

Masibambisane Siluluntu Lwase Makana

Moving Towards an Engaged Community

by Diana Hornby and Nosipho Mngomezulu

Trading Live for Mandela Day is the annual Rhodes University institutional event that takes place in the month of July as part of the international Mandela Day events. In line with the central objectives of the Nelson Mandela Centre of Memory, this project provides staff, students at Rhodes, community partner organisations working with the Community Engagement office, and residents of Grahamstown with an opportunity "to take action to help change the world for the better, and in doing so build a global movement for good."

A Trade consists of both an offer to do something for someone else in the community while at the same time requesting a service for your own organisation. It is based on the principle

of reciprocity: demonstrating that we all have something to offer our community and something to learn or receive. In essence, Trading Live is an invitation to open ourselves up to the possibilities of recognition of our shared fates and the need to work together to co-create our shared futures.

Now in its fourth year, in 2015 115 activities were planned for Trading Live, a significant growth from the 40 teams who first participated in 2012. With Trades coming from all around the Grahamstown community, it was clear that everyone has something to teach one another and learn from one another, this asset based and reciprocal approach to community engagement allows us to recognize the rich and diverse skills we possess in this town.

As we commit ourselves to the pursuit and realisation of a more just and equitable society, it is vital to remember that this is an ongoing process of learning new ways of being in community with one another



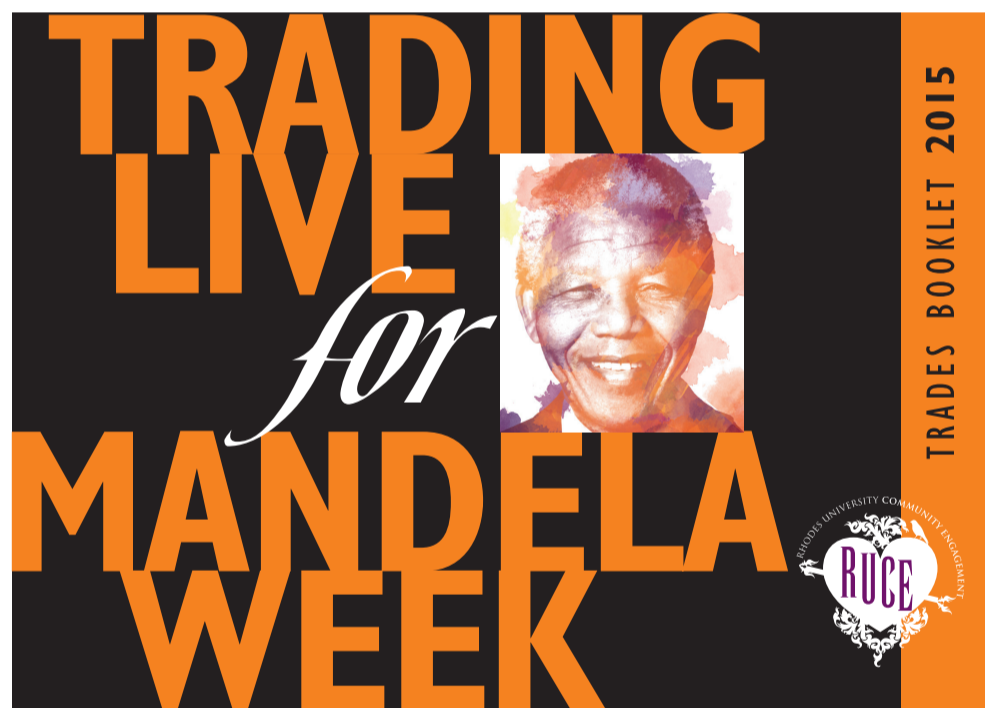
Ntokozi Mbokazi shares some poetry at Free Space. Photo: Julie Nxadi.

and unlearning some of the problematic practices of the past. Contemporary South Africa is a complex society, divided along myriad class, gender, cultural and economic stratifications. There are no quick fixes to social transformation and reshaping our community; however, Trading Live is one small way in which all residents of Grahamstown can play a vital role by participating in community support interventions. By volunteering

time, skills, and creative energy, participants make a concerted effort to see each other anew, which we hope engaging in Trading Live will encourage deeper long term collaborations in future. We thank all the teams from schools, community based organizations, businesses, and Rhodes University staff and students for their contributions over Trading Live.

Masibambisane Siluluntu Lwase Makana.

27-31 JULY 2015



EXHIBITION

Rhodes Community Engagement would like to invite you and your team to the Trading Live exhibition which will be held at Eden Grove from 17-21 August. The exhibition will open at 16:30 on Monday, showcasing art, photographs, videos, reflections and audio recordings of activities that took place. All participants and residents of Grahamstown are welcome to visit the exhibition during the week between 9:00-17:00.

For more information contact: tradinglive4nm@gmail.com

OPINION

Trading Live: a unifier in a divided town

By Mitchell Shaun Parker

So why even bother with Trading Live? One week out of the year for people to get their "I did good" jollies can't be worth the months of logistical planning that go into an event like this? I sat down with the person in charge of this year's Trading Live event, Nosipho Mngomezulu, to chat about why the event is in fact so crucial.

To those who feel this is a once-off thing that won't really make too much of a real impact, Mngomezulu had the following to say: "Community engagement needs to be seen as part of a process. We are moving. And somebody has to do that moving. We all come from different places and experiences. This is just one opportunity for people to open their eyes, to recognize that we're entangled with one another, whether we like it or not. We can be adversarial, or we can start learning to live together in a community. Trading Live is just one starting place, an opportunity to open up, share knowledge and skills which can hopefully spark a longer engagement."

It's important to understand the philosophy behind the project. The concept of Trading Live is seeking to bring people together to "trade or share" their knowledge base.

"We share this space of eRhini, but many of our experiences are still marked by inequality and injustice. This week places people in a situation where they recognize each other's gifts and capabilities instead of only the differences that separate us. If I can see you are giving me something that I recognize as valuable, in this moment and in this week I get the opportunity to go 'Wow. I get to open up my eyes a little bit to what is already existing around me'" said Mngomezulu.

