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# SOCIAL IMPACT at FHMS



2019-2023



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**Dr Therese Fish**

# Message from the Vice-Dean: Clinical Services and Social Impact

Drawing on the vision of the [Social Impact Strategic Plan \(SISP\) of Stellenbosch University \(SU\)](#), the Faculty of Medicine and Health Sciences developed a [Social Impact Framework \(SIF\) \(2019-2024\)](#) to provide the basis on which the vision, mission, and core values of the FMHS can be conceptualised. The SIF (2019-2024) was developed to guide Faculty staff and students to realise systemic, structural, and social change and access to quality health services as indicators of social impact. The framework situates social impact as one of the three strategic priorities of Stellenbosch University, namely to (a) broaden access, (b) sustain momentum on excellence and (c) make an impact on local and global societies.

FMHS aims to develop future medical and health sciences professionals who are engaged citizens and thought leaders. Graduates are trained in the spirit of excellence, innovation, social accountability, and leadership to identify focus areas for the promotion of health, prevention of disease, and provision of healthcare services. The goal is to enable populations to participate in positive social and economic activities in South Africa. The FMHS strives to ensure that academic and service-related activities are informed by the best available evidence and that its programmes are internationally competitive while remaining relevant to local communities, the country, and the African continent.

The Faculty's vision for social accountability—social responsibility, social responsiveness, and social mission – aligns with our obligation to direct all education, research, and service activities towards addressing the priority health concerns, as prioritised in the National Development Plan (2030). Faculty members, support staff and students are encouraged to design, implement, and evaluate volunteerism, teaching and learning, research and service-related activities that address and alleviate the priority health concerns in the country first and then on the African continent and globally.

Despite the limitations placed by the COVID-19 pandemic, our Faculty has been hard at work to deliver on our social impact pledge: 'to make significant contributions to improving societal well-being and advocating for social justice'. This report shows the multiple ways the Faculty continues engaging with society's challenges. However, the report does not intend to provide a comprehensive index of all the work being done in our communities, and we acknowledge that a lot of social impact work goes unreported.

### Disclaimer:

This social impact report, presented by the Faculty of Medicine and Health Sciences, draws its insights and analyses from initiatives registered on our Online Social Impact Repository within the period 2019-2023.

It is essential to note that the initiatives showcased in this report represent only a subset of the diverse and impactful projects within our faculty. Numerous initiatives, not featured in this report, may exist outside the scope of our Online Social Impact Repository. We encourage initiative owners to contribute to the repository by registering their respective projects online.

To register your project or if you encounter difficulties in the registration process, please contact [blowssd@sun.ac.za](mailto:blowssd@sun.ac.za). Your participation is crucial in ensuring a more comprehensive and inclusive representation of the social impact initiatives within the Faculty of Medicine and Health Sciences.

We appreciate your commitment to enriching our understanding of the remarkable initiatives driving positive change in our community.

# Introduction

Social impact is central to Stellenbosch University's strategic positioning for the 21st century: 'Creating and sustaining an environment of inclusivity, transformation, innovation, diversity, and maintaining excellence with a focus on the future'. In line with the [Social Impact Strategic Plan \(2017-2022\)](#), the FMHS division of Social Impact pledges to significantly contribute to improving societal well-being and advocate for social justice. The Faculty of Medicine and Health Sciences promotes a focus on innovative, inclusive, sustainable, and transformative engagement with the individuals, social groups, organisations, and institutions we serve. We believe that our training, research, and service delivery efforts will have a transformative focus with features of reciprocity, mutuality and partnership between the faculty and various stakeholders and roleplayers in society. We will intentionally seek mutual benefit between the

Faculty and external societal partners to address inequality and other underlying causes of ill health.

In alignment with the vision of the FMHS for the advancement of health and equality in South Africa, the FMHS developed a [Social Impact Framework \(SIF, 2019-2024\)](#), which subscribes to achieving the Sustainable Development Goals (SDGs) (United Nations Development Programme, 2015).

Our social impact initiatives are aligned to the international, national, and regional goals set out in the United Nation's Sustainable Development Goals, the National Development Plan of South Africa, and the Western Cape's Provincial Strategic Goals and are divided into seven impact themes.

## SUSTAINABLE DEVELOPMENT GOALS

The infographic displays the 17 Sustainable Development Goals (SDGs) grouped into seven thematic categories:

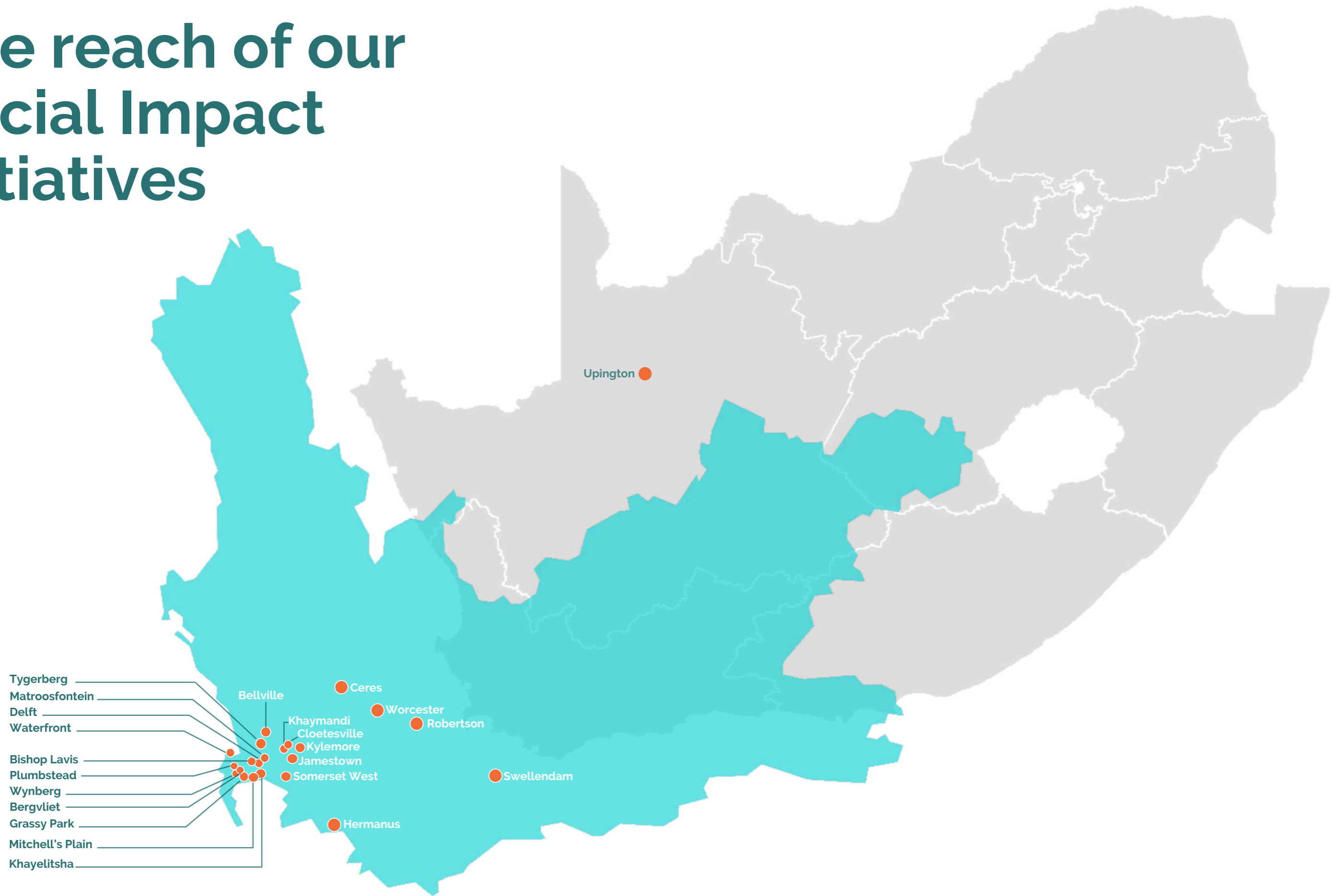
- Employment and Inclusive Economic Development:** Goals 1 (No Poverty) and 8 (Decent Work and Economic Growth).
- Food security & health:** Goals 2 (Zero Hunger) and 3 (Good Health and Well-being).
- Education for all:** Goal 4 (Quality Education).
- Safety, security & good governance:** Goal 16 (Peace, Justice and Strong Institutions).
- Resources & Infrastructure:** Goals 6 (Clean Water and Sanitation), 7 (Affordable and Clean Energy), 9 (Industry, Innovation and Infrastructure), and 12 (Responsible Consumption and Production).
- Environment & sustainability:** Goals 11 (Sustainable Cities and Communities), 13 (Climate Action), 14 (Life Below Water), and 15 (Life on Land).
- Social Justice:** Goals 5 (Gender Equality), 10 (Reduced Inequalities), and 17 (Partnerships for the Goals).

