

RESOURCES AND TIPS

Make a Difference:

Helping others is one of the best ways to uplift our spirits and spread the love around. Here are some fabulous initiatives that will give you an avenue for your unspent goodwill.

Registrar Care Packs

We have an ongoing collection drive happening. Donations for food items are required: non-perishable food items and toiletries (especially sanitary pads). Activity packs can also be donated including school books, stationery and clothing.

Drop off points include the ICU reg room (there is a box) or you can contact Thandi on +27(74) 101 4665, Esté on +27(78) 974 7376 or Chris Scott 002782 446 0641 to arrange a donation.

Paedspal Nelson Mandela Day Care Pack Drive

[Paedspal](#) will be collecting items for family care packs for [Nelson Mandela Day](#) this year. Please consider dropping your donations of needed items with Kelly in Claremont or Nikki in Rondebosch on a Monday or Wednesday between 10am and 3pm. Alternately cash donations can be made from the comfort of your home via SnapScan, using the QR code below.



Paedspal will be collecting items for family care packs for Nelson Mandela Day 2020 and we need your help!

Donations needed:

- Sanitary pads, Soap
- Toothbrushes and toothpaste
- Deodorant, Body lotion
- Dettol, Baby powder
- Face cloths, Hand sanitizer
- Crayons

Drop Off details

Mondays and Wednesdays: 10am – 3pm
Kelly Truter: 082 693 2675
Nikki Burrell: 083 229 4738
For more information contact:
Kirsti.lyall@paedspal.org.za



CASH DONATIONS



DO YOUR BIT AND MAKE A DIFFERENCE BY SUPPORTING THIS DRIVE.
SO MANY FAMILIES NEED OUR HELP NOW!
WWW.PAEDSPAL.ORG.ZA

THANK YOU VERY MUCH FOR SUPPORTING THE NELSON MANDELA DAY CARE PACK DRIVE!

As we are all aware, many South Africans are really struggling at the moment. The families that we will be supporting with these packs have the extra burden of having a sick child which carries with it additional financial, emotional and physical stressors. We hope that this package may lighten the load just a little.

We are also hoping to support the staff from the Paediatric ward of Brooklyn Chest TBHospital. These nurses are under enormous strain and we would love to spoil them with a care package and a reminder of how grateful the people of Cape Town are for all that they do. We feel this will be an important morale boost!

Traditionally, we are called to donate 67min of our time, each minute representing a year that Mandela served our country. That is unfortunately more difficult during this Covid-19 pandemic where social distancing does not allow us to come together. We have therefore tried to be creative in this project and find a way where you can still make a very big difference.

In addition to your donation of products from our list or a cash donation via snapscan, we invite you to add something a little more personal that we can include in a package. Examples of this may include a card, a poem, a message of hope or ask your children to draw a picture.

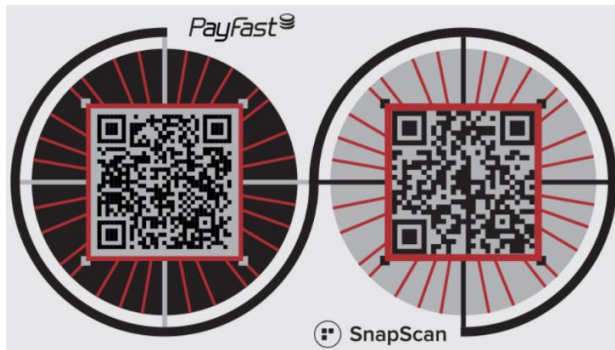
Thanks so much for your support.

Drop off details (Monday and Wednesdays 10am – 3pm):
Kelly Truter, Claremont: 082 693 2675
Nikki Burrell, Rondebosch: 083 229 4738

If you would like to make a different arrangement please contact Kirsti on kirsti.lyall@paedspal.org.za

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Ladles of Love

By donating R150, you can help to feed someone for a month with nutritious soup and sandwiches. PayFast and SnapScan are easy ways to donate! Check out the Ladles of Love [website](#) for more details and to find out how else to get involved.

