

# EASTERN CAPE NEWSLETTER

2024 MEMORIES *matter* - A CHRISTMAS EDITION

DECEMBER 2024

ISSUE #01



adasa



## Reviving Hope: ADASA Eastern Cape's Memory Clinic Returns

In 2006, the Eastern Cape branch of ADASA launched a multidisciplinary diagnostic memory clinic, staffed by dedicated professional volunteers. The service came to an abrupt halt at the onset of the pandemic, offering the team—a mix of psychiatrists, a neurologist, medical doctors, a psychologist, social workers, and a nursing sister—an opportunity to reflect and plan a sustainable way forward.

Thanks to the generous financial sponsorship of the Ezethu Trust, the clinic resumed operations at the beginning of this year.

## Top News

- Memory Clinic Returns.
- Practical Solutions: Dementia Care Training.

Our newly remodelled approach is proving to be sustainable, effectively utilizing the resources available to our branch.

ADASA EC is deeply grateful to the professional team who generously donate their time and expertise, making this unique service possible.







## Empowering Caregivers: Santa van Rooyen's Practical Solutions Workshop Brings Hope and Skills to Dementia Care

*"I would like to share some feedback on my recent experience. After years of focusing primarily on theoretical training, I recognized the need for a more hands-on practical approach to dementia care. This led to the development of the Practical Solutions Workshop, designed for professionals, family members, caregivers, domestic helpers, and others who care for people living with dementia, to learn the "how to" aspects of caregiving.*

*As we rolled out this workshop, there was always a bit of uncertainty about how well it would be received and whether it would truly benefit the attendees. I am humbled and reassured by the positive feedback we received, which confirms that we are on the right track and effectively equipping and empowering caregivers.*

*My dream is to extend this workshop beyond the borders of the Eastern Cape, reaching more caregivers and helpers. I aim to raise dementia awareness, overcome stigma and labeling, and use my skills and knowledge to equip the broader community."*

By Santa van Rooyen (ADASA Volunteer - Dementia Trainer)

# Practical Solutions Road Trip 2024

## 04 April – Jeffery’s Bay

*“Baie dankie vir al die inligting, Santa. Ek het die kursus vreeslik geniet en het dit baie leersaam gevind.” – Stephanie Grobler*

## 18 April – Port Elizabeth

*“I just wish more private people could participate in such educational workshops. The subject was serious but you made it relatable and fun.” – Miranda Kopele*



## 08 May – Port Alfred

*“What a great workshop, thank you Santa and Linda. It was really practical and honest. I learned much and enjoyed your style. Thank you for helping carers to care with empathy and insight.” –  
–  
Dr Judy Mann*

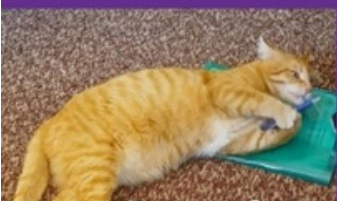
## 07 May – East London

*“I found the workshop most informative and a good refresh on dementia. Thank you.” –  
Janine Swanepoel  
Berea Gardens*

## 09 May – Kenton on Sea

*“I really can recommend the ADASA Dementia workshop. It was very interactive and fun, doing communication exercises and group case studies. Thank you for the nice lunch. I also find the manual easy to follow and have a lot of practical information and fun to work through.” – Ronel Mostert  
Makhanda Support Group*





Well done!  
Class of  
2024





**19 Sept  
- Bushmansriver**

**11 October  
- Barkley East**

**15 October  
- Steynsburg**



**14 October -  
Aliwal North**



**16 October  
- Cradock**



# Training Feedback

*"We would love all our staff to attend this course" – Lisa, ECHO Foundation, PE*

*"On behalf of our team, we would like to thank you for an excellent, interesting and informative workshop. We learnt a lot and we are taking it all back to our workplace to put it into practice" – Ronel Goddard, Lilydale Assisted Living*

*"Thank you for all the enlightening information. I wish I could have had all my staff with me." – Sister Arlene, Emmaus Convent*

*"Excellent workshop. Santa is very knowledgeable about Dementia and has lots of experience in the field. Her enthusiasm for this work is clearly evident and her genuine concern, care and understanding for both people who have the illness as well as their family and caregivers, is so heartwarming."*

*"A very informative and necessary workshop overall, as caregivers and relatives will benefit greatly from the content presented." – Deanne Wiggell, Clinical Psychologist.*

*"What a great workshop, thank you Santa and Sr Linda. It was really practical and honest. I learnt much and enjoyed the style. Thank you for helping carers to care with care ad empathy and insight." – Dr Judy Mann, Port Alfred.*

*"I really recommend the ADASA workshop." – Ronel Mostert, Grahamstown.*

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## TOGETHER WE CAN MAKE A DIFFERENCE

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