

RESOURCES AND TIPS

Dear All

By now you won't be alone if you are starting to feel a little tired of hearing about Coronavirus. On the other hand it appears that we are slowly figuring out a "new normal" and all around us are wonderful examples of the ingenuity, adaptability and sheer indomitable spirit of humanity. Kids will soon be back in school and there is palpable relief that most people are back at work and the world feels like it's starting to turn again. Despite this, we are all fully aware that for us here in SA, the tough times are not yet over and all the preparation and planning of preceding months will no doubt be put to the test. But fear not, the TAG newsletter is here to help you thrive in these uncertain times. All the previous resources are available [here](#), and we have gathered even more instructive, supportive and just plain fun bits and pieces in the June edition.

- Chris Scott (guest editor)

Make a Difference, you know you want to..

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.

We are so fortunate to have one of the most caring, dynamic, socially engaged and creative registrar groups ever.



Paediatric registrars initiatives pre-coronavirus (from Samah El-Boraei)

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.

Care packs go to: RXH SW department, Du Noon Clinic Social worker, Paeds Pal and families at Red Cross. We get regular phone calls from social workers/Red Cross health workers who have families they know of who need help. We have been either organizing a pack for them or linking up with community CAN groups.

Supporting Du Noon

We still make donations once every 3 months to their social worker. They have a strong need for sanitary pads. Lots of kids are coming to them for pads.

Sashmi Moodley is running the **“Precious Project”** at NSH. She has compiled and illustrated a patient pamphlet welcoming people to the ward in these strange times to help make things easier for moms and kids and show that we still care as health care professionals even though we may all have PPE. Currently being distributed at NSH hospital paed wards.

The Precious Project

Inspired by a 5 month old baby girl called Precious, who recovered from an infection with the corona virus, but lost her caregiver to it.

Targeting the psycho-social aspects of being a parent with a child admitted to hospital.



Illustrated and compiled by Dr. S. Moodley
An Initiative by The UCT Paediatric Registrar Wellness Committee
New Somerset Hospital, Cape Town
Department of Paediatrics and Child Health
May 2020

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.

RX Radio

We have a reg slot once a month where the kids interview a registrar via what's app on a health care topic with the aim being health promotion. Next up is Mishkah Petersen. Visit the RX radio station [website](#) to find out more.

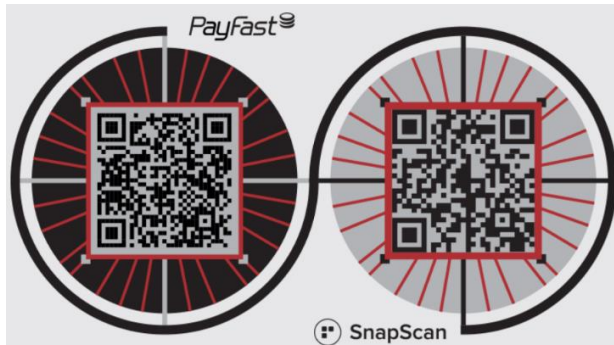
A blue poster for the Mowbray & Rosebank Community Action Network. At the top, the name is written in yellow. Below it is a large red cross inside a white circle. The main text in white reads: 'MOWBRAY-ROSEBANK COMMUNITY ACTION NETWORK IS COLLECTING DONATIONS FOR THE RED CROSS CHILDREN'S HOSPITAL. PLEASE DONATE NON-PERISHABLE FOODS AND TOILETRIES FOR VULNERABLE CHILDREN AND FAMILIES AFFECTED BY COVID19. THESE ITEMS WILL BE DISTRIBUTED THROUGH THE HOSPITAL'S HOME BASED CARE WORKERS CRAYONS, STATIONERY, AND TREATS FOR CHILDREN ALSO VERY WELCOME.' At the bottom, it says 'FOR FURTHER INFORMATION PLEASE CONTACT MOWBRAYROSEBANKCAN@GMAIL.COM'. There are two small logos at the bottom: 'POWERED BY RED CROSS CAN' and 'Cape Town Together'.

A huge thank you to everyone for the donations they have sent in! We constantly have a flow in the ICU reg room which is so amazing and really helps those in need. A huge thank you to the Mowbray and Rosebank CAN group who have organized a collection drive for us outside Woolies. They put a trolley there to collect food for our packs. So that has been amazing.

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

Community Action Networks (CAN)

In addition, all over Cape Town we have Community Action Networks which are linked to various wonderful outreach programs. Several link together as well - [Rondebosch CAN](#) is linked to Bonteheuwel and Pinelands CAN has been feeding healthcare workers at Grootte Schuur and Red Cross Hospitals! Please check out your nearest CAN to see how you can help.



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.

Wellbeing and Keeping Strong:



14 Small Self Care Tips that will make a big difference...

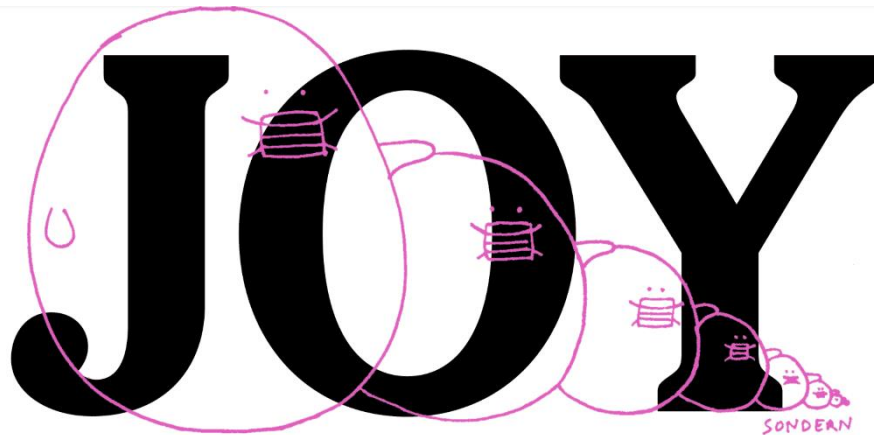
These easy and practical good old common sense [tips](#) (as long as you remember them) will help you keep your mind and body in tip top shape and earn you this badge. Really.