This is asset-based engagement as opposed to the top-down "acting on" people that is the traditional view of what it means to be involved with community engagement. The former being the proverbial "teaching a man to fish" and the latter being the "give him a fish".

"It's about recognizing all people as agents of change who can co-create and drive the processes of reshaping and remaking our society" explains Mngomezulu.

And overwhelmingly, these kinds of trades have taken places in the last week with the rough estimate as of time of writing being just under 100 trades of this kind happening. "People have approached it with a positive attitude and that has been quite reassuring to me," noted Mngomezulu excitedly.

Admittedly, yes... there have been problems. Mngomezulu herself admits that it can sometimes be a logistical nightmare - especially, she jokes to herself, for someone who wants to have everything perfectly in order. Although not all the Trades offered and requested were able to take place during the week, Mngomezulu and her team welcome the enthusiasm of those who are willing to take the risk to work in a different way from a traditional outreach approach. This is still a process, where we are all learning from one another. It's an ideological movement. It gets people from different social stratas in the same room and gets them talking. It recognizes that we can create a new shared narrative as a community. It brings the people together - albeit for a short moment. If that isn't in the spirit of a unified South Africa, something Nelson Mandela stood for until his dying day, then I do not know what is.



Community makes safe space to be free and create

By Chelsea Haith

Several tables were set up in the Assumption Development Centre (ADC), laid out with art supplies. A square of paper on the floor read: You Are Here. When the music started playing, a group of children began to dance. Several adults looked up from their finger painting and smiled, before going back to their work and sharing stories with one another.

The Free Space, an idea borrowed from Cape Town collective The People's Education, allows people to gather freely and without judgement to create art. Held on Thursday, 30 July at the ADC, this Free Space was the first event of its kind in Grahamstown. It was an experiment by the Rhodes University Community Engagement Centre for Trading Live.

"We didn't know how people would react, going to a space and being told they're free. And how do you create freedom anyway?"

said Dr Nosipho Mngomezulu, the Student Volunteer Programme Coordinator.

Mngomezulu's concerns were unfounded and the Free Space was filled with the quiet hum of people talking and making art interspersed with laughter, poetry and music. "I was really blown away in the way that people were open and sharing each other's stories," she said.

Instead of engineering a situation in which students and staff from Rhodes simply give to the community without engaging, the Free Space created an environment where people could simply be people without being defined by their social position. In this way a Free Space allows a more genuine interaction that avoids the process of 'othering', an unfortunately common aspect of global community engagement programmes.

Seated at the tables, one couldn't tell students, staff and community members apart. This is evidence of the function of art: to allow people to lose themselves and give to one another emotionally and freely, without expectation. "That's the kind of positive model that we want to do with Community Engagement, that's the whole



Grade 7 pupils from St. Mary's RC Primary School take part in an art therapy workshop during Trading Live for Mandela week, Grahamstown, Eastern Cape, 30th July 2015. Pupils could choose to do finger crocheting, charcoal drawing or recyclable art sculpting as part of the art therapy.

point: that you have real relationships with real people," Mngomezulu said.

Paul Daniels II, another organiser of the event, was struck by the focus with which the participants approached the experience.

"Everyone there was very intentional about making the space a creative space, drawing and dancing and painting and singing. That intentionality made it a safe space for people to give of themselves," he said.

Every single person in the Free Space made something on that cold and windy Thursday afternoon. The art produced included abstract drawings, portraits, dream-catchers, sketches, designs and poetry. People sat shoulder to shoulder murmuring their stories and keeping one another warm with care and compassion.

Mngomezulu explained that the free space allowed people to talk about difficult issues without agenda and without constraint.

"The playing is part of that process, a kind of meeting people where they are, understanding that other people might approach these issues that are very contentious and very important in various ways, and instead of imposing on them how they ought to, you free the space. And magic happens."

Nolwethu January assists with the bead work at the Steve Biko Union Building, Rhodes University, Grahamstown, Eastern Cape, South Africa. Thursday, July 30, 2015. January's African bead work necklaces and crafts can be purchased under the arch.

Photo: Aaliyah Tshabalala



Project manager, Nomfundo Mthana, leads the members in prayer and song at the Fingo Library in Joza, Grahamstown on Monday, July 28, 2015. The day starts with a bible verse and a prayer, before the reading commences. (Photo: Madeleine Chaput)

Knit one, pearl one, drop one

by Jordan Stier

On the 1 August, a chilly Friday afternoon in Grahamstown, a group of elderly pensioners met with a group of Rhodes University students from the Voice of God student society at the Raglan Road Service Centre to share knowledge. What resulted was an incredibly enriching experience for all involved.

The pensioners greeted the students with a song, and those who were able leapt to their feet to dance. After everyone had taken a seat, and introductions had been made, the group began playing a Biblical guessing game, wherein one by one those present described a Bible character, and the rest of the group had to guess the character.

Thereafter, the Rhodes students brought out knitting needles and balls of wool and asked the pensioners to teach them to knit.

It is commonly said that sharing is caring. It is also said that knowledge is power. This makes the sharing of knowledge the ultimate act of power-sharing and human-caring, and so a nobly democratic endeavour in the search for human equality.

For this reason I will be eternally grateful to the elderly woman named Nombulelo, who taught me how to knit on that day.

We got a bit lost in translation at times, Nombulelo and I, but as soon as I was able to knit one, pearl one and drop one properly, she gave me a sweeping hug and excitedly showed off her prodigies' work to her friends.

"He has got it!"

she cried, laughing with the others.

The rest of those present were knitting, laughing, and sharing stories. The shared pearls of wisdom on the students, and in return the youngsters sang songs for them. Everyone was smiling, everyone was laughing, and a greater sense of community would have been hard to come by.

We have all had experiences in our lives, and sharing the knowledge we have accumulated in our lives is an incredible kindness, and a great way of integrating a community.

