

RESOURCES AND TIPS

Outreach:

Care Pack Projects

The RXH registrar wellness team are continuing their care parcels filled with generous donations of food supplies and toys/kiddies activities. Well done to our registrars and please continue to support them. Snapchat is an easy way to help!



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 in 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](#).

The Homestead Projects for Street Children

The Homestead has a number of different projects that together provide a comprehensive response to the plight of children living, working and begging on the street. During this time, they are desperate for help. Again **Snapscan** is an easy way to help!

Please also contact Lori Lake at lori.lake@uct.ac.za to find out how you can help vulnerable children at this time.

Food

Would you like to help with food parcels or help someone buy their grocery essentials? Checkers allows you to send a voucher to redeem for up to 3 years just with a cellphone number. Go to www.computicket.com to purchase vouchers of different amounts.



Hout Bay Music Project Trust

Another NGO delivering food parcels is the [Hout Bay Music Project Trust](#) - currently operating from an informal timber structure in Hout Bay Village they strive provide a safe, fun, creative platform for music discovery, artistic expression, and life skills learning. Help them support their pupils with food parcels and if you have any unwanted or unused instruments, please contact them to pass these on to pupils.

Volunteering

For anyone, medical or non-medical, wanting to volunteer at the Red Cross War Memorial Children's Hospital during lockdown see details below.

Contact volunteer@childsafe.org.za for more information. In addition, all those willing to help with screening and testing, can contact liesl.zuhlke@uct.ac.za

The online social platform [forgood](#) has changed this by introducing virtual volunteering. As an online social platform, forgood.co.za connects people around the country. It is now appealing to South Africans to spend their time during the lockdown to carry on making a difference through virtual volunteering.

Other Useful Information/Resources:

- A good [resource](#) for numbers, graphs and trendlines
- Here's a [UCT COVID-19 dashboard](#)
- Check out this [list of courses](#) on COVID-19, several offer certificates and even diplomas!
- UCT offers a variety of resources, courses and [information](#)
- The Department of Medicine offers their resources with several very informative [videos](#)
- Herewith the list of resources from [Western Cape Government](#)

Finally some resources available from international sources:

- American Association for the advancement of [science](#)
- The Lancet has a free [resource centre](#)

Solve at MIT

MIT Solve has announced that Mary Barra, Chairman and CEO of General Motors, and world-renowned cellist Yo-Yo Ma will speak on May 12 during MIT's annual flagship event, [Solve at MIT](#), hosted virtually. In a fireside chat, Barra and MIT President L. Rafael Reif will discuss leadership in the face of the COVID-19 crisis. The closing plenary session will be accessible to all and streamed on the MIT Solve website - [register here](#) to reserve your spot. If you would like to join the full day-long event, [join Solve](#) as a member.

Wellbeing and Keeping Strong:

Self-Check Reminders

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




COVID-19: How to Create an Emotionally & Physically Safe Workplace During A Crisis

A [short article](#) on creating happier remote workspaces and plans.

Wellness Tips for Quarantine

Check out these [useful tips](#) to stay productive, healthy and happy during the COVID-19 crisis.

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 also 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](#)



How Do We Keep Relationships Strong During this Time?

Advice from the Cleveland [Clinic](#)

The [12 Best Calming Apps](#) to Relax, Destress, and Clear Your Mind

Cleaning and hygiene tips to help keep the COVID-19 virus out of your home

From doing laundry to preparing meals - [every day measures](#) to help protect your family.

Extra-Curricular Activities for Children at Home:

Games and Activities

- [Amazon's Audio Books Platform](#) is a wonderful online resource for kids, families and adults with free subscription at this time.
- [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)
- Why not do this fun [time capsule activity](#) with your kids (even good to complete it yourself!) to record this time in history.
- Purple mash is a [website](#) designed for children aged 3-11. It contains creative tools for coding, animation, publishing, art as well as applications for math, spelling and grammar.
- Architecture Fans - take a [tour Frank Lloyd Wright-designed houses online](#) now!
- Enjoy this [virtual tour of Tanzania](#) from the comfort of your home.
- More wildlife from the [Kruger National Park](#) - they do two game drives a day, which you and your child can watch live on YouTube.
- From Slovenia, this recommendation of the best KIDS movies to [watch](#)

Mothering@Home

[Mothering@Home](#) is an amazing resource from: <https://messagesformothers.co.za/>

Thank you Simone for this great resource. Check out the website for many more good tips and resources for moms and dads 😊

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. The musical *By Jeeves* will be the next musical available to watch online for free this coming weekend (May 8, 2020).
- The wonderful Ndlovu Youth Choir has a [fun spin on COVID-19](#) and [here](#) is another fun rap!
- Here is a list of [livestreams and online music concerts](#) - updates are loaded each day!
- Over 20 notable film festivals from around the world including Cannes and Sundance have joined together to stream movies free on YouTube. The virtual festival will kick off on May 29 and run until June 7. Viewers will be able to make donations to the WHO's COVID-19 Solidarity Response Fund. Here's how to watch upcoming films from Cannes & Sundance on [YouTube](#).

Online Learning:

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](#).

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

Lets' Keep Moving!:

Virgin Active's Fit Fusion Event

Get up and get active on Saturday, May 9 at 8:00am, in one of the biggest live online group exercise experiences South Africa has ever seen! Five of Virgin Active's most popular group exercise classes will be presented by some of their best instructors, with a host of prizes also up for grabs. The event will be hosted on Facebook Live, so make sure you click 'GOING' on the event page to stay in the loop. Anyone is welcome to join the action, click [here](#) to access directly, whether you're a Virgin Active member or not!

Comic Yoga

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

For Yourself

Here are some ways you can get started exercising at home - If you do a quick search on YouTube for exercise routines, you will see that there are plenty of options to choose from. If the wide variety of options makes it confusing to know which one is best to start off with, here are some options:

- [5-Minute Beginner's At-Home Cardio Workout](#) | by POPSUGAR Fitness
- [30-Minute HIIT Cardio Workout with Warm Up - No Equipment at Home](#) | by SELF
- [15 Minute Beginner Flexibility Routine!](#) | by Tom Merrick

Recreational Activities:



DIY:

For those who enjoy woodwork check out this [tutorial](#) on how to build a Planter Box!

Still Need a Face Mask?

Check out these three easy [DIY Face Mask](#) ideas from our very own Suzelle DIY! Thank you President Ramaphosa for being one of the first world leaders to wear a uniquely African mask.

Foodies:

- [Caught online](#) is a fresh and sustainable fish and seafood with a delivery service based in Cape Town.
- [Woodstock bakery](#) still has wonderful sour dough bread for you to pick up.
- [C Fruit](#), founded in 2017, sell & deliver locally sourced fresh produce as well as a host of other delicious goodies.



Captain Tom Moore, 99, breaks the world record for the oldest person to have a No.1 single... as his version of **You'll Never Walk Alone** with Michael Ball reaches the top spot. Watch it [here](#), it features Captain Tom Moore, Michael Ball & The NHS Voices of Care Choir. Captain Tom Moore has collected over £28,699,467 for the NHS walking around his front garden- at age 99!



[@tobiasvisuals](#) got this brilliant shot of two penguins comforting each other. Penguins also made the news crossing Main Road in [Simonstown](#) while lions take over [Kruger Park](#)

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