

Returning to Support CHD Clinics

After three years away due to health challenges, I was finally able to return to provide support at a CHD Clinic, this time at Frere Hospital in the Eastern Cape, where extra hands were greatly needed. A heartfelt thank you to our incredible new volunteers in the Eastern Cape province, Tarryn Louw, her dad, Trevor Golden and Jennifer Zealand.



Our new volunteer Jennifer Zealand in comfortable surroundings.

On Thursday, I arrived to find our newest recruit, Jennifer Zealand, already in full swing at the Frere Clinic. Having retired from the Frere Paediatric Clinic, she knows the area, the parents, and the patients well. A bonus was that Jennifer was fluent in English, Afrikaans, and Xhosa. We're thrilled to welcome her to the Heart Kids family.

Earlier in the week, Tarryn handled the Tuesday Clinic at Frere Hospital, and together with her Dad, Trevor, they managed Wednesday's Clinic at Cecilia Makiwane Hospital. It was an honour to bring a little comfort to parents on their CHD journey.

Some received joyful news, like hearing that their child's heart defect was improving with medication alone. Others faced the reality of surgery in Cape Town, or sadly, the knowledge that nothing more could be done.



Tarryn Louw, HeartKids Rep in East London



Trevor Golden, HeartKids Rep in East London



An overwhelmed Mum and her baby.



An emotional and teary-eyed Mum, Baby undergoes surgery in Cape Town.

One of the highlights was meeting Washiela Syed, who learned her son's heart defect is closing without surgery. We also provided snacks, knitwear, and a teddy for every young patient, thanks to the Cape Town Knitters led by Alfreda Rafferty.



Washiela Syed with Charlotte Lombard after she received good news.



Alferda Rafferty, the founder of the knitting club.



A big thank you to Prof. Lawrenson & Dr Lenise Swanson, who travelled from Cape Town to meet the CHD needs in East London and Dr Goldswain who ran the Two Oceans Marathon to raise CHD awareness. A huge thank you to every parent, volunteer, and supporter who makes this work possible.

Charlotte Lombard with the Drs and nurses at Frere Hospital.

Heart Kids SA has also been able to assist Frere Hospital with:

- Mattresses & chairs for moms staying overnight,
- Chairs in nurseries,
- Breastfeeding pillows for premature baby moms,
- Curtains for sleeping facilities & consultation areas,
- Murals & painting in CHD examination and consulting rooms.

Together, we make a difference — one heart at a time. ❤️

