

# TAG NEWSLETTER

## Resources and Tips

Dear All

Day 10? Of lockdown, level three extension 2. We are all a bit tired, missing our friends and family and anxious about the crisis our country is facing. In this newsletter, we focus on two things: Mandela Day 18 July 2020 and some ways that serving others could lift your spirits and then providing some of our tips and resources to ensure that throughout, you also care for yourself and give yourself the time and the space for wellness and self-care.

Regards from your TAG team

### 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.

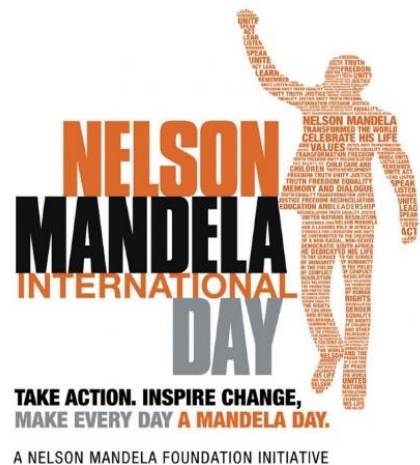
#### Nelson Mandela Day

No matter how small your action, Mandela Day is about **changing the world for the better**, just as Nelson Mandela did every day!



imagination  
stations

in support of



#### Imagination Stations

This Mandela Day [Rare Diseases SA](#) are honouring Madiba's spirit and love for education. Help them to create hospital libraries, or as they prefer to call them - Imagination Stations - to bring joy, wonder and excitement for those where extended hospital stays are part of their everyday reality. The libraries will be installed at South Africa's Government hospitals, where patients with rare diseases and congenital disorders are treated.

The COVID-19 pandemic will mean that unfortunately members of the public will not be allowed to help install these, so they are asking if you can spend your 67 minutes before the day to search for pre-loved books or buy new ones and laminating them with contact paper to ensure they can be sanitized before and after each use.

Alternately, you can [donate via GivenGain](#) to contribute towards the purchase of a bookshelf and/or new books.

## 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

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 TB Hospital. 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](mailto:kirsti.lyall@paedspal.org.za)

WWW.PAEDSPAL.ORG.ZA



## Paeds Registrars Mandela Day Activities

This year the Registrar Wellness Team decided to focus on a Child's right to a name and a Parent's right to dignity. There are 2 aspects to this year's Mandela Day initiative:

- The first is working on the 'Name boards' at the children's beds in Red Cross Hospital in order to start a new culture whereby the child's and caregivers' names are used on ward rounds instead of "baby" and "mom".
- The second initiative is collecting female hygiene products as it has been found that certain older children in some of the sub-specialty clinics are struggling without these products. The paed registrars wellness team will be collecting female hygiene products like sanitary towels, hygiene wipes and panty liners to handout to areas that need them. Drop off points include the ICU reg room (there is a box in the corner) or else you can contact Thandi on 0741014665, Este on 0789747376 or Samah on 0824460641

Check out their other wonderful wellness projects [here](#).

## Mandela Day World Record Challenge

[Ladles of Love](#) are inviting you to honour Madiba in the most exciting way possible as they join forces with volunteers across the Cape Peninsula, in a record-breaking attempt to make 125,000 sandwiches in just one hour. Register [here](#) and do your 67 minutes this Mandela Day!

## Pick n Pay Feed the Nation



Every year, Pick n Pay holds a [food drive](#) leading up to Mandela Day. They will match every cash donation made in stores on Mandela Day, Saturday 18 July 2020 to honour Madiba's legacy of giving. Donate your extra Rands at the till - just let the cashier know you want to donate towards Feed the Nation or alternately convert your Smart Shopper points on the app and donate them to Feed the Nation!

## 5 More Things to Do this Mandela Day

- Feed the hungry in your community. In a society which still bears the scars of the past, it is not difficult to see those in need on a daily basis.
- Spend time with the elderly. Try to do this virtually or in a different way: send some baked goodies or something to read to an old-age home or to an aged person near you.
- Spend time with the young people.
- Donate books to your local library.
- Collect and distribute children's books to under-resourced schools.
- Get your hands dirty and plant a garden or tree where the whole neighbourhood can enjoy it.
- Help your community by becoming an organ donor.

## Interactive Activity Kits

These kits provide family interactive activities and they are trying to ensure that at least 67 go out to needy families - shall we try and make it 6700??



**Each box costs R300 So we need to raise R20 100 with your help!**

Donate via the Arise Quicket Fundraiser or on SnapScan. Tax certificates easily available - email POP to [info@arisefamily.org](mailto:info@arisefamily.org)



Snap here to pay





## Wellbeing and Staying Strong:

Do a walk around Cape Town and find the best murals and take some great pics!



### **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](#).

### **Poetry and Reflections**

Have a look at this lovely [anthology of poetry](#) relevant in the COVID-19 era – sent in by Chris Scott.

### **In Search of a Hug**

This week's essay from from the UCT Department of Medicine is by Richard van Zyl Smit and entitled '[In search of a hug](#)'. We hope you all enjoy it.



