

Faculty of Health Sciences Mandela Day Celebration 2023 Feedback



**Faculty of Health Sciences
Rural Community Initiative
Presents**

Kopanong Sports Day
Celebrating Nelson Mandela

Date: Saturday, 22 July 2023
Venue: Trompsburg Primary School Sports Grounds
Time: 10h00– 13h00
Sports: Numbers are limited to the following spread

- *Fun run (5km)* 40 participants
- *Team sports* 5-a-side soccer: 4 teams
7's rugby: 4 teams
Netball: 4 teams
- *Board games:* 20 participants

All community participants must register with Mrs Shibambo/
Mrs Wilmot/ Mr de Wee before 20 July 2023 at the UFS facility in
Dawid Street, Trompsburg.

 

The 2023 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
- Chess

Part of the sports day entails the collection of sports equipment and clothing on campus during the time running up to the celebration; the equipment was donated to the sports' council of Trompsburg.

The FHS availed the Faculty vehicles to transport students to Trompsburg. A little after 8h00 on a freezing cold Saturday 22 July 2023, support personnel, and students from the Faculty departed to Trompsburg. Upon arrival at the FHS Rural Community Initiative facility personnel and students were treated to a cup of hot coffee courtesy of the Office of the Dean as it was extremely cold.

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: 12 participants
Team sports: 5-a-side soccer: 6 teams
7's rugby: 2 teams

Chess: 13 participants

The chess games were managed community partners.



Figure 1 Layout of Trompsburg Primary school grounds



Figure 2 Fun run route

We would like to thank the Community Engagement Directorate for donating water for participant and KovsieSport for the use of their 5A side soccer poles. From the Faculty we wish to express our appreciation to the Schools of Basic Medical Sciences, Clinical Medicine, Health and Rehabilitation Sciences and Nursing for the fruit donation and the gazebos availed by the School of Nursing. Faculty members and students arrived back in Bloemfontein at 15h30.

The following images reflect all activities and the fun all participants had. Due to the extreme cold, participants were encouraged to wear warmer clothes and not their usual team uniforms.



Figure 3 First female and first two male runners that finished (all from the local athletics club).



Figure 4 Community and staff involved in a rugby match.



Figure 5 Community and personnel teasingly outwitting each other during soccer matches.



Figure 6 The sports day included chess.



Figure 7 Sports equipment donated by faculty presented to the local sports council.