

# Reea launches new adult care facility

## GRAEME SHACKLEFORD

Reea Foundation for epilepsy and mild neurological disorders recently implemented an adult care facility for residents and non-resident participants.

Held from Monday to Friday, the programme focuses on arts and crafts and provides hours of stimulating activities.

Reea volunteer Deona Brough said, "The programme is staffed by volunteers, and each person has something unique to contribute. On Mondays we have a craft morning, on Tuesday a music teacher visits, on Wednesdays it's arts and crafts, on Thursdays an art counsellor visits, and on Friday we have another music morning."

According to Brough, the participants thoroughly enjoy the programme.

"They are happy to be actively involved in something creative every day, and they love discussing it with each other. One of the residents has even begun learning to play guitar," she said.

The *Gazette* spoke to art counsellor Chris Sinclair about her role in the programme.

"We're busy with a course similar to Drawing on the Right Side of the Brain. The aim is to improve drawing skills and motor coordination, and to develop visual



**Art counsellor Chris Sinclair gives fabric painting tips to Reea residents.**

memory and colour matching. Not only does this give the participants something to do; it also gives these adults the opportunity to enjoy art," explained Sinclair.

"We use a different medium, like fabric painting, oil pastels, acrylic paint, or soft pencil, for each project. Each participant has a portfolio, and may decorate their rooms with their own art. There's also a plan for each participant to use their art to make a calendar at the end of the year," she said.

Brough said the activities were confined mostly to mornings, and she hoped more people would come forward to help with afternoon activities.

"We would appreciate more volunteers for this rewarding work. Qualifications aren't necessary, but they are welcome.

"We would also welcome more non-resident participants," she said.

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# River market re-launch

## GRAEME SHACKLEFORD

Craighall Park's Reea Foundation for epilepsy and mild neurological disorders re-launched its River Market on Saturday.

Held in the tranquil Reea grounds along the Braamfontein Spruit, the market boasted live music, good quality food, artisan goods, organic vegetables freshly picked from the garden, and children's entertainment.

The launch of the market coincided with the re-launch of the newly-revamped Reea Bookshop.

Talking to the *Gazette* Daniella Alexander, who runs the vegetable garden, said, "The market's been good. We've had a lot of visitors, and I think they appreciate the surroundings. I've been picking

vegetables for people all morning."

Reea Foundation marketing and funding manager Gregor Heidemann said, "We had 39 stall holders and estimate about 200 people visited the market. The bookshop had a record sale of over R3 000. We've had very positive feedback, including enquiries from people interested in having stalls at the next market. The only complaint came from a child who couldn't find the ice-cream stand."

The next Reea River Market takes place on 14 April at Reea Foundation, corner of Marlborough and Richmond avenues, Craighall Park.

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**Daniella Alexander with her daughter Phoebe Alexander at her stall in her organic vegetable garden.**