Breadline Africa

The COVID-19 lockdown has affected the poor more than most, with many needy children deprived of their daily main school meal. [Breadline Africa](#) are currently supporting 38 projects to provide more than 55,000 meals a week. Click [here](#) to donate to this worthy cause!



Peninsula School Feeding Association

Do you want to feed a child for a month? A year? Even a class for a year? Click [here](#) to find out how you can help feed a child in need.

Wellbeing and Staying Strong:

How to Help Families and Staff Build Resilience During the COVID-19 Outbreak

Harvard University's Center on the Developing Child have produced a number of useful resources to help both families and staff build resilience during this time. Check out the guide [here](#).

Free COVID-19 Testing

Pharmaceutical retailer Dis-Chem, along with a couple of partners, is offering free COVID-19 testing to South Africans in need. Read more [here](#).

14 Small Self Care Tips

These easy and practical good old common sense [tips](#) (as long as you remember them) will help you keep your mind and body in tip top shape and earn you this badge.

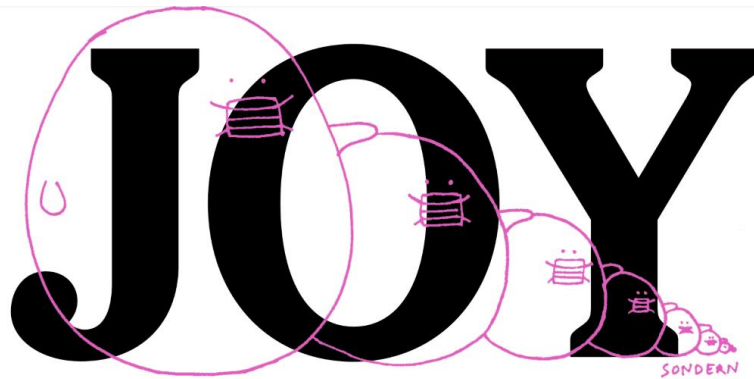


Spread Kindness

Check out the [Pandemic Kindness Movement](#), watch this video on [small acts of kindness](#) or listen to a podcast on overcoming anxiety around [Facing COVID](#)

The Joy of Caring for Others

An inspiring piece by Ross Gray on [the joy of caring for others](#) during this difficult time.



Something for Your Children:

Parenting in the Pandemic

[Parenting in the Pandemic](#), now under the superb leadership of Leanne Porter, is an amazing resource from Messages for Mothers. Check out the M4M [website](#) for many more good tips and resources or take a look at their latest [newsletter](#) for more info 😊

Wearing my Mask

Are you still struggling to get your child to wear a mask and wash their hands properly? Check out this [illustrated guide](#) designed specifically to help children understand the importance of good hygiene practices and wearing a mask.

We Play. We Connect. We are Brave.

This [booklet](#), created by the South African Social Development department, provides ideas for how to help one another and manage together in these difficult times. It contains information that is helpful for everyone to know, especially parents and others who take care of children

Back to School Stories for Young Kids

- [Super 3 and the Invisible Monster](#)
- [Super 3 and the Worry Worm](#)



Matriculants

Is your older child in matric or graduating this year?

Many graduates are missing out on a celebration, so why not let [President Barack Obama](#) speak at their graduation? What did [Trevor Noah](#) think about that?

Comics

[Comics for good](#) have an amazing amount of comics, colouring books and free downloads (in many different languages) for all ages.

Are you looking for a challenge? Do you want to translate them into your home language?

They are looking for translators. Apply [here](#) if you are interested.

Are you artistic? Why not join the [COVID-19 Comics For Good Challenge](#) and stop the spread of misinformation by creating easily understandable comics!

Board Games

It's been weeks at home, you've cleaned all corners of the house, watched everything possible on Netflix and are now running out things to do. Why not try a new board game? Check out this list of [18 educational board games](#) for some great ideas for your next family games night!

