

RESOURCES TO PROVIDE ASSISTANCE DURING THIS TIME

Outreach:

Transport & Meds Deliveries

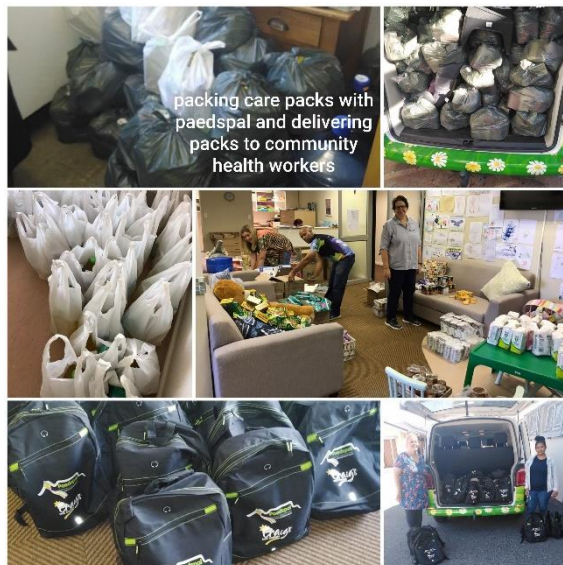
[Footprints4Sam](#) have offered to help with transportation of patients needing to be at hospital and will also be providing food buckets for patients in need. Please contact Nomp on 06 0633 2033 or Michelle at drmameiring@gmail.com to request assistance.

Care Pack Projects



RXH registrars are collecting donations for 2 projects:

- The first is to make care packs for those admitted to RXH who may not have anything.
- The second project is partnering with PaedsPal to collect packs for those in the communities.

The RXH registrar wellness team have extended their appreciation to everyone for the generous donations of food supplies and toys/kiddies activities. So far, 20 care packs have been made for RXH, 10 for DuNoon and PaedsPal have done 2 separate deliveries, totaling 69 activity packs and 96 food parcels to the CHWs so far.



Collections for the 2 projects will still be continuing during the coming weeks, so if anyone wants to contribute, please let Thandi know on 0741014665 or drop your donations off in G1. 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

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.

Volunteering

See details below for anyone, medical or non-medical, wanting to volunteer at the Red Cross War Memorial Children's Hospital during lockdown. Contact Martie.Wege@uct.ac.za , or volunteer@childsafes.org.za for more information or log into the sites below.

CALL FOR HEALTH PROFESSIONAL VOLUNTEERS

Dear Colleagues,

The Western Cape Government Health is calling on skilled health professionals residing in the province and beyond the borders of the province, to volunteer and assist in the fight to stop the spread of COVID-19, in the Western Cape.


This COVID-19 pandemic along with the pre-existing burden of disease are placing our facilities under tremendous pressure. In line with the country-wide recruitment drive, we require all hands on deck to ensure that there is enough capacity in the province to deal with the anticipated rise in the number of people testing positive for COVID-19, in need of medical care.


Volunteer doctors, nurses and emergency medical service personnel who are NOT employees of the Department can help mitigate the additional pressures COVID-19 will be placing on our services, over the coming weeks and months.



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We call on all available health professionals to take up this opportunity to make a meaningful contribution and to assist in our response to this pandemic.

Those interested in adding their support can register on COVID 19 Volunteer Recruitment. [CLICK HERE](#) to access the volunteer recruitment questionnaire.


Dr Keith Cloete
Head of Department





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 updates from Groote Schuur Hospital and the Department of Medicine, which includes a series of helpful videos.

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.

Publications on COVID-19

Click [here](#) for a link to a Dropbox of helpful recent publications. If you have any to add, please send them to liesl.zuhlke@uct.ac.za

Mental Health:

YouTube Videos and Resources 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](#)
- [‘FACE COVID’ How to respond effectively to the Corona crisis](#)
- [Embracing Your Demons: an Overview of Acceptance and Commitment Therapy](#)

Working From Home?

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

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

[Creating a comfortable home workspace](#)

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 for Children at Home:

Virtual Game Drives through the Kruger Park

The Kruger Park are live streaming two [game drives](#) a day via YouTube. The morning drive is from 5:30 am – 8:30am and the afternoon drive from 3:30pm – 6:30pm.

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.

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>

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.

Entertainment

Online Concerts

- Athol Fugard's "[Master Harold](#)" ... and the Boys is available for streaming free of charge until 20 April 2020.
- Andrea Bocelli is set to perform in a one-off concert at the Duomo of Milan on Easter Sunday, which will be live streamed around the world.
- Any resident of the Earth can virtually walk through the museums of [St Petersburg](#), watch ballet performances and listen to online concerts.

Online Learning:

Siyavula

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

Khan Academy

The [Khan academy](#) offers daily schedules for students ages 2-18 to keep them learning.

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.

Exercise:

Online Exercise Classes

[Down Dog](#) have made all of their online exercise apps including 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

Self-Care:

Care for the Caregiver

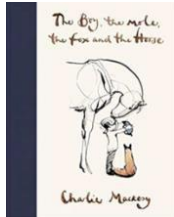
A fun [article](#) about loving yourself during a crisis.

Music

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

Book of the Week

"A wonderful work of art and a wonderful window into the human heart."



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

TAG