Creativity is key: experimenting with making clothes out of recycled items

By Sihle Jack

The grade 7 boys and girls of St Mary's Primary School were in a for a treat when a Trading Live event, "Making clothes out of recycled items" was held in their school hall on Thursday 30 July. The little girls and boys had the opportunity of choosing between three stations which promoted recycling and making clothes out of the recycled goods.

The first station, organised by the Amina Cachalia house committee was filled with a variety of recycled materials ranging from newspaper to plastic. The end goal of this station was to have a fashion show, which the learners had after having made outfits from the recycled materials. In the beginning, the girls and boys were very shy but once they got into it they were making outfits nothing short of amazing. Asked why they chose this idea, the community engagement representative of Amina Cachalia House, Debra Mncube, had this to say, "We had a lot of ideas and so as a committee we decided to work on the reduce, reuse, recycle idea. We've had this partnership with Rainbow Kids for a while now, so when they suggested that we come to St Mary's we were quick to jump on board."

Finger crocheting was the next available option at the second station. Here, Belgian born Charis Vleugels and her husband Niels Vandereyken of Rainbow Kids promoted recycling through the making of scarves out of old t-shirts. Throughout the trade, Vleugels could be heard telling the children the tricks of finger crocheting.

The couple started finger crocheting when Vleugels picked it up as a hobby and has since taken it upon herself to teach other people about it. She herself says she wears the products she makes and thinks that many other people would wear them.

The last station, a station where the children had the power to do whatever they wanted through art, was organised by masters student Taryn Herbst.

"This was my supervisor's idea. It is a chance for the children to do whatever they like because often times, they are told what to do. Now, they are being creative."



Lillian Moyakhe and Sixaba Angus learn how to crochet with strips of plastic bags in Grahamstown, Tuesday, 28 July, 2015. Finger-crocheting lessons took place at the Assumption Development Center during Trading Live week in honour of Nelson Mandela. Photo: Bianca du Plessis

At this station, the children could work in groups or individually. What was amazing to see at this station was the way in which the children were displaying their creativity. Very noticeable was a group which copied out a child abuse poster. When asked why they did that, their response was simple, "we know it affects some of us, even though not in this group, but other kids here at school."

Judging by the reactions and responses of many of the children and organisers, this proved to be a very successful event with Vandereyken even saying that they are planning to have many of these finger-crocheting workshops in other schools.

While the whole event was a success, bringing together creativity and recycling, it was interesting to hear that many of the children had heard of recycling although they did not necessarily recycle. "We recycle plastics at home, but I would never wear the clothes that we made out of paper and plastic today in public because people will laugh at me," said grade 7, Sivenathi Sakatha. This was the response received from all of the children who made clothes out of recycled materials. They expressed that making the clothes was fun for environmental sustainability events but they did not think that wearing them was practical. In addition to that, they added that Trading Live was a fun experience for them and was a good excuse to get out of class.

It is clear that more still has to be done to work together in making upcycling more attractive to young people. Here's hoping to see more engagement around using art and crafts to raise awareness.



Pona Nombulelo and other ladies invited by the Raglan Road Service Centre learn to crochet with strips of plastic bags at the Assumption Development Centre, Tuesday, 28 July, 2015. The event is part of the Trading Live week in honour of Nelson Mandela. Photo: Bianca du Plessis

Grade 7 pupils from St. Mary's RC Primary School take part in an art therapy workshop during Trading Live for Mandela week, Grahamstown, Eastern Cape, 30th July 2015. Pupils could choose to do finger crocheting, charcoal drawing or recyclable art sculpting as part of the art therapy. Photo: Bianca du Plessis

My heart is open and I feel alright

by Chanelle Prins

The elderly at the McKaiser Old Age Home, in Grahamstown, quietly gathered in the Communal room at the centre. The looks of confusion soon disappeared when a group of grade 5 pupils from Fikozolo Primary School came in with traditional Xhosa songs and dances.

The beating of African drums, the rattling sounds resounding from the children's stomping feet and their beautifully painted faces brought instant joy to the faces of the elderly. Today, was a day like no other, today was about entertaining them. Although the space was restricting, for that moment in time it did not contain the in sync rhythmic movement of the children.

Thandeka Budaza, a teacher at Fikizolo Primary School and the traditional Xhosa dance routine choreographer hopes that the children are able to learn something from this experience of sharing their talents and

engaging with the elderly.

At the end of the performance, John Sphere the caretaker and co-manager of McKaiser, points out an image on the wall. The children identify the man as being Nelson Mandela - the father of the nation and the 67 minutes of song, dance and poetry recitals were all in memory of his legacy.

"What happened today was that the children took a moment to appreciate the elderly. The old people have nothing to do, we can't take them out on excursions because of their fragile and frail state and so this was something nice for them," said Sphere. He then goes on to say that

"we should have Mandela day every day, because he is the man responsible for bring the people in this country together."

"It is very nice for me and I hope God must be with them. My heart is open and I feel alright," said Stephanie Taylor, an elderly citizen residing at the McKaiser Old Age Home.w



Pre-schoolers from the Nokwandile Day Care Centre eat apples given to them by members of the Ethembeni Old Age Home after their performance of traditional dances, Wednesday, 29 July, 2015. Blankets were also given to the pre-school as a sign of appreciation. Photo: Bianca du Plessis



Young children from the Nokwandile Day Care Centre perform a traditional dance for the elderly at Ethembeni Old Age Home, Wednesday 29 July, 2015. Thirty-nine pre-schoolers danced and sung to songs such as 'Ndimncinci Ndingaka Ndomelele' and 'Lentloko Lentloko'. Photo: Bianca du Plessis

The Lebone Centre: a place of hope and family

By Nadim Nyker

Energetic children surrounded Sisesakhe Ntlabanzo and Treiahn Chiwanza at the Lebone centre. The children's faces lit up, as Treiahn Chiwanza played Old McDonald on guitar before strumming away haphazardly themselves.

"It's nice that they're doing music because last term they studied different musical instruments for their project so to see it up close and interact with them; it's a treat for them" says Sarah Williams, an international volunteer working at the centre whilst undertaking her PGCE studies at Rhodes University.

