



NEWSLETTER

AUGUST 2024

ISSUE #02

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No work is insignificant.
All labour that uplifts
humanity has dignity.
- Martin Luther King

FROM THE STAFF

Working at an NGO often requires taking on a different role to the norm in one's profession. This can often feel insignificant and like little progress is made. However, I'm learning that winning a war is bigger than the day to day battles. I am thankful for every opportunity we get to make a difference, and realise that often many days, weeks or even years of learning, preparation and work go into one "event" or resource for support. I'm thankful that we got to see some of the battles we won during the last year, with the reminder that the battles we are fighting currently will also lead to future victory if fought faithfully right now. -Iselle



SAVE THE DATES

ADC STAFF TRAINING

- 18-19 September - Level 1
- 23-24 October - Level 2
- 20-21 November - Level 3
- In-person (Somerset West)
- R150 per level, R300 for all 3

Contact ruth@senecio.org.za for more information



EXERCISE BOOKLET

We love seeing our resources in use! A group in Villiersdorp had fun while using Senecio's Exercises for Persons with Disabilities booklet. Designed by one of Senecio's occupational therapists, this booklet gives ideas for creative ways to get people (with and without disabilities) moving, socialising and having fun all at once. This enables centre staff to promote health and well-being in a natural and enjoyable way.



**SUPPORT FOR
PEOPLE WITH
DISABILITIES**

WWW.SENECIO.ORG.ZA

📍 Blandford House,
67 Caledon Street,
Somerset West
📞 Call us at 021 852 3856
✉ Email us at
info@senecio.org.za

IMPORTANT DATES IN SEPTEMBER

- 1 - Spring day
- 9 - International Foetal Alcohol Syndrome Day
- 14 - National ADHD Day
- 21 - World Alzheimers day
- 24 - Heritage day
- National month of deaf people
- 23-27 - OT Week

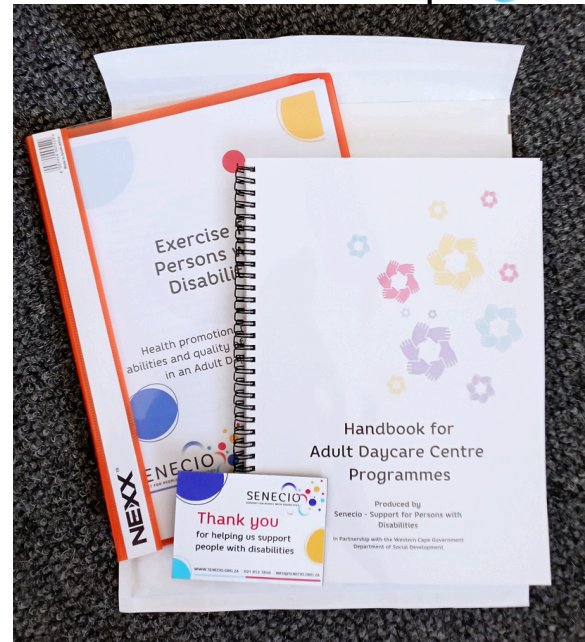
💡 IDEA : Use these calendar events to plan themes for your activity programmes. You can hold discussions, create crafts or have a special event based on these themes. For example: learn about your town or centre's heritage for Heritage Day.



NEWSLETTER

HANDBOOK FOR ADC'S

The Handbook for Adult Daycare Centre Programmes has been a labour of love, developed over the past year by one of our OT's. Built on our previous 5 years' experience of working with and supporting a variety of ADC's around the Western Cape, as well as a foundation in occupational therapy research and government policies, this handbook is designed to be a resource tool to guide centres as they design their programmes for adults with disabilities.



A book on its own cannot replace hands-on training. Context and foundational information is needed. Therefore, these handbooks will be made available for centres who attend training with us. We were thrilled to be able to send these first few copies to centres we have been working with and who have completed training with us.



One of Senecio's goals is to continuously support Adult Daycare Centres through developing and distributing resources that will enable them to thrive and promote quality of life for persons with disabilities.

Mailing these Handbooks to centres we have been supporting across the Western Cape was a very special moment for us!


OT WEEK - 23-27 SEPTEMBER



OT WEEK THEME



OT for Changing Contexts
Make it matter
Make it happen

 23 - 27 SEPT 2024

WHAT IS OCCUPATIONAL THERAPY?

Occupational therapists aim to improve the quality of life of all people through enabling them to participate in meaningful occupations. As OT's we understand that humans experience health and well-being through the things that we do in our daily lives, and when we are restricted by disabilities or barriers in society, this negatively impacts our sense of wellness and fulfilment.