Not enough for you?

There are plenty more tips in our past newsletters on the [website](#)

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.

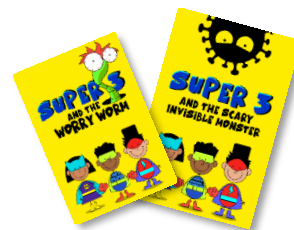
Are you looking for a challenge? Do you want to translate them into your home language?

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](#)



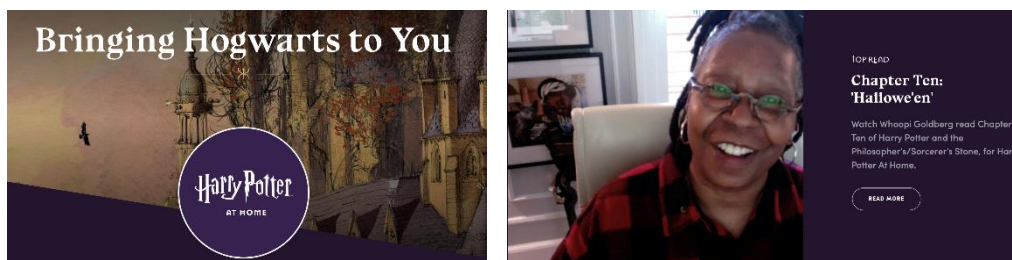
Matriculants

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 Fans: Feeling Muggled up in a Muggled up World?

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. Whoopi Goldberg is featured this week! 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!* will be the next musical available to watch online for free this coming weekend (June 5, 2020).
- 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. Click [here](#) for the full festival schedule.
- 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!

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.

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!

Race the Comrades Legends

The 2020 Comrades Marathon is cancelled, but the Comrades Marathon Association has launched a virtual race, where runners of all fitness levels can compete against each other as well as long-distance legends on Sunday, June 14. Check out this Cape Town magazine [article](#) for more information or click [here](#) to register online now!



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:

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.

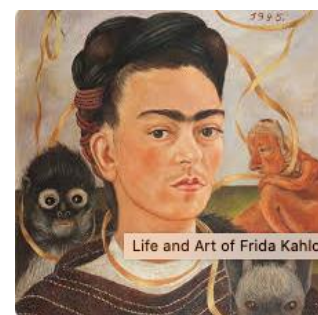
- The first video, [ISOLATED \(part 1\)](#) an infinite loop to despair, features a repetitive loop through Falk's Berlin studio.
- This inspired [ISOLATED \(part 2\)](#), where artists around the world were briefed to create a four-second timelapse, taking viewers into their studios for a quick peek 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.



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!



Foodies

- [Avocado Lady SA](#) - Fresh avos from farmer to you!
- [Woodstock bakery](#) still has wonderful sour dough bread for you to pick up.
- [Bottles](#) delivers your groceries for you.
- Or try this new healthy Carrot and Cumin Stew recipe for those cold winter nights:

CARROT AND BARLEY STEW

(From Odd Box)

A Raymond Blanc dish which pairs cumin with carrots which is an absolutely delicious combo and one that can be utilised time and again. It also happens to be a vegan dish which is unusual from an old-school French master chef!

WHAT YOU'LL NEED (SERVES 4):

- 500ml carrot juice (or veg stock if you don't have the juice)
- 1 tbsp salt
- 1 tsp cumin powder
- 500g carrots- peeled and cut into 1 cm rounds (or on the angle if you're feeling cheffy)
- 150g swiss chard- washed and roughly chopped
- 1 corn on the cob- boiled for 10 minutes and the corn removed
- 2 tbsp veg oil
- 1/2 medium white onion- chopped
- 2 small red chillies (less or more to taste)
- 150g pearl barley (you can also use quinoa or another grain if you want but, barley is first prize)
- 1 tsp cumin powder
- 3 spring onion- chopped
- 20g coriander leaves- chopped
- 2 tbsp lemon juice

METHOD:

- Place the carrots in a pot with the juice(or stock if using), salt and cumin and cook for 10 minutes or until just soft. Drain and retain the liquid.
- Heat a pan on medium heat and add the oil, onion and chillies. Saute for 5 minutes until the onion softens.
- Add the cumin and fry for an additional 20 seconds.
- Add the retained stock/juice, barley and salt & pepper to taste. Simmer for 30-40 minutes or until the barley is firm with a good bite- topping up with liquid where necessary.
- Next add the swiss chard, spring onion and corn and cook for another 5 minutes until the chard is soft to the bite. Set barley aside.
- Heat another pan on high and add another tbsp of oil and saute carrots until caramelised- around 3 minutes.
- Finally, add the caramelized carrots, coriander and lemon juice to the barley and serve.

Reminder re: 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!

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

TAG

(this edition Guest edited by Chris Scott)