Rhodes students took to the Centre on Wednesday to run a workshop called "Guitar and using your body to communicate". Chiwanza and Ntlabanzo headed the workshop with the children that varied in ages 5-13. Ntlabanzo focused on body movements and energy exercises with the children that enhanced presentation and vocal ability, whilst Chiwanza taught guitar.

The children were motivated by Ntlabanzo's energy as he brought laughter and instilled confidence in the little ones, "the best part about it is always seeing the smiles come across their faces when they try something new."

The Centre focuses on child development and runs an aftercare program focusing on maths and literacy. However, the Centre goes beyond just academic help, also focusing on building social skills.

"We have identified different children in the area that are considered vulnerable children. Some of them are referred to by child welfare [and] everything is free. Every afternoon they come here after school, they're fed a hot meal. Sometimes they get extra treats depending on what's going on", says Williams.

The development project, although successful, is at times a battle for their house mother, affectionately known as Auntie Joy "with the children and especially the community they come from, they deal with a lot of neglect and abuse. We have to make difficult choices, since we care so much and try to do so much, it affects us a lot."

The Lebone Centre opened in 2006 with their main sponsor being Kenrich Motors and the National Lottery. They cater for primary school children mainly in the surrounding community and have received continuous help from Kingswood College.

Home of Joy kids showcase breathtaking talent

by Sarah Rose de Villiers

Songs, poems, prayers and drums filled the air with magic as children from Home of Joy performed for a mesmerised audience on Tuesday, 28 July.

"They're such a talented group of children" said Nomphumelelo Babeli, a volunteer and student leader at Home of Joy. "One plays the violin, another can play the bass guitar and the trumpet. And there's another who plays the piano. We couldn't bring the instruments here because they're school property, but the kids are just bursting with talent."

The Trading Live event was a wonderful

display of talent by youngsters and teenagers with incredible voices, a gift certainly worth sharing.

The group's dancing, drumming and singing of isiXhosa songs elicited gentle humming along from the captivated audience. Three breathtaking voices sang the Lord's Prayer, a solo cover of Adele's 'Someone Like You' haunted the room and a reading of William Ernest Henley's poem, 'Invictus', made for a spellbinding scene. There was no need for further instruments to accompany the pulsing beat of the African drums and the voices that wrapped words in moving melodies and sent shivers through the crowd.

"I helped put this together, but I couldn't ask the group to act because that's not who they are," said Babeli, "The kids chose most of these songs themselves. They are singers. Full of energy, ready to burst and perform."

"It was awesome. Their voices were right there - it was just too short," said Denise Daniels,

one of the Rhodes Housekeeping staff members who attended and thoroughly appreciated the showcase of talent by the group from Home of Joy.

Home of Joy is an environment of love, operating in Joza and welcoming children without homes or families. The organisation was started in 1994 by Margaret Ngcangca, who wanted to provide homeless children with a safe place to live, learn and be loved.

"Mama Margaret is just an amazing soul. There are 23 kids in her home at the moment," said Baleli. "The youngest is a toddler, and another is in matric at the moment. Many of the kids also have disabilities."

"Home of Joy is such a welcoming house where everyone learns to embrace themselves and each other as family. It's more than a shelter, it is a family albeit slightly bigger than other families and certainly full of love and talent."

This much was evident in the performance, which ended with every voice in the venue singing and swaying to the national anthem, 'Nkosi Sikelel' iAfrika', in a moment that would have made Madiba proud.



Margaret Ngcangca and the children from Home of Joy Children and Volunteers gather for a photograph, at the General Lecture Theatre, Grahamstown, Eastern Cape, South Africa. Tuesday, July 28, 2015. Home of Joy delivered performances for the audiences as contribution to 67minutes for Mandela. Photo: Aaliyah Tshabalala

Discovering Treasures in Discarded Things

By Shannon Wilson

Yellow, red, green and white vividly meshed together in a sea of discarded plastic bags. Chairs stood in a circular formation as the room gradually began to fill with women wearing vibrant jumpers and headscarves. A stream of light coursed through the door and Charis Vleugels stood up to introduce herself and participants to the crochet workshop for Trading Live for Mandela Week.

Trading Live for Mandela Week is a concept involves various groups of people sharing 67 minutes of their time, building relationships in the community and exchanging skills, talents or services with each other.

The finger crochet workshop was held on Tuesday July 28 at the Assumption Development Centre (ADC) in Joza. Vleugels developed the concept of doing crochet with plastic saying, "I noticed that there was a lot of plastic around so I decided to use what was easily available." With the help of Jennifer Rushin and Masonwabe Nduna, Vleugels explained to the group how to begin making a curtain out of crocheted plastic and bottle tops.

Nduna, who works at the Assumption Development Centre, translated the English to isiXhosa at intervals. Vleugels held up demonstrations for the gathering to see and highlighted that instead of seeing the plastic as rubbish on the side of the road she now sees it as a colour that she can use for a curtain or a mat for her doorway. One lady in particular was no stranger to the idea. Dressed in a yellow dress with the headband to match, Nombulule Pona, stood up and displayed the blue, black and white mat that she had made out of plastic for her house.

Now eager to begin, everyone started cutting plastic bags in a spiral all the way round so as to make the best use of the plastic. Vleugels circled the room helping where it was needed and Rushin sat with some of the ladies and demonstrated. "Me and my grand daughter sometimes go and collect plastic bags so that I can use them to crochet," says Rushin, who helped Vleugels with the workshop. She maintains that finger crochet is an inventive way to pass time and a great way to recycle plastic.

"I like to crochet and make things," says Mavis Mama wearing the green hat that she crocheted herself and rolling up a long line of plastic. Vleugels announced that once everyone had finished cutting up their plastic they could begin placing holes in bottle tops and sliding them down the plastic before starting to crochet.

Iwazi Ntukela (84 years old), was the only man who ventured into the crochet workshop and was accommodated by the 21 women in the workshop. There were intervals of laughter, chatter between the focused silence as the group worked on making their crochet curtains.