The theme for OT week this year, "OT for changing contexts," highlights the adaptability and versatility of OT's in addressing the diverse needs of individuals across various settings, to "Make it (life) matter, make it happen."

We invite everyone who's been impacted by OT to share a short testimonial of how OT made a difference in your or your community's life. Post it on Facebook and tag us, or email it to iselle@senecio.org.za, and we'll share it during OT week.



FROM PERSONS WITH DISABILITIES, TO PERSONS WITH DISABILITIES

Supporting our Paralympic Team



We wish all athletes
the best!
To TeamSA, we say
'GO, GO, GO!'



Thank you to all centres who sent in pictures of their posters for the paralympics! What a powerful experience for persons with disabilities to support and cheer on those who represent them.

Being a role model is the most powerful form of educating.
~John Wooden~





STAFF ACTIVITY

COLOUR YOUR WAY TO RELAXATION



Colouring is a simple yet powerful way to engage in mindful creativity. It allows you to focus on the present moment, reducing stress and promoting a calm state of mind. We've provided a beautifully designed colouring picture that can be a perfect tool for relaxation.

Benefits of Colouring:

- Promotes relaxation
- Encourages mindfulness (staying in the present moment)
- Boosts creativity and stimulates the brain
- Provides joy and adds positivity to your day
- Taking time for yourself through colouring contributes to overall well-being and a sense of wholeness.

THERE IS NO RIGHT OR WRONG WAY TO COLOUR — SIMPLY ENJOY THE PROCESS AND LET YOUR CREATIVITY FLOW.

Print a copy of the attached colouring picture for each staff member and encourage them to take time to complete it. Display all the colouring pictures on a wall in your centre to showcase your mental health initiative. The same activity can also be done with the beneficiaries in your ADC. Please take pictures and tag Senecio Support for People with Disabilities on Facebook!



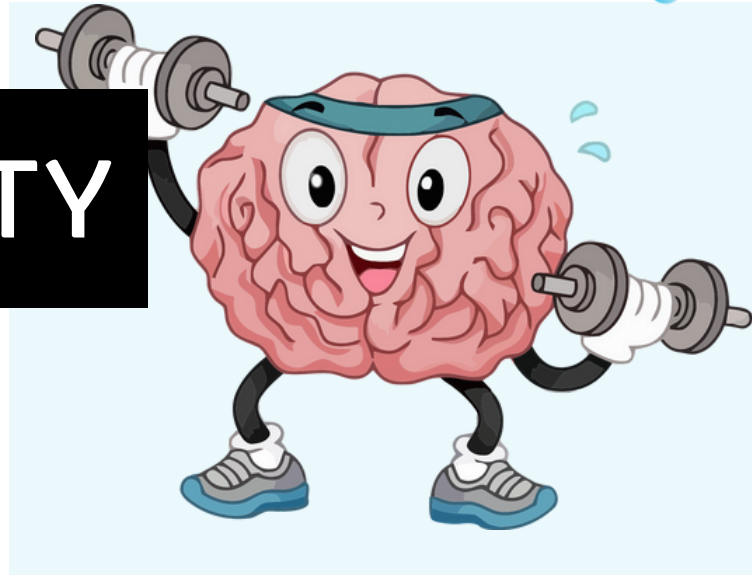
Kindness begins with me



GROUP ACTIVITY

MEMORY GAMES

Playing memory games isn't just fun—it also helps keep your brain sharp! These games can help prevent cognitive decline as we age. Just like exercising keeps your body fit, memory games keep your mind in shape, too!



21 September is World Alzheimers Day. Use this health calendar event to educate groups about Alzheimers and dementia, how to prevent it and how to support community members with it.

MEMORY MATCH

1. Prepare Matching Cards: Draw shapes, colors, or pictures on paper. Make sure each picture has a matching pair.
2. Shuffle the cards and place them face down.
3. Players take turns flipping over two cards at a time. If the pictures match, keep the pair and take another turn. If they don't match, flip them back over.

Adapt the Game:

- Use less or more picture pairs to make it easier or more difficult.
- Play the game on a table, or place the pictures on the floor or against a wall, to add physical involvement.
- For a physical twist, add a small exercise for the group to do (e.g. 2 squats) each time a player does not find a match.



WHAT IS MISSING?

1. Set Up the Objects: Place a few objects in front of the player. Let them study and memorize the objects.
2. Close Eyes: The player closes their eyes while the group secretly removes one object.
3. Guess the Missing Object: The player opens their eyes and tries to identify which object is missing.
4. Make It Harder: Increase the number of objects to make the game more challenging.

