

Sisanda FUNDaytation

what a difference a day makes

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Play is FUNdamental

"Through observing children at play, we recognise what their worries, concerns, and fantasies are. We learn about their basic needs, their feelings of love and anger, their rivalries and fears of failure, their secret wishes and desires." Dorothy and Jerome Singer (American Psychologists)

For children **play** is real work. So much so that the United Nations High Commission on Human Rights has declared it a fundamental right of every child.

Let us think of play as a child's very own Super Power and in supporting our children they can all become their own Super Heroes.

When **play** is left to the child to lead and is not structured or regulated by adults it hold unlimited benefits to a child. This tradition has been passed down from generation to generation across the world. Sadly children today are losing their natural ability for spontaneous **play** and the consequences are profound.

Play nurtures relationships with oneself and others, relieves stress and increases happiness. It builds empathy, creativity and collaboration and supports courage and determination. When children are deprived of opportunities for **play** their development can be significantly impaired.

Many parents do not know how to support **play** and through our **Play@Home** programme we at Sisanda FunDaytation are teaching parents, grandparents and caregivers this very valuable tool in order for the children in our communities to have the best chance at becoming whole and happy adults.

While children develop many skills playing with their friends, siblings or even alone, playing with an adult provides a more mature and varied form of **play** and they learn essential social and emotional skills. Making the space and time for pretend **play** is important and easily done by providing things like an old hat, a piece of fabric or even sand. Children crave interaction with their primary caregiver, this is the person they trust the most and look up to with awe. What better person to draw into their wonderful world of make-believe?

Very special memories are created in these moments and the bond between you grows immeasurably as you engage in one of the most basic and FUNdamental human rights.



FunDayFun

"Art in my heart" with the Norval Foundation and "Magical Winter Moments"

This quarter we held two fun days with two separate groups of energetic and curious children from the local Cape Town communities of Gugulethu and Philippi East.

In April 2021, 30 curious children from our Play@Home initiative were treated to a tour of the Norval Foundation's Art Museum for our **"Art in my heart"** themed Fun Day. The outdoor Treasure Hunt encouraged an open and free interaction with the impressive larger than life Sculptures in the gardens.

For many children it was a day of being inspired by art and nature and expressing their own creativity as one child commented *"I believe in school now, I will express more of my art."*

In June 2021 as the days become cooler we shared a day of **"Magical Winter Moments"** with 28 children and 4 Careworkers from our partner, Beautiful Gate in Philippi East. A day to boost energy levels and strengthen connections with each other and the world around us. Chris of Move SA lead the group through a vigorous and fun workout session which had our blood pumping and excitement bubbling over. The children learned so much about themselves today as one child said *"I learned not to judge others."* And another commented *"I didn't know of socializing with people I didn't know."*

Interactive storytime with Uncle Ross had the children hanging on to his every word and sparking little imaginations in preparation for an epic adventure to meet the creatures living in the neighbouring Forever Green, Arderne Gardens. The children were able to create their very own Magical Creature face masks letting their imaginations run wild. One child said *"I enjoyed the garden walk and I'm going to tell my family that I explored a new place."*

Often we do not visually see the impact that play has on children but this comment touches the heart and shows us all the immeasurable importance of our goal to connect children with positive role models. *"I learned that seeing my leader being kind simply meant that she had a good heart and could earn my respect and trust easily."*

A special thank you to our sponsors:

- Golden Arrow, Truworths,
- Norval Foundation, Claremont Congregational Church for welcoming us to their venues
- Made with Love Blankets by the Spin-a-Yarn of Lansdowne Public Library & 67 Blankets
- Debonairs and Jolly Dried Fruit & Nuts for their excellent service when it comes to filling little tummies
- Raw Photographic and 3 at 1 for capturing Memorable Moments





Sisanda Superheroes

Story Time

As the saying goes **“Time flies when you’re having fun.”**

It has been one whole year of fun-filled Sisanda Storytime gatherings which all began with sharing stories with our Rondebosch United Play school friends. This grew and grew like a giant pot of porridge and bubbled over to reach so many listeners, storytellers and readers.

From time to time our listeners surprise us with impromptu stories, songs and rhymes and we love the engagement and excitement that it brings which in turn feeds our imaginations and keeps the momentum going and spilling over into everyday life.

We are very excited to announce that Uncle Bumble of Bumble story books popped in for a cup of tea and very kindly gifted us a selection of Bumble story books which we will be reading very soon.

So block out your diaries and get in touch with our very own Melanie Mama Bear for some Storytime Fun.



FUN STORYTIME FACTS

Did you know?

1. We have shared 150 Storytimes in our Zoom room.
2. We have listened to... 30 different STAR's voices reading stories from all over the world!
3. We have met 140 SMILES of all ages from all over Cape Town?.
4. We have been face to face behind our masks with... 150 little friends in outdoor spaces around Cape Town.

