

Mandela Day Outreach Initiative (18 July 2026)

Title: Enhancing Functional Wellbeing of Ethembeni Community Safe Home

In recognition of Mandela Day, the Department of Human Movement Science will dedicate 67 minutes to supporting the residents of Ethembeni Community Safe Home. We invite staff and members of the HMS Society to join us in this community-focused initiative.

Background: Following a consultative engagement between the Department of Human Movement Science (HMS) and the Age in Action Group (AIAEC) on 3 June 2026, a proposal for a community-based intervention has been formulated. The Ethembeni Community Safe Home, a residential facility for older persons, requires support to develop structured physical activity programmes to improve residents' quality of life, functional independence, and overall well-being.

Objectives:

- **Clinical Screening:** Establish a baseline for residents' physical status through evidence-based functional movement proficiency screening.
- **Empowerment:** Facilitate a practical workshop for caregivers to demonstrate safe, low-impact, and sustainable exercise techniques tailored to residents with comorbidities (e.g., hypertension).
- **Capacity Building:** Equip the facility with practical resources—such as weekly programming guides—to ensure the continuity of physical activity beyond the date of the intervention.

Strategic Rationale: While current resource constraints preclude formal student placements in the 2026 academic year, this initiative serves as a crucial preliminary audit of the facility's environment and requirements. This data will inform departmental planning for potential future work-integrated learning opportunities.

Programme:

- **08:30:** Departure from Nelson Mandela University.
- **09:00:** Arrival and orientation at Ethembeni Community Safe Home.
- **09:15 – 09:30:** Welcome and introductory briefing.
- **09:30 – 10:00:** Concurrent activities: Functional movement screenings and caregiver training sessions.
- **10:00 – 10:20:** Practical demonstrations: Engaging residents in low-impact movement and dance activities.
- **10:30:** Concluding remarks and resource handover; return to campus.