

**MEDIA**

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### **Cape Town International Kite Festival – 3 & 4 November 2012**

Africa's biggest kite festival, the Cape Town International Kite Festival, will fill the sky above Muizenberg with incredible kite creations on 3 & 4 November 2012. 'All about ability' is the theme for this not-to-be missed family event. For more info visit [www.facebook.com/CTKiteFest](http://www.facebook.com/CTKiteFest). Buy tickets online from 1st September on [www.capementalhealth.co.za](http://www.capementalhealth.co.za) (R20 adults / R10 children).

'All about ability' is the theme for the eighteenth Cape Town International Kite Festival, Africa's biggest kite festival, which is proudly hosted by Cape Mental Health in association with [Heart 104.9FM](http://www.heart104.9fm.com), and will take place in Muizenberg on 3 & 4 November 2012.

The annual Cape Town International Kite Festival attracts talented kite-makers and kite fliers from around the world. Festival-goers will see giant cartoon characters and other amazing kite creations take to the skies, as well as exciting stunt kiting and Rokakkau kite battles. Local kite-makers are invited to enter the Heritage Kite Award and school children can participate in the Edu-Kite Schools' Competition.

With kite-making workshops, non-stop kite-flying, craft and food stalls as well as kiddies' rides and a full programme of entertainment on the Coke Gig Rig, the festival offers fantastic outdoor family fun. The event is held in aid of a very good cause; all profits go towards providing much-needed mental health services to adults and children in poorly resourced communities in the Western Cape.

"This year the kite festival will celebrate our organisation's new slogan 'all about ability,' which reflects our belief in the ability of children and adults with mental disability to acquire skills, develop their potential, and live full and contributing lives. It's up to us to help create opportunities and provide the necessary care and support," said Ingrid Daniels, Director of Cape Mental Health.

The Cape Town International Kite Festival happens on (and above) the lawns surrounding Zandvlei, Muizenberg (corner Axminster and The Row). Open from 10:00 to 18:00 daily, the event offers lots of parking and easy access by train (False Bay or Muizenberg stations).

Entry is just R20 for adults and R10 per child. Buy your Kite Festival tickets online on [www.capementalhealth.co.za](http://www.capementalhealth.co.za) (from 1 September) and stand a chance to win the prize of a lifetime!

For regular news and updates like our Facebook page [www.facebook.com/CTKiteFest](http://www.facebook.com/CTKiteFest) or visit [www.capementalhealth.co.za](http://www.capementalhealth.co.za), 021 447 9040 or [info@cmhs.co.za](mailto:info@cmhs.co.za).

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### **Note to the Editor – Cape Mental Health**

Cape Mental Health provides innovative and effective mental health services to people in poorly resourced communities in the Western Cape. This non-profit organisation has been active for 99 years and continues to work towards a society where people with intellectual and psychiatric disabilities are included in community life and have access to education, training, work and social opportunities. For more information call (021) 447 9040

or visit [www.capementalhealth.co.za](http://www.capementalhealth.co.za)

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