STARS and SMILES!
You are **AWESOME!**



Sisanda Play Ambassadors

The incredible growth and confidence of our **Play Ambassadors** is sometimes forgotten in the excitement of the larger impact of our programme on the children and families we target and engage with.

These 8 young people are learning to deliver the Play@home and Fun Day programmes. During the last quarter they have matured and developed incredible leadership qualities while digging deep and reflecting on their characters and their role in creating more positive and holistic communities.

One young man on a downward path with a reputation for going nowhere said this:

“At the beginning many people thought I was not right for this programme, but I have done it. I sit by myself and think about how to make things right and better, I must plan and get better. If you cannot communicate with others you cannot communicate with yourself and if you can communicate with yourself you can build your own self confidence.”

I want to keep doing this because of the change that I have seen and that I have made in my community. I want to help others to see what they are and that they are worth everything.”



Our youngest **play ambassador** is a 16 year old girl who was on a negative path with friends who were enticing her to take part in activities that were potentially harmful.

She found this programme and it gave her the confidence to totally alter her course, she has this to say:

“I could have continued to be that person who did not believe in myself. It would have been bad. I was then introduced to this programme. I have changed a lot. Now I want to be there for other children and tell them that they are worth everything. I think they will follow me instead as they see that I am good. I love what is here in Sisanda FunDaytion, it creates relationships, you are there for children who need help. It makes kids united. When they see our T-Shirts, the kids know it is FUN time.”



Play@Home

The community impact of our Play@Home programme grows in leaps and bounds. Currently our 8 Play Ambassadors are engaging with 35 families which consist of about 110 children and dynamically varied households.

Some households contain many adults and some have a Gogo in the driver's seat.

Our team are motivated by comments such as:

"You know sometimes we as black parents think that playing is not for us, hence we don't do it."

Changing some of these deeply entrenched ideals into collaborative and nurturing attitudes empowers both our ambassadors and families alike.

In a large proportion of communities adults treat each other and the children in an abrupt and aggressive manner, this teaches children to in turn behave in this manner and before you know it a cyclical negative value system becomes the norm.

Many caregivers are highly stressed and overflowing with emotions that they have never learned to deal with because they too did not benefit from positive engagement and interactive play. Read about the impact of this programme on the next page.



Sisanda "Zoom" Storytime

FriYAY Storytime every Friday @ 2pm


Lockdown Level 4 Storytime
every Wednesday @ 2pm
from 07th July 2021

ANYONE IS WELCOME

Please Contact: melanie.lippert@sisanda.org.za

Due to COVID our
next FunDay is
28 August
Click here
to volunteer.





Our Play@Home Coordinator from Gugulethu , Bonga, chronicled the impact of our programme on a family. Together with her mother and uncles a young girl participated in the 2 month Play@home programme during which time she also attended a Fun Day outing. We felt compelled to share the changes described by her mom with her daughter, her family and community.

Our family relationships have improved

Now: To our family this program has done so much. I am the only adult female in this house and mostly its my brothers. Now the attitude toward each other has changed. We are able to communicate clearly and more maturely now, and we are able to correct each other. Also helping around the house again and being able to be there for the kids as well.

Before the program no one really cared about who is doing what and yet even if someone needs help, they will just keep quiet, eat and sleep. I am not saying this because we hated each other no, it's a matter of lacking communication that time.

I have become a better parent

Now every time when my daughter comes from school, I make sure that I ask how was school and if there is any homework. I am saying this because through the Sisanda Playsheets the Play Ambassador gave, we were able to do things such as games and learning more together about animals and other things as well. Trust and time – it's what really made us strong.

Before to be honest I was there as a parent but not enough. The encouragement from other parents and from this Sisanda Play@home program to spend time with my daughter and family is a fundamental thing. I am happy because now she will trust me more and yes before was not good, but I am happy now.

It's changed the way us adults treat each other and the children are watching

Now the behavior has changed in my family both in the house and outside. My brothers never had that much time to speak or spend in the house, but when they saw me and my daughter spending time together because of this programme, they have changed. They put their egos aside and started to communicate because they saw how important that is.

Before, when someone here in the house would do something wrong it would be cursing and all that and that would make things worse because it breaks trust and love in the family. Neighbors have warned us about that because a small child will see that and think that is a right way to respond, but its not right.

Now my daughter is not shy anymore outside, she now has self-confidence. She was never a rude child, but she is also now treating everyone equally regardless the age and I am happy.

Now I have noticed so much change also from the kids in the community who have done the program and who have gone to the Sisanda Fun Day outings. They have created friendship amongst each other. Its something we want to see as parents', kids having fun and playing together with no fights

WILL OTHER FAMILIES BENEFIT FROM THE PROGRAM?

Without any doubts this program will really make a difference to families out there. I know it will never be easy but we all take one step at a time. We are really grateful for what you have done and may you never get tired and whatever goals you wish be granted.

Follow us on Facebook and Instagram.
To keep up to date with what we are doing.



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