

# THERA- PLAY HUB



## An Inclusive Therapeutic Park for Children with Severe Disabilities

Rotary Club of Oudtshoorn | District 9350 | South Africa

# GLOBAL GRANT PARTNERSHIP OPPORTUNITY

by the Rotary Club of Oudtshoorn, District 9350, South Africa.

Creating a safe, accessible outdoor therapeutic space for children who are too often excluded from ordinary play.

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## ➤ Project Location:

Eljada-Kairos School  
Oudtshoorn, Western Cape, South Africa

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## ➤ Estimated Project Budget:

US\$ 121,700

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## ➤ Primary Rotary Area of Focus:

Disease Prevention and Treatment

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# WHEN PLAY BECOMES THERAPY

For most children, play is part of everyday life.

It is how they move, explore, learn, build confidence and connect with others.

But for children with severe intellectual and physical disabilities, traditional play spaces are often inaccessible. Wheelchairs, limited mobility, sensory sensitivities and complex therapeutic needs are rarely considered in ordinary playground design.

The Thera-Play Hub will create a purpose-built therapeutic park where movement, sensory engagement and inclusive play can support each child's health, development and wellbeing.

A place where therapy feels like play — and every child is given the chance to take part.

# THE CHILDREN BEHIND THE PROJECT

Eljada-Kairos School serves children between the ages of 5 and 18 with severe to profound intellectual and physical disabilities, as well as learners with Autism Spectrum Disorder.

The school caters to learners from Oudtshoorn and surrounding rural communities, many of whom come from low socio-economic backgrounds where access to specialised therapeutic facilities is limited.

**292**

**LEARNERS  
WITH  
DISABILITIES**

**75**

**RESIDENTIAL  
HOSTEL  
LEARNERS**

**200 km<sup>2</sup>**

**RURAL  
CATCHMENT  
AREA**





# THE CHALLENGE

At Eljada-Kairos School, many learners with severe physical and intellectual disabilities are excluded from meaningful outdoor play and therapeutic activities due to a lack of accessible equipment and infrastructure.

For learners with limited mobility, high sensory needs or complex disabilities, the lack of accessible therapeutic movement spaces can contribute to secondary health and developmental challenges, including:

- poor circulation
- reduced muscle tone
- contractures
- respiratory complications
- sensory overload
- emotional distress
- mental health issues
- social isolation

For these children, movement and sensory engagement are not luxuries, they are essential components of health, development and quality of life.





# THE VISION

The Thera-Play Hub will be designed to meet the specific needs of the learners at Eljada-Kairos School.

It will create an accessible outdoor environment for children with severe disabilities where they can move safely, explore meaningfully, regulate their senses, and participate with dignity.

The vision was inspired by first-hand experience at the school, where many learners were seen sitting on the sidelines during outdoor activities because traditional play spaces did not include them.

Through Rotary, this long-held dream can become a sustainable, practical resource for the school and the children it serves.

Every child deserves a space where they are not simply accommodated but truly included.



# PROJECT OVERVIEW

The Thera-play Hub will consist of three dedicated therapeutic zones, each designed for a specific group of learners and their physical, sensory and developmental needs.

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## 1) Junior Therapeutic Development Zone

- For younger learners aged 5–13
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## 2) Autism & Sensory Wellness Zone

- For learners with Autism Spectrum Disorder and those with high sensory needs
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## 3) Senior Therapeutic Rehabilitation Zone

- For older learners aged 13–18
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Together, these zones will support physical development, rehabilitation, sensory integration, emotional regulation, social interaction and inclusive play.



# JUNIOR THERAPEUTIC DEVELOPMENT ZONE

For younger learners aged 5–13

The Junior Therapeutic Development Zone will be a sensory-rich area where younger learners can explore, move and develop through safe, supported play.

This space will encourage active movement, sensory discovery, confidence and social connection in an environment designed around their abilities.

## FOCUS AREAS:

- fine and gross motor development
- sensory discovery
- balance and coordination
- social interaction
- safe, accessible play experiences

## POSSIBLE FEATURES:

- inclusive swings and slides
- balancing elements
- soft safety surfacing
- sensory play areas
- shaded seating
- wheelchair-accessible pathways



Here, early movement becomes joyful discovery.