Vleugels arrived in South Africa from Belgium in early 2015 to get involved in community work. This is the first step of the process to making this a regular programme says Vleugels:

"we hope we can have a group of people who regularly come to crochet and use recycling to make beautiful things for their homes."

FOOD SECURITY

"Sooner rather than later" Environmental and water awareness at Fikizolo Primary School

by Jess Mathie

"Without water and plants, we cannot be happy in the world," 12 year old Selulanathi says confidently as she fills up her water bottle, careful not to leave the tap dripping when she is finished. She explains that just by turning off the taps, one can save water. "If we don't have these things, we can't be happy. We must save water for our lives to be long," she says.

Selulanathi is just one of a growing crowd of children at the vegetable gardens at Fikizolo Primary in Grahamstown on Tuesday 28 July 2015, where water and environmental awareness activities are taking place for International Nelson Mandela Day. The events are hosted by Children of the Soil (COTS), an organisation which promotes environmental awareness in the primary school sphere.

The director and founder of COTS, Dr. Nosiphiwe Ngqwala, explains that teaching children the importance of water conservation and general environmental education is vital for the future. Her initiative is grounded in promoting action from education, which begins with lectures in the classrooms and leads to activities such today's seed-planting event.

The school describes itself as "health promoting" and the poster in the parking lot at the entrance states in large letters, "a healthy setting for living, learning and working." It is schools like these that COTS enjoys approaching, usually targeting Grades 4 and 5. William Salapha says that "by having hands-on activities, we excite the kids."

The children certainly appeared excited, holding their hands out for seeds and digging



Siphamanla Ranzela, Luthando Joni and Ayabulela Ntsoko from Ntsika Secondary School garden at the Little Flower Day Care Centre in Grahamstown on Tuesday, July 28, 2015. The high school gardened, watched and participated in a talent show at the day care centre as part of 67 minutes for Mandela week. Photo: Madeleine Chaput

pitchforks into the soil. A little while into the event, a group of grade 7s from a nearby school, Good Shepherd arrive, and join in on the process. Rhodes University students who are members of the Namibian Society (NamSoc) are also present. One member of NamSoc, Jason Hutchins, encourages more students to participate in community engagement "Its good just being a part of it. Societies should not just be involved on campus- we want to be an example." Of COTS' initiative, Hutchins responds by saying that "changes should be done now- and this is the way to do it- sooner rather than later."

It should be longer than just one week

By Roxanne Daniels

Two teachers and a social worker from Rainbow Kids were moving very quickly around the kitchen at the Service Centre for the Elderly on Jacob Zuma Drive on Thursday 30 July. Tinashe Mhangara, Jennifer Rushin and Betty van Vught prepared lasagne for the elderly ladies at the centre as part of their contribution to the Trading Live week. While they feverishly chopped, peeled, soaked and gathered the food, the elderly ladies on the other side sat patiently waiting while practising their crocheting skills. On Monday, Jennifer Rushin had facilitated a workshop of crocheting some of which hang in the doorway. "You just use your fingers and plastic packets that you have at home" Nomfundo Mthana commented.

While the food was being prepared all three employees from Rainbow Kids firmly agreed that the week had been beneficial for them too. "We finish school at 12.30 every day and then go home and do the same thing every week, this week has been different, I've made friends and learned things from the Xhosa culture that I never knew about" Rushin explained while smiling and wiping

the counter. Mhangara also loved the week saying that there is nothing like it at home in Zimbabwe, "it's so good to be taught about sharing your time and giving more to the community, our kids at school have learned a lot and it's wonderful to see".

With the week having been so effective, with creating bonds in the community and sharing laughs among people, why is it only one week? Betty van Vught expressed desire for the week to carry on, "it shouldn't just be one week, and it shouldn't only be in celebration of Mandela, there's so much to do in the community that getting involved like this should be a permanent thing". She explained that it is definitely about getting out of our comfort zones to form new relationships and learn about other people.

There is certainly no lack of opportunity to get involved permanently. The Service Centre for the Elderly is partially funded by the Department of Social Development, but much more funding is required for the work done at the centre. The elderly who come every week day are given both breakfast and lunch, physiotherapy exercise sessions, game playing afternoons and reading times. The centre needs much more funding to be sustained. Furthermore, equipment like a microwave, knitting implements, food and other resources are desperately needed for the work done to be more effective.

The Rainbow Kids ladies left after serving the meal with that very same burden on their hearts; to continue to serve at the Service Centre. They left with contact details and a promise that they would be back again. If you would like to learn more about how to get involved at the centre, visit 16 Jacob Zuma Drive (turn right at the robot and the entrance is on the corner) or contact 078 321 8519.

Jennifer Rushin, Betty van Vught and Tinashe Mhangara stand in the small kitchen for a quick photo in between the preparations. Pic Roxanne Daniels



The elderly ladies that regularly attend the Service Centre enjoy their plates of lasagne served by the three employees of Rainbow Kids. Pic Roxanne Daniels

EARLY CHILDHOOD DEVELOPMENT

St. Phillips Pre-school learners learn about their children's rights

By N. Ngaphu

On a freezing cold Monday morning, everyone's wish is to simply remain in bed with a cup of warm soup or coffee sitting on their bedside table. Unfortunately though, this is not always possible because for teachers; learners need to be taught, for healthcare workers; patients need to be attended to and for social workers like Tendai Wapinduka, children need to be protected and taught about their rights.

Inside St. Phillip Preschool's classroom in Grahamstown, pictures of children playing with toys and tilted drawings of circles, squares and other shapes decorated the class' green wall. The preschoolers gathered around the table with their teacher, Pumeza Mate to find out what Tendai Wapinduka of Child Welfare had to share with them. Wapinduka had come to let the children know that they were beautiful and special and deserved to be loved and cared for. "It is every child's right to be protected from any kind of harm," she said.

Wapinduka taught the children about the role of social workers through facilitating a singing session in isiXhosa. The song they sang can be translated as "I saw him/her calling me and I ran and said NO!" which illustrated potential situations where children may be in dangerous situations. The song was an easy way for the pre-school learners to understand children's rights.