Harry Potter at Home

You've read all the books and are looking for more? Visit JK Rowling's contribution to the Boredom Pandemic to find games, quizzes, puzzles and watch some of your favourite stars read chapters from the books. David Tennant, with a special appearance from David Beckham, read chapter 11 of Harry Potter and the Philosopher's Stone. Find more [here](#).



We also have loads of resources, downloads, teaching and games [here](#).

Events and Entertainment:

Online Concerts

- 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! [YouTube channel](#). Each show goes live on the channel on Friday at 7pm BST (2pm EDT, 4am AEST), and remains viewable for 48 hours afterward.
- Join Academy Award-winning filmmaker, Taika Waititi as he reads [James and the Giant Peach](#) by Roald Dahl, in full across 10 episodes, to raise money for @Partners In Health.
- Here is a list of [livestreams and online music concerts](#) - updates are loaded each day!



World Music Day - Thapelo Masita at The Met Cloisters

In a moving reflection on hope, unity, and community, South African cellist Thapelo Masita weaves Bach's Solo Cello Suite No. 1 in G Major together with African American composer Coleridge-Taylor Perkinson's "Lamentations" and spirituals in [this performance](#) recently recorded in the empty galleries of The Met Cloisters.

WOZA at Home

Kick up your weekend with art, live music and a few cocktails with [WOZA at home](#). Join the Zeitz MOCAA online this Saturday, 4 July from 6pm (GMT + 2). Book your tickets [here](#) and pay what you can.





National Arts Festival

The [National Arts Festival](#), formerly known as the Grahamstown Festival, will be held entirely online for the first time in its 46-year history. This ultimate virtual celebration of South African arts runs from 25 June to 5 July 2020 so make sure to check it out this weekend!

Knysna Oyster Festival

The organisers at Visit Knysna were determined not to let the current Coronavirus crisis put a stop to this annual celebration and have put together an exciting [programme](#) of online events. The virtual festival runs from 27 June until 4 July 2020 with all events being streamed live via [Facebook](#), [YouTube](#) and their [website](#).

Royal Ballet

Join The Royal Ballet for a [Premiere stream](#) of Wayne McGregor's Woolf Works, featuring music by Max Richter and inspired by the writings of Virginia Woolf.



The Fugard Theatre

The Fugard Theatre have opened their archive and are streaming a selection of past productions while they are closed during lockdown:

- Watch Tony Palmer's 2012 film, "Falls the Shadow: The Life and Times of Athol Fugard" [here](#).
- "The Painted Rocks at Revolver Creek" captured live on The Fugard Stage in 2016 and starring Anna-Mart van der Merwe, Tshamano Sebe and Sne Dladla is also available for streaming [here](#) until 20 July 2020.

The soon to be launched [Performer Series](#) will present recorded live performances from cancelled productions to give you a sneak peek of what was being worked on before the lockdown. This will include productions of Hamlet, Night Mother, A German Life, Pieter Dirk Uys as well as some new curated works covering dance, live music and poetry.

Both streaming productions and the Performers Series are free for all to view, however, please consider making a donation to help support the performers.

Online Learning:

Knowledge Translation Unit (KTU)

The KTU's Coronavirus (COVID-19) [resource page](#) is now up with a variety of free resources such as the PACK HOME series which includes information, advice and guidance for you and your family in the home:

- [Volume 1](#) - Be Coronavirus Safe
- [Volume 2](#) - COVID-19 at Home

There are also a number of free online training courses, including a 3-hour course on COVID-19 for healthcare workers. Click [here](#) to see what's on offer.

Knowledge Translation for Children and Disabled Persons

Take a look at these two informative pieces, sent in by Vero:

- [Animations](#) explaining what COVID-19 is to children with and without disabilities from the perspective of a child.
- [Podcast](#) on disability considerations during the COVID-19 pandemic.

BBC Bitesize Daily

[BBC Bitesize Daily](#) launched on April 20, 2020, is offering 14 weeks of curriculum-based learning for kids. British icon David Attenborough has been confirmed as the nation's new virtual geography teacher. He will be offering up his unrivalled knowledge to teach children all about the oceans and will also explore how we map the world, as well as help us understand why animals look the way they do. Read more about this initiative [here](#).

