

### **A Physio Twist to Support Tekkie Tax Day**

Children wearing brightly coloured t-shirts and funky shoelaces and taking part in exciting movement activities. This was the order of the day on 26 May 2017.

This year the Paediatrics Special Interest Group supported Tekkie Tax day as part of their Social Responsibility Project for 2017. A total of R22 000 was donated to Tekkie Tax in support of this day. Members nominated a school or stimulation centre which could be supported. Four stimulation centres around the country were chosen. 146 children and 47 carers in 4 provinces were sponsored with T-shirts, stickers and funky shoelaces. A physio twist was added to the day by incorporating fun movement activities at each of the centres. Laughter and glees of delight could be heard as children engaged in the fun activities set up by the physiotherapists. Great Fun was had by all while supporting a good cause. The money donated to Tekkie Tax day will go to Child Welfare SA, SOS Children's Villages South Africa and CHOC.

#### ***Paarl Stimulation Centre Pre School in the Western Cape - Libby Honeth:***

The school was started in 1995 and in 2001 became a registered independent school funded by Departments of Health, Education and Social services. There are 40 children (aged between 2 to 18 years) and 11 teachers at the school. The school caters for children with a range of disabilities including cerebral palsy and autism. The school ensures children can get there and back home by running a bus service. They also provide them with a cooked meal for lunch three times a week. They have the services of a volunteer Physiotherapist, an Occupational and Speech Therapist as well as Psychologist. The staff and parents are all working together to make the school a happy and safe place.

On Tekkie Tax day all the children were dressed in their T shirts with the stickers. Teachers helped decorate their shoes with the funky beaded laces. Movement games, singing and dancing were enjoyed by all. After all this fun, everybody tucked into some cake and juice. The children received everything with such joy and excitement.

#### ***Helen Bishop Home in The Northern Cape - Naomi Staggers:***

Helen Bishop Orthopaedic After-care Home in Kimberley is an NGO for children with physical disabilities as well as a Department of Social Development registered Child and Youth Care Centre. The Home offers nursing, social work and therapy services to all residents. These services are provided by nursing staff, a social worker, a physiotherapist, plus part time community service therapists.

The children and staff all greatly enjoyed the fun and games of Tekkie Tax day assisted by Physiotherapists from the Kimberley Hospital Complex (Miriam Steinberg, Janri van Staden and Berdine Snyman). The staff showed off their ball and frisbee skills and then helped the children complete an obstacle course and some wheelchair friendly games before getting very competitive with some running races! Everyone got moving and had a great morning! It even encouraged us to commit to a monthly fun day for the kids and staff!

**Stepping Stones Therapy Centre and Day care in Gauteng - Samantha Scheepers:**

On Tekkie tax day all the children wore their bright green t-shirts and of course their tekkies, with bright beaded shoelaces. The schoolgrounds were decorated. We hosted a small party for all the children as well, complete with cupcakes, marshmallows, chips and bubbles.

The most important part of the day was the emphasis on how much fun and how important movement is. We set up the grounds and outside garden with sensory tubs and large obstacle course consisting of wedges, blocks and tunnels as well as a flop mat. The children had such fun exploring with foam and sponges and different textures and enjoyed throwing balls to knock down skittles. They got the opportunity to jump on the trampoline, slide down the jungle gym, rock on the half moon, climb through tunnels and tuck and roll on the flop mat. Everyone had a wonderful day through movement and play.

**Mayosi Special Day care Centre Mpumalanga - Hester Nel:**

Masoyi special care is situated in the Masoyi trust just outside Whiteriver on the way to the Kruger National Park. Masoyi Daycare provides for approximately 62 disabled children. The daycare is run by a retired social worker who on her rounds saw many abused disabled children. She approached the rotary to help build a daycare. There are 9 unpaid and untrained careworkers of whom one has a disabled child attending. They occasionally get a small stipend from the rotary. The children are collected in the mornings and dropped off again in the afternoons. They are fed breakfast and lunch. The disabilities range from hydrocephalus, spina bifida through to various levels of cerebral palsy and Down Syndrome. The more physically abled children help in the garden. Produce is for personal use and left overs are sold for income. The careworkers teach some of the more cognitively abled children to read and do basic schooling.

On Tekkie Tax day we had a morning of fun! Balloons, Balloons and more balloons encouraged movement and laughter. The children absolutely loved blowing them up, hitting them around and eventually popping them. We also did some ball throwing outside with the girls and soccer with the boys.

The Paeds SIG would like to thank Libby, Naomi, Samantha and Hester for taking time out of their busy schedules to make this day great. So much effort was put into supporting this great cause and the children looked like they had a wonderful time.