### **Is There Any Way to Hug During This Time?**

Here some thoughts on [how to hug during a pandemic](#).

### **What Can Replace a Hug?**

Building connections can also ease feelings of loneliness and isolation. Video chats are a great way to do that. Streva says if that isn't possible, you can evoke a similar feeling of connection by looking at a photo of someone while you talk to them on the phone. mindfulness activities may help you envision what it will feel like when you are able to finally hug the person you miss. She says writing in a journal to help process feelings of loss and sadness and getting outside to see other people, even if it's from afar, can reduce feelings of loneliness and isolation. Be creative about maintaining interactions that provide joy and contact," even just waving to a neighbor to say hello can help you feel less isolated and alone."



### **Help Your Neighbours**

Check out these [7 ways to help your neighbors](#) during coronavirus!

## 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 ☺



Remember to be careful of Zoom calls!

### 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.

### Preschoolers Movement

Take a look at these [9 movement activities for preschoolers](#) you can do at home.

### Do You Know [the Jerusalem Dance](#)?

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

## Events and Entertainment:



### Nelson Mandela Birthday Tribute Concert

Jonathan Butler will be giving a free concert this Saturday, July 18<sup>th</sup> to pay tribute to Nelson Mandela and celebrate his birthday!

The concert will be livestreamed via [Facebook](#) at 2:00pm.

## #LaughForChange Comedy Show

Change a child's life this Mandela Day. Join Cotlands' 67-minute #LaughForChange Comedy Show live stream this Saturday evening and enjoy an amazing comedy lineup. Tickets are only R100 – buy them [here!](#)

**Laugh for 67 minutes**  
change a child's life

**#LaughForChange**

**Cotlands**  
Cotlands is a non-profit organisation working in the early childhood development sector. Our aim is to equalise access to play-based early learning and enable vulnerable children to develop a good educational foundation so that they can thrive in all later learning.  
www.cotlands.org  
email: marketing@cotlands.org

**67 minutes of stand-up comedy for Mandela Day.**  
Your support can help change our children's future for the better.

**NELSON MANDELA DAY**

Saturday, 18 July 2020 | 17:00 – 18:07

**Alan Committie**   **Kagiso KG Mokgadi**   **Marc Lottering**

**Mel Jones**   **Nik Rabinowitz**   **Anne Hirsch**

**R100 per ticket.\***  
Proceeds will be donated to charity.  
**Book at [quicket.co.za](http://quicket.co.za)**  
\*You will receive an email with the live streaming link on the day of the event.

In association with: **ERM**   **PENNY LANE STUDIOS**   **Quicket**  
EXPERIENCE AWESOME



## 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.



## 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!

### Ideas to Get You Moving

- [4 easy hikes](#) for beginners in Cape Town
- [7 yoga poses](#) you can do at your work desk
- [12 winter workout tips](#) for exercising outdoors
- The best [outdoor workouts](#) to mix up your routine
- Run [London Virtual Marathon](#) 2020



## Recreational Activities:

### Foodies

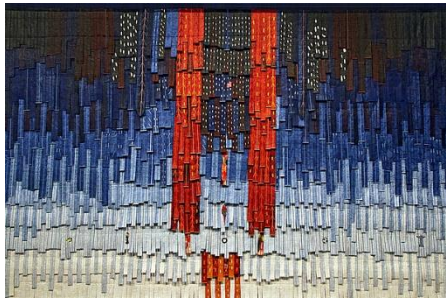
- Oddbox not only delivers wonderful, fresh vegetables but also sends you a lovely [recipe pack](#) to suggest great ways of cooking them. Check them out on [Facebook](#) and [Instagram](#)!
- [Checkers](#) now deliver groceries and drinks in 60 minutes - order via their new Sixty60 app.

### 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](#)!

### Into Photography?

Check out these [8 portrait photography tips every photographer should know](#)



### 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 household 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.



### #BlackLivesMatter



As you are aware, the Transformation Action Group (TAG) and the Advocacy Committee prepared a statement that was adopted and issued by our Paediatric Department on 22 June, in response to the Black Lives Matter movement, as so many aspects of the movement highlighted ongoing issues related to racism that we have been grappling with as a country and department over many years.

It is with a **sense of urgency that we now renew our commitment to take action.** We will use our voices, privilege and resources to challenge racism, discrimination, xenophobia and injustice in all its forms, and to actively build a more just, inclusive and equitable workspace and society. We also commit to uphold children's rights – to dignity, equality and non-discrimination, survival and development.”

In line with this statement we are using the opportunity of Mandela Day in the legacy of Tata Madiba to launch a similar concept as the 16 days of Activism Against Gender based Violence that occurs annually in November, to launch “16 days of Awareness of Issues of Systemic Racism and White Privilege” to educate ourselves as a group with the aim to catalyse accelerated transformation.



We challenge and encourage everyone to either begin or enhance their own journey over the next 16 days. These will be circulated- short readings, comments and thought suggestions- via email, on the TAG tab (insert link) or via twitter ( our twitter address). Please share and reflect and let us use these 16 days to grow personally and as a department.

*“One of the most difficult things is not to change society — but to change yourself” - Nelson Mandela*

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**