## NATIONAL DEVELOPMENT GOALS

The infographic displays 13 National Development Goals:

- 1. Economy and Employment
- 2. Economic Infrastructure
- 3. Environmental Sustainability
- 4. Regulatory Framework
- 5. Global Positioning
- 6. Spatial Development
- 7. Education and Training
- 8. Promoting Health
- 9. Social Protection
- 10. Safer Communities
- 11. Strong State and Institutions
- 12. Fighting Corruption
- 13. Uniting the Country

# The reach of our Social Impact initiatives



## Adapt2move - FIT (Frequent Individual Training)

Department of Exercise, Sport, and Lifestyle Medicine  
Division of Movement Science and Exercise Therapy



Students have an elective module in the Sport Science course – Applied Kinesiology 324 and 344. This module focuses on physical activity for persons with disabilities and disability sports. During this module, the students are required to work with clients from the community in groups of 2–3 to design intervention programmes that will enhance the client's health and wellness. The

population groups are screened and cleared for physical activity. All clients have a recognised disability (various disabilities), and the age ranges from children to the elderly. All clients live within 50km of Stellenbosch. Adapt2move (the students under supervision and guidance) commit to at least 18 individual training sessions per semester (36 hours per year) at no cost to the client. Facilities are provided by the Department of Sport Science and Maties Gymnasium (a collaboration between us). The sessions form part of the students' engaged teaching and learning that is evaluated through individual reflections and group case study presentations to the class.

### University Outcomes:

The main outcome is the graduate attributes the students will develop through their engaged teaching and learning. The students become aware of the needs and abilities of persons with disabilities and are exposed to inclusive environments and practical learning. When working with persons with disabilities, critical thinking and problem-solving skills are always challenged and developed if guided and acted upon. The journey with the individual often challenges and develops empathy, an understanding of your fellow human's environment, and an appreciation of their abilities.

For more information about this project, please email Dr C Vermaak [\[candacev@sun.ac.za\]](mailto:candacev@sun.ac.za)

## Stellenbosch Kinderkinetics: The key to improving developmental skills for movement (KIDSmove)

Department of Exercise, Sport and Lifestyle Medicine  
Division of Movement Science and Exercise Therapy



### Target group(s)

- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities

### Major activities

- Advice
- Facilitation
- Research
- Training

### University outcomes:

The Kinderkinetics students gain practical experience by presenting weekly sessions to the children and updating the programme as the children progress. Teachers benefit from the students' input and feedback from the interns. The teachers can incorporate what they have learned in the classroom, making the programme sustainable.

## IMPACT



### PDGs

- 02. Improve education outcomes and opportunities for youth development.

Stellenbosch Kinderkinetics: KIDSmove aims to improve the gross motor skills of selected foundation phase children in the Kylemore Community. The programme focuses on developing children holistically through movement. Gross motor development and sport-specific skills will be the programme's core components. This initiative will be in collaboration with AITSA! Aftercare Centres, a nonprofit organisation aimed at improving opportunities for children in the Kylemore community. This initiative exposes children in a lower socio-economic community to gross motor and sport-specific skills. It provides the children in the community with an activity to do in the afternoon instead of exploring adverse ventures.

### Contact:

For more information about this project, please email Dr EK Africa [\[afrika@sun.ac.za\]](mailto:afrika@sun.ac.za)

## Co-creating a culture of wellness in the Western Cape

Division of Medical Physiology  
Biomedical Sciences

Through the adoption of an all-government and all-society approach, the overarching goal of the WoW! initiative is to co-create and sustain a culture of wellness at all levels of society in the Western Cape to prevent, reduce and better manage non-communicable diseases (NCDs). This programme represents a collaboration between the Western Cape Department of Health (WCDoH), Western Cape Government (WCG), Department of the Premier, WCG Department of Education, WCG Department of Cultural Affairs and Sport, the Heart & Stroke Foundation SA, Times Media, Pharma Dynamics, Discovery Vitality and Eskom.

Stellenbosch University is a proud partner assisting the WoW-Cloetesville champions and participants with monitored exercise sessions twice a week. This aids the community in fostering a healthy relationship with structured training and empowers them to continue exercising even if we are not there to guide them.

### Major activities

- Advice
- Facilitation

### University outcomes:

The initiative will allow us to form strategic partnerships with our local communities, ensuring that we can contribute to the development, education, and empowerment of our community for the good of society. This will enable us to contribute towards reducing disparities based on health, education, social, class and racial status in South Africa. In addition, students and staff members can become more actively engaged citizens. Students will also learn and be able to apply their knowledge meaningfully.

### Contact:

For more information about this project, please email Dr SL Windvogel [\[shantalw@sun.ac.za\]](mailto:shantalw@sun.ac.za)

## IMPACT

### SDG



### NDG



### PDG

- Create opportunities for growth and jobs.
- Improve education outcomes and opportunities for youth development.
- Increase wellness and safety and tackle social ills.
- Enable a resilient, sustainable, quality and inclusive living environment.
- Embed good governance and integrated service delivery through partnerships and spatial alignment.



## Stellenbosch Kinderkinetics: KIDSmove (Wellness Programme)



Stellenbosch Kinderkinetics: KIDSmove aims to improve children's fundamental gross motor skills in the Jamestown and Bellville area. The programme focuses on developing the children holistically through wellness movement programmes. Gross motor development, sport-specific skills, fitness, and dance are the core components of the programme. This initiative is a collaboration with two schools, namely, Weber Gedenk NGK Primary School and Bellpark Primary School. This initiative has an especially important role in the two schools after the Covid-19 pandemic, where, for a period, children could not go to school, and sport was suspended. Children now require extra attention around gross motor skills due to a lack of exposure in their earlier years. This initiative aims to help develop motor proficiency and confidence in movement.

### University outcomes

The Kinderkinetics students will gain practical experience by presenting weekly sessions to the children and updating the programme as the children progress. The students will gain expertise and experience in developing wellness programmes to present that are age-specific. They will learn how different movements influence the development of children. Teachers and staff will benefit from the students' input and feedback from the Kinderkinetics interns.

For more information about this project, please email Dr EK Africa [afrika@sun.ac.za](mailto:afrika@sun.ac.za)

## Stellenbosch Kinderkinetics: KIDSmove (Down Syndrome)

Stellenbosch Kinderkinetics: KIDSmove aims to improve the gross motor skills of selected Down Syndrome children in the Mitchell's Plain area. The programme focuses on developing the children holistically through movement. Gross motor development and sensory-motor stimulation are the core components of the programme. Sensory-motor skills involve receiving sensory messages (sensory input) and producing a response (motor output). This initiative is in collaboration with Beacon School for LSEN Learners. The school aims to improve the quality of life for children with Down Syndrome and provide therapies. It also includes learning and training opportunities for the Kinderkinetics (Department of Sport Science) honours students as they gain experience planning and conducting specialised programmes for children diagnosed with Down Syndrome. The sessions take place weekly at the Department of Sports Science, Stellenbosch University. This is a valuable initiative, as research has indicated that children diagnosed with Down Syndrome have noticeable motor delays compared to neurotypical children of the same age. This initiative aims to increase these children's motor proficiency and quality of life.

### University outcomes:

The Kinderkinetics students gain practical experience by presenting weekly sessions to the children and updating the programme as the children progress. These students gain invaluable experience working with children with Down Syndrome, which will equip them for further working with special needs populations. Teachers and staff benefit from the students' input and feedback from the interns. The teachers will also be able to incorporate what they have learned in the classroom, making the programme sustainable. The parents will gain an understanding of how they can help their children when at home.



### Stellenbosch Kinderkinetics: KIDSmove (Childhood Apraxia of Speech)

Stellenbosch Kinderkinetics: KIDSmove aims to improve fundamental gross motor skills of children with Childhood Apraxia of Speech (CAS). This is a speech sound disorder in which children struggle to plan and execute exactly what they want to say. The programme that we, as Kinderkineticists, do focuses on developing fundamental gross motor skills, including motor planning as a core component. Gross motor skills help foster language development from infancy to early childhood. Therefore, the Kinderkinetics programme aims to aid in language development through their fundamental movement skill programmes, which provide opportunities for motor skill development. This initiative will be in collaboration with Tygerberg Hospital School.

#### University outcomes

The Kinderkinetics students gain practical experience by presenting weekly sessions to the children and updating the programme as the children progress. The students gain specific experience and build knowledge on working with children with CAS. Teachers and staff will benefit from the students' input and feedback from the Kinderkinetics interns. The teachers, who are present at all sessions, will also be able to incorporate what they have learned in the classroom, making the programme sustainable.

