

RESOURCES AND TIPS

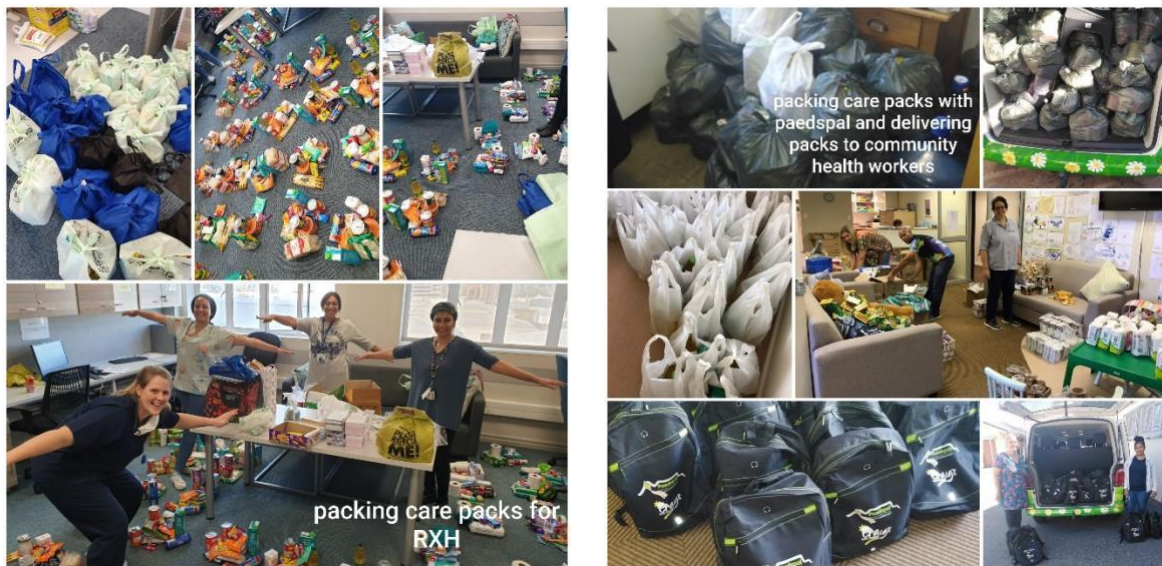
Outreach:

Transport & Meds Deliveries



[Footprints4Sam](#) are still helping with transportation of patients needing to be at hospital and will also be providing food buckets for patients in need. Please contact Nompri on 06 0633 2033 or Michelle at drmameiring@gmail.com to request assistance.

Care Pack Projects

The RXH registrar wellness team have extended their appreciation to everyone for the generous donations of food supplies and toys/kiddies activities. So far, 20 care packs have been made for RXH, 10 for DuNoon and PaedsPal have done 2 separate deliveries, totalling 69 activity packs and 96 food parcels to the CHWs so far. Well done to our registrars and please continue to support them.



Collections for the 2 projects will still be continuing during the coming weeks, please let Thandi know on 0741014665 or drop your donations off in G1. Snapscan is an easy way to help!

RED CROSS HOSPITAL REGISTRARS, PAEDSPAL AND FOOTPRINTS 4 SAM ARE MAKING CARE PACKAGES FOR VULNERABLE CHILDREN AFFECTED BY COVID-19 IN OUR IMPOVERISHED COMMUNITIES

THESE CHILDREN AND THEIR FAMILIES WILL BE IDENTIFIED VIA NPO'S WHO OFFER HOMEBASED CARE IN THEIR AREAS

DONATIONS REQUIRED:
COLOURING IN BOOKS, CRAYONS, ACTIVITY KITS
SOFT TOYS, PUZZLES
TISSUES, WETWIPES, TOILET PAPER AND HAND SANITIZER
NON PERISHABLE FOOD ITEMS
ALL ITEMS CAN BE DROPPED IN G1 (RXH)

FOR MORE INFORMATION CONTACT
DR THANDI DE WIT (RXH REGISTRARS)
THANDI.DE.WIT@GMAIL.COM
DR TERESA JENNINGS (PAEDSPAL)
TERESA.JENNINGS@PAEDSPAL.ORG.ZA

Red Cross War Memorial Children's Hospital

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CASH DONATIONS:
PAEDSPAL NPC - STD BANK CURRENT ACC 072954426
POP:
YOUR NAME / COVID EMAIL:
DONATIONS @PAEDSPAL.ORG.ZA
SECTION IBA'S AVAILABLE



Red Cross War Memorial Children's Hospital

Donations

Click [here](#) for a list of other organisations needing donations during lockdown. You can also contact Carla Brown and the hospital trust for further opportunities.

U-Turn

During lockdown there are still many vulnerable people on the street. If you are aware of homeless people in your area and it is within walking distance of the U Turn service centre in Claremont (just below the Stadium on Main carpark) then please direct them there. They are currently operating 7 days a week from 9:00am - 3:00pm. Both lunch and takeaway supper is served at 12:00pm. For more information on what is happening across the city please go to U Turn's [website](#).

Volunteering

See details below for anyone, medical or non-medical, wanting to volunteer at the Red Cross War Memorial Children's Hospital during lockdown. Contact volunteer@childsafe.org.za for more information. In addition, all those willing to help with screening and testing, contact liesl.zuhlke@uct.ac.za

Other Useful Information/Resources:

A good [resource](#) for numbers, graphs and trendlines.

