

RESOURCES TO PROVIDE ASSISTANCE DURING THIS TIME

Outreach:

Transport & Meds Deliveries


[Footprints4Sam](#) have offered to help with transportation of patients needing to be at hospital and presently have 1 dialysis patient they are transporting. Their drivers have been informed about the risks and are being provided with masks and disinfectant. Footprints4Sam will also be providing food buckets for patients in need. These have more substantial staple items in them than the care packs (below). Please contact Nompri on 06 0633 2033 or Michelle at drmameiring@gmail.com to request assistance.

RXH Registrars Care Pack Project

A call has been put out by RXH registrars for the following items;

- Activity stuff for kids such as colouring in books, crayons or a puzzle
- Tissues
- Wet wipes
- Hand sanitizer (if available)
- Toilet rolls
- Mask
- Cup a soup
- Jar of peanut butter
- Tin of pilchards
- Box of smarties

If any RXH staff or others want to contribute, please let Thandi know on 0741014665 or drop your donations off in G1 with Thandi as soon as possible. These will be packed and delivered as possible. If you wish to do online shopping, you may also deliver these to G1 but please let Thandi know to expect them.



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 18A'S AVAILABLE



**Red Cross War Memorial
Children's Hospital**

Volunteering

See details below for anyone, medical or non-medical, wanting to volunteer at the Red Cross War Memorial Children's Hospital during lockdown. You can also contact Martie.Wege@uct.ac.za for more information.



Red Cross Children's Hospital Covid-19 Volunteer Initiative

If you are interested in volunteering at the Red Cross War Memorial Children's Hospital during the lockdown period, kindly contact Ms Quinlyn Johnson on 084 870 5484 or email volunteer@childsafesafe.org.za for more information.

Donations

Click [here](#) for a list of organisations needing donations during lockdown.

Useful Information/Resources:

UCT COVID-19 Web Page

To stay informed on more general updates, please regularly visit the [UCT Coronavirus Disease 2019 web page](#), which is being updated daily.

GSH COVID-19 Update

Click [here](#) to view the Groote Schuur Hospital COVID-19 update from 29 March 2020.

Coronavirus Op-ed Piece

['Love in the time of Covid-19: The mental health and well-being of individuals and communities'](#) by the Alan J Flisher Centre for Public Mental Health, University of Cape Town

Telethon Kids COVID-19 Campaign

The [campaign](#) provides a number of informational videos on COVID-19 aimed at parents, families and schools which are presented by experts.

There are also further links to useful paediatric resources.

Palliative Care Guidelines (to follow)

An international PPC forum are busy drafting palliative care guidelines for COVID as it impacts both infected and affected children. These will be distributed when available.

Mental Health:

YouTube Videos by Dr Russ Harris

Dr Russ Harris, author of the international best-selling self-help book 'The Happiness Trap', is a world-renowned trainer of Acceptance & Commitment Therapy (ACT).

- [The Struggle Switch - dealing with anxiety](#)
- [How to deal with intrusive worry thoughts](#)
- [FACE - COVID](#)

TBH Psychosocial Support

The TBH switchboard system has been configured to allow their psychosocial team of 5 to work from home with calls still coming through their landline and can provide counselling services to anyone who is anxious at this time – including staff members or caregivers.

Three TBH clinic OPD doctors will be doing telephonic consults with the patients who were due to come to clinic over this period (similar to how things are being done at RXH) and the TBH hospital consult team will still be active with backup from their clinic doctors if needed.

RXH Wellness Group

The wellness group are continuing to work during this time.

Working From Home?

[12 Guides To Help Navigate The Remote Life](#)

[How To Be A Happy And Productive Remote Worker](#)

Mental Health Wellness Tips for Quarantine

Click [here](#) for a list of tips to help get you through quarantine.

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](#). They are also currently preparing for two online courses, each with five sessions:

- **Course 2** – 7th, 9th, 14th, 16th and 17th April 2020 from 11am – 12:30pm SA time (GMT+2)
- **Course 3** – 13th, 15th, 16th, 20th and 22nd April 2020 from 7pm – 8:30pm SA time (GMT +2)

Please reply to info@theresiliencefactory.com for further info - these courses are offered at the rate you are able to afford.

Extra-Curricular Activities:

Watch the Beluga Whales at the Georgia Aquarium

There's a [beluga whale webcam](#) set up at the Georgia Aquarium, so you can see what your whale friends are up to at any time.

Watch the Cincinnati Zoo Livestream

The Cincinnati Zoo are live-streaming animals on their [Facebook page](#) daily at 3pm.

E-visit the Louvre

Transport you and your family to Paris, France by taking a [digital tour](#) of one of the most famous international museums, the Louvre.

Boston Children's Museum Tour

Take a [virtual field trip](#) of the Boston Children's Museum.

Check out Mars

Check out the real surface of [Mars](#) as recorded by NASA's curiosity rover.

Daily Doodle with Vetty

Yvette Gilbert has set up a [Facebook group](#) where each day she invites children to suggest a theme for her to draw. After selecting a theme at random, she will do a quick doodle and upload the high-resolution version to Facebook which can then be printed out and coloured in. She also invites children to do their own doodles based on each day's theme, and to share their creative artwork on the group.

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>

Care for the Caregiver

A fun [article](#) about loving yourself during a crisis.

Online Exercise Classes

Down Dog have made all of their online exercise apps including [Down Dog](#), [Yoga for Beginners](#), [HIIT](#), [Barre](#), and [7 Minute Workout](#) free until May 1st – so that anyone who wants to practice at home can do so!

Beginner Yoga, Barre and Ballet Classes

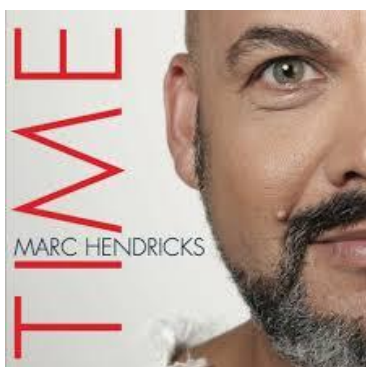
[Ballet on Kloof](#) is offering beginner yoga, barre and ballet classes run by Seugnet, a ballerina and stunt person. The studio is offering classes in two ways:

1. Pre-recorded workouts and routines posted on their [Facebook group](#)
2. Live ballet and yoga classes via Zoom

Music

Inspirational music piece for this week: [Roedean School - Hallelujah - Virtual Choir](#)

Be sure to check out RXH's singing oncologist, Dr Marc Hendricks on apple music, Spotify or SoundCloud! <https://open.spotify.com/album/6XNPes9EWf5dZCcj644IWE>



Online Learning:

Siyavula

[Siyavula](#) is an education technology organisation providing high school maths and science practice questions and free online books for students.

UNESCO

UNESCO has a useful list of [distance learning solutions](#) and [national learning platforms and tools](#) that provide online learning materials, free books, websites and learning applications for different subject areas.