



# WHATZ-UP OC

## SEPTEMBER / OCTOBER 2021

### ISSUE #17

The warmer weather has brought with it so many opportunities for community integration over the past two months, resulting in higher spirits all round.

We celebrated the 1<sup>st</sup> of September / Spring Day with **Friends Day Centre**, where several of our residents enjoyed a “pancake day”, eating



pancakes and dancing. We are thrilled with the growing relationship with our neighbours and are also grateful for their willingness to take in one of our residents for **supported employment**. This placement, as well as those at Oude Molen Food Garden are made possible through sponsorship by Kenneth Radford and the Rotary Club of St Agnes and St Piran. We would not have been able to offer these opportunities without these partners and are truly humbled by their generosity. We have really been blessed in abundance during September and October, receiving **donations** once again from Pure Legacy Pty Ltd, as well as Oude Molen Food Garden and several individuals. Our **sensory garden** has really come a long way, now with new additions of filled and planted beds and two fruit trees for our hedge. Of our greatest has been a complete **renovation** of one of our female bathrooms into a wet room, enabling staff to better facilitate good hygiene for those requiring more assistance. Looking after **staff wellness** has also



been at the forefront, as we celebrated back awareness week in October by hosting the South African Society of Physiotherapy (SASP) NPO 106-154, to do training with our staff members. We also did a refresher on our

fire/emergency plans and assisted with a collaboration in “reimagining the practice for UCT OT students” with the Occupational Therapy Division of UCT. We are proud to say that two of our staff members have obtained their **drivers licences**, which is already assisting with transport costs and efficient service.



Staff and residents were treated to special braai days in honour of **Heritage Day** in September, and thoroughly enjoyed the festivities. Residents also had the opportunity to visit **The Long March to Freedom**, at Century City,



where they got to see the life-size bronzes celebrating South African icons – Mandela being their favourite. They were taken to KFC afterward for lunch

and left with full tummies and content hearts. Following precautions, residents were really able to get out and about for the first time since the pandemic started, going on supervised **shopping trips** like they used to. Shopping trips for those that earn a stipend for vocational work provides them with an opportunity to practice handling money while



shopping and prioritising their needs, as part of their home management skills.

This group has worked very hard this year and were rewarded with a milkshake, complimentary of **Cincinnati Spur**, as well as to say farewell to our last occupational therapy **students** from UCT for the year. Along with the students, we have also had a **volunteer** from the UK join us for several weeks. All have assisted us in running our programme and providing one-on-one therapy to our residents. **Other interventions** added to our programme have continued successfully, including equine therapy by Oude Molen Stables and music therapy by Kate Farquharson and Cara Smith. To assist with funding for our music therapy service, please visit <http://www.backabuddy.co.za/toc-fundraiser>. We have raised R2187.73 of the fundraising target R12000 for 2022 thus far.



We celebrated a total of four **birthdays** over the past two months, singing and spoiling our residents to make them feel as special as they are to us. If you would like to “**adopt a resident**” and spoil them with something special for their birthday, please visit <https://opencircle.org.za/how-to-help/#friends>.

To see more of what we have been up to, please head over to our **Facebook page** (The Open Circle), or to our **Instagram account** (@opencirclegroup). If you or someone you know of would like to assist, please contact us at [manager@opencircle.org.za](mailto:manager@opencircle.org.za) or head over to our “**How to Help**” tab on our website.

NPO 120-942 PBO 930049194 VAT  
4390270942  
(t) 021 510 1259  
(w) [www.opencircle.org.za](http://www.opencircle.org.za)  
Postal Address: P.O. Box 140 Maitland 7405  
Physical Address:  
Open Circle, Alexandra Hospital, c/o Annex  
Way and Alexandra Road, Maitland, Cape  
Town, 7405