After the singing, Wapinduka explained that Child Welfare is against child abuse and that it is everyone's responsibility to protect children in their communities.

"Child protection is everyone's business," she said.

Wapinduka defined child abuse as "anything that causes harm to the child".

"You must never, ever say to a child 'you're nothing' because the child will grow with that and their self-esteem will drop," Wapinduka said. Amongst the types of abuse that Wapinduka mentioned, there was emotional abuse, physical abuse and neglect.

Teachers are asked to be the eyes and ears of Child Welfare because they are the ones who spend a lot of time with the children and can therefore easily notice any change in a child's behavior that might be caused by abuse.

Sibanye changing mindsets

By Adriana Georgiades

The Sibanye Special Day Care Centre - located at Samuel Ntlebi Primary is a day care centre focusing on children with special physical and learning needs - held a talk entitled "How to care for a disabled child" on the 29 July as part of the Trading Live initiative. In attendance were three members from the Association for the Physically Disabled (ADP) and the mothers of three special needs children who attend Sibanye.

Sibanye supervisor, Nomulangisa Maloni, opened the intimate gathering by expressing her disappointment at the lack of turnout, but thanked everyone who took the time to come. "Today is about educating parents about how to care for children with disabilities, but it is also about changing the mindset of people towards special needs children," she said.

"People are afraid of coming close to disabled children, others are laughing at them, teasing them, not knowing that you could be able bodied today but be disabled tomorrow," Maloni said. "So our slogan here at Sibanye is 'don't laugh at us, laugh with us' because we are human beings just like everyone else."

Maloni said a mistake that parents often make is being over helpful with their children and perpetuating their dependency on their parents. "Many children arrived here unable to do things like hold a cup," she said. "Let them be independent, let them do things on their own, because they can," she said.

Another issue she raised was lack of discipline. "Many parents think 'my child is disabled so I can't say no to them'," Maloni explained. "But unless you say no, they will repeat it tomorrow."

Parents then shared their stories about how Sibanye has helped them and their children. Xoliswa Jacobs, mother of 7-year-old Luxolo who suffers from autism, explained the progress evident in her son since attending Sibanye. "He didn't like crowded places, he wouldn't listen when I told him to sit down and couldn't drink for himself," she said. "But now he can drink for himself, he listens, and he loves to play. And I thank Sibanye for that."



Parents of Sibanye students and ADP members were grateful for the workshop provided by Sibanye staff as part of the Trading Live initiative. Photo: Adriana Georgiades.

Sibanye's daily routine offers structure to the children's day. The school day consists of opening prayer, music, physical exercise, creativity class, outdoor play, story and rest time. The children are also taught to be independent, learning to wash their hands, brush their teeth and feed themselves.

Nomthandazo Mbanya, mother of five-year-old Linomtha who has been suffering from chronic seizures since the age of two, explained her financial difficulties. The transportation costs and the cost of sending Linomtha to Sibanye come to R500 a month, an expense Mbanya struggles to afford as she, like many in Grahamstown, battles to find permanent employment. Doctors say that her daughter cannot qualify for a disability grant, yet she has been turned away from mainstream schools for being unfit to attend. Despite the financial strain, Mbanya continues to send her daughter to Sibanye as it has been so beneficial to her.

APD committee member, Catherine Letcher, explained the important role Sibanye plays in assisting parents to care for their children with special needs. "It gives the parents a chance to do their business, to make some income, allowing them to concentrate on their work knowing their child is safe here," she said.

Maloni explained the difficulty of finding babysitters for disabled children due to negative perceptions held by people. "Nowadays if you ask a neighbour to look after your child, the next day they won't want anything to do with the child," she said.

Samuel Ntlebi Principal, Dumakazi Myemane, sees herself as a grandmother figure to the children. She often comes by throughout the day to spend time with them. "They are so sweet," she said. "I love them." "They see their friends go to school, and it's nice for them to also be able to do the same." adds Letcher. "It's a safe place, a place where they are loved, a place that gives them a purpose."

Children's rights are everyone's business

By Thandi Bombi

Owner of Nokwandile Day Care Centre, Vuyiswa Ndoleni, opened up her day care to local parents for a parental skills and involvement workshop on 28 July 2015. The parental skills workshop which was run by Thembela Magadla and Nomfundo Gongqa from Boy Boy Mginyawa Pre-School was part of the Trading Live initiative that went on from 27 July to 1 August.

"Abafumani uthando abantwana bethu"

(Our children don't get love) said Magadla in his introduction to his talk on children's rights. "Our children have the right to food, shelter, education but most importantly, the love of a parent."

The talk which had a high emphasis on the love of a parent was aimed at the younger parents in an effort to offer them support on how to care for and love their children. Although the talk was received well by those in attendance Ndoleni was concerned at the age range of the parents that attended the meeting. "Only grannies were sitting here during the workshop," said Ndoleni.

"There is no problem with the older parents, the problem is with the younger school children that are parents. They don't want to stay with their children. Children are left overnight, over weekends with no clothes to change no extra food or anything for us to care for them they turn off their phones and just disappear only for us to find they

have been partying in Port Elizabeth the whole weekend."

The parental skills and involvement workshop although very necessary was held at a time in which most of the parents of the 75 children attending Nokwandile Day Care Centre were attending school. "I want to do it in the future to teach them because only old people were sitting here," said Ndoleni. "I think I'm going to arrange a big meeting for all the parents to attend this workshop but not during school time because most of the parents are still in school themselves." "This is not the only preschool that has to deal with this," Ndoleni added. "Those parents don't love their children, when they get their grants they do their hair, they buy fancy clothes but what about their children?"

Ndoleni's sentiments echo those being taught during the Trading Live workshop. "The first priority must be the child," she said:

"A child is not a burden so the parent must take responsibility when they have a child. They need to know that the child has the right to food, shelter and the love they deserve; people must be ready for all of this if they are going to have children."

If it takes a village to raise a child, then this event made it obvious that there is a great deal of work that still needs to be done to support young parents and their children.

