Newsletter May 2024

Welcome to the May newsletter. The Council of Geriatrically and Psychiatrically Ill Persons (CGPIP) is a non-profit organisation, registered in the Cape, with a mandate to promote the rights of people who are geriatrically and psychiatrically ill. We are a voluntary organisation and have offices in **Mowbray** and **Kraaifontein**. We are also registered as a Non-Profit Company (NPC) and a Public Benefit Organisation (PBO). We are a member of the National Association of Mental Health (NAMH) and the National Association of Gerontology (NAG).

Since our inception we have formed a Professional Development Unit (PDU) which provides training to our members and other organisations. We have also formed **Green Shoots Food and Nutrition Centre**, which provides nutritious meals to our members and other organisations and communities. We also offer Wellness and Recreational programmes for our members. We are also the Secretariat for the Western Cape Forum for Intellectual Disability (WCFID) and the Secretariat for the Western Cape Mental Health Forum.

If you would like more information on what we do, please contact us at our offices in Mowbray or Kraaifontein. Our telephone numbers are 021 447 9262 or 021 592 4130 and our e-mail address is info@cgpip.org.za. Our website address is www.cgpip.org.za. Please also visit our Facebook page and subscribe to our YouTube channel.

Our Kraaifontein Office is now open for business. Our new address is: Unit 2, Ground Floor, Kraaifontein Square, Cnr Voortrekker and Bloemhof Streets, Kraaifontein. Our Mowbray Office is still open for business as well. Our new address is: Unit 1, Ground Floor, Mowbray Square, Cnr Main and Protea Streets, Mowbray. Our telephone numbers are 021 447 9262 or 021 592 4130 and our e-mail address is info@cgpip.org.za.

Calling all Volunteers! We are in need of Volunteers to assist with various tasks. We, in turn, will do our utmost to reward the volunteers with a stipend, training, exposure to various organisations, and a certificate of appreciation. Please contact us at our offices in Mowbray or Kraaifontein if you would like to volunteer your services.

Mon 20th Inst

Mondays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Licensed Clip Washer and Blessed Early Years Become Practice Area Confirmed Professionals Through Professional Development

On 27th January 2024 Early Years practitioners in the Licensed Clip Washer and Blessed Mongo Practice Area were confirmed as "Practice Area Confirmed Professionals" through a Professional Development Unit (PDU) Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

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BUSINESS DEVELOPMENT UNIT

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Sat 26th Inst

Saturdays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Sun 27th Inst

Sundays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Mon 28th Inst

Mondays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Tues 29th Inst

Tuesdays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Wed 30th Inst

Wednesdays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Thurs 31st Inst

Thursdays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Fri 1st Aug

Fridays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Sat 2nd Inst

Saturdays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Sun 3rd Inst

Sundays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Mon 4th Inst

Mondays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Tues 5th Inst

Tuesdays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Wed 6th Inst

Wednesdays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Thurs 7th Inst

Thursdays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots** Food Preparation, Computer Skills, Computer Assistance, Casework for all Programmes available.

Fri 8th Inst

Fridays, 10h, Advance Arts Information, Talking Time, Dragon's Breath Choir, Wellness Group, Yoga, Tai Chi, Pilates, Zumba, Dance Fitness, Kickboxing, Drama, **PDU** Research Day, **GSP** Kraaifontein Day, **GSP** Mowbray Day, **Green Shoots**