

Sisanda FunDaytion

what a difference a day makes

In This Issue:

Playing for
our Health

"Spring is in the air"

FunDay

Story Circles

Play

Ambassadors

Play@Home

Case Study

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PLAYing for our Health

"It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self."

Donald Woods Winnicott

Every day pressure and hardship is a part life for many South Africans, however the consequences of adding a pandemic to the list is certainly having profound effects on our mental health.

We at Sisanda FunDaytion have remained a consistent force driving the care of mental health within communities and we take our role very seriously. We are always innovating and finding new ways to help communities to **connect** with each other in positive and uplifting ways.

Our **Play@Home** program in the Gugulethu community is now moving into its fourth phase with the training of new Ambassadors to provide skills and techniques for the upliftment of children and families which empowers whole communities to take care of each other and spend time engaging with their children and peers.

Our programme encourage ordinary citizens to perform acts of generosity and kindness which breathes a new positive and happy atmosphere within communities, allowing a small reprieve from very real hardship and pressures.

Grab a cuppa and your favourite snack. We have some pretty awesome stories to tell.

Playful Mindfulness



FUN DAYS

"Spring is in the air"

On the 11th September, with Spring in our steps we shared a morning in the Wynberg Methodist church and an afternoon under blueskies with the most beautiful people, inside and out.

30 children, 7 to 12 year olds, from Gugulethu jumped on their GoldenArrow bus with volunteers from Gugulethu, Khaylitsha and Thambo Village. Our Play Ambassadors have been taking increasing responsibility with running recent **Fun Days** and today they were leading the way. We at Sisanda absolutely love being a vehicle for young people who want to bring **change** into the lives of their peers and communities.

Mindful meditation kicked off our day, appreciating ourselves and tuning into our bodies wants and needs. We then had a dancer teaching interesting moves and sharing an **inspiring** story of how he grew up in Khayelitsha and found his way to starting his own business against all odds. His key message was **LOVE** and importantly consistency, practice and focus.

Connection with new people is important to us and volunteers and children shared stories and interests about themselves learning that we are all the same while being vastly different. The energy was high at the end, with children showing off their dance moves, hugging themselves and telling us with their sparkling eyes and thank-you's how inspired and empowered they felt.

Parent feedback: *"I would like to take this opportunity to thank you for the Fun Day Sisanda FunDaytion recently hosted. Knowing that our kids are able to learn outside of school and also have fun is great. Since the fun I have noticed that the girls are a lot more confident, they are able to express themselves. They learn to love themselves inside and outside which is very important for kids, growing to look past their flaws and love themselves. Thank you so please do keep up the amazing work you are doing in our community it doesn't go unnoticed."*

A special thank you to our sponsors:
Truworthis, Golden Arrow, CP Trust,
The Nausbaum Foundation,
Zestcore, Nucleus, Debonairs, Omega Air



Our next FunDay is 23 October
Click here
to volunteer e-mail
volunteer@sisanda.org.za

CIRCLES

Connecting with small groups in Circles is one of our favorite things. Sisanda Zoom Storytime is our newest favorite Circle. The ancient tradition of oral storytelling has long been a part of African culture and was used to serve a multitude of purposes including teaching morals and passing on cultural values.

Today, experts agree that storytelling can help listeners recover from trauma, help people feel less alone and cultivate empathy and understanding. The worldwide lockdown has had a massive impact on the mental health of children, young people and seniors. **Connecting** through online platforms help us to establish our identity in a lonely and very much confusing world.

Sisanda Storytime was born out of this need and continues to provide a platform for a diverse group of children, volunteers, carers, teachers, parents and facilitators to **CONNECT** and to engage in conversations about experiences, feelings, and thoughtsgreat and small and to share all the things in the world we still need to see.

National Book Week in September had children enthusiastically **sharing** their storybooks with all who dialled in. A distractible 10 year old kept us all enthralled sharing her storybook with great shouts of "Peek-a-boo" for all pop up illustrations. A passionate shark loving 4 year old taught us things we never knew about the strangest looking sharks that live deep in the ocean.



Zintle Mene - Storytime STAR

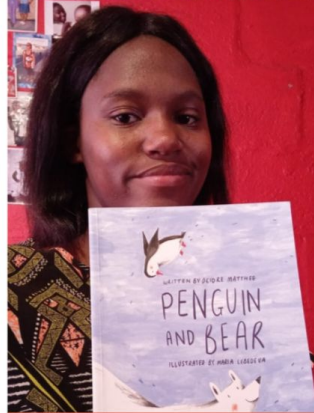
What is the next step for a passionate and enthusiastic Sisanda Play Ambassador who loves **CONNECTing** with her community?