LITERACY

Residence Staff Read to Children at Fikizolo Primary School

By Johann Harmse

The wind is howling on the final day Trading Live. It is the end of the week and the last day of July, and a taxi filled with residence staff is hobbling through Fingo village. The taxi has just stopped to pick up some women who work in Canterbury house. Everyone in the taxi is jovial, sharing jokes and plans of the weekend to come.

Linda Vatela, a supervisor at Jan Smuts residence, seems more excited about the reason for our visit to Fikizolo Primary. "I wanted to be an English teacher, but it never happened" Linda tells me. "English was my favorite subject at school, I always did well in English."

As we arrive at Fikizolo Primary School, Linda explains to me that she and a few other women were approached by senior residence staff during the week and asked if they would like to read to the Grade R children. Linda signed up, describing how she has always loved reading stories because of how important storytelling was to her grandmother when Linda was growing up.

At Fingo and were split into groups. One group was taken to the pre-primary and introduced to Mrs Magqabi and her class of 6-year-olds. Over thirty curious faces fixed themselves on us as we arrived. Each one became a little more familiar as they began to shyly introduce themselves to us. As the residence staff looked through the books they would be reading, I found myself a spot on the floor with the young learners.

The children are curious about the notes I'm making, but soon their eyes begin to drift from me to Linda as she began reading to the class.

Besides the applause between stories, the only thing that interrupted our story-telling session was a young father who arrived to pick up his daughter. Hiding behind the door, he waves sheepishly at his daughter to catch her attention, reluctant to break the focus of the children gathered in the classroom. Eventually his daughter noticed him and scurried out after collecting her tiny pink backpack.

"Thank you for coming, the children really enjoy having visitors." Mrs Magqabi tells me as the children applaud for the last story of the day. She has worked at Fikizolo Primary School for 5 years. 'If you have any books at their reading level, bring them to us. The kids would love more things to read.'

Our event ends as the children's lunch period starts. Despite the strong wind, the children seemed thrilled to be able to push and chase each other outside after sitting still for an hour. The residence staff have all finished reading, and are now talking to the rest of the House Keeping group who had spent time earlier at the Primary School assisting in cleaning classrooms.

On the trip back to town, huddled in the taxi rocking side to side on the gravel road, it seems the event has left an impression on most of the residence staff. On the way to Fingo, all conversation was about on the upcoming weekend. On the way back, everybody is talking about their own children.

YOUTH LEADERSHIP

The importance of Self-esteem with Oasis Rainbow Kids

By Zintle Dolweni

Ntsika High School learners were treated to a Gender and self-esteem workshop, hosted by Oasis Rainbow kids, on the 5th of July. Anathi Pefile who was accompanied by Niel van der Reyken, facilitated Ms Myade's grade 9b class for an hour. Despite the serious subject matter, the workshop was fun and interactive, and the students were engaged and enthralled until the very last minute.

Pefile began with an ice breaker, asking the class to stand and make as much noise as they possibly could. Learners spent about five minutes chanting, stomping

and clapping, which put the entire class in a jovial mood and ready to listen. Pefile encouraged the class to clap every time one of their classmates gave a response, encouraging active listening and helping to build confidence among speakers.

The concept of self-esteem was not unfamiliar to the learners, as they had previously been taught about it Life Orientation classes. They seemed to be very intuitive about factors that affect one's self-esteem. There were a number of other important lessons taught throughout the workshop, such as the importance of having compassion for people, as you may not know what they are dealing with behind closed doors.

They were also taught about the importance of taking responsibility for one's actions, and not succumbing to peer pressure.

One would have to applaud Oasis Rainbow Kids for finding a way that was enjoyable and interactive, yet still effective enough to get the message across. In addition to personal antidotes and jokes, Pefile kept addressing the kids in different languages, mainly Zulu, Xhosa and English. This is one of the many things that made him more relatable to the class. He concluded his workshop by reminding the children of the importance of valuing their education and taking control of one's personal journey.

The Real Justice League

By Jayson Squires

Conventional wisdom may not suggest comparing lawyers to superheroes, but that was not the consensus amongst the attendant pupils following the Law as a Career talk.

On Thursday, 30 July, in celebration of Mandela Week, Advocate Craig Renaud from Rhodes University gave a presentation on what to expect when choosing law as a profession.

Students from Victoria Girls High School (VG) gathered in a classroom to learn about the law degree which is offered at Rhodes University as well as the necessary processes one must take in order to become a legal attorney.

From descriptive analogies comparing an electrician's tool box to a lawyer's vocabulary, and comical historical facts about the infamous gown, Advocate Craig Renaud provided inspiring insight for the aspirant students. "I really enjoyed the talk, because I learned more than I could have if I just researched online," said VG student, Sisipho Ndibaza.



Anathi Pefile at Ntsika High School
Photo by Zintle Dolweni

However, admitting five years to be a long time to study, she still wants to pursue her dream to become a lawyer. "I want to fight for those who are silenced, because justice has to be served in our country."

In his talk, Advocate Craig Renaud touched on the unfortunate reality that lawyers are more often than not called upon by their clients in times of financial conflicts. *Stating the importance of alternative dispute resolutions in which court is avoided altogether and that up to 60% of the law students currently enrolled at Rhodes University are women, revealed glimmers of hope in the girls' eyes.*

He ended on the note, "your soul is worth more than any amount of money."

The Trading Live initiative ran through the 27th - 31st of July and was filled with a range of educational activities based on the exchange of knowledge such as this.

HOLISTIC WELLNESS

Rainbow of Hope

By Leila Stein

HIV/AIDS is still a prevalent issue in South Africa. Although the country has been fighting this disease for over a decade, it is still widespread and education around the disease is of highest concern. During Trading Live Week, the Raphael Centre in partnership with Knysna NGO Mad about Art spoke on the importance of sexual health education for young South Africans in Grahamstown.

In a workshop held at the Raphael Centre, Phumeza Mdingi from Mad about Art spoke about working with children in understanding the emotional life after diagnosis as HIV+. She mostly discussed her work in reference to the project the NGO undertook called the "Rainbow of Hope."

