



## Healing through play

*By May Bleeker*

**A**s part of the professional services at Red Cross Children's Hospital, Child Life Specialists use therapeutic play to reduce children's anxiety and prepare them for hospital procedures.


Using blank cloth dolls, children are encouraged to engage in 'medical play', a type of therapeutic play in which the child is free to explore and experiment with actual or toy medical equipment. These sessions are arranged for children who express specific fears and anxieties concerning their hospitalization.

It offers a means to express these feelings and thereby reduce the emotional distress that may be associated with medical procedures.

The child is free to paint, draw, poke, and bandage their doll as they wish, and may project their own feelings onto the doll by drawing in a sad or smiley face.



Due to a limited supply, currently not every child that would benefit from such a doll is able to receive one. The Phoenix Burns Project is appealing to funders for backing in the production of these dolls, thereby supporting the excellent work undertaken at Red Cross Burns Unit.

If you are able to help, contact May Bleeker-Phelan at 082 932 9504 or by email at [admin@pbp.org.za](mailto:admin@pbp.org.za). 

# Be Safe campaign promotes Hot Box

The Paraffin Safety Association of Southern Africa's "Be Safe This Winter" media campaign was launched at Mzoli's Place in Gugulethu on June 01, a day declared in the National Health Calendar as National Paraffin Safety Day.

Phoenix Burns Project attended as one of PASASA's strategic partners and wholeheartedly supports the campaign objectives to educate and help householders develop their own home energy safety plans.

In addition to unveiling the campaign, the day's proceedings also involved door-to-door educational visits in a nearby informal settlement, Barcelona, the unveiling of PASASA's new-look website at [www.paraffinsafety.org](http://www.paraffinsafety.org), and the demonstration of cooking safely using a "Hot Box."

Similar to the "Hay Boxes" and heat retaining cookers used during World War II when fuel was scarce, the "Hot Box" comprises two mini "bean-bag"-like devices into which a pot of food is placed once it has reached boiling point on a conventional stove. When the "Hot Box" is sealed, the food will continue to cook and stay hot, as long as it is left undisturbed.

The "Hot Box" is a safe and affordable device that reduces the risk of accidental fires by allowing householders to leave cooking food unattended for a while, without endangering their house or occupants by leaving stoves on. It is a useful way of keeping food warm for when children return from school, and reduces risk of burn injury as it doesn't require unsupervised children to use electrical or paraffin devices to heat their food.

The "Hot Box" has the added benefit of reducing electricity bills.



Here Nomthinjana, from the Salatiso Ladies Group, demonstrates the use of the "Hot Box", which is very effective in the preparation of long-cook items such as samp, stews and rice. Also pictured: Mzoli Ngcawuzele of Mzoli's Place (left), Noni Ndema, Financial Director – Paraffin Safety Association (right). ❄️

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## Donations to Phoenix now tax deductible

Good news for donors! The South African Revenue Services (SARS) has recognized the Phoenix Burns Project as a Public Benefit Organisation. As such, Phoenix now has full exemption from taxes and duties and SARS has furthermore confirmed that all donations to Phoenix are tax deductible in the hands of donors.

Phoenix's Treasurer, Mr David Waight, hailed this as "a sign of recognition by SARS of the good work that we do and a great step forward to build confidence and support among our donors."

In terms of this ruling from SARS, all donors to Phoenix will receive donations certificates, which they will be able to submit with their 2011 income tax returns. ❄️

# Guy Fawkes comes to tea with Phoenix

Have you ever wondered about the origins of the Guy Fawkes celebration on the 5<sup>th</sup> of November? And, what about all those fireworks? Well, now's your chance to find out. Well known Cape Town surgeon and speaker Dr Jenny Edge will present an illustrated talk at The One and Only hotel in the V&A Waterfront on the 13<sup>th</sup> of November 2010.

The talk will describe the origins of Guy Fawkes from the notorious Gunpowder Plot to blow up the Houses of Parliament and trace the history of these celebrations to the modern day, including the joys and hazards of the fireworks displays associated with Guy Fawkes.

Tickets are on sale for R200 per person, or for R1600 for a table of 8 persons. Participants will also have an opportunity to buy on auction some exclusive items, such as a rugby jersey signed by Stormers team members, fashionable painted hats and other unique items.



*Guy Fawkes.*

# Thank you, Crystal Towers!



*Jeremy Harris, Ryan O'Connor, May Bleeker-Phelan, Roger Watts, Gary Koetzer.*

Crystal Towers Hotel and Spa generously supported the Phoenix Fire Recovery Kit programme through a substantial donation of R14,000, which was handed over on 7 October 2010 by Gary Koetzer, General Manager of Crystal Towers Hotel and Spa, Roger Watts (Finance Manager) and well-known KFM hosts, Ryan O'Connor and Jeremy Harris.

