

Communique for Mandela Week 2018

Mandela Week @ Stellenbosch University 2018

It is that time of the year again, where staff and students have the opportunity to contribute to social impact through volunteer work. The focus at the institutional level is to create opportunities around Mandela Day that can result in ongoing, sustained volunteer work for students and staff.

The following information outlines the opportunities for volunteer work during the month of July 2018. If you wish to volunteer, please complete the [Stellenbosch volunteer form](#) or [Tygerberg volunteer form](#).

Tygerberg: 17-25 July 2018

NR	ACTIVITY	DATE & TIME	ORGANISATION / BENEFICIARY	VENUE
1	Pamper Day	<u>17-25 July 2018</u> 14h00-17h00	Tygerberg Campus Choir	Sarepta old age home
2	Cleaning under the bridge	<u>Tuesday 17 July</u> Time: 14h00-17h00	Group of volunteers	Francie van Zijl drive
3	Toasties for tummies	<u>18 July 2018</u> 06h00 -12h30	Visiting patients	Outpatient Department at Tygerberg Hospital

Kylemore 25 July 2018

(Stellenbosch, Tygerberg Staff and Students)

NR	ACTIVITY	DATE & TIME	ORGANISATION / BENEFICIARY	VENUE
2	Health Promotion	<u>25 July 2018</u> 12h00-14h00	Tygerberg campus students	Kylemore High school

“100 Sarepta old age home (Pamper day)”

Background Information

During Mandela week, MGD plans to spend time and entertain the residents of the Sarepta Old Age Home. The residents have limited stimulation and we plan to have a cup of tea with the residents while enjoying board and card games. Manicures will also be provided to the elderly

Activities will include

- Pamper sessions
- Reading
- Card games
- Tea and Cake
- “Idols” competition

“Cleaning under the bridge”

The area identified as Kadawer close under the Francie van Zijl drive has been identified as a high-risk area for attacks. The clean- up project planned on Mandela day entailed organizing a group of 60 – 80 volunteers group together to clean under the bridge to make it safer. The group of volunteers also clean the canal adjacent to the railway line.

Venue: Kadawer

Date: 17 July 2018

Time: 14h00-17h00

“Toasties for Tummies”

Background Information

The Toasties for Tummies is an initiative where various organisations and stakeholders come together to prepare sandwiches for various schools and organisations in and around Stellenbosch. The idea is to get as many staff, students, organisations, and sponsors to assist with the preparation of the sandwiches. This year the aim is to prepare and provide 10 000 sandwiches.

ORDER OF PROCEEDINGS:

The preparation of the sandwiches will take place on:

Tygerberg

18 July 2018

Time: 06h00 till 12h30

- Start making sandwiches at 06h00 for patients visiting the Outpatients Department at Tygerberg Hospital (different departments will have different time slots to prepare sandwiches)
- Choir will entertain the patients whilst handing out sandwiches

“Health Promotion”

Tygerberg campus will provide talks on Health promotion concerning topics like:

- Sexually Transmitted Infections
- HIV/AIDS
- Use of Contraception

These talks are aimed at Grade 8 to 11 learners

Venue: Kylemore High School

Date: 25 July 2018

Time: 12h00- 14h00

Date: 25 July 2018

Time: 12h00 till 14h00

“Comfort packs and Food items for students”

Mandela Day 2018



Comfort packs and Food items for students

We aim to collect non-perishable food items and toiletries for students who are in dire need.

As part of Mandela Day celebrations, we would like encourage all fellow students, residences, PSO and student societies to donate toiletries (comfort packs) and non-perishable food items to students who are in dire need.

The following items are needed:

Non-perishable food items

- | | |
|---|--------------------------|
| ✓ baked beans | tinned mixed vegetables, |
| ✓ peas | tinned fish |
| ✓ sweetcorn | rice |
| ✓ oats | two minute noodles |
| ✓ tea | packet soups |
| ✓ sugar | |
| ✓ pasta and any other nutritional non-perishable food | |

Comfort packs

Toiletry packs should please contain the following basic items:

- | | |
|--------------|--------------------------------|
| ✓ soap | vaseline |
| ✓ toothpaste | body lotion |
| ✓ roll-on | small packed of washing powder |

Use your 67 minutes to deliver these items from the 18th June until October 2018 to the following drop-off points:

- Centre for Student Counselling and Development (SSVO) at 37 Victoria Street or the Office of the Social Worker at 49 Victoria Street
- Transformation Office at Admin A Building (Use the IT Hub Entrance);
- Office of Interpreting service (Language Centre), Room 1028, at Admin A Building; (Use the IT Hub Entrance)
- Tygerberg Campus - TSS – (Adri Brits's Office)
- We would like to challenge each department/faculty to create their own drop-off points within their departments or faculties;

For enquiries, please contact the following staff members:

- Cheryl Cornelissen: cherylc@sun.ac.za; 021 808 4182
 - Lizzie Witbooi: lgwitbooi@sun.ac.za; 021 808 4511
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