### Stellenbosch Kinderkinetics: KIDSmove (Autism Spectrum Disorder)

Stellenbosch Kinderkinetics: KIDSmove aims to improve the gross motor skills of selected children diagnosed with autism spectrum disorder in the Somerset West and Mitchell's Plain areas. The programme focuses on developing the children holistically through movement. Gross motor development and sensory-motor stimulation are the programme's core components. This initiative is in collaboration with Beacon School for LSEN Learners. The school aims to improve the quality of life for children with autism spectrum disorder, as well as providing therapies. It also includes learning and training opportunities for the Kinderkinetics (Department of Sport Science) honours students as they gain experience planning and conducting specialised programmes for children diagnosed with autism spectrum disorder. The sessions take place weekly at the indoor pool at the Department of Sports Science, Stellenbosch University. This provides an additional focus of water confidence to the sessions on top of the gross motor skills and sensory-motor stimulation. Sensory-motor skills involve receiving sensory messages (sensory input) and producing a response (motor output).

#### University outcomes

The Kinderkinetics students gain practical experience by presenting weekly sessions to the children and updating the programmes as the children progress. The students gain specific knowledge and experience on how to work with children with autism spectrum disorder, ensuring they are equipped for the therapeutic demands of being a Kinderkineticist. Teachers and staff benefit from the students' input and feedback from the interns of the Kinderkinetics programme. The teachers can also incorporate what they have learned in the classroom, making the programme sustainable.

## The African Network for Evidence-to-action in Disability (AfriNEAD)

Department of Global Health  
Centre for Disability & Rehabilitation Studies



The African Network for Evidence-to-action in Disability (AfriNEAD) is a flagship initiative of the Centre for Rehabilitation Studies at SU. The explicit aim of the Network is to ensure that research achieves real impact within community settings and engages researchers and stakeholders in the disability arena, government representatives from the African Region and international communities. At the core of the aims and objectives of AfriNEAD is to investigate and facilitate disability research to influence government policies and practices to ensure that the lives of people with disabilities are improved.

### Target group(s)

- Adults
- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities
- Elderly (age 65 and older)
- Government: Municipal
- Government: National
- Government: Provincial
- Other universities

### University outcomes:

Provide opportunities for researchers from across the world to do research. Work with other NGOs on disabilities; market Stellenbosch University as the hub where disability debate is encouraged.

For more information about this project, please email Prof G Mji [gumji@sun.ac.za](mailto:gumji@sun.ac.za)

Website: [www.sun.ac.za/afriinead](http://www.sun.ac.za/afriinead)

## IMPACT

### PDGs

- Increase wellness and safety and tackle social ills
- Enable a resilient, sustainable quality and inclusive living environment
- Embed good governance and integrated service delivery through partnerships and spatial alignment

## The Chaeli Campaign (Interdisciplinary Journal Club and Writing Project)

Department of Global Health  
Centre for Disability & Rehabilitation Studies



The Chaeli Campaign is a formally registered, well-established NPO. In its therapy and outreach programme, the interdisciplinary therapists and community workers provide physio-, occupational and/or communication therapy and special needs support to children in diverse under-resourced communities across the Cape Peninsula. With inputs from the Centre for Disability and Rehabilitation Studies (CDRS) in the Department of Global Health at Stellenbosch University, this team has begun publishing some of the good practice models and case studies from their grassroots work. This has incorporated (a) the application of research evidence from journal club readings in their therapy practices and writing and (b) the implementation and publication of relevant, practice-based research in peer-reviewed journals. The Chaeli Campaign Therapy and Outreach Programme has provided service-learning opportunities for undergraduate students from the SU Department of Health and Rehabilitation Sciences and Social Work. Through this long-term partnership, three therapists from the Chaeli Campaign embarked on postgraduate studies at the CDRS - with one completed

Masters and one PhD due to graduate in 2023. Opportunities for expanding these links with SU include continuing the current grassroots practice-based research and writing activities and responding to the call from other NGOs (e.g., St Joseph's Children's Home Therapy Team) to assist with the establishment of similar practice-based research and writing activities with and for them, as well as extending the service-learning opportunities to other disciplines within SU.

Website: <https://chaelicampaign.org/>

### Target group(s)

- Adults
- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities

### University outcomes:

Collaborative publications and conference presentations. This project has attracted postgraduate students to the university.

## Zwelihle school programme

Department of Health and Rehabilitation Sciences  
Occupational Therapy



This programme takes place at Lukhanyo Primary School in the Zwelihle community just outside Hermanus. It is a Xhosa-speaking community. The programme was developed in response to the vast need for children's gross and fine motor and perceptual stimulation at the respective school. Since 2012, the focus has been very strong on empowering the teachers to incorporate the programmes into the curriculum.

### Major Activities

- Capacity development
- Leadership training
- Training

### Target group(s)

- Adults
- Children (up to the age of 18)

For more information about this project, please email **Ms J Bestor** [ljbes@sun.ac.za](mailto:ljbes@sun.ac.za)

## IMPACT

### SDGs



### NDGs



### PDGs

- Improve education outcomes and opportunities for youth development

## IMPACT

### SDGs



### NDGs



### PDG

- Improve education outcomes and opportunities for youth development
- Increase wellness and safety and tackle social ills
- Enable a resilient, sustainable quality and inclusive living environment





## Collaborative community care during the COVID-19 outbreak in Worcester, Breede Valley sub-district

Department of Global Health  
Ukwanda Centre for Rural Health (Ukwanda)

The Breede Valley sub-district faces a high burden of patients with chronic diseases of lifestyle as well as infectious diseases. Many of these patients live in close quarters with limited access to resources due to the Covid-19 lockdown. Ukwanda Centre for Rural Health (CRH) has become part of the health care system and has established a good working relationship with the Cape Winelands District Health over the last 11 years. Considering this relationship and previous commitment to the Worcester community, Ukwanda CRH has a social responsibility, which we take very seriously. The main focus of this initiative is active, responsible and critical citizenship of students and staff in the local Worcester community to help address priority health concerns of the National and Provincial Department of Health. The objectives of this project are 1) to connect and plan with CWDH, Boland Hospice and other stakeholders where necessary; 2) Identify patients in the Worcester area who are known to Ukwanda using existing databases and develop a working database of patients known in the community with ongoing care needs; 3) Contact patients telephonically and, where necessary, conduct a home visit to assist with health promotion and disease prevention initiatives; 4) Assess and evaluate the patient and family health status - include Landrum outcome levels - do appropriate assessments for diabetes mellitus, hypertension, respiratory disease, malnutrition, etc.; 5) Determine medication availability and adherence, food security and accessibility of Covid-19 grants, Covid-19 screening could be included depending on the plans for CWDH (Case tracing - obtaining clinical information and assessing the risk); 6) Collaboratively discuss further management based on patient-centred care with the interprofessional team; 7) Refer where necessary to ensure adequate health care, including access to medication, food, and social grants.

### Target group(s)

- Adults
- Children (up to the age of 18)
- Communities
- Elderly (age 65 and older)
- Government: Municipal

### Intended SDG outcomes

- Ensure healthy lives and promote well-being for all at all ages
  - Achieve universal health coverage, including financial risk protection, access to quality essential healthcare services and access to safe, effective, quality and affordable essential medicines and vaccines for all
  - By 2030, reduce premature mortality from non-communicable diseases by one-third through prevention and treatment and promote mental health and well-being
  - Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in the least developed countries and small island developing States

### University outcomes:

PHC exposure and patient assessment by health professionals. Possible exposure to screening methods for Covid-19 before returning to the platform. Virtual exposure to social determinants of health during lockdown allows medical students to follow up with patients known to them.

For more information about this project, please email Ms J Muller ([janamuller@sun.ac.za](mailto:janamuller@sun.ac.za))

## IMPACT

### SDGs



### NDGs



### PDG

- Increase wellness and safety and tackle social ills
- Embed good governance and integrated service delivery through partnerships and spatial alignment



## Ukwanda Annual Community Partnership Function

Department of Global Health  
Ukwanda Centre for Rural Health (Ukwanda)

Ukwanda is a Nguni word meaning "to grow". Following this, growth, development, and progress are core pillars utilised by the centre to promote health care in rural communities through intentional and relevant student, staff, and community collaborations.

The Ukwanda Annual Community Partnership Function (CPF) is a collaborative celebration of the year's community engagement activities at distributed rural clinical sites. The partnership function is held once a year in four different rural towns. This initiative began over 10 years ago and has grown from strength to strength.

Geographic areas:

- Uptington, Northern Cape
- Ceres, Hermanus, Worcester, Western Cape

Target group(s)

- Business/industry
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities
- Government: Municipal
- Government: Provincial
- Other universities

**University outcomes:**

Community engagement and reciprocity, improved marketing for the university, especially regarding social impact.

