

Monze Play Park



Who will benefit from the play-park in Monze?

- Disabled children of all types: deaf, blind, physically disabled, and mentally disabled.
- Able-bodied children.
- Parents and Grandparents who will be able to leave their able-bodied and disabled children from time to time to be entertained and occupied within the park for fun and therapy.

Why is the play park needed in Monze?

- There are many disabled children in the Monze area who are traditionally stigmatised and discriminated against.
- There are no recreational amenities for able-bodied or disabled children to integrate within the area Monze or indeed in Zambia.
- Parents and carers will be able to improve their living standards by working to earn some income while children are being cared for within the park.
- Socially the children will improve through interaction and gain confidence through learning and play.



What things are we trying to fund within the play park?

- Flowers, trees, grass, footpaths and benches.
- Swings, slides, climbing frames and other apparatus.
- Toilets with disabled access.
- Round houses (rondavals) which will include a basic gym for therapy, a children's library with Braille books, audio books and health awareness literature. (HIV/AIDS awareness.)
- A physiotherapist to work with the disabled children and to show the parents how they can help their children.
- A community health/social worker to supervise and organise interactive play.
- A grounds man to maintain the buildings and the grounds.



Siambango Simasiku

Siambango has cerebral palsy, which means she can not walk with out a walking frame. She is 8 years old and lives with her mother and four brothers in the Nchete compound in Monze. As she needs much care her parents can not leave her to find employment, but her mother has been given a sewing machine and training in tailoring by HHI, and this has helped Siambango's family earn a little income.



Most of the little they earn goes on providing the basic food for the day; that is breakfast of pounded maize meal known as 'musozya' in the local language Tonga, and a drink of sour milk known as 'mabisi'. For lunch and supper the staple food of 'nshima' is eaten with affordable vegetables or 'kapenta' (small dried river fish which you can see in large piles in the Monze market.)

Siambango does go to school when she can. She attends the disabled unit at Choongo School as a boarder but it does depend on school fees being available and on her ability to travel to the school, which is 5 miles outside Monze town.

In her holiday time Siambango does not have much fun. Her friends do come and play with her but she can not go with them or leave her home as her mother only really has time to focus on the difficult task of preparing and providing food for the day. Consequently, Siambango feels very different and left behind, and then her parents feel sorry for their daughter and pity her. This is not a good thing for a disabled child as it will result in Siambango feeling ashamed of her condition and not expect herself to achieve anything as an able-bodied child might. Being poor and disabled does not give Siambango a very bright future.



We hope that by providing a new facility such as the play-park in Monze we can allow children such as Siambango to have somewhere to be with her friends, which is safe and interesting and will let her integrate with other children away from her home environment. She will gain independence, and with the help of social workers and therapists improve her physical strength and confidence.

Siambango's mother may have more time to work at her sewing and earn some additional income, and she may start to see Siambango flourish and feel pride for her daughter and not pity. This must be a very good thing for the whole family.

How your ear works



1. You will need a tin without a base such as a baking tin, clear film, sticky tape, bendy plastic drinking straws, scissors, table tennis ball, bowl or dish of water



2. Cover one side of tin with clear film. Make sure it is tightly stretched with no creases. If necessary, fix it to the tin with sticky tape.



3. Push the short end of one straw into the long end of the other.



4. Carefully cut a few slits into the remaining long end so it splays out, ready for the ball.



5. Tape the table tennis ball onto the folded back slits in the straw.



6. Bend the straw at right angles and secure with tape to the clear film.



7. Support the baking tin on its side on another bowl. Arrange and bend the straws so that the table tennis ball just touches the water in the bowl.

8. This model set up now works like your ear.

Make some sound waves near the clear film, for example by clapping.

The sound waves will hit the sheet of clear film which acts like your ear drum.

The clear film will vibrate and send the vibrations along the straws which works like the tiny ear bones.

The ball makes ripples in the bowl which is like the fluid filled cochlea.

As a result you can see sound waves.

No shoes + No light = Snake bites!



Spitting Cobra.

Puff Adder.

Find out about these two venomous snakes. Where do they live and why are they dangerous?

Snake bites in Zambia are common. Children often do not wear shoes and there is no light by which to see at night. In rural areas children who are bitten by snakes, usually on their legs, can not receive anti-venom quickly enough and then the tissue surrounding the snake bite dies. This then means that the leg has to be amputated resulting in many physically disabled children needing crutches or wheelchairs to help them cover their long walk to school.

School Rules in Zambia.

One of the school rules written on the classroom wall in a school in Zambia is;

Do not let a disabled child walk home alone.

How does this compare to your school rules and do you think it is a necessary rule in Zambia?

What other school rules do you think they have that might be different to yours?

This is a disabled unit attached to Choongo school. How many children can you see with only one leg?



African instruments.



Rhythm is most important in African music. These maracas are made from natural materials such as wood or gourds filled with seeds. Zambian children sing well and in tune but there is very little melodic accompaniment. However there is always plenty of emphasis on rhythm and dancing or clapping.



This African drum is called a Djembe and is extremely popular and common in Zambia. It is made from a carved wooden goblet – shaped trunk with goat skin stretched tightly across the top. It is usually decorated and meant to be played with bare hands. Djembes can vary in size and this in turn varies the tone and pitch. Many Djembes are often played together and provide an exciting accompaniment to powerful choral singing which is typical of Zambia.

Making your own African Instruments



Making your own Maracas

You can make your own maracas and decorate it using an African design like the one above.

You will need a balloon, paper mache, seeds (such as rice or similar small grains) and a stick as handle.

Blow up the balloon, tie a knot and cover with several layers of paper mache and allow it to dry and harden.

When dry pierce the balloon at base where the knot was and you will be left with a spherical shell.

Remove deflated balloon through the small hole which you have at the base of the balloon. (Be careful as this can be quite difficult. Don't worry if all the balloon does not come out so long as most of it does.)

Put in some rice grains or seeds and then insert a suitable stick to act as the handle.

You may need some sellotape to secure the join.

Paint your maraca with an African pattern and enjoy adding rhythm to your singing and creative music making.

Making your own Djembe.

You can make your own Djembe using a plastic flower pot.

Stretch a rubber balloon or strong plastic bag over the top and secure tightly with string or cord. (It will be good if you can tie the string below the lip of the flower pot so that it does not slide off.)

Decorate the sides of the flower pot by covering it with plain paper and painting it .

Experiment with making rhythmic patterns using the palm of your hand or finger tips.

Is there a different sound if you hit the skin near the centre or near the edge?

Do different size flower pots give a different sound to your Djembe?

Use your Djembe as an instrument while you are singing or as a dramatic accompaniment to the narration of the story "The Djembe Boy".

Zambian Toys



These are toys made by Zambian children out of scrap materials.
What materials have been used to make these toys?
Do you think they are expensive to make?
Could you make similar toys out of these materials?

