

23rd CAPE TOWN INTERNATIONAL KITE FESTIVAL 2017 - FAQs

Updated: 16 October 2017

When?

- Saturday 28th & Sunday 29th October (10am to 6pm)

Where is it?

- At Zandvlei Nature Reserve in Muizenberg – corner of the Row and Axminster (next to Zandvlei Caravan Park).
- Parking at Muizenberg High School, Windermere Road (R20 per car, income for school)
- Train – False Bay and Muizenberg stations – both about 1km to the venue
- Directions on www.capementalhealth.co.za

What's happening?

- Lots of incredible kites! All shapes, sizes and colours. A flying pig, dragons, octopi, worms, cartoon characters and some special surprises
- FREE kite-making workshops for adults and children – 3 a day
- Heritage Kite Award (Sunday) for the best 'Swaeltjie' kite and other hand-made kites
- Live entertainment – including Jarrad Ricketts (Cape Mental Health Youth Ambassador), The Pedestrians, Hip Fusion Belly Dancers, Bridgetown Theatre Company etc
- Food trucks, tea garden and craft market – buy food there or bring a picnic!

Where can you get tickets?

- At the gate - R40 p/p or R15 for children 12 years and younger (babies are free)
- Online - www.Quicket.co.za until 26 October

What's so special this year?

- Our theme - #RightToFly – embrace your right to fly and reach your true potential!
- It's the 23rd CTKiteFest and Africa's biggest kite festival
- 6 countries represented this year (incl Poland & China for the 1st time)
- New kites we've never seen before as well as some spectacular old favourites!

What about the weather?

- Ideal conditions are a fresh, light wind with a sprinkling of sunshine but our kites will try to fly whatever the weather (different winds suit different types of kite)
- There's usually a fresh breeze as we're by the sea, so wear / bring something warm

Can you buy kites there?

- YES! Whole range of kites for under R100, all profits go to Cape Mental Health
- You can also make a kite at the free kite-making workshops

Kite-Making Workshops (all FREE and happening on both days)

- Swaeltjie Kites – for adults and older children – with Ebrahim Sambo, a master kite-maker from Athlone – teaching how to make a traditional Swaeltjie or 'swallow kite' – a traditional kite design that came to Africa hundreds of years ago.
- Children's colouring-in kite-making – suitable for all children
- International workshop with Maarten & Tjitske van Hienen from the Netherlands

Which kites will be flying in 2017?

England – Karl & Sara Longbottom

Germany – Martin and Inge Volker

Malaysia – Mohamed Ismail Bohari and Nasri Ahmad

Netherlands – Maarten & Tjitske van Hienen

Poland – Alicja Szalska, Jacek Gorski and Wieslaw Gwizdala

South Africa

- Ashley & Mari Ware-Lane (Brackenfell, Cape Town)
- Bobby Gathoo (Steenberg, Cape Town)
- Brian & Beryl Skinner (Thornton, Cape Town)
- Ebrahim Sambo (Athlone, Cape Town)
- Gerald Gelderbloem (Parkwood Estate, Cape Town)
- Greg Mountjoy (Knysna, South Africa)
- Ian & Jenny Islip (Parow, Cape Town)
- Philip Hattingh (Kommetjie, Cape Town)

Tell us more about Cape Mental Health and its services?

- CMH is a registered non-profit organisation, the oldest Mental Health Society in South Africa, affiliated to the SA Federation for Mental Health and a member of the World Federation for Mental Health.
- CMH provides and facilitates comprehensive mental health services in the W Cape.
- We challenge discriminatory practices affecting the mental health of all people
- We have 3 core focus areas - Psychosocial Disability, Intellectual Disability and Mental Health
- We provide a range of services to the community such as counselling services, psycho-social rehabilitation programmes and support groups for persons with Psychosocial Disability, Special Education and Care Centres for intellectually disabled children and protective skills training workshops for adults with Intellectual Disability.

Why have kites become a symbol of the mental health movement in South Africa?

- Flying kites is something that can be done by anyone – whatever their ability. A simple kite can be made from newspaper, string and bamboo so it isn't a hobby that costs lots of money.
- Kite-flying uplifts body and mind – being outside in the fresh air, creating something, taking time out, being with family and friends – these are all things that are good for mental health and well-being.
- Cape Mental Health organised the first Cape Town International Kite Festival in 1994 and since then this event has become Africa's biggest kite festival. Now mental health organisations around the country have adopted the kite as a symbol, and use kites to raise awareness and funds.

How can people support Cape Mental Health?

- Attend the Kite Festival or buy tickets and make a donation on www.Quicket.co.za
- Buy a kite at the Kite Festival
- Make a donation (banking details are on www.capementalhealth.co.za)
- Volunteer

Where can you get more info?

- Web: www.capementalhealth.co.za
- Email info@cmh.org.za
- Call 021 447 9040 or 082 897 8173
- Facebook: [@CTKiteFest](https://www.facebook.com/CTKiteFest)
- Twitter: [@CTKiteFest](https://twitter.com/CTKiteFest) / [@CMH_NGO](https://twitter.com/CMH_NGO)
- Instagram: [@CTKiteFest](https://www.instagram.com/CTKiteFest)
- Hashtags: #RightToFly #CTKiteFest

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