Let's meet Zintle Mene, a 22 year old Play Ambassador from Gugulethu who is in her second phase of the Play@Home programme.

Zintle has joined our Sisanda Storytime as a Storytime STAR, sharing her love for stories, books and bringing her youthful exuberance to many excited children linking up through Zoom twice a week.

Zintle says *"My confidence has increased and also practicing my storytelling with my granny before storytime has indeed helped me a lot because she comments every time I read her a story."*

Zintle's passion and drive will help towards her goal of running a Storytime Circle in Gugulethu. We are very excited to join her on this journey while she practices what she loves, tries new things and continues to be a generous and interactive role model in her community.



Sisanda "Zoom" Storytime
Wednesday 3.30
Friday 2pm
ANYONE IS WELCOME
Please Contact:
volunteer@sisanda.org.za

PLAY AMBASSADORS

We are proud to have reached 10 young people who have taken on the role of Play Ambassador. These amazing young people are a testament to the drive, resilience and generosity that South Africans are known for the world over.

Choosing to do this work alongside studies, jobs and family responsibilities takes commitment. Commitment not only to their own development but an incredible empathy and generosity for people they do not know. We are all aware of the difficulties faced this past quarter for our whole country leaving communities fearful and despondent. One of our play ambassadors lost their house and all their belongings in a fire, another was held up at gunpoint in their church, family members have died and many home invasions have occurred. Despite all of this they have continued to find the energy and positivity to give of themselves to lift the spirits of others.

We salute them and they stand as a shining example to us all.

"Hard times do not create heroes, it is during hard times that the hero inside us is revealed."



PLAY@HOME

In August we started our 4th Play@Home programme. We have been working hard to develop our training and resources for this programme to be used to reach another 45 families in two areas of Cape Town, Gugulethu and Thambo Village in Manenberg.

In Gugulethu, we have expanded to include a small number of learners from our new partner, Project Playground's (PPG) Early Childhood Development (ECD) centre. Our Play Ambassadors will focus on strengthening the child's relationships in their home and we believe this complements the efforts of the education sector. We look forward to hearing feedback and learning from the PPG teachers and social workers about the transferable impact they may observe in the classroom.

We have also started running our programme in a second community. Thambo Village (TV) is a diverse community with families from all over Africa which also sadly has a high presence of gangsterism. We have a small programme starting here with 12 families and three Play Ambassadors. It is our hope that this is the beginning of an expansion of a network of positive young role models to help children see the potential for their futures.

Case Study

We wrapped up our third Play@Home programme in May 2021. On our follow up in July we explored the impact of this programme. We visited a household with 8 family members who were part of the Play@Home programme, and had some children attend our Sisanda Fun Day.

We asked whether the program had impacted their household and this is what they said....

The program has been amazing in the family. Most of us adults are occupied with work most of the time and the kids are left with their older siblings. Before the program the kids were not sharing or playing together it was all about individuality among them. Now they have games to play which require team work, so the impact is really sharing and playing together.

Has anything changed regarding school?

As parents we were not aware of the importance of learning new things and when we come from work we are sometimes tired. The kids every time they come from school first thing they do is switch on the tv and we would let them watch TV the whole afternoon. This is not as much any more. They limit TV and soon after that they open books. This program has left a spark of curiosity and we help them a lot.

Any other changes to behaviour?

Before the program kids were not sharing and was lots of fighting among the kids and ignorance as well. As parents we were shouting in front of the kids and that was normal to us. Changes towards behaviour does not happen in one day, it is a working process. I will include all of us (the adults and the children) in this. Its mainly the kids who really need a bit of work in behaviour, but surely we (the adults) are the ones who should apply discipline in them. Yes, we are working on this for us adults, we are not perfect but now we try not to fight or shout in front of them.

Will other families benefit from the program?

This is a very unique program that brings fun and creating bonds in the family and yes I would love if other families could have a taste of this. Really a lot of families would benefit and be happy about it. I really thank you guys for opening our eyes and may you continue doing this good job.

These families do not have access to resources and support when things go wrong in relationships and in their lives. This programme takes a step towards creating resilient family units needed for when times are tough. Help us to bring this to more families in these very vulnerable areas of Cape Town.



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