# AUTISM & SENSORY WELLNESS ZONE

## For learners with Autism Spectrum Disorder

The Autism & Sensory Wellness Zone will be a calmer, structured space designed to reduce overstimulation and support emotional regulation.

For learners who experience sensory overload, a predictable and thoughtfully designed environment can make participation safer, calmer and more meaningful.

### FOCUS AREAS:

- sensory regulation
- calm engagement
- emotional wellbeing
- reduced anxiety and overwhelm
- safe retreat and recovery

### POSSIBLE FEATURES:

- sensory trails
- tactile installations
- sensory walls
- musical features
- quiet corners
- shaded seating
- calming design elements



A space where children can regulate, recover and feel safe.

# SENIOR THERAPEUTIC REHABILITATION ZONE

For older learners aged 13–18

The Senior Therapeutic Rehabilitation Zone will be an accessible movement area where older learners can stretch, strengthen and participate with dignity.

For learners with limited mobility, regular movement is essential to support physical function, prevent secondary complications and encourage emotional wellbeing.

## FOCUS AREAS:

- mobility and flexibility
- balance and coordination
- muscle tone and physical function
- wheelchair-accessible movement
- confidence and social participation

## POSSIBLE FEATURES:

- adapted movement equipment
- inclusive gym elements
- balance tracks
- wheelchair-friendly pathways
- shaded rest areas

For some learners, even small movements are meaningful victories.





# THE EXPECTED IMPACT

The Thera-Play Hub will directly benefit the learners of Eljada-Kairos School, while also supporting the teachers, therapists, caregivers and families involved in their daily care.

By bringing therapeutic movement and sensory engagement into the school environment, the Hub will create daily opportunities for development, participation and wellbeing.

Importantly, the facility will also be available to qualified therapists within the wider community who work with children with disabilities, broadening access to therapeutic services and maximising the long-term community impact of the project.

The project is expected to support:

- improved mobility and physical movement
- increased access to therapeutic activity
- better sensory regulation
- improved emotional wellbeing
- greater social participation
- reduced risk of secondary health complications
- more inclusive outdoor experiences
- additional support for teachers, therapists and caregivers

For one child, impact may look like improved strength or coordination.

For another, it may be a moment of calm, a shared laugh, or the chance to participate in play for the first time.

The true impact will not only be measured in equipment installed, but in children included.

# PROJECT BUDGET & SUSTAINABILITY

**US\$**

**121,700**

The budget includes inclusive therapeutic equipment, site preparation, safety surfacing, construction, labour, training, awareness, project management and contingency planning.

## BUILT FOR LONG-TERM USE

The Thera-Play Hub will be located within the secure grounds of Eljada-Kairos School, where it can form part of the school's daily therapeutic, educational and recreational environment.

The sustainability plan includes school ownership, staff training, community involvement and ongoing maintenance support.

Eljada-Kairos School will oversee day-to-day use, care and access management, while the Rotary Club of Oudtshoorn will continue to support the project through local fundraising, donor outreach and community engagement.

**US\$ 54,750**

Inclusive  
Playground &  
Therapeutic  
Equipment

**US\$ 33,450**

Site Preparation  
& Safety  
Surfacing

**US\$ 18,250**

Construction  
& Labour

**US\$ 14,000**

Project  
Management &  
Contingency

**US\$ 1,250**

Training &  
Awareness



# PARTNER WITH US

The Rotary Club of Oudtshoorn invites Rotary Clubs, Districts, donors and partners to help bring the Thera-Play Hub to life.

Your support will help create a therapeutic, inclusive and accessible outdoor environment for children who are too often excluded from ordinary play spaces.

By partnering with this project, you will help provide:

- therapeutic movement opportunities
- inclusive play for wheelchair users
- sensory support for learners on the Autism Spectrum
- safe outdoor spaces for daily therapeutic use
- support for teachers, therapists and caregivers
- dignity and belonging for children with severe disabilities

Together, we can build a place where every child has the chance to move, play and belong.







# Let's Work Together

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