For more information about this project, please email Ms L Meyer [[lindsaym@sun.ac.za](mailto:lindsaym@sun.ac.za)]

# IMPACT

**SDGs**



**NDGs**






**PDG**

- Improve education outcomes and opportunities for youth development
- Increase wellness and safety and tackle social ills
- Embed good governance and integrated service delivery through partnerships and spatial alignment

## The 123 of TB (TB-123)

Department of Biomedical Sciences Molecular Biology and Human Genetics

This project engaged with the Uptington (Northern Cape Province) community to improve general TB knowledge and awareness. The TB Host Genetics Group in the Division of Molecular Biology and Human Genetics has an ongoing study involving genetic susceptibility to TB in the Northern Cape. Our group has been involved in genetics research in the Northern Cape since 2009, having made several trips to provide feedback on our research and build on community participation and collaboration. Initially, the study was only focused on population genetics, but we noticed an exceptionally high TB incidence in the area and therefore expanded the work to also collect DNA from people attending TB clinics in the greater Uptington area. We aimed to improve general TB knowledge and awareness in the Uptington community.

**University outcomes**

Increased TB awareness. All visitors are able to indicate the signs and symptoms of TB and understand why treatment adherence is critical. By using interactive techniques at each of the five stations, we ensure engagement with all visitors. This outcome is the most important, as recognising these symptoms in oneself or others may allow for earlier disease detection and treatment. Highlight the important role of science and research to end TB. The role of research in advancing our understanding of the incidence and occurrence of TB and facilitating the development of new treatments punctuates the importance of scientists in South Africa. Our inclusion of learners in the activities may contribute to their decision to eventually pursue a career in science. Include a remote study site in the social engagement activities of Stellenbosch University. Considering the involvement of the Faculty of Medicine and Health Sciences within the area of the Northern Cape, we believe that the University has a responsibility at the core of community education and upliftment to provide and facilitate educational efforts aimed at combating TB prevalence through innovative initiatives.

For more information about this project, please email Prof M Moller [[marlom@sun.ac.za](mailto:marlom@sun.ac.za)]

Target group(s)

- Adults
- Children (up to the age of 18)
- Communities

**SDGs**



**PDG**

Improve education outcomes and opportunities for youth development

## Vaccine Science 101 - An online course for Africa-based journalists

Department of Global Health  
Division of Epidemiology and Biostatistics

Health is now news — this is one of the outcomes of the global Covid-19 crisis. As a result, many journalists who traditionally worked other beats now need to understand the complex world of fast-tracked research and scientific jargon to provide their readers with accurate and measured reporting on Covid-19. This short course aimed to bridge this gap by providing Africa-based journalists with a brief introduction to vaccine science. The course focused on four aspects of vaccine science concerning Covid: vaccine development, vaccine programme implementation, variants and vaccines, and vaccine procurement mechanisms. The course was conceptualised and implemented by the Bhekisisa Centre for Health Journalism and the Centre for Evidence-based Health Care (Stellenbosch University) with support from the Open Society Public Health Programme.

**University outcomes:**

This course speaks to the Division of Epidemiology and Biostatistics' strategic focus area 2, namely "Networked and collaborative teaching and learning", specifically focus area 2.1 "expand on and offer a variety of world-class programmes in knowledge translation".

For more information about this project, please email Ms A Schoonees

[[anelschoonees@sun.ac.za](mailto:anelschoonees@sun.ac.za)]

Target group(s)

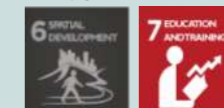
- Adults
- Civil society organisations (NGOs, CBOs, faith-based, etc.)

# IMPACT

**SDGs**



**NDGs**



Provincial Strategic Goals (PDG)

- 03. Increase wellness and safety and tackle social ills
- 04. Enable a resilient, sustainable quality and inclusive living environment

## Stellenbosch University Telerehabilitation Initiative (SUTI)

Department of Health and Rehabilitation Sciences  
Occupational Therapy  
Physiotherapy  
Speech-Language Therapy

In response to the disruption of rehabilitation services due to COVID-19, the Department of Health and Rehabilitation Sciences pioneered the Telerehabilitation Initiative (SUTI) in November 2020. The purpose was to develop a model of telerehabilitation to complement clinical training in the three rehabilitation divisions (occupational therapy, physiotherapy and speech and language therapy) and to bring complementary rehabilitation service to individuals who sustain impairments that could lead to functional limitations and participation restrictions.

Since the establishment of the Telerehabilitation Initiative, efforts to integrate telerehabilitation into the undergraduate curriculum at Stellenbosch University proved fruitful. A phased approach was established from the start of the project, and our goal is to implement telerehabilitation as a sustainable modality for clinical services, including the systematic development of training materials and terminologies across our three divisions. Telerehabilitation lends itself to task sharing or co-treatment; we see this as an additional opportunity for collaboration between the rehabilitation divisions. Telerehabilitation potentially provides an opportunity for accessing services, especially for remote and rural areas, where communities and individuals may not have access to such services or have limited access. This includes virtual home visits, remote consultation, augmented supervision, and group and individual therapy on a regular basis. At Stellenbosch University, however, we promote a hybrid model where clients are seen in person as much as possible and thus follow a combination of online and in-person visits. For clinical sites in other provinces, like our clinical sites in Upington, Northern Cape, telerehabilitation can contribute to clinician support and empowerment through training and capacity building.

### University outcomes:

Attainment of social impact goals. Teaching and learning opportunities for rehabilitation sciences students. Research opportunities.

### Target group(s)

- Adults
- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities
- Elderly (age 65 and older)



### Pioneers in telerehabilitation training

Prof Quinette Louw, Prof Nicola Plastow,  
Dr Gouwa Dawood and Prof Conran Joseph (back)

### ADDITIONAL INFORMATION

#### Benefits for patients

- More patients receive services.
- Better access to healthcare, including for remote or isolated patients.
- Supports self-management and home care.
- Patients can take responsibility for their health (especially patients needing chronic care).
- Patients don't have to leave home.
- Makes group sessions or home-based caregiver training possible.
- Allows for triage of patients.
- Patients and caregivers save on travel time and costs, as well as having to take off work.

For more information about this project, please email Prof Q Louw [[qalouw@sun.ac.za](mailto:qalouw@sun.ac.za)]

## IMPACT

### SDGs



### NDGs



### PDG

- Increase wellness and safety and tackle social ills

## Decolonising Sport and Health Matters

Department of Exercise, Sport and Lifestyle Medicine  
Division of Sport Science

This project aims to create a community of practice (COP) around sport, health, social justice, and decolonisation. This COP allows young scholars to publish their work in scholarly publications and create networks for further exploration in their prospective fields of study. From this COP, learning materials will be developed, especially for the Division of Sport Science Department in Ethics and Sport History modules and for a broad range of sports and health-related fields. Finally, the participants will develop opportunities for inter-disciplinary contact between subjects, faculties, and broader communities. This initiative is, therefore, based on the importance that the Faculty of Medicine and Health Sciences attaches to community interaction - that is, it is a cornerstone on which the Faculty was built in 1956. Therefore, this initiative rests firmly on the FMHS vision statement: "To be a dynamic, people-centred, and inclusive environment, internationally recognised for its excellence in research, education and clinical training in medicine and health sciences, and for the contribution it makes to improving health and health care in South Africa, the African continent and beyond."

### University outcomes:

The final product of this project will be a collective report in the form of a book publication that will serve as a textbook for students in the Division of Sport Science and other Sport Science Institutes. Because of this project's inter-disciplinary nature, this publication will be used with students and communities across a wide range of universities, nationally and internationally. There is a possibility that a PhD candidate for the SU might be drawn from the participants.

### Target group(s)

- Adults
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Other universities

For more information about this project, please email Prof F Cleophas [[fcleophas@sun.ac.za](mailto:fcleophas@sun.ac.za)]

