



## Near drowning support leaflet

### Who we are

Bankmed (referred to as ‘the Scheme’), registration number 1279, is a non-profit organisation, registered with the Council for Medical Schemes. Discovery Health (Pty) Ltd (referred to as ‘the administrator’) is a separate company and an authorised financial services provider (registration number 1997/013480/07) which takes care of the administration of your membership for the Scheme.

### Member support information

There are many organisations that specialise in providing help and support to people affected by different kinds of trauma and life-changing events. Below are the details of some of the organisations or groups you may contact for support.

#### **Roald – affiliated with the Hugs Foundation for near-drowning children**

Roald’s aim is to connect parents of near-drowning children with families who have had similar experiences. They have also done extensive research to gather information about care and treatments available following such a traumatic experience. They are therefore a great source of information and support to the child and family.

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#### Contact details

Telephone number: 082 576 1426

Website: [www.roald.co.za](http://www.roald.co.za)

#### **Drowning and near-drowning support**

This is a Facebook support group that offers support to families that have experienced any type of drowning event across all levels of severity.

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#### Contact details

E-mail: [antieg@gmail.com](mailto:antieg@gmail.com)

Facebook link:

<https://www.facebook.com/Drowning-and-Near-Drowning-Support-158951664175123/>

### **BabyGym and Mind Moves**

A brain injury is not a life sentence. The brain is mouldable and when nature's brain developmental recipe is followed, there is hope. Brain development relies on the stimulation of the senses and muscles. It is sequential and driven by the primitive reflex system to protect and develop the mechanics and skills needed for sucking, eating, keeping the head up and stable, rotating the trunk in preparation for rolling, sitting, crawling, walking, and talking.

Each developmental milestone is not only about the movements that you can see; reaching a developmental milestone shows something you cannot see: the development of the brain. Every developmental milestone reached shows that another part of the brain has developed successfully and precedes independence – the ultimate goal.

Dr Melodie de Jager is a South African developmental specialist and the founder of BabyGym Institute SA and Mind Moves Institute. Both institutes promote the importance of physical development to optimise brain and whole child/person development. BabyGym has been designed for babies and people who cannot move independently or talk audibly (or both). Mind Moves was developed for people who can move independently but who want to enhance their quality of life.

Both BabyGym and Mind Moves® have been found effective for rehabilitating children and adults who suffer from brain damage, a traumatic brain injury, a stroke, or an acquired brain injury. The sooner BabyGym or Mind Moves are applied the greater the improvement in physical and brain development.

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#### Contact details

Telephone number: 011 888 5434

Website: [www.babygym.co.za](http://www.babygym.co.za) / [www.mindmoves.co.za](http://www.mindmoves.co.za)

### **Contact us**

Should you require further information of support, please do not hesitate to contact us on 0800 BANKMED (0800 226 5633).

### **Disclaimer**

Bankmed is providing you with this information from the details we receive from the relevant organisations or groups. Providing you with this information does not mean Bankmed necessarily endorses or recommends any of the organisations or groups. Bankmed has made every effort to ensure that the information pertaining to these organisations or groups is correct and reliable. Please use this as a guide only.

You should take the necessary steps to make sure that any decision you make is the right one for your individual circumstances. Bankmed will not be held responsible for any consequences resulting from reliance on this information.

### **Complaints process**

You may lodge a complaint or query with Bankmed Medical Scheme directly on 0800 BANKMED (0800 226 5633) or address a complaint in writing directly to the Principal Officer. Should your complaint remain unresolved, you may lodge a formal dispute by following Bankmed Medical Scheme's internal disputes process.

Members, who wish to approach the Council for Medical Schemes for assistance, may do so in writing to: Council



for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion, 0157 or via e-mail at [complaints@medicalschemes.com](mailto:complaints@medicalschemes.com). Customer Care Centre: 0861 123 267/website [www.medicalschemes.com](http://www.medicalschemes.com)

