

EASTERN CAPE NEWSLETTER

2025 MEMORIES *matter* - A CHRISTMAS EDITION

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Top News

- Ms Fezeka Tsotsobe joins our team.
- Our Multidisciplinary Clinic: An Expanded Team

A Message from Dr. Heather Rauch, Regional Manager

It gives me great pleasure to report on the activities of our region at the end of yet another productive year.

Welcoming a New Team Member

While there are a few highlights to share, perhaps the most exciting one is that we welcomed **Ms Fezeka Tsotsobe** onto our staff. Fezeka is a very experienced social auxiliary worker and has swiftly established herself in the Kariega region of your province. Her part-time post is part of the Department of Social Development funding that your national organisation was blessed with.

Being part-time, we can involve her in other regional activities where needed and possible. She is a skilled trainer and being able to train in both English and Xhosa makes her a real asset to our region. Please let us know if you have any training needs- we have set courses but can also tailor a training to meet your/ your organisation's needs.



Our Multidisciplinary Clinic: An Expanded Team

The multidisciplinary assessment and diagnostic clinic is well and truly in full swing again after the hiatus caused by the COVID pandemic and the time of reflection and replanning of our service. We are delighted to have welcomed the services of physicians, **Dr Lia Boretti and Dr Anneke van de Walt** onto our team. **Mr Iain Reid**, a clinical psychologist also joined the team. We are so thrilled to benefit from their expertise.

I would also like to specifically thank psychiatrist **Dr Leandre Gauche**, a consultant to our team and previous advisory board member for his service over the past 13 years. Dr Gauche has given so generously of his time and expertise. We wish him well as he starts a new season of his life. Should you want to use the services, please email or call us so that we can schedule an appointment at the clinic.

Vital Support Across the Region

The support groups in East London, Makhandla (Grahamstown), Kenton on Sea, Gqeberha (Port Elizabeth), Kariega (Uitenhage) and Jeffrey's Bay continue to be a wonderful resource for information and support to those caring for a someone living with dementia.

Growing Need for Medico-Legal Support

Another exciting development is the ever-growing need for ADASA EC to assist families with medico-legal reports for administration and curatorship applications. We are insightfully able to highlight to the courts the need for protection of the person and their assets because of our deep understanding of the vulnerability of the person living with dementia.

Iain Reid our multidisciplinary clinic psychologist.



Medical doctors at the clinic. From left- dr Anneke v d Walt, Dr Lia Boretti and Dr Margo de Kooker.



A Heartfelt Thank You to Our Supporters

We remain mostly reliant on funding to be able to exist as the specialised organisation in the Eastern Cape region rendering services to people living with dementia and their families. In the past year we received funding from the Milde McWilliams Trust and the Rosser Charitable Trust. We are so grateful to these trusts for recognising our services with financial support. We are also grateful to generous individuals who donate to our work- thank you so much.



Gratitude to Our Valued Team

As regional manager, I am indebted to the staff, professional volunteers, advisory board members and partnering organisations who assist me to manage and render all the services required to provide a wholistic service in the Eastern Cape. 'THANK YOU' just doesn't seem enough. You are so valued and appreciated by us.

Season's Greetings

We extend warm wishes to you for a very blessed holiday season and every good wish for 2026.

Sincerely, **Dr Heather Rauch**
Regional Manager, Eastern Cape

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Merry Christmas
from the
adasa team



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