

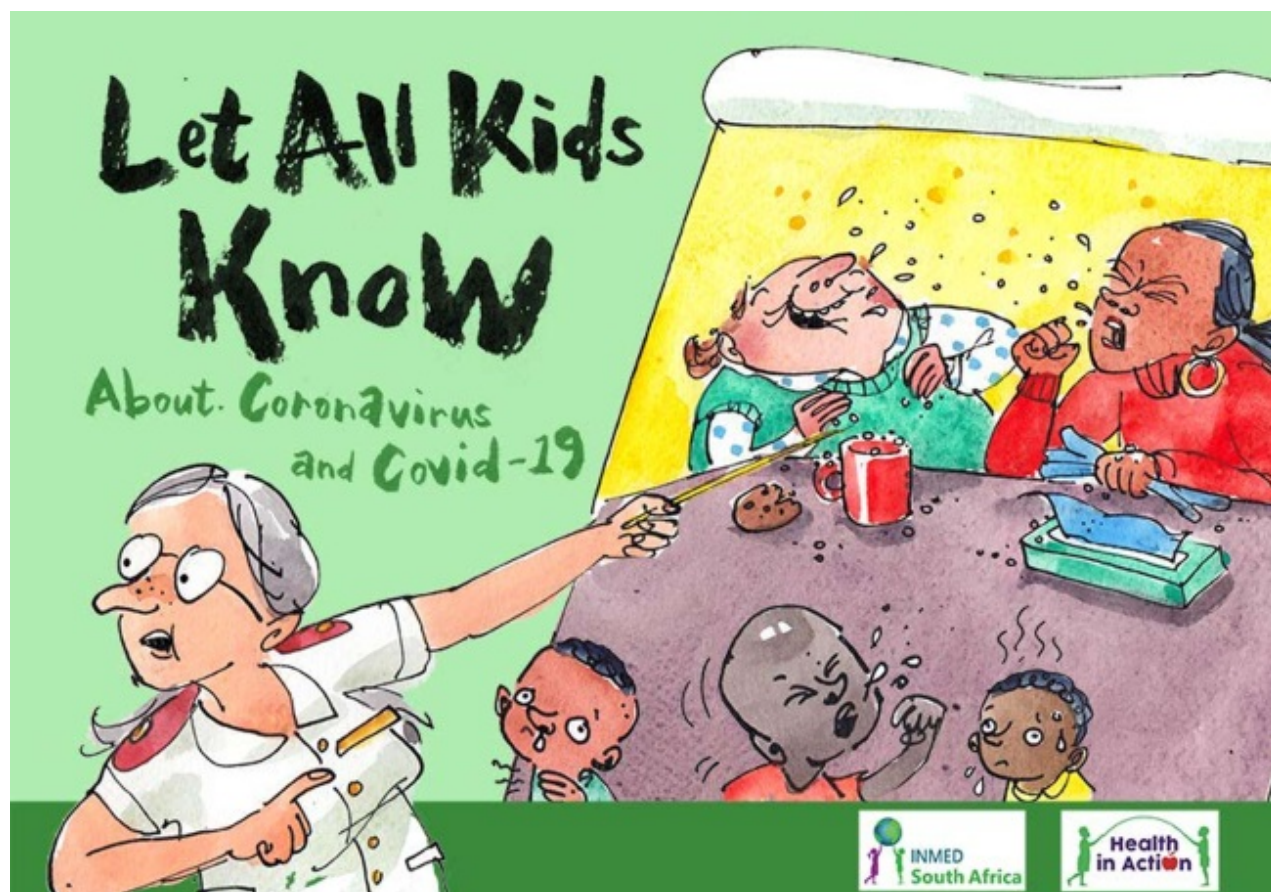


Welcome to the May issue of our INMED South Africa newsletter. It is hard to believe we have been in lockdown for nearly 2 months. Our project teams have been very busy supporting our aquaponics sites and our school gardens around the country as well as updating our special COVID-19 resource pages on our website—including an INMED South Africa original children's book—to assist families and children during this challenging time.

We have also been very active in the media with some wonderful stories we're eager to share with you. As always, please follow and engage with us on Facebook and Instagram to find out more about our daily activities and the committed staff who work tirelessly for South Africans in need.

*Unathi Silhlahla*  
*Director of Programmes, INMED South Africa*

## INMED SA Publishes E-book on COVID-19 for Kids



As public conversations around COVID-19 increase, children may worry about themselves, their families, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimises anxiety or fear.

INMED South Africa, in conjunction with INMED Partnerships for Children, has created a beautifully illustrated e-book intended to help children understand everything they need to

know about the coronavirus. Scripted by INMED South Africa's Programmes Director, Unathi Sihlahla, and illustrated by Theodor Key, the 8-page book is set in Soweto and written in a very appealing and understandable tone for younger children. It builds a story around two young boys, Musi and Jimmy, and talks about the virus, how it is spread, what are the symptoms, how to self-test and dispels many of the myths.

Sihlahla says it is not intended to be a substitute for professional medical advice, diagnosis or treatment, but rather a useful aid for parents and teachers to use to educate and empower young children using a typical South African scenario, children can relate to and enjoy. "It uses simple language and explains concepts in a calm and reassuring way," concludes Sihlahla. [CLICK HERE](#) to download the book.

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## Resources Aplenty for Staying Healthy



If you haven't been to our website lately, we have a whole selection of free downloadable indoor activities for children to try out at home during the lockdown, including games, crafts, cooking ideas and fitness challenges. We also offer a 3-part mindfulness series for all ages designed to inspire positive behavior changes.

The practice of mindfulness can teach us how to use this period of self-quarantine to reflect and change our decision-making toward better health and well-being. It can help you discern who you want to be during COVID-19—as well as who you want to be after COVID-19 with your health and life.

[CLICK HERE](#) to check out our COVID-19 Resources Page and to download our booklets. It's FREE!

## In the News

It is encouraging to see that even though the country is in lockdown, many of our projects have been featured in the media over the last two months. We hope you enjoy reading one or two of our favourite articles.

**Click the publication name to read the latest articles about INMED South Africa.**

**The South African:** A feature on our Free State project with USAID for disabled farmers

**AgriOrbit:** A news story on our adaptive agriculture training program for farmers with disabilities.

**Kempton Express:** A feature on our award-winning project with Air Products at Laerskool Kempton Park in Johannesburg.

**Times Live:** An update on our award-winning aquaponics project with Old Mutual for an all-female farming co-op in Pella, Northern Cape.

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