Wellbeing and Keeping Strong:

Self-Check Reminders

Please do these important self-check reminders for your health and wellbeing:

The image displays three informational posters related to COVID-19. The left poster, titled 'COVID-19 HEROES SELF-CHECK REMINDER', lists symptoms like cough, shortness of breath, fever, and sore throat, and asks about travel history and direct contact. The middle poster, 'HOW-TO VIDEOS FOR FRONTLINE STAFF', provides instructions on PPE usage and specimen collection. The right poster, another 'COVID-19 HEROES SELF-CHECK REMINDER', features a mood scale from 'I am doing really great' to 'I need to reach out for support'. All posters include contact information for Employee Health and Wellness (0800 611 093) and logos for Western Cape Government and Red Cross War Memorial Children's Hospital.

Finding Grit & Grace to Lead During Covid-19

Hosted by Sasha Shillcutt, MD, MS – physician and author of “Between Grit and Grace: How to be Feminine and Formidable”. Watch this interesting talk [here](#).

Wellness Tips for Quarantine

Click [here](#) for a great new list.

The Resilience Factory

Pippa and Gabi of the resilience factory have applied their ‘Ten R’s of Authentic Resilience’ to the coronavirus in an effort to provide strategies that will help support people during this difficult time. Access the resource by clicking [here](#). Please email info@theresiliencefactory.com if you are in need of personal coaching or resilience training during this time.

Mark Orpen-Lyall also did an amazing talk on resilience this week- some resources from that talk is available [here](#).

How to Support Children (and Yourself) During the COVID-19 Outbreak

An excellent [resource](#) which includes a combination of scientific briefs and practical exercises from the Harvard centre for the developing child.

Social Stories Explaining COVID-19

These 3 social stories were written to help children understand a little bit more about COVID-19 and how to keep safe. Although social stories were created with children with autism in mind, these kinds of resources are incredibly helpful to neurotypical children too and can be used for adults with neurodevelopmental disorders. Created by one of our own, PhD candidate Claire Fourie, thank you Claire!

- [What is COVID-19?](#)
- [Washing Your Hands](#)
- [COVID-19 Testing](#)

Extra-Curricular Activities for Children at Home:

Additional games and activities

- [PBS KIDS Play and Learn Science App](#) - Includes hands on science projects with everyday materials, along with online science games and explorations.
- [Games, Videos, Brain Boosters and More](#) (National Geographic Kids)
- [Free Online Books for Young Children](#) (Wakelet)

Amazon's Audio Books Platform

A wonderful online resource for kids, families and adults with free subscription at this time: <https://stories.audible.com/start-listen>

Purple Mash

Purple mash is a [website](#) designed for children aged 3-11. It contains creative tools for coding, animation, publishing, art and also applications for math, spelling and grammar.

Free membership for online [piano](#) lessons!

Architecture fans can now [tour Frank Lloyd Wright-designed houses online](#)

Entertainment

Online Concerts

- On Easter Sunday (April 12, 2020), by invitation of the City and of the Duomo cathedral of Milan, Italian global music icon Andrea Bocelli gave the most amazing a solo performance representing a message of love, healing and hope to Italy and the world. You can watch the recorded broadcast [here](#)
- One World: Together At Home April 18 A global broadcast & digital special to support frontline healthcare workers and the WHO. The One World: Together At Home special will run in two parts: there will be a global multi-hour digital livestream running from 2 p.m. ET to 8 p.m. ET, and a 2-hour broadcast from 8 p.m. ET to 10 p.m. ET. The world's biggest social media networks — from Facebook and Twitter to YouTube and Twitch — are coming together to host the digital livestreams with dozens of additional artists performing from their homes. Click [here](#) for more information.

- The composer's Really Useful Group, in partnership with Universal, is offering free broadcasts of the greatest Andrew Lloyd Webber musicals, including such megahits as 'Cats' and 'The Phantom of the Opera'. A different Lloyd Webber musical streams each week on The Shows Must Go On!, a new YouTube channel devoted to this project. Each show goes live on the channel on Friday at 7pm BST (2pm EDT, 4am AEST), and usually remains viewable for 48 hours afterward. This weekend is "[The Phantom of the Opera](#)".
- The wonderful Ndlovu Youth Choir has a fun spin on COVID-19 [here](#) and [here](#) is another fun rap!

Online Learning:

Click here for a [treasure](#) trove of online learning and fun resources for children, young and older.

Lets' Keep Moving!:

Online Exercise Classes

Jo Wicks a UK-based coach does 30 minute routines each day- his last class had 1.3 million views- do join the largest exercise class in the world [here](#).

Comic Yoga

Yoga for kids - [Yoga](#), mindfulness and relaxation designed especially for kids aged 3+, used in schools and homes all over the world.

Do You Miss Fresh Flowers?



Perhaps you can also start growing them from seed: [here](#) an article on the fastest seed to flower.

Are you knitting? Checkers in Rondebosch still sells wool and knitting needles, here is a short and easy pattern for a lovely winter [scarf](#).

Finally, some home (or even work)-delivered fresh veggies are always welcome. Welcome to [OddBox](#)! a fresh fruit and veg delivery service based in Cape Town offering free delivery to Claremont, Newlands, Rondebosch, Kenilworth, and Pinelands. Please share your other tips!

Finally, we are going to archive each week's newsletter so you can refer back to one that you have perhaps missed. These are also updated online each week [here](#) and we are creating a tab on this website to add in all the resources mentioned. Over the next weeks, an additional newsletter specifically focused on wellness and support will be coming out and we will alert you here as well.



Have a good week.

To all stay well, stay safe, be kind and look after yourselves and your loved ones.

TAG