

August 2026



NEWSLETTER

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NPO No. : 007-350/9399

PBO No. : 130004500

021 797 5335

donors@stlukes.co.za

46 years of heart, hustle, and high-fives—Happy Birthday to us, and Happy Women's Month!



"Palliative and hospice care are not just what we do; it is who we are. For nearly five decades, we have brought comfort, dignity, and a whole lot of light to our communities we serve (powered largely by grit, heart, and heroic amounts of coffee)."

August is extra special because we get to celebrate 46 incredible years and honour the unstoppable, fierce women who lead, care, and keep this entire place humming every single day. Whether you are on the front lines, behind the scenes, or keeping the wheels turning, you are the reason our legacy lives on. Thank you for your endless dedication, your warmth, and for making our Hospice a family of choice. Now, go grab a slice of birthday cake because you have earned it...and calories don't count this special month of August!"

-Dr. Ronita Mahilali
CEO of St Luke's Combined Hospices



ST LUKE'S TURNS 46

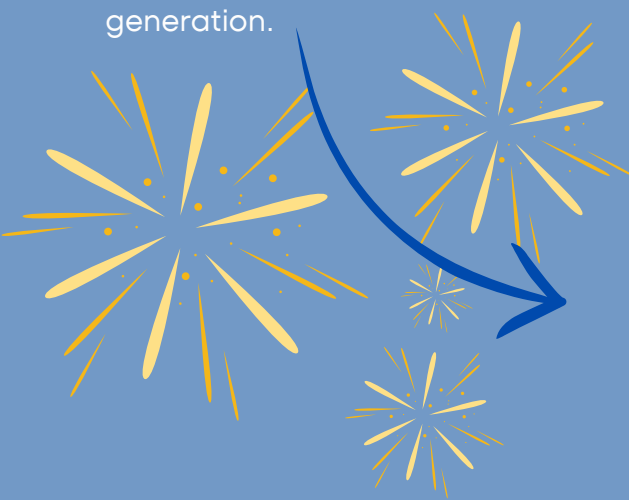


On **13 August 2026**, St Luke's Combined Hospices celebrates **46 years** of caring for patients and their families across the Western Cape.

For **46 years**, our teams have been there through some of life's most difficult moments, providing care, comfort and support when families need it most.

Our birthday wish this year is simple: **help us continue the meaningful work of Palliative Care**. A donation, big or small, can help us keep providing essential palliative care to those who need it.

Help us celebrate **46 years** of care by making a donation today. Donate by scanning the barcode and be part of keeping hospice care going for the next generation.



PATIENT STORY PT 1



I am proud to say that I am a cancer survivor for 13 years. Those words carry so much meaning because surviving cancer is not simply about receiving treatment. It is about finding strength to keep going when life feels uncertain. It is about learning to live with hope, courage, and gratitude each day.

Although my cancer journey began 13 years ago, my cancer spread from my breast to my nine vertebrae of my spine to my lower back, it then spread to my skull and further into my entire bone structure, but another important chapter started in May 2018 when I became a patient of St. Luke's Hospice.

Like many people. I once thought that hospice care was only for people at the end of life. I have since learned that St. Luke's Combined Hospices is so much more than that. They provide compassionate care, emotional support, guidance, and hope to patients and their families throughout their journey. From the very beginning, I experienced nothing but kindness.

The nursing staff visited me regularly in my own home. They didn't only come to check on my health, they came with compassion, patience, and genuine care. They listened to my concerns, answered my questions, and reassured me whenever I felt overwhelmed. Knowing that someone cared enough to visit me at home made me feel less alone.

The social workers also became an important part of my journey. Cancer affects so much more than our physical health, it affects our emotions, our families, our finances, and our mental well-being. Having someone who listened without judgement, who understood what I was going through, and who offered guidance and support made a tremendous difference in my life.

I also want to acknowledge the doctors at St Luke's Combined Hospices. It gave me such comfort knowing that I could call and speak to someone whenever I needed advice or reassurance. That accessibility and willingness to help brought peace of mind during some very difficult times.

Then our family faced another challenge.

My father was diagnosed with Gallbladder and Liver cancer and was referred for palliative care. There was no question in our minds about where he should receive that care.

As a family, we experienced first-hand the incredible love, dignity, and compassion they showed my father. They didn't only care for him, they cared for all of us.

During one of the most difficult times in our lives, they answered our questions, comforted us during moments of fear and uncertainty, and reminded us that we were never alone.

No words can truly express how much that support meant to our family.

PATIENT STORY PT 2

Today, I continue to benefit from the wonderful services offered by St Luke's hospice through the Day Hospice programme.

The Day Hospice has become a place of friendship, healing, and encouragement. It has given me the opportunity to meet other cancer survivors from different communities and different walks of life. We may all have different stories but we share one thing in common, we understand one another.

There is something incredible and powerful sitting in a room with incredible people who knows exactly what you been going through. We laugh together, we encourage one another, we celebrate victories together and we remind each other that there is always hope. These connections have become part of my healing journey.