Lets' Keep Moving!

Home Workouts

Check out these [5 free workouts](#) to do at home during coronavirus that can instantly lower stress and make you feel happy!



For Children

There is good evidence that strength training for children is very good for future bone growth. Here are some [exercises for kids](#) of all ages and some you can do together!

Recreational Activities:

Foodies

- [Jason Bakery](#) are delivering a variety of 'survival packs' during this time.
- [Woodstock bakery](#) still has wonderful sour dough bread for collection.
- [Checkers](#) now deliver groceries and drinks in 60 minutes - order via their new Sixty60 app.

Cooking Solo?

Why not cook along with beloved Italian chef Ezio De Biaggi, part-owner of Magica Roma in Pinelands, Cape Town, as he shares his personal recipes including [vegetarian lasagne](#), [mushroom and sage risotto](#), [pasta primavera](#), [chicken limone](#), [melanzane parmigiana](#) and more on his new [YouTube cooking channel](#)!

Travel Bug Still Biting and No Way to Scratch the Itch?

Take virtual tour of [Machu Pichu](#) or the [Pyramids](#) or wherever you wish you could go!



Zeitz MOCAA Online Open Studio with Liesl Hartman

Dust off your paintbrushes and tell the kids to wake up early because Zeitz MOCAA Open Studio is back! The team will share video tutorials and step-by-step guides for you to learn how to make artworks with common house-hold items. The second session's activity is inspired by Malian artist Abdoulaye Konaté. He works primarily with material found in Mali and his work refers to the

West-African practice of using textiles to commemorate events and communicate ideas.

Watch session 2 [here](#) and don't forget to share your artworks by tagging @ZeitzMOCAA on Facebook or Instagram!

Local Virtual Exhibitions

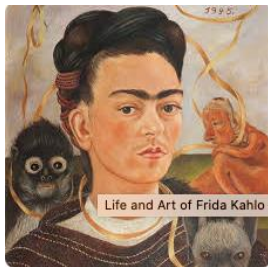
While galleries and museums may be closed for visiting, there are still some amazing exhibitions that you can view online. *Visi* magazine has rounded up a list of [virtual tours and shows](#) for you to enjoy from home.



Isolated Artists at Home

Artist and photographer Falk Lehmann, known as AKUT, created a quick video inside his studio during lockdown, which inspired 37 artists in 29 cities to participate in a second rendition.

- The first video, [ISOLATED \(part 1\)](#) an infinite loop to despair, features a repetitive loop through Falk's Berlin studio.
- This inspired [ISOLATED \(part 2\)](#), where artists around the world were briefed to create a four-second timelapse, taking viewers into their studios for a quick peek into the spaces where their work is created.



Missing the Museum?

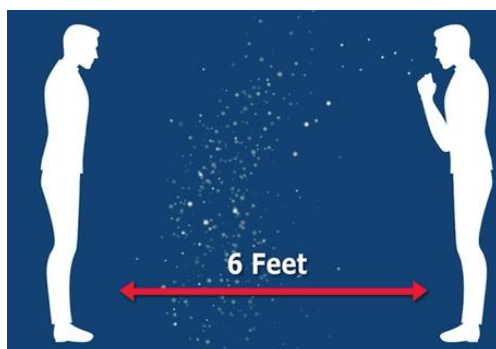
How about virtually visiting the [Museo Dolores Olmeda](#) in Mexico and seeing the paintings by Diego Rivera and Frida Kahlo? Or download the [Google Arts and Culture](#) App and transform yourself into a Van Gogh or a work by your favourite artist.

Missing Nature?

Check out these [22 award-winning photos](#) that will make you appreciate the natural world or read about [an unlikely friendship](#) between a koala and a wombat formed during lockdown at a zoo in Australia!



Reminder re: Physical Distancing



Please find all past newsletters and a repository of previously mentioned resources [here](#). Have a good week and please share your other tips!

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

TAG