

Dear NOAH supporters,

As we slowly start to emerge from the Covid-19 bubble, we have reflected on your generosity and support and how we have used this to make a profound difference during a very challenging time. I feel overwhelming gratitude.

Our residents are safe and well, our clinic members have received ongoing treatment and health care and our Centre members feel supported and protected. Thank you from the bottom of our hearts.

What we see now though, is the negative impact of the extended lockdown on most of our members' psychological wellbeing, something which affects not only their quality of life but their physical health too.

So used to being engaged, creative and social at the NOAH Centre in Woodstock, we hear a daily refrain and requests for "something to do".

Loneliness, isolation and the lack of meaningful activities can bring much despair to vulnerable pensioners. With your help, we would like to bring some hope.

The amazing and dedicated students of the University of Cape Town Department of Occupational Therapy have identified purposeful activity packs for the centre members to use in their homes in order to keep busy, feel purposeful and really lift their spirits.

We are now looking for puzzles, board games, crafting supplies, cards and drawing materials to make this happen.

To make a donation, please email Bonny at bonny@noah.org.za. For financial donations, please visit our website www.noah.org.za.

Thank you for your help!
Anne Dobson,
Director



Meet Elaine.

Elaine is a resident at McNulty assisted living and found the lockdown very challenging. She loves bingo, dominoes and watching movies and hopes to attend centre activities daily again soon.

Help us give Elaine a spring in her step and some meaningful occupation by donating to our appeal!

 SnapScan

Snap here to make a donation



getsnapsan.com