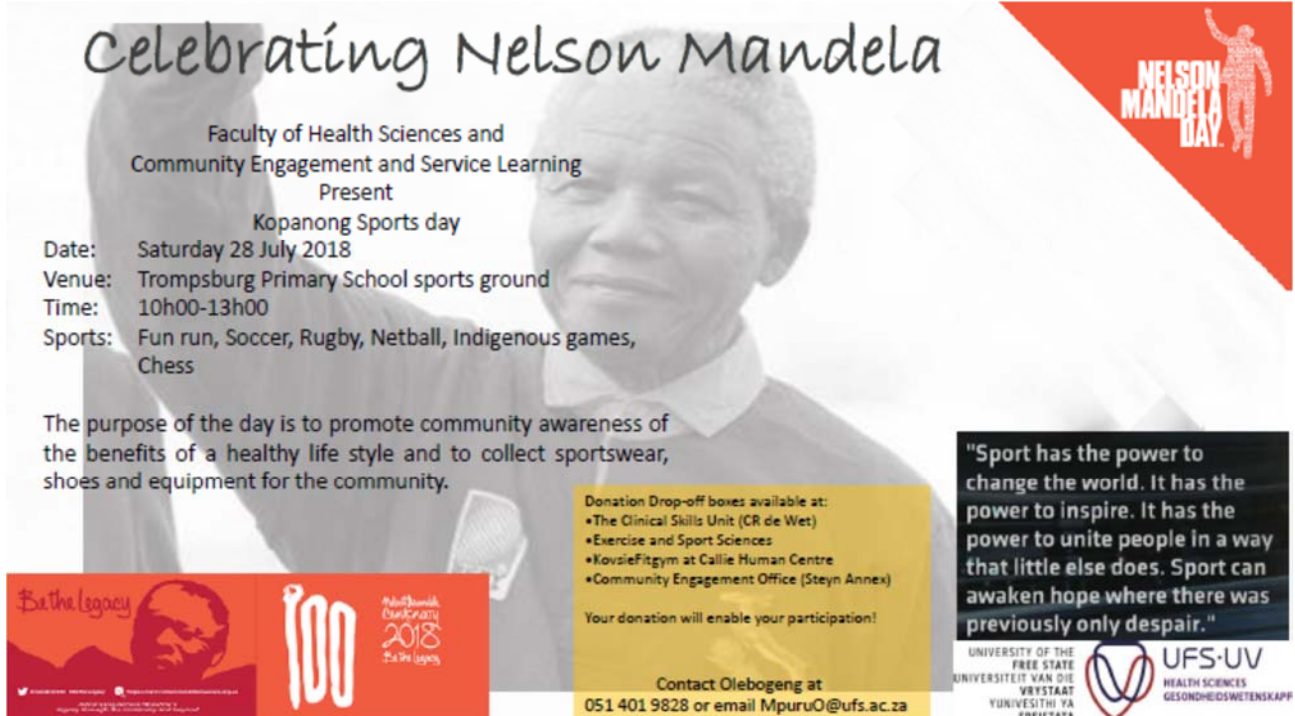


Faculty of Health Sciences Mandela Day Celebration 2018 Feedback



Celebrating Nelson Mandela

Faculty of Health Sciences and
Community Engagement and Service Learning
Present

Kopanong Sports day

Date: Saturday 28 July 2018
Venue: Trompsburg Primary School sports ground
Time: 10h00-13h00
Sports: Fun run, Soccer, Rugby, Netball, Indigenous games,
Chess

The purpose of the day is to promote community awareness of
the benefits of a healthy life style and to collect sportswear,
shoes and equipment for the community.

Donation Drop-off boxes available at:
•The Clinical Skills Unit (CR de Wet)
•Exercise and Sport Sciences
•KovsieFitgym at Callie Human Centre
•Community Engagement Office (Steyn Annex)

Your donation will enable your participation!