## IMPACT

### SDGs

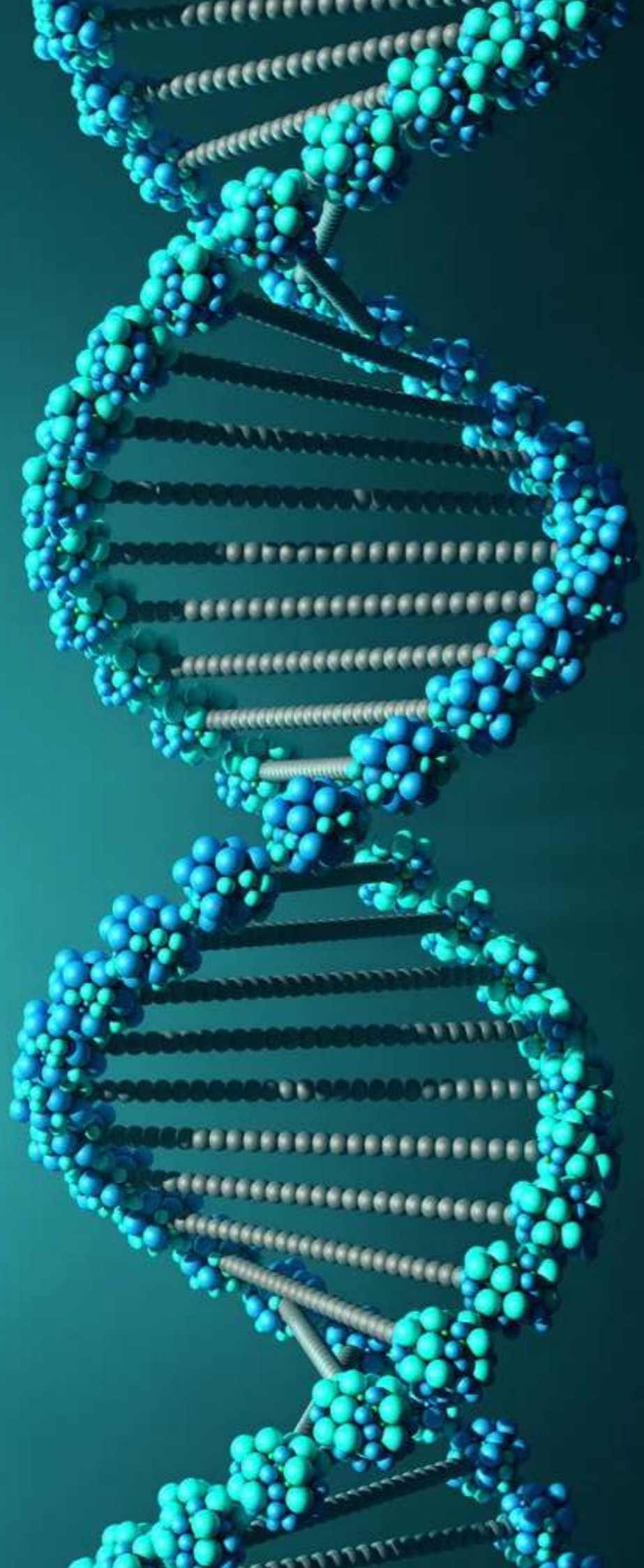


### NDGs



### PDG

- Enable a resilient, sustainable quality and inclusive living environment



## Rare Diseases Awareness Month

Department of Biomedical Sciences  
Molecular Biology and Human Genetics

This is the first project in sub-Saharan Africa conducted by a multidisciplinary team of clinicians, scientists and bioinformaticians, in close collaboration with patient/parent support groups focussed around the "Rare Diseases in South Africa Awareness Initiative". February is Rare Disease Awareness month, culminating in Rare Diseases Day on the last day of February. The activities are aimed at raising awareness of the spectrum of RDs in South Africa, giving the affected families an avenue to voice their experiences and producing materials that can be used in formal and informal teaching activities around genetics, genomics and RDs. The participants are all patients seen at Tygerberg Hospital and outreach clinics, not the demographic which gets their voices heard in the media (for example, Carte Blanche this year had an insert on RDs with no families from disadvantaged backgrounds – we aim to change that!). Ultimately, we hope this will translate to increased awareness and advocacy for better access to healthcare and services for families with RDs, to increased adoption of policies to benefit them and increased education about RDs in South Africa. We also envisage that increased awareness of the research activities around RDs, like our UDP, will enable more patients/families to be enrolled to access testing and a definitive diagnosis. This will contribute to the success of ongoing research and open avenues for new research.

### Target group(s)

- Adults
- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities

### Major activities

- Clinics (Medical)
- Counselling
- Other
- Research

For more information about this project, please email Prof S Moosa [[shahidamoosa@sun.ac.za](mailto:shahidamoosa@sun.ac.za)]

## IMPACT

### SDG



### NDGs



### PDG

- Create opportunities for growth and jobs

## SUNWELL Community Health Programme

Department of Exercise, Sport and Lifestyle Medicine  
Division of Sports Science



This programme is centred around 'upliftment through knowledge and movement' and includes the entire life-span. In addition, the programme's goal is to encourage, educate and 'champion' adult and child populations residing in medium to low-economic areas as to the benefits and ways to lead a healthy, active and safe lifestyle.

### Target group(s)

- Adults
- Communities
- Elderly (age 65 and older)

### Major Activities

- Advice
- Capacity development
- Facilitation
- Research

### University outcomes:

To integrate teaching, learning and community-based research in a 'real-life setting'.

For more information about this project, please email Prof E Terblanche [[et2@sun.ac.za](mailto:et2@sun.ac.za)]

## IMPACT

### SDGs



### NDGs



### PDG

- Increase wellness and safety and tackle social ills

## Rural retention for undergraduate students of the Faculty of Medicine and Health Science; Ukwanda Rural Clinical School

Department of Global Health  
Ukwanda Centre for Rural Health (Ukwanda)

The Rural Clinical School (RCS) continues to expand to new sites, allowing for engagements with new communities. The RCS started in Worcester- and Ceres Hospital. Currently, it includes Worcester-, Ceres-, Swellendam-, Hermanus-, Robertson- and Upington Hospital. We are currently setting things in place to use Caledon Hospital as a training site for 2022. Future sites include Stellenbosch Hospital and Malmesbury Hospital. Final-year students are required to do quality improvement projects, and these are performed within healthcare facilities and communities. These projects often involve the development of resources for the facility, such as posters, stationery, assistive devices, and patient aids. The Ukwanda Centre for Rural Health strongly supports community-based learning and service learning. Therefore, these quality improvement projects are a valuable opportunity to support these learning approaches and positively contribute to healthcare facilities.

Target Group(s)  
• Adults

### University outcomes:

Promote student wellness for undergraduate longitudinal integrated model (LIM) students on a decentralised training platform.

Facilitate and develop more resilient graduates to reduce burnout as health professionals.

For more information about this project, please email Dr F Coetzee [[franna@sun.ac.za](mailto:franna@sun.ac.za)]

## IMPACT

### SDGs



### NDGs



### PDGs

- Improve education outcomes and opportunities for youth development
- Increase wellness and safety and tackle social ills

## Ukwanda for Dietetic IV

Department of Global Health  
Ukwanda Centre for Rural Health (Ukwanda)

Ensuring and supplying primary healthcare services to previously disadvantaged communities is part of the bigger plan of addressing inequity in South Africa. The Ukwanda Dietetics rotation is an integrated community-based rural rotation for final-year (4th year) dietetic students. The initiative entails rendering health and nutrition services at community and health facility levels (primary and secondary). It involves the integration of the three fields of dietetics into practice (community nutrition, food service management, and therapeutic nutrition) within the rural community setting. The six-week integrated rotation aims to better equip students to work effectively in the South African public health context and appropriately respond to communities' health needs. Relevant interactions and interventions at crèches, nursing homes, farms, factories, and other CBOs, clinics and hospitals are an important focus after completing a community profile of the area/site. Intervention students are involved with includes nutrition education and counselling, nutrition support and referral, collaborative care of patients, home visits with community health workers, staff training, facility audits and feedback, supporting food service activities in different settings, planning menus and meals, radio interviews, etc.

Target group(s)

- Adults
- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities
- Elderly (age 65 and older)

### University outcomes

It creates a service-learning platform and opportunity for our students to practice as dietitians and respond appropriately to the health needs of community members by integrating the three basic components of dietetics.

For more information about this project, please email Dr L Daniels [[ldaniels@sun.ac.za](mailto:ldaniels@sun.ac.za)]

## IMPACT

### SDGs



### NDGs



### PDG

- Increase wellness and safety and tackle social ills



## Bishop Lavis SLEAK programme

Department of Exercise, Sport and Lifestyle Medicine  
Division of Occupational Therapy, and the Faculty of Theology



The SLEAK programme is built on an existing project started in 2008 by the Division of Occupational Therapy at Stellenbosch University's (SU) Faculty of Medicine and Health Sciences. In 2019, the Social Impact Division at SU piloted interfaculty collaboration on social impact projects, after which Maties Sport and the Faculty of Theology joined the initiative. SLEAK creates opportunities for Gr.4-7 learners from Bishop Lavis to successfully fulfil their developmental tasks at this developmental stage of their lives. These development tasks include social cooperation, participation to acquire skills and self-appreciation. These tasks are fulfilled in the SLEAK sessions by the learners participating in constructive leisure activities that facilitate the development of the needed resilience to withstand the challenging and resource-constrained environment they are in. This program provides structured leisure activities to these learners to learn transferable skills that improve social and interpersonal skills, resilience and basic workability. These skills are then transferred to their home and school environments. The sessions are presented by volunteers from the Bishop Lavis community who are trained by OT students in the presenting of groups and leisure activities that are age-appropriate.

Take a look at what is being done: [https://www.youtube.com/watch?v=yS782w-S3ys&ab\\_channel=StellenboschUniversity](https://www.youtube.com/watch?v=yS782w-S3ys&ab_channel=StellenboschUniversity)

- Target group(s)
- Adults
  - Children (up to the age of 18)

### University outcomes:

Students in their final year of study are responsible for developing the project and training the project's volunteers under the supervision of OT division staff.