According to the Mad about Art Website:

"'AIDS fatigue' leads many young people to ignore traditional school-based HIV education. Our programme aims to reduce the impact of HIV on vulnerable children through a structured programme of expressional art, participatory learning and narrative therapy."

Through this project, children collaborated in producing artwork in large panels which represent the different stages of coming to terms with an HIV+ status, receiving information about HIV and moving away from the discrimination of others in their community.

"With information and understanding the confidence grows and the partner in life was found and obstacles overcome," said Mdingi when explaining a specific panel. This project was exhibited in Toronto, London, and Cape Town and is now on display at an ARV clinic in Knysna.

Mdingi, in partnership with the Raphael Centre has set up an extension of this project in Grahamstown and hopes that it will have a positive effect.

"I want to make a difference here in Grahamstown and work with young artists," said Mdingi.

Following the explanation of this project, Ntombizodwa Goje of the Raphael Centre spoke about her experience of discovering and living with HIV in 2000.

"In those days they thought that it was people who were sleeping around, we had a fear of I'm not going to get it because I have one partner," explained Goje, "This is a mistake because you never know; The virus is just a name you will never know by looking at that person."

She detailed her experience and acknowledged that she was fortunate to have the support of her mother and it was this support and help from the Raphael Centre that helped her move beyond the depression and fear that sometimes follows diagnosis.

"There was no counselling for us then, in those days it was very difficult for us for those who tested then," she said.

This kind of support is sorely needed, both the Raphael Centre and Mad about Art stated that they struggle to garner the support of the parents of the children that they work with.

"The biggest challenge is when we have the big events it's only the children who come and the parents don't come," said Mdingi "The events are to raise awareness so we have been discussing how to get the parents to come."

Through projects such as these youth people around South Africa can gain a deeper understanding of a virus that is widely known but only rarely understood.

GAP and Raphael Centre work towards ending transphobia

By Chelsea Haith

"Gender is what's between your ears, not what's between your legs," said Sian Ferguson, the vice-chairperson of the Gender Action Project (GAP), speaking to the staff at the Raphael Centre on 31 July. During the course of the workshop on sexuality and gender, GAP members and the Raphael Centre staff shared ideas about sexuality, gender roles and transphobia.

The Raphael Centre, founded in 1999, is a HIV/Aids community initiative that offers testing and support for those living with HIV/Aids.



Layla Radosavljevic teaches a Zumba class to Rhodes University housekeeping staff at the Rhodes University Health Suite, Grahamstown, Tuesday, July 28, 2015. Radosavljevic taught the class as part of the Group Fitness Sessions, her contribution to Trading Live for Mandela Week.

Photo: Rory Boon

The workshop on gender and sexuality held at the centre was intended to increase awareness about issues faced by transgender people, a minority that is endangered by narrow-minded medical professionals and intolerant societal perceptions.

"Transgender people are more likely to get Aids and not seek treatment due to a high risk of being abused," Ferguson said, explaining the necessity of inclusive and tolerant treatment of transgender people, particularly in the medical industry.

The event began with the staff and GAP members sharing stories about differences in gender roles in their cultures and traditions. This gave the GAP members something to think about.

So often tradition and culture are disrespected in feminist discourses that demand the liberation of women, without accounting for the realities of women in their communities.

"In my culture the women cook and clean and the men do gardening and earn the money, that is how it is," said Ntombizodwa Goje, who is in charge of the Community Wellness portfolio at the Raphael Centre.

The Raphael Centre staff and members of GAP then worked together to understand transphobia in a discussion led by Ferguson, Jude Anjuli Daya and Sikhona Nyamende. "There is a misconception that transgender women are actually just gay," Nyamende said. This kind of misunderstanding can be extremely harmful to these women's emotional state.

"We have deep set ideas about what is 'normal', but stigma can quite literally

kill women," said Ferguson, emphasising the importance of respecting transgender people's choice and privacy.

Eluxolweni boys get in shape

By Shannon Frost

Music is thumping and mirrors line the walls reflecting the bright smiles and laughs of 25 teenage boys from Eluxolweni Boy's Shelter. They imitate their instructor and use each other to balance as they lunge across the room and frog jump into the air. "It was short and sweet, just perfect...but now I am tired", laughed social worker Lynda Mpiyane after the 45 minutes of group fitness bootcamp organized by the Maxine Diemer from the Rhodes Health Suite.

Having travelled to the Rhodes University gym for a high intensity workout, the staff and children from Eluxolweni definitely got what they were hoping for. Hearts were racing and adrenaline kicked in as the young boys tried to keep up with instructor, Sivuyisiwe Situngu.

Eluxolweni provides a safe place for young children who otherwise might find themselves living on the streets. Their main objective is to facilitate projects that bring relief and care to marginalized and abandoned children. They initiate, sustain and encourage schooling and skills with the hope of reintegrating them with their families where possible.

The high intensity boot camp was a way for the young boys to learn about fitness and different ways to stay in shape. Starting with the important stretches, to squats, to jumping jacks, to all taking their turn jumping through the invisible skipping rope - each boy saw their reflection and determination ignited within them. They competed against one another and giggled with the instructors and social workers, creating a joyous energy during the grueling workout.

Mpiyane ended by thanking the instructors and saying how, "The boys really enjoyed it! They were sad when it was over... they wanted to carry on".

Leezal Visagie, a nurse from the Rhodes University Health Care Centre, takes Samkelo Pama's blood pressure at the Shoprite taxi rank in Grahamstown, Tuesday, July 28, 2015. The nurses from the Health Care Centre took blood sugar levels and blood pressure of anyone who wanted, for free, as their contribution to Trading Live for Mandela Week.

Photo: Rory Boon



Thank you!



Grocott's Mail



RHODES UNIVERSITY
Where leaders learn

What will you do with your 67 minutes?

TRADING
Live

RHODES UNIVERSITY
Where leaders learn

NELSON MANDELA DAY

Masibambisane Siluluntu Luvase Makana