Contact Olebogeng at
051 401 9828 or email MpuruO@ufs.ac.za

Nelson Mandela Day

"Sport has the power to
change the world. It has the
power to inspire. It has the
power to unite people in a way
that little else does. Sport can
awaken hope where there was
previously only despair."

Buthe legacy
100
Mandela
Celebration
2018
Buthe legacy

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The 2018 Faculty of Health Sciences (FHS) annual Mandela Day celebration was facilitated through of a sports day in Trompsburg with the focus being community health. The sports day included:

- 5km Fun run
- 5Aside soccer
- 7's/ Touch rugby
- Netball
- Indigenous games board games
- Chess

Part of the sports day entails the collection of sports equipment and clothing on campus during the time running up to the celebration. Donation boxes were placed around campus. Later on 28 July 2018 the equipment were donated to the sports' council of Trompsburg.

The FHS has availed the Faculty vehicles to transport personnel and students to Trompsburg. A little after 8h00 on Saturday 28 July 2018, academic and support personnel, and students from the Faculty departed to Trompsburg.



Figure 1 Ready for a day of fun

Upon arrival at the FHS Rural Community Initiative facility personnel and students made donations of non-perishable food at the token shop and received a “boereworsrolletjie” courtesy of the Office of the Dean. The CBE office would like to express its appreciation to the dean, Prof Van Zyl.

The Faculty would like to thank and acknowledge Trompsburg Primary school for making their sports grounds available for the sports day. Numbers of community participants were:

Fun Run:	40 participants
Team sports:	5-a-side soccer: 4 teams
	7's rugby: 2 teams
	Netball: 5 teams
Indigenous games board games:	20 participants
Chess:	10 participants



Figure 2 Layout of Trompsburg Primary school grounds

Faculty personnel (including Prof van Zyl) and students participated in the fun run/ walk, were assigned umpiring roles and formed teams that participated in the other sports. The indigenous games were managed community partners.



Figure 3 Fun run route included a small hill (M1)

Additionally, a Bloemfontein-based NGO, Genesis.ARK, participated by managing a soup kitchen and making donations of sanitary pads to local schools.



Figure 4 Genesis.ARK representatives serving soup to community members

Community participants received a Mandela Day sticker and were able to redeem soup; all participants had access to fruit and water. We would like to thank the Community Engagement Directorate for the fruit donation and the School of Nursing for the water.

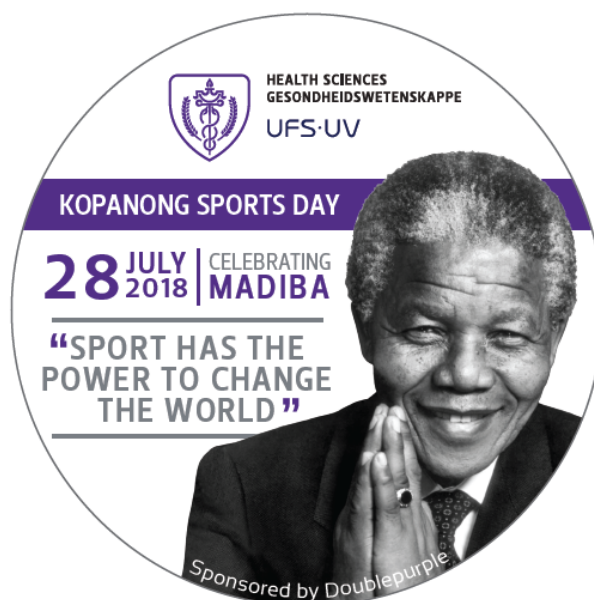


Figure 5 Mandela Day sticker

The following images reflect all activities and the fun all participants had.



Figure 5 First male and first female runners that finished, father and daughter.



Figure 6 Participating rugby teams



Figure 7 Students and community teams fight it out on the netball field



Figure 8 Community and personnel teasingly outwitting each other during soccer matches.



Figure 9 The sports day included board games: marabaraba and chess

Faculty members arrived back in Bloemfontein at 15h00.