For more information about this project, please email Ms J Bester ([jjbes@sun.ac.za](mailto:jjbes@sun.ac.za)) or Ms M Kloppers ([Imaatje@sun.ac.za](mailto:Imaatje@sun.ac.za))

- Goal 04: Ensure inclusive and quality education for all and promote lifelong learning
- By 2030, ensure that all learners acquire the knowledge and skills needed to promote sustainable development, including, among others, through education for sustainable development and sustainable lifestyles, human rights, gender equality, promotion of a culture of peace and non-violence, global citizenship and appreciation of cultural diversity and of culture's contribution to sustainable development
  - By 2030, substantially increase the number of youth and adults who have relevant skills, including technical and vocational skills, for employment, decent jobs and entrepreneurship

## IMPACT

### SDGs



### NDGs



### PDG

- Improve education outcomes and opportunities for youth development
- Increase wellness and safety and tackle social ills
- Enable a resilient, sustainable, quality and inclusive living environment



## Inkuthazo yesizwe youth organisation programme

Department of Exercise, Sport and Lifestyle Medicine  
Division of Sport Science

A need for support and training was identified amongst the youth of Kayamandi, a township of Stellenbosch. In response, the Inkuthazo Yesizwe youth organisation developed effective and lasting intervention programmes to empower the youth and build a community that will inspire growth. The Department of Sport Science students are involved in this initiative as the primary instructors for aerobics classes, coaching, coach education, and cardio sessions. They are also tasked with creating a positive learning environment and stimulating social cohesion within these sessions. The aim is to address the challenges of health and mental wellness to build skills that will lead to meaningful careers and life choices.

### Target group(s)

- Adults
- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities

### University outcomes:

The outcomes we aim to achieve for these students relate to the quality of students and human beings graduating from this programme. This opportunity will challenge the students through structured volunteerism and engaged learning to apply their sport science knowledge differently from what they are used to. The students will be exposed to a diverse setting very different from what they are used to at the Department of Sport Science. This programme stands to

challenge them to apply their knowledge and create fitness and coaching programme content that is logical and effective in an under-privileged setting. The students also stand to grow as human beings. Exposure to a community and a space that is very different from the spaces in which they grew up will challenge them to grow in emotional maturity and appreciate their privilege. Additionally, they will be required to do things differently, work with big groups, and adapt their programmes to suit an environment very different from what they are used to.

For more information about this project, please email Mr S De Waal [simondw@sun.ac.za](mailto:simondw@sun.ac.za)

## IMPACT

**SDGs**



**NDGs**



**PDG**

- Improve education outcomes and opportunities for youth development
- Increase wellness and safety and tackle social ills

## Patient-centred lifestyle rehabilitation for non-communicable disease in a low-resource setting

Department of Exercise, Sport and Lifestyle Medicine  
Institute of Sport and Exercise Medicine

South Africa and other low-to-middle income (LMIC) countries face evolving healthcare needs from predominantly communicable to non-communicable diseases (NCD). This is recently acknowledged by both the Western Cape Department of Health (Road to Wellness 2030) and the World Health Organisation (#REHAB2030). The rapid rise in NCDs and lack of management are predicted to impede poverty reduction initiatives in low-income countries. The complex management of these healthcare needs requires a patient-centred approach. In a high-income setting, rehabilitation is a well-established, evidence-based treatment modality for NCD. Yet, this model is unlikely to be translated into a low-resource, public healthcare sector. Hence, there is a dearth of robust evidence and knowledge about how to (cost) effectively deliver patient-centred rehabilitation for NCDs within a low-resource setting. The aim of this study is to i) test the feasibility and key characteristics of a minimalistic patient-centred rehabilitation intervention that is designed specifically for the low-resource setting and ii) inform the research methodology and study design for a full-scale randomised clinical trial on the effectiveness of patient-centred rehabilitation for NCD in a low-resource setting.

### Target group(s)

- Adults

### University outcomes:

This study intends to improve the service learning platform (physiotherapy) and its capacity to provide tailored rehabilitation for non-communicable diseases. Secondly, this initiative strengthens the ongoing partnership with the Bishop Lavis community and community stakeholders.

For more information about this project, please email Dr M Heine [mheine@sun.ac.za](mailto:mheine@sun.ac.za)

## IMPACT

**SDG**



**NDGs**



**PDG**

- Increase wellness and safety and tackle social ills

## Physiotherapy Service-Learning Initiative

Department of Health and Rehabilitation Sciences  
Physiotherapy

The service-learning projects are an opportunity to expose students to community-based rehabilitation while engaged in community-based education. The principles of collaboration, sustainability and health equity/social justice are key components of these projects. They are completed while the students are engaged on the clinical platform to provide real-world/contextual settings. This aligns well with the strategies needed in primary health care to address the needs of groups who require support beyond the traditional face-to-face model. These principles will be useful to the students as they move out of the training environment and into the community service year at the start of their careers. These projects are completed over one block of about 8 weeks, giving the students time to do a community assessment and -plan and implement the project/suitable intervention. Patient education regarding strokes, amputations, low back pain, post-Covid-19 symptoms, arthritis management, early

child development, cerebral palsy, TB compliance, clubfeet, wheelchair users and home-based carers. Settings include Helderberg Hospital, New Somerset Hospital, Mitchells Plain Hospital, and the Military Hospital based in Wynberg.

### Target group(s)

- Adults
- Children (up to the age of 18)
- Communities
- Elderly (age 65 and older)

### University outcomes:

This is used as the service-learning component of the physiotherapy students' training.

For more information about this project, please email Ms S Statham [sbs@sun.ac.za](mailto:sbs@sun.ac.za)

## IMPACT

**SDGs**



**NDGs**



**PDG**

- Increase wellness and safety and tackle social ills
- Enable a resilient, sustainable, quality and inclusive living environment



## Futureproofing Public Health

Department of Global Health  
Health Systems and Public Health

In 2019, the Division of Health Systems and Public Health (HSPH) launched Futureproofing Public Health. This initiative intends to build a community of practice (COP) that explores key public health topics relevant to the local context, using a futuristic lens while considering local realities. We aim to examine contemporary global health challenges, forecast specific challenges that will be faced in years to come, and explore the possibility of novel inter- and transdisciplinary solutions that account for "where the world is going". These engagements will serve to create a platform for communicable and non-communicable diseases to be addressed.

Website: <https://www.sun.ac.za/english/faculty/healthsciences/global-health/health-systems-public-health/futureproofing-public-health/the-initiative>  
Twitter: [https://twitter.com/FP\\_PublicHealth](https://twitter.com/FP_PublicHealth)  
Facebook: <https://www.facebook.com/SUFPPublicHealth>  
Instagram: [https://www.instagram.com/fp\\_publichealth/](https://www.instagram.com/fp_publichealth/)

### Major activities

- Advice
- Capacity development
- Facilitation
- Leadership training
- Research
- Training

