

VOLUNTEERS

Volunteers counsel, do sonars, HIV testing, sort donated clothing into age appropriate sizes as well as organize the food pantry.

All of our counsellors attend a counselling course that covers many elements including communication skills and crisis intervention.

Each counsellor is screened and trained in accredited courses. They are specifically trained to do HIV testing and counselling. These volunteers are part of a morning and afternoon rotation schedule each week.

Most of the ladies who come to Hope need some sort of counselling. If you are able and willing to take a weekly time slot to counsel, please contact us for the next training course details.



ABOUT US

A pregnancy will always change your life whether planned or unexpected and there can be many confusing feelings and issues which can be difficult to talk about. At Hope we offer a safe place to come and talk through these issues confidentially and we can equip and support you to make the right decisions or steps for your own unique situation.

Hope Ithemba is a registered Non-Profit Organisation (NPO) and Public Benefit Organisation in terms of Section 30 of the Income Tax Act. As such it is audited by an independent reviewer.

NPO Number: 066-631
PBO Number: 930 033 917

CONTACT US

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Monday - Thursday: 10:00 - 15:15
Friday: 10:00 - 12:15



INFORMATION BROCHURE



HOPE • LOVE • YOUR FUTURE

WHAT WE DO

We offer pregnancy testing, ultrasound and HIV testing. Clients are referred for treatment where necessary. We do not perform abortions or arrange adoptions, but we do work with child welfare and other adoption agencies should the mother decide on adoption as an alternative.

All our services are offered free of charge. We provide education and confidential assistance in a compassionate environment for our clients to make an informed decision about their developing baby, as well as practical and emotional support to impoverished mothers who decide to parent their babies.

Some of the clients are teenage girls still at school who do not know where to turn for help, some having been turned away from the family home by their parents. Many are single women who have been deserted by their partners either because they will not accept the responsibility or because they are unemployed. We have therefore included lifestyle counselling as an important part of our objectives and ministry.

"I would like to thank the Hope Staff for the unconditional love, care and help they always provide, they are really a pillar"



Due to the great need we have, we started a feeding scheme for pregnant women and for moms with young babies. Many of the mothers are not able to breast feed as they are so undernourished – some of the pregnant women have said that they are only able to have a meal every second day and they usually have other children and/or siblings (usually AIDS orphans) to feed as well.

Good nutrition is important in order to maintain a healthy lifestyle. People that are HIV positive have compromised immune systems and are prone to excessive weight loss. Good nutrition is, therefore, a vital part of their treatment and additional calories are required in their diet to maintain weight.

"I came here and found out that there is more to live for and I can stand my ground, now I have my sons and I enjoy their company. Thank you Hope"



BABY SAFE

No statistics exist, but a review of reported abandonments indicates that: 65% are new born, 90% are younger than a year and 70% of abandonment sites cited are unsafe.



The most common sites of abandonment include toilets, drains, sewers and gutters. This is followed by rubbish sites, dustbins and landfills, parks and the open veld.

Due to the increase of abandonment; which is aggravated by poverty, mass urbanization, high levels of violence (gender based violence and specifically rape), extreme gender inequality, high levels of HIV/AIDS and diminishing family support, we have had a Baby Safe installed outside our building.

The Baby Safe provides an opportunity for a mother to leave the baby anonymously, as an alternative to dumping her baby.

When a baby is placed inside, the door automatically locks, and an SMS is sent to three staff members who retrieve the baby from a locked room on the inside of the building. After warming the baby and making sure he is stable, the little one is taken to the Far East Rand Hospital (FERH) to be cared for and treated if necessary. Actions will then be taken for the baby to be referred to the local welfare or to Abba House Baby Shelter in Pretoria.

We encourage desperate mothers to come into the Centre for counselling, and if need be, to arrange for adoption as this is the safest choice. But for those mothers who do not have the courage to do this, we trust that the Baby Safe will prevent mothers from dumping their babies where they will not be found and taken care of.