Cancer changes your life forever, It teaches you not to take tomorrow for granted, it teaches you to appreciate every sunrise, every smile, every hug and every opportunity to make a difference. It also teaches you that known of us should ever walk this journey, that is why organizations like St Luke's Hospice is so important. They don't provide only medical care, they restore hope, they preserve dignity, they support families, they bring comfort during difficult times, they remind every patient that they are seen, valued and loved. To every nurse, doctor, social worker, volunteer, caregiver and staff member at St Luke's Combined Hospices, I want to say thank you, thank you for your compassion your dedication, your patience, for treating every patient with dignity and respect, thank you for walking alongside us during some of our challenging moments of our lives, your work changes life's every single day, often in ways you will never fully realize, as someone who has survived cancer for 13 years, I stand here today filled with gratitude, grateful for my journey, grateful for my family and every person who has supported me and especially for st Luke's Hospice. To anyone who maybe facing Cancer today or caring for a loved one, I want to leave you with this message.

Never lose hope.

There will be difficult days, but there will also be days filled with strength, kindness, and unexpected blessings.

Accept help when it is offered. Lean on those who care for you.

Remember that asking for support is not a sign of weakness, it is a sign of courage.

Finally, Thank you to St. Luke's Hospice for reminding us that healing is about more than medicine. It is about compassion, community, kindness and love.

From the bottom of my heart, thank you for everything you have done for me, my father, for my family and for so many others in our communities.

May you continue to touch lives, bring hope, and make a difference for many years to come.

Thank you and God Bless you all.

-Charnell Southgate
Cancer Survivor



**“NEVER
LOSE
HOPE”**

THANK YOU



PAIRING IN THE VALLEY

Pairing in the Valley brought together good food, great wine and even better company, all in support of St Luke's Combined Hospices.

A big thank you to everyone who joined us, supported us, donated, sponsored and helped make the evening happen. From our guests around the tables to the people working behind the scenes, every contribution made a difference.

Most importantly, your support helps us continue caring for patients and their families when they need it most.

R174 000 Raised , 70 Vulnerable Patients and Their Families Assisted.....

OUR SPONSORS



Thank You, Mayor Geordin Hill-Lewis

St Luke's Combined Hospices would like to extend our sincere thanks to City of Cape Town and Executive Mayor Geordin Hill-Lewis for the generous R200,000 Mayoral Fund contribution.

This support makes a meaningful difference to the work we do every day, helping us continue providing compassionate care to patients and support to their families across the Western Cape.

We are grateful to Mayor Hill-Lewis and the City of Cape Town for recognising the importance of hospice care and for investing in the communities we serve.





ST LUKE'S
COMBINED
HOSPICES
NPC



Padel 4 Palliative

15

AURA PADEL CLUB

AUG

ONE DAY TOURNAMENT

26

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UPCOMING EVENTS



Golf Day
Friday, 25 September 2026
Rondebosch Golf Club

DATE: Friday, 25 September 2026
VENUE: Rondebosch Golf Club
TEE OFF: 11:00 to 21:30
DINNER: 18:00
FORMAT: Scramble Drive | Better Ball

ENTRY DETAILS:

EARLY BIRD SPECIAL (valid until the end of May 2026)	NORMAL PRICE
• Four Ball Alliance Fee: R3 500 without Carts	• Four Ball Alliance Fee: R4 000 without Carts
• Four Ball Alliance Fee: R4 500 with Carts	• Four Ball Alliance Fee: R5 000 with Carts

YOUR ENTRY INCLUDES:
Full round for 4 players
Dinner and prize-giving ceremony

CURRO
REPRESENTATIVE PARENT COMMITTEE

CURRO
CENTURY CITY

Email our RPC at info.cc.city@curro.co.za should you have any queries.

WHY SUPPORT CURRO CENTURY CITY?

The Curro Century City Golf Day is an opportunity to bring clients, colleagues and business partners together for a great day on the course, while supporting a cause that makes a real difference.

A percentage of the proceeds will be donated to St Luke's Combined Hospices, helping us continue providing quality palliative care and support to patients and their families.

CURRO CENTURY CITY - GOLF DAY

DATE: FRIDAY, 25 SEPTEMBER 2026

TEE-OFF: 11:00

VENUE: Rondebosch Golf Club

For more information, Contact: marketing@stlukes.co.za

NOVEMBER / DECEMBER EVENTS

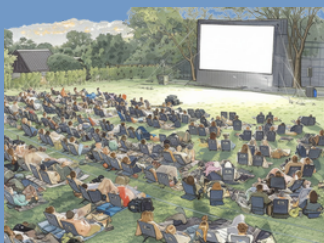


CELLARS HOHENORT HIGH TEA

DATE: TBC

VENUE: CELLARS HOHENORT HOTEL

FOR MORE INFO. EMAIL: MARKETING@STLUKES.CO.ZA



OPEN AIR MOVIE NIGHT

DATE: 12 DECEMBER 2026

VENUE: TBC

FOR MORE INFO. EMAIL: MARKETING@STLUKES.CO.ZA



TREE OF LIGHTS 2026

DATE: 06 DECEMBER 2026

VENUE: 92 HARFIELD ROAD, KENILWORTH

FOR MORE INFO, EMAIL: MARKETING@STLUKES.CO.ZA



CHARITY DINNER AUCTION

DATE: 18 DECEMBER 2026

VENUE: TBC

FOR MORE INFO, EMAIL: MARKETING@STLUKES.CO.ZA

BackaBuddy^B

FESTIVE GIVE-A-LITTLE ONLINE CAMPAIGN

WATCH THIS SPACE FOR DETAILS FOR ONLINE CAMPAIGN