



CARE FOR CHILDREN: RED CROSS CHILDREN'S HOSPITAL CAPE TOWN, SOUTH AFRICA

ADDITIONAL INFORMATION

South Africa has everything...

- ◆ Sun, sparkling warm and clear oceans, and the most beautiful golden beaches you will ever see ... stretching for miles.
- ◆ Mountain climbing, biking and hiking
- ◆ The *Garden Route*, world famous and sheer paradise!
- ◆ Outstanding Game Reserves where you can see wild animals in their natural habitat, and by contrast symmetric vineyards stretching to infinity
- ◆ Sharks, whales and dolphins, and the amusing Cape Fur Seals.
- ◆ Elegant restaurants, barbecues and beach parties
- ◆ And FRUIT everywhere!

But most of all, South Africans are the friendliest and most hospitable people in the world - without a doubt! If you're invited to dinner ... don't eat for a week beforehand because you'll be overfed, especially if it's a barbecue. Wine is cheap and good. The salads are to die for.

And - of course - the fruit! From the exotic to the commonplace, it's everywhere.



CARE PLACEMENT IN A CHILDRENS HOSPITAL

The Red Cross Children's Hospital is the only comprehensive hospital dedicated exclusively to children in sub-Saharan Africa. Internationally it is regarded as the 'one-stop shop' for excellence in child health care and treatment.

Established in 1956, from funds raised by the Red Cross Society and Cape Provincial Administration, the Hospital has become a major centre for paediatric medicine and surgery in Africa. The Red Cross treats up to 300,000 children each year, from throughout South Africa and beyond its borders.

The Hospital focuses on the medical needs of any patient, irrespective of parent's income, race, gender, religion or place of residence.

The Children's Hospital is affiliated to the **University of Cape Town** and is a leading teaching and research institution. The first liver and heart transplants on children in South Africa were performed in this hospital, as well as other groundbreaking achievements.

WORKING WITH "THE FRIENDS OF THE CHILDREN'S HOSPITAL"

The "Friends of the Children's Hospital" are responsible for screening and providing volunteers to work in the Red Cross Hospital.



The "Friends" are a charity who also raise funds for equipment and other necessities that will improve the quality of the children's time in the hospital for treatment. They work very closely with the Hospital and will supervise your placement while you are there.

YOUR WORK:

During the morning you'll generally be in the toys room to pack your toy trolley. Your supervisor at the hospital will inform you in which ward you'll be for the day. They will also inform you of any wards that are out of bounds due to infection diseases. Once you have determined which ward you're going to, you'll be able to stock your trolley with the appropriate toys.

You'll then join the ambulant patients in the play room where you'll distribute the toys. After that, you can give individualised attention to specific children. ***This is where volunteers are so valuable to both the Hospital and the patients - the personal care and attention. And you'll find that the children crave the attention and fun you can give them.*** This session will usually last for most of the morning and afterwards you will be expected clear up and return the toys back to appropriate place.

Sometimes the Hospital will hold concerts and events to entertain the children. Children love these performances and you will play an important role by escorting the young patients to these events.

DONATIONS

For each volunteer who works at the hospital, Travellers gives a donation to the hospital to be spent on toys for the children. Hopefully you may be involved in distributing some of the toys to the children yourself at some stage during your placement.

MORE ABOUT THE RED CROSS WAR MEMORIAL CHILDREN'S HOSPITAL

The Red Cross War Memorial Children's Hospital is the only dedicated children's hospital south of the Sahara. Children of all ages visit the Hospital for specialised treatment, from a few months till 12 years old.

The Red Cross Children's Hospital is the centre at which undergraduate and postgraduate medical students receive their core training in paediatric disciplines. Specialist paediatric nurses and allied paediatric health care providers, such as physiotherapists, child psychologists, speech and occupational therapists are also trained here.

The Hospital is equally active in preventative health care, and plays a critical role in educating community health workers, thereby facilitating the exportation of models of good practice to the community. Several services are provided, including education of children, parents and community health care workers in, for example, HIV, Aids, family planning and contraception, rehydration and nutrition. The Hospital has also established and maintains three significant national information database resources, viz.

- The Poisons Information Service
- The Childcare Information Centre
- The Childhood Accident Prevention Foundation of South Africa (CAPFSA)

The new medical emergency entrance was completed in June 2001 (see picture on right).

The new specialist outpatients wing was built in phases and completed in June 2001. The Red Cross War Memorial Children's Hospital's new specialist outpatients and medical emergency facilities is a lasting symbol of community generosity and fundraising success.

