

HOPE BAGS

Hope Ithemba distributes approximately 200 small food parcels once a month to moms who are otherwise unable to provide for their families. Our goal is to offer assistance to mothers by way of a food parcel that will feed a family of four for a week. It would in fact, be wonderful to help those moms more often.

- In the first trimester of pregnancy a healthy diet is essential for the growth of the baby and prevention of deformities
- HIV positive Moms 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.
- Breast feeding moms need food to enable them to produce milk for their baby and it is of paramount importance that HIV positive moms ONLY breast feed for the first six months to prevent mother to child transmission. They should continue to breast feed up to a year and HIV negative moms should breast feed for up to 24 months.

Our goal is to reach a distribution of 800 Hope Bags a month. R120.00 can purchase a basic Hope Bag.

Debit Orders can be arranged or you can **sponsor a Hope Bag** which includes:

2.5kg White Mealie Meal	400 grams Peanut butter
2 x 1kg Samp	500 mls Oil
500 grams White Rice	1 kg Sugar
500 grams Speckled Beans	500 grams Salt
200 grams Savoury Soya Mince	

Sponsor Baby Food

Where necessary, after confinement, the following will be included:

500 g Nan 1 Baby Formula
500 g Nan 2 Baby Formula
Baby Cereal and Food 6 months and up and Baby Food



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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After Hours: 073 783 3033
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Address: 2nd Floor Caray House
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Springs
1559

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



PARTNERING WITH US



HOPE • LOVE • YOUR FUTURE

PARTNERING WITH US

Hope Ithemba opened its doors on the 13th June 2008 with the purpose of coming alongside ladies in a crisis or unwanted pregnancy. We provide education and confidential assistance in a compassionate atmosphere. Lifestyle counselling has also become an important part of our Centre. Due to the great need we have now started distributing parcels to assist women and their little ones.

Our needs, financial and practical, are met by generous donors who support our endeavours on behalf of a very needy community. We are staffed with a dedicated group of mainly volunteers. Hope Ithemba exists because of the generosity of many individuals, churches and businesses.

Ways to partner with us in our quest is through in kind donations or financial funding.

We are privileged to be part of this amazing opportunity and ask that you would prayerfully consider supporting this venture in whatever way you feel led. As we head into the future, we trust that you will be blessed as you partner with us to make a change, so others may have Hope and a Future!



FUNDRAISING IS DIVIDED INTO

- Hospital Packs for Mom and New-born
- Hope Bags
- Clothing
- Specialised Medical Supplies
- Stationery
- Regular Supplies
- Wish List on Request
- Regular Monthly Expenses / Operating Costs
- Financial Contribution

HOSPITAL PACKS FOR MOMS & NEW-BORN

These are packs given to the pregnant mom a month before her due date. In this way her dignity will be boosted when she is admitted into hospital for her confinement, with the knowledge that she and her baby are in some way cared for. Approximately 40 – 50 parcels are distributed monthly.

- **Mom's Hospital Pack:**
Maternity Pads, Breast Pads, Face Cloth, Towel, Soap, Shampoo, Toothbrush and toothpaste, Deodorant, Lanoline, Gown and Slippers
- **New-born Baby Pack**
Nappy Bag, 3 Vests, 3 Baby-grows, Disposable Nappies, Bibs, Booties or Socks, Hats, Jersey, Baby Blanket, Receiver, Soft Toy, Toiletries: Bath Wash, Baby Lotion, Bum Cream, Wipes etc.

CLOTHES, BLANKETS & TOYS

We collect new or gently worn clothing, for summer and winter, as well as toys.

Adult (female) clothes & shoes
Clothing for Newborn babies, toddlers, as well as older children.
Disposable nappies, especially for newborns, but need all sizes
Blankets: Baby blankets and bigger ones
Receiver Blankets for New-born Pack
Toys: Soft toys for the baby packs and educational toys
Prams, Carriers, Nappy bags.

SPECIALIZED MEDICAL SUPPLIES

Ultrasound Specialized Gel
Specialised Paper for Ultra Sound Machine
[Item Code: UPP-110HD Sony B/W Thermal printing paper]
Urine Specimen Bottles

STATIONARY

A4 Paper, A4 Card Board, Pens, Envelopes, Notebooks
Toner for photocopier/printer
[Item Code: Canon iR1022i HB CB435A]
Printing of brochures, pamphlets, flyers, cards, carbon books

REGULAR SUPPLIES

- First Aid Kit Supplies
- Roller Towels for Kimberley Clarke Paper Dispensers in Bathrooms [Item Code: SA 425512]
- Paper Towels for use in Sonar and HIV Rooms
- Tissues
- Toilet Paper
- Anti-bacterial Wipes
- Hand Sanitizer Liquid

FINANCIAL CONTRIBUTION

Individuals or companies can get involved by donating goods or by providing a financial contribution. Tax Donation Receipts are available on request. Donations or Debit Orders can be paid into our account. This can be referenced with your choice of donation i.e. Hope Bags, Hospital Packs, Running Expenses etc.



BANKING DETAILS

Bank: Standard Bank, Springs
Account Name: Hope Ithemba Crisis Pregnancy Centre
Account Type: Current Account
Account Number: 2089 5372
Branch Code: 12 142