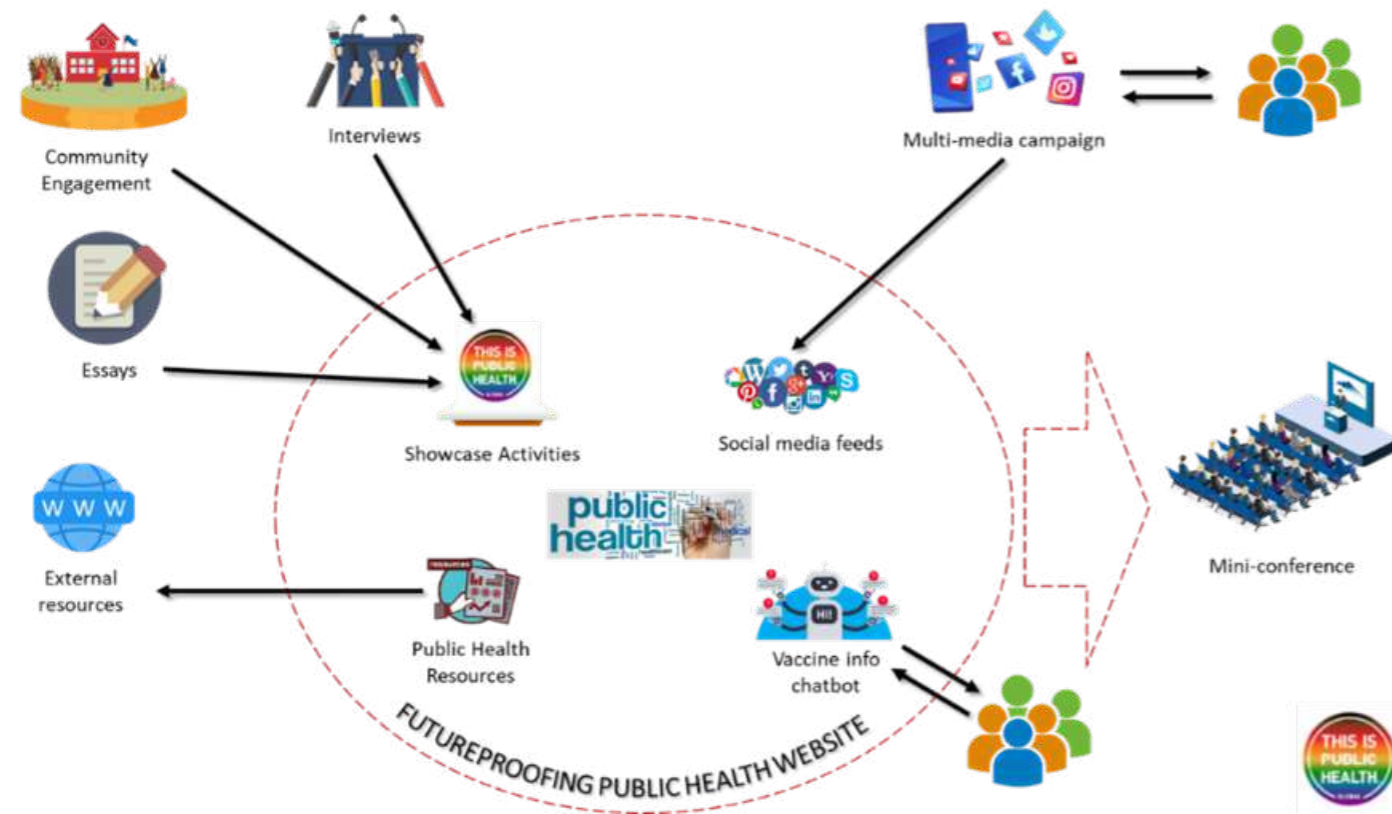
### Target group(s)

- Adults
- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities
- Elderly (age 65 and older)
- Government: Municipal
- Government: National
- Government: Provincial
- Other universities

### University outcomes:

The Futureproofing Public Health project aims to integrate its findings into the broad objectives of the Division of Health Systems and Public Health, which include providing quality teaching at under- and postgraduate levels and developing strong research programmes in community engagement, social innovation and design thinking.

For more information about this project, please email Prof R English ([renchlish@sun.ac.za](mailto:renchlish@sun.ac.za)) or Ms S Blows ([blowssd@sun.ac.za](mailto:blowssd@sun.ac.za))







## Empowered Women Initiative (EWI): A Women's Health and Wellness Day

Department of Global Health  
 Department of Health and Rehabilitation Sciences  
 Department of Physiotherapy  
 Division of Health Systems and Public Health

Engagement with the Northern Tygerberg sub-structure and the SU Division of Health Systems and Public Health staff have pinpointed the need to develop partnerships and deliver programmes that will empower women of all ages in this regard. The hosting of Women's Health and Wellness days, which mobilise women, focus on health promotion, knowledge sharing, stimulate dialogue and showcase community assets and programmes, provide excellent opportunities to highlight women's issues and to empower women. If done well, it brings together key stakeholders and roleplayers.

The main objectives are to:

- Mobilise a group of university, government and civil society members to volunteer for various aspects of the day, namely planning, execution and evaluation.
- Create opportunities for training and mentorship on project planning, running effective meetings, engaging with stakeholders, fundraising, and reaching out to community assets towards planning the Empowered Women Initiative (EWI) health event.
- Create opportunities for other Faculties and Departments to participate and find novel ways to address key women's health issues (e.g. arts, drama, media).
- Host a Women's Health and Wellness Day, the EWI, using multimedia platforms, interactive methods, informative sessions, testing and screening, and showcasing of local assets.
- Research the event's effect on the planners' and participants' knowledge, behaviours and perceptions regarding their health.
- Publish an article on the event and results of the research.

### Target group(s)

- Youth
- Adults
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities
- Elderly (age 65 and older)
- Government: Municipal
- Government: Provincial
- Other universities

### Major activities

- Advice
- Capacity development
- Facilitation
- Leadership training
- Research
- Training

### University outcomes

The EWI aligns with the Faculty's initiative in that it seeks to promote health and equality in South Africa and beyond, with a mission to promote transformative learning, translate knowledge that enables health and development, and use active citizenship to benefit the broader community. It aligns with the university's social impact focus. It will address key SDG women's goals, encourage engaged teaching and learning, engage citizenship and research, and develop special programmes. It will also focus on and leverage the strengths of quadruple helix roleplayers, namely government, industry, civil society and the university.

For more information about this project, please email Prof R English [[renchlish@sun.ac.za](mailto:renchlish@sun.ac.za)] or Ms S Blows [[blowssd@sun.ac.za](mailto:blowssd@sun.ac.za)]

## IMPACT

**SDGs**



**PDG**

- Increase wellness and safety and tackle social ills

**NDGs**



## Upgrading Infrastructure of the Medical 3D Printing Lab at the Division of Orthopaedic Surgery in response to the COVID-19 pandemic

Department of Surgical Science  
 Division of Orthopaedic Surgery

The Orthopaedic Medical 3D Printing Lab was founded in 2018 to improve the planning and execution of complex orthopaedic surgical procedures and improve registrar training. Our printer was bought two years ago with an FMHS equipment grant. With the advent of the Covid-19 pandemic, our division has repurposed the Medical 3D Printing Lab for rapid design and production of personal protective equipment (PPE) and other consumables to aid the response to the crisis. 3D printing allows for the rapid production of much-needed equipment. At the same time, traditional bulk manufacturing technologies have time to catch up, allowing us to rapidly adapt to specific needs of healthcare personnel in high-pressure situations. Partnering with the Department of Mechanical and Mechatronic Engineering, student volunteer groups (WeFightBackCOVID), several community volunteers, industry partners and the management and occupational health teams at Tygerberg Hospital, we have initiated several projects to rapidly produce PPE for healthcare workers on the frontline. These include face shields based on an open-source design, hands-free door openers and consumables for video-laryngoscopes in the emergency department.

### Target group(s)

- Government: Provincial

### University outcomes:

Capacity building of the medical 3D printing lab based at the Division of Orthopaedic Surgery.  
 For more information about this project, please email Dr R Venter [[rgventer@sun.ac.za](mailto:rgventer@sun.ac.za)]

## IMPACT

### SDGs



### PDG

- Increase wellness and safety and tackle social ills

### NDGs





## Tuberculosis Hip Hop Science Spaza

Department of Biomedical Sciences  
Division of Molecular Biology and Human Genetics

The Tuberculosis Hip Hop, Science Spaza project promotes engagement and learning in science through the popular mediums of rap, hip hop and music. The placement of science within a popular culture space allows it to be owned by young people - rather than remaining foreign and inaccessible. This initiative aims to increase the knowledge of high school learners and the public regarding tuberculosis, medical science and the research conducted at the Faculty of Medicine and Health Sciences related to tuberculosis. This project's objectives include: a) To raise awareness by educating the learners about tuberculosis and relevant comorbidities, such as HIV, diabetes and cardiovascular disease. There will be a focus on factors influencing infection rates and disease progression, such as genetic factors (host and pathogen), diet, exercise, basic hygiene and substance abuse. b) To engage with the learners to develop lyrics on the key messages on content (tuberculosis) learnt during initial contact sessions with scientists and researchers. c) To engage with the community by hosting an event where the learners perform their hip-hop music with a South African hip-hop artist. d) To engage with the general public by distributing the hip-hop songs, with inserted snippets of scientists discussing their research, to local community radio stations. e) To highlight science and research at the Faculty of Medicine and Health Sciences to foster an interest in pursuing these areas in tertiary studies and career development, simultaneously bridging the divide between the community and the scientist.

Target group(s)  
• Children (up to the age of 18)

**University outcomes:**  
The Tuberculosis Hip-Hop Science Spaza project advances engagement in science through the popular mediums of rap, hip-hop and music. The placement of

science within a popular culture space allows it to be owned by young people rather than science and scientists remaining foreign and inaccessible. Through this process, the learners gain knowledge and skills and become active agents for change in their communities. It also bridges the divide between scientists, medical researchers and the communities they serve and does research in. Hip-hop is the most popular music genre amongst young people in South Africa. But it is more than a music genre. It is a culture with a rich heritage of creativity and giving voice to marginalised groups. As such, it forms part of the social capital which young people can draw upon to create a new future. While researchers and practitioners are experts in their particular disciplines, young people are experts in their popular culture. This allows young people and experts to meet on common ground to co-create knowledge.

