



WCFID November/December 2020 newsletter

As we wind up 2020, we reflect on an extraordinary year; one that turned our world upside down, and gave us challenges we thought were impossible to conquer - but we did!

To all of you who have adapted the way you operate; changed your lives to accommodate and encompass this pandemic; pivoted your thinking; learned the unknown world of Zoom and virtual meetings - we salute you.

To those funders who stepped forward to provide essential relief to communities in need - we thank you. You made a difference in someone's life that was beyond price.



DSD SOP Brief

In November 2020 the WCFID, in partnership with the Dept. Social Development, rolled out training on the new Standard Operating Procedure for Day Care Centres for Children with Disabilities. The Standard Operating Procedure (SOP) is to ensure that day care centres / special care centres comply with health and safety measures to contain and reduce the spread of Covid-19.

The WCFID held one face to face training session at Lentegeur Hospital Conference Venue and 3 virtual sessions via Zoom, allowing the WCFID to train more than 100 people from more than 70 organisations in a manner suitable for them. Thanks to virtual training, we were able to have organisations from as far as St. Helena Bay and the Eden Karoo District attend this very important training with significantly less travelling costs, and ensuring everyone could be trained safely and in accordance to Covid-19 regulations.

This training was also filmed, and will be provided via a flashdrive to all organisations so that they can train their broader staff team, and ensure that the regulations are followed by all.

Thank you to Lentegeur Hospital for providing their fabulous venue for the face to face training, and to all who attended - we do hope it will be helpful in planning your reopening.

10 tips for working in a mentally healthy way

1. Limit working extra hours
2. *Schedule meetings in core work hours*
3. Take regular breaks throughout the day
4. *If you're working from home, try to work in a different area and leave the area when work is done for the day*
5. Take holiday leave
6. *Set realistic deadlines and deliver on them*
7. Sometimes, it's OK to say "No"
8. *Use relaxation techniques to manage stress levels*
9. Stay hydrated and eat a balanced diet
10. *If you're feeling overwhelmed and/or anxious – ask your doctor for help or ask your employer if they have a mental health support partner*

Support Helpline:

We would like to introduce you to **NPOwer**, a 24-hour, toll-free helpline that offers free mental health care and support to all NPOs.

The number is operated by a team of dedicated counsellors, 7 days a week, 365 days a year, with counselling available in all 11 official languages.

In addition to this, there is also SMS (send a text to 43010) and e-mail support (info@npowersa.org).

Find out more, and explore their resources by clicking onto:

<https://www.npowersa.org/about>

We hope you and your team can take advantage of this resource which can help with depression, anxiety, stress and trauma.

Adams Farm Home has vacancies for new residents.

Applicants must be female, between the ages of 21 and 50, and have mild to moderate intellectual disability, as supported by a psychiatrist's report not less than 6 months old.

Please contact Adams Farm Home directly for more information.



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Please note that the WCFID offices will be closing on Friday 4th December 2020, and will re-open on Monday 11th January 2021. We wish you all a safe holiday season, and we hope you all manage to get a break from the difficulties of this year.

We look forward to working with you again next year.