



The TAG Newsletter

Our gratitude edition

Dear team... Over the last few months I felt that Corona had stripped away the sophistication of being a doctor. Scrubs had just transformed into beautiful florals on young inspired academics, and suddenly those smiles in the corridors were now constantly masked with anxiety and bedside teaching, even clinical exams, forbidden. Yet, what actually evolved is something much more spectacular.

This issue is dedicated to the leaders in our department, we thank you. To every single one of you who have ensured that we are all donned with enough armour and armed with skill... for insisting that teaching continues from a distance, and to those who agreed to teach. Our Wednesday morning community has become a grander event. This is dedicated to every one of you, brave, on the floor and those taking a stronger stand on the ugly issues that continue to face our people and threaten our children.

Your every effort has helped transform anxiety back into the determination with which we work...

'Real leaders, build leaders!'

Special gratitude to Prof Liesl Zuhlke for putting these inspiring links together for all of us. We hope as you peruse this issue you remain mindful of your own resilience ...

Sashmi Moodley

Guest editor



Thank you for Making 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 idea of how easy it is for you to actually give a little more.

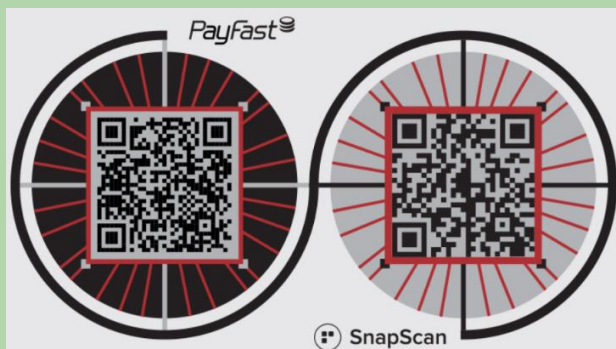
Registrar Care Packs

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: the ICU reg room (there is a box) or you can contact Thandi +27 (74) 101-4665 Esté +27 (78) 974-7376 or myself 0027824460641 to arrange a donation.

Paeds Pal Care Packs

We continue to ask people to support the Paeds pal packs. Donations can be made directly to Paeds pal via snap scan as previously advertised or dropped with us.



Ladels 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 [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.

Check out a list of other organisations needing donations at this time [here](#).

Wellness and Staying strong

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](#).

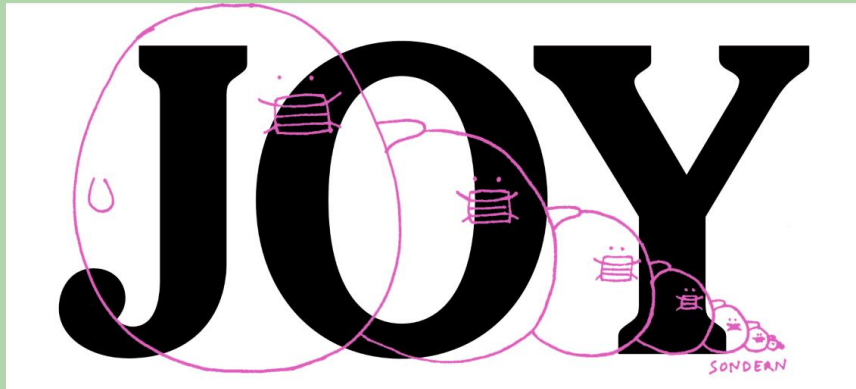
14 Small Self Care Tips

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.



The Joy of Caring for Others

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



Ever had the urge to start your OWN Pandemic....remember to 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](#)

Something for Your Children:

Mothering@Home

[Mothering@Home](#) is an amazing resource from Messages for Mothers. Thank you Simone for this great resource. Check out the [website](#) for many more good tips and resources for moms and dads. ☺ We also have loads of resources, downloads, teaching and games [here](#).

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!

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!

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?

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](#).



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. *Peter Pan Live* starring Allison Williams as the Boy Who Wouldn't Grow Up and Christopher Walken as Captain Hook will be the next musical available to watch online for free this coming weekend (June 19, 2020).
- 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!

Thank GOD for Online Learning:

Knowledge Translation Unit (KTU)

The KTU is a group within UCT's Lung Institute and Department of Medicine.

- The unit's Coronavirus (COVID-19) [resource page](#) is now up with a variety of free resources.
- 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.
- The KTU, in partnership with the Western Cape DoH, has designed a PACK HOME series with information, advice and guidance for you and your family in the home:
[Volume 1](#) - Information and Advice for the Home during the COVID pandemic.
Volume 2 (coming soon) - Have coronavirus in your home? Here's what to do.

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.

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. In the first online session, Liesl Hartman from the Centre for Arts Education will teach you how to create a 'scratchy cat,'

inspired by William Kentridge's drawings of animals, particularly his own cat. Watch session 1 [here](#) and don't forget to share your scratchy cat artworks by tagging @ZeitZMOCAA on Facebook or Instagram!

Local Virtual Exhibitions

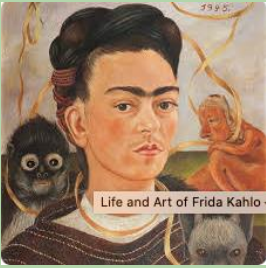
While galleries and museums may be closed for visiting, there are still some amazing exhibitions that you can view online. Visi magazine has rounded up a list of [virtual tours and shows](#) for you to enjoy from home.



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?

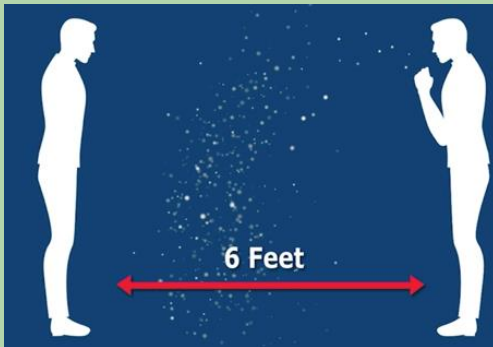
How about virtually visiting the [Museo Dolores Olmeda](#) in Mexico and seeing the paintings by Diego Riviera and Frida Kahlo?
Or download the [Google Arts and Culture](#) App and transform yourself into a Van Gogh or a work by your favourite artist.

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 : 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!

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

TAG