For more information about this project, please email Mrs D Kenny [imbhg@sun.ac.za](mailto:imbhg@sun.ac.za)

## IMPACT

SDGs



NDGs



PDG

- Increase wellness and safety and tackle social ills



## SALT (Sharing Abundant Life Together)

Department of Nursing and Midwifery

This initiative, a partnership between Stellenbosch University (SU), Sharing Abundant Life Together (SALT) and the Department of Health (DoH), largely serves the Dunoon area, where many women are HIV-positive and unemployed. There is a huge gap between the service capacity and the community's needs.

SU's Faculty of Medicine and Health Sciences works closely with SALT, an NPO for social justice that seeks to bridge the gap between public and private healthcare. "Accessibility, education and information need to be there for the most vulnerable in our communities. We are passionate about women's health in its entirety: mental, physical, emotional, spiritual and socio-economic," said Sandra Warne of SALT. "We also assist women in applying for ID books, birth certificates and grants and offer a counselling service ranging from unemployment and life skills to prostitution and human trafficking. We believe in equal rights and dignity for all.

Find out more about this initiative by visiting the website:  
<http://saltprojects.org.za/>

Target group(s)

- Adults
- Children (up to the age of 18)
- Civil society organisations (NGOs, CBOs, faith-based, etc.)
- Communities
- Government: Provincial

### University outcomes:

Collaborative community responsiveness; research outputs; student learning platforms for community practice

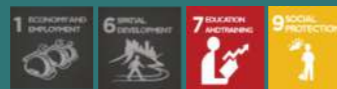
For more information about this project, please email Prof D Kaura  
[ldkm@sun.ac.za](mailto:ldkm@sun.ac.za)

## IMPACT

### SDGs



### NDGs



### PDG

- Increase wellness and safety and tackle social ills
- Enable a resilient, sustainable, quality and inclusive living environment





## Open doors to future possibilities

Department of Biomedical Sciences  
Division of Medical Physiology

This initiative provides an opportunity for high school learners from disadvantaged communities to visit the Faculty of Medicine and Health Sciences, specifically the Department of Biomedical Sciences. Many young people from disadvantaged communities do not have adequate resources to visit tertiary educational facilities and do not always know their future career possibilities. This initiative allows us to become more active citizens by engaging with our local communities and bringing learners to the Faculty of Medicine and Health Sciences. We do this to inform them about research activities in research laboratories within the Department of Biomedical Sciences and demonstrate simple practicals relevant to their curriculum. For instance, using the microscope to see plant versus animal cells and arrange visits to other facilities within the Faculty, such as the Anatomy Museum. This project also fosters collaboration within the Department of Biomedical Sciences between the divisions of Clinical Anatomy, Molecular Biology and Human Genetics, and Immunology, as well as the Division of Medical Physiology. Learners are provided with literature regarding possible career paths and a list of bursaries available to students in the Faculty of Medicine and Health Sciences. Learners will also be given an opportunity to be informed on health topics relevant to everyday life by attending the Physiology mini-symposium. In this way, they can interact with undergraduate students, who would likely be role models to the learners in that they represent what they might want to achieve after secondary school. We would also like to ensure that learners leave with new knowledge and insight they can apply in their lives. In addition, visits to the school by staff and students are arranged with workshops to discuss a range of health topics.

### Target group(s)

- Children (up to the age of 18)
- Communities

### Major activities

- Advice
- Facilitation

### University outcomes:

The initiative will allow us to form strategic partnerships with our local communities, ensuring that we can contribute to the development, education, and empowerment of our community for the good of society. This will enable us to contribute towards reducing disparities based on health, education, social, class and racial status in South Africa. In addition, students and staff members can become more actively engaged citizens. Students will also learn and be able to apply their knowledge meaningfully.

For more information about this project, please email Dr SL Windvogel [lshantalw@sun.ac.za](mailto:lshantalw@sun.ac.za)

## IMPACT

### SDGs



### NDGs



### PDG

- Create opportunities for growth and jobs.
- Improve education outcomes and opportunities for youth development.
- Increase wellness and safety and tackle social ills.
- Enable a resilient, sustainable, quality and inclusive living environment.
- Embed good governance and integrated service delivery through partnerships and spatial alignment.



## Let's Move\_Kom Beweeg\_Masihambe

Department of Exercise, Sport and Lifestyle Medicine  
Division of Movement Science and Exercise Therapy

The Movement Laboratory at the Sport Science Department focuses on researching evidence-based exercise interventions for movement disorders in elderly and neurological populations, including spinal cord injuries, strokes, Parkinson's disease, Dementia, and Alzheimer's disease. Collaborating with local communities and organizations like Bridging Abilities, Helderberg Stroke Foundation, and ACVV, the lab aims to address the lack of specific focus on individuals with movement disorders in existing community health projects. After completing research projects, the Movement Laboratory establishes educational platforms and exercise groups in communities, providing sustainable benefits. The initiative involves BSc Honours Biokinetics students in practical training, engaging them in physical performance assessments, exercise intervention design, and health education. The long-term goal is community empowerment, with students initially supervised by qualified professionals and later transitioning to community-led programs. This approach not only fosters an interactive learning environment but also facilitates ongoing research projects with community involvement in designing exercise interventions.

### Target Group(s)

- Adults
- Civil Society Organisations (NGOs CBOs Faith-based etc.)
- Communities
- Elderly (age 65 and older)
- Government: Municipal, National, Provincial

### University Outcomes

The goal is to cultivate students who are curious, involved in communities, and possess qualities of a well-rounded and dynamic clinical exercise therapist. The focus is on generating research ideas that tackle real-world issues within communities, leading to MSc and PhD projects with subsequent publications. The initiative involves translating the needs of local communities into

the classroom setting. The aim is to empower community members to apply evidence-based knowledge, enabling them to educate others. Efforts also target encouraging communities to shift from unhealthy habits to healthier lifestyles, equipped with knowledge on managing conditions and preventing secondary issues through exercise. Additionally, the project seeks to generate awareness and secure funding from various sources and community partners.

For more information about this project, please email Prof KE Welman [kwelman@sun.ac.za](mailto:kwelman@sun.ac.za)

### Additional Information

#### Related Initiatives

- Adapt2move - FIT (Frequent Individual Training) - 2018
- SUNWELL Community Health Programme - 2018
- WOW Projek - 2018

## IMPACT

### SDGs



### NDGs



### PDG

- Increase wellness and safety and tackle social ills
- Enable a resilient sustainable quality and inclusive living environment

## Conclusion: Fostering Impactful Change in Healthcare

In conclusion, the Faculty of Medicine and Health Sciences' Social Impact Report for the period 2019-2023 reflects a snapshot of the remarkable initiatives and contributions made by the diverse community within our faculty. The showcased projects, registered on our Online Social Impact Repository, underscore the commitment of individuals and groups towards creating positive change in healthcare and beyond.

Throughout this report, we have witnessed the power of collaboration, innovation, and compassion as catalysts for meaningful impact. From community outreach programmes to research-driven interventions, the initiatives within our faculty showcase a collective dedication to addressing societal health challenges.

However, it is important to acknowledge the inherent limitations of this report. This report is based on initiatives voluntarily registered on our Online Social Impact Repository, and therefore, may not capture the entirety of the social impact landscape within our community. We are mindful that there are numerous unregistered projects that equally contribute to the broader mission of improving health and well-being.

We extend our sincere gratitude to all initiative owners who have participated in our repository, enriching our understanding of the multifaceted efforts shaping the landscape of social impact within the Faculty of Medicine and Health Sciences.

Looking ahead, we encourage continued collaboration, dialogue, and participation. As we celebrate the accomplishments highlighted in this report, we also recognize the potential for even greater collective impact. By registering additional initiatives and fostering a culture of shared knowledge and resources, we can amplify the positive change generated by our community.

The Faculty of Medicine and Health Sciences remains committed to supporting and promoting initiatives that align with our mission of advancing healthcare and improving lives. Together, we can build a resilient and inclusive social impact ecosystem that addresses current and emerging health challenges, ultimately contributing to a healthier and more equitable society.

Thank you to everyone who has played a role in this journey, and we look forward to continued collaboration and impact in the years to come.

Yours sincerely

Ms Stacey Blows  
Social Impact Co-ordinator

## Meet our SI committee for 2023



**Dr Therese Fish**

Chair  
Vice Dean: Clinical Services  
and Social Impact



**Prof Lizahn Cloete**

Occupational Therapy,  
Department of Health and  
Rehabilitation Service



**Mrs Dannielle Kenny**

Division of Immunology,  
Department of Biomedical  
Sciences



**Dr Candace Vermaak**

Movement Science and  
Exercise Therapy, Exercise,  
Sport and Lifestyle



**Prof René English**

Health Systems and Public  
Health, Department of Global  
Health



**Prof Quinette Louw**

Department of Health and  
Rehabilitation Service



**Ms Stacey Blows**

Health Systems and Public  
Health,  
Department of Global Health



**Dr Odunola Sefiyat Adebisi**

Tygerberg Postgraduate  
Student Council  
(non-permanent member)



**Ms Moedi Ramohlale**

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