The staff education building was completed in 1998 and includes the Johnson and Johnson Hall for functions and lecture rooms for the training of nursing staff.

The "Ikhaya la Rotary" (Home of Rotary) section was completed in 1998, specifically to provide accommodation for out-of-town parents whose children are being treated at the Hospital. The Ikhaya has rooms of all sizes, ranging from double rooms to rooms with 6 bunks ... and all 63 beds are



often in use! The rooms are comfortable in the hopes of alleviating just a little some of the stress of having a child in hospital

The Red Cross War Memorial Children's Hospital performs many operations on children, e.g. Conjoined twin separations, liver and kidney transplants, to name a few. The theatres are busy 7 days a week, 24 hours a day.

ACCOMMODATION AND FOOD

You will be staying at 33South Backpackers Lodge in Observatory. 33South is not just a backpackers lodge, it's an experience! With secure access, 24hr managers on duty, they uphold a very high safety and security standard. The night manager is also a lovely welcome 'home' after a night out... and bakes fresh muffins for your breakfast!

The staff are very friendly and will always help you where needed. They can answer any questions and can even help when you need some TLC because you feel a bit homesick!

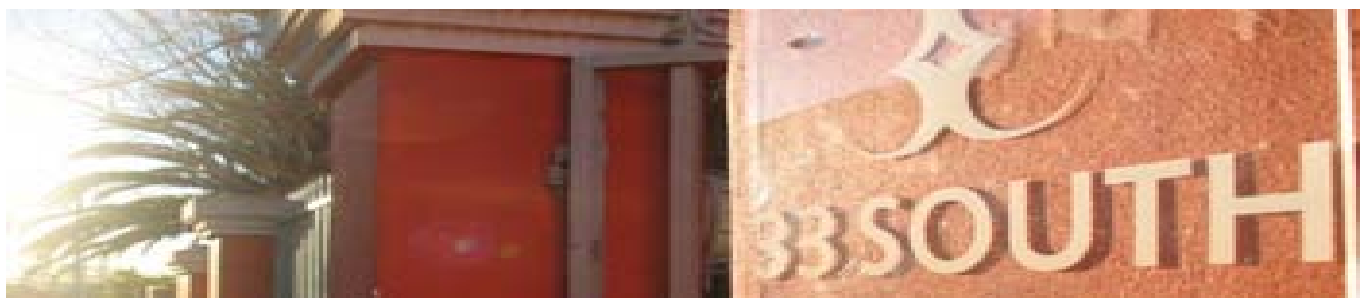
33South has differently themed rooms from the township vibe to old Victorian and even a 'harbour' room complete with seagulls and fishing motifs. Hotel-quality bedding is provided and towels are available on request. The rooms are serviced once a week and lined/bedding is changed.

The back of the house has a beautiful palm-tree covered terrace, where you can soak up the sunshine and enjoy a real South African "BRAAI" (BBQ). There is even a private bar, chill-out room where live musicians play on Friday nights!

The lodge is also situated in the heart of Observatory and a short stroll away from a large supermarket, internet café, pharmacy and Laundromat. The perfect home away from home.

The lodge is also across the road from a large supermarket, internet café, pharmacy and Laundromat, where you can get a normal sized washing basket of laundry washed, dried and folded for around R25.

Food: A healthy self-serve breakfast of cereals, toast and tea/coffee is included every morning, and you will be given a food allowance to buy your own food for lunch/dinner from the big supermarket up the road. The lodge is also equipped with a self-catering kitchen, with all the necessities to cook a good meal.



PLEASE NOTE: The World Cup kicks off in June 2010 in Cape Town and accommodation surcharges WILL apply during this period. We can advise you on the extra cost closer to the time.

ON ARRIVAL IN SOUTH AFRICA:

You will be met at the airport by our Cape Town Manager, Jim Morel, Volunteer Coordinator, Eleanor Kilduff, or our preferred airport transfer company, who will take you to your accommodation and introduce you to everyone.

Jim or Eleanor will also take you to your place of work and introduce you there. Our SA team is on call 24/7 if necessary, and are always there to help you in many different ways. Of course, they are in regular contact with you.

The next step...

If you would like to join us on one of our exciting projects then please fill in either an online application form at our website (www.travellersworldwide.com) or one that is attached to our brochure. Once you have booked and confirmed your place we will send you detailed pack information regarding your placement and country.

I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email info@travellersworldwide.com

If you would like to know more about Travellers in general, or about any of our other projects we run in over 18 countries worldwide, please visit our website at www.travellersworldwide.com

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The Waterfront in Cape Town, with the famous "table cloth" (clouds) on top of Table Mountain in the background