Damant

3rd prize: R Schuman

June:

1st prize: D Theron

2nd prize: H & T Youell

3rd prize: In name of patient

To join: contact Suzette on 028 312 4679.

Make a donation

Banking Details:
Overstrand Hospice
ABSA BANK
Hermanus
Account no:
406 593 2088

Your donation enables us to sustain our Palliative Care Services to patients diagnosed with a life-threatening disease, and support to their families.

Scan our QR Code and donate to us.



Hospice Palliative Care emphasises caring and not curing and is usually provided at home.

Leave a Legacy to Overstrand Hospice made in love and memory

A gift in your Will can take on a number of different forms:

- A specified sum of money
- A percentage of the value of your Estate
- Specific gift of property, art, shares or bonds, antiques etc.
- The residue of your estate after provision for family and other beneficiaries

Your gift will provide quality of life and dignity in death to patients diagnosed with a life-threatening illness, as well as support in bereavement to their families.

Overstrand Hospice has been approved by the South African Revenue Service as a Public Benefit Organization. All Bequests are exempt from Estate Duty.

Please contact Penny on 028 312 4679 for further information.

Donate your time. Volunteer today and change a life. It might change yours.

Your time is one of the most valuable gifts you can give.

Our volunteers are the backbone of Overstrand Hospice. Their generosity, compassion and dedication, make it possible for us to provide care, comfort and dignity to patients and their families during some of life's most challenging moments.

Our volunteers are far more than helping hands. - they are the heart of everything we do.

Every hour they give, every smile they share. and every act of kindness makes a meaningful difference. Whether they are assisting in our Hospice shop, helping with fundraising events, providing administrative support or simply offering a listening ear, our volunteers bring compassion, hope, and comfort to those who need it most.

To find out more about becoming an Overstrand Hospice volunteer, please contact our offices on 028 312 4679. **Together we can make a difference in our community.**

Support our Hospice shop and Online shop

Make a difference - one purchase at a time!

Whether you donate, browse for unique treasures, or shop from the comfort of your home, every purchase from our Hospice shop or Online shop helps fund our palliative care services for patients diagnosed with a life-threatening disease and support to their families free of charge.

Our shop offers a wonderful selection of pre-loved items, gifts, clothing, books, homeware and more. Our Online shop makes it easy to browse and shop wherever you are. Whether you are shopping for a bargain or donating items, your support has a lasting impact. Visit us today!

Support our Fundraising events

Our fundraising events are a wonderful way to bring our community together while helping raise vital funds for Overstrand Hospice. Every event you attend, every ticket you buy and every item you donate to raffle or auction, makes a difference in the life of a Hospice patient.

Upcoming event: Our annual **Quiz evening** will be held on Friday, 2nd October 2026 at the Hermanus Golf Club. Invite your friends and come and join us for a fun-filled evening!

Contact Suzette or Penny on 028 312 4679 for more information. Book your table now!

Overstrand Hospice is a 5 Star member of the Association of Palliative Care Centres