May Bleeker-Phelan accepted the donation on behalf of Phoenix and said: "Fire Recovery Kits go to families in dire need. This strong show of support will enable us to meet the needs of several children and families whose lives have been devastated by fire."

The Crystal Towers Hotel and Spa Accounts Team also made a donation of soft toys. On 27 September 2010 Roger Watts (Financial Manager) and Nicholas Johnson-Robson (Purchasing Manager) handed over two large bags of cuddly toys collected by Accounts staff members. Once refurbished these toys will be handed out to children in the Red Cross Burns Unit as part of the 'Bear with Your Rehab' Programme.



*Nicholas Johnson-Robson (l), May Bleeker-Phelan (m), Roger Watts (r).*



## Fill a Tin for Burn Survivors

Your small change can make a big change in a burn survivor's life. Please consider keeping a Phoenix collection tin in your home or office to put all the small change cluttering up your purse or wallet. Every cent helps, and it all adds up! Contact us to collect your tin.



### PHOENIX FIRE MONITOR

#### Shack fires reported in Cape Town newspapers during the period of 1 Feb 2010 – 30 Sept 2010


- 13 Sept 2010, Cape Times  
*Man dies in shack fire in Strand*
- 13 Sept 2010, Cape Argus  
*Teen dies in shack fire (Lwandle)*
- 7 Sept 2010, Cape Times  
*Five fires around Cape Town, 10 dead and others homeless*
- 7 Sept 2010, Cape Argus  
*Two children die in house fire, Steenberg*
- 6 Sept 2010, Cape Times  
*Shack fire in Khayelitsha kills 4 children*
- 23 Aug 2010, Cape Argus  
*Two die in Overhill (Kleinmond) shack fire, 500 homeless*
- 6 Aug 2010, Cape Argus  
*Baby and toddler die in blaze, Manenberg*
- 8 July 2010, Cape Times  
*Nine residents killed in shack fire, Khayelitsha*
- 28 June 2010, Cape Times  
*Mother and baby die in shack fire in Lwandle, Strand*
- 25 June 2010, Cape Argus  
*Shack razed in Hout Bay, 4 homeless*
- 16 June 2010, Cape Argus  
*Fire in Hout Bay informal settlement destroys 60 homes, at least 200 homeless*
- 26 May 2010, Cape Argus  
*8 shacks gutted in Freedom Farm informal settlement (Belhar), 30 homeless*
- 17 May 2010, Daily Voice  
*Baby dies in shack fire in Overcome Heights*
- 10 May 2010, Cape Times  
*3 killed in shack fire, Bloekombos, Kraaifontein*
- 10 May 2010, Cape Times  
*6 shacks gutted, 8 left homeless, Khayelitsha*
- 3 May 2010, Cape Argus  
*1 killed, 500 displaced by shack fires, DuNoon*
- 6 April 2010, Cape Times  
*8 shacks razed, 24 homeless in Khayelitsha*
- 7 March 2010, SAPA  
*Shack fire in Bishop Lavis claims 3 lives*

Total: 41 deaths, 1126 homeless

Please note that this list is not exhaustive, since not all fires are reported in the press. We extend our heartfelt condolences to all who lost their loved ones and their homes or possessions in these tragic events.

## Volunteer profile: Gloria Kankunda

Gloria Kankunda, a burn survivor originally from Uganda, recently joined the Phoenix Burns Project as a volunteer. Gloria came to South Africa in May 2009 for burn treatment at Constantiaberg Medi-Clinic. She now lives in Cape Town with her aunt and daughter.

Gloria recently assisted Phoenix Burns Project by helping to man the information kiosk at a burns awareness event at Canal Walk. Gloria says: "Recovery after burns can be difficult, but a good support network makes it easier." 

## Thank You, donors!

We thank the following individuals for supporting our recent activities:

T. Callaghan, J. Edge, R. Hall, D. Olivier, E. Poulton, G. Ramplin, Mr and Mrs J Scott, T. Wessels, and D. Williams.

A special thank you to our regular individual donors and to our many anonymous donors. We gratefully acknowledge support from the following companies and organisations: Breadline Africa, Catalyst Media and Events, Catholic Women's League, Catholic Church of Constantia, Crystal Towers Hotel and Spa, Lions International, *The Southern Cross* newspaper and Swift Designs.

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