

***Special
Olympics***
South Africa



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SOSA lights up Nelson Mandela Statue to celebrates 50 years of inclusion

Special Olympics was joined by over 5 million athletes in over 180 countries as we all celebrated the 50th anniversary of our Movement. To mark this major milestone, Special Olympics has asked the world to “Light Up for Inclusion”. Tonight landmarks, stadia and iconic buildings around the world will turn RED in a global act of unity. This is a global demonstration of tolerance, respect and celebration of difference. By lighting up RED for inclusion we are helping to bring urgency and awareness to the plight of people with Intellectual Disabilities around the world. Tonight more than 70 landmarks worldwide will participate in the Light Up for Inclusion initiative. Major global landmarks are being lit up in countries like the [United Arab Emirates](#), [Senegal](#), [Zambia](#), [Kenya](#), [Mauritius](#), [Portugal](#),

Gibraltar, Jordan, the United Kingdom, South Korea, Romania, Mexico, Panama, America, Canada, Azerbaijan, Singapore, China, Ireland and of course here in South Africa. This unique event celebrates the incredible legacy of one exceptional woman, Eunice Kennedy Shriver. 50 years ago Eunice decided it was time to take a stand, to make a difference. She is a shining example of what can happen when one person says enough and begins to speak for those that have no voice. Tonight that voice is over 5 million strong. We are also here to celebrate another exceptional individual, former President, Nelson Mandela. It is fitting that as we celebrate 50 years of Special Olympics and the legacy of our founder that we also celebrate Nelson Mandela's centenary year. For decades, Nelson Mandela worked for equality in South Africa as an anti-apartheid revolutionary. After becoming President of South Africa, he also became a supporter of Special Olympics. Mandela, along with the Nelson Mandela Children's Foundation, worked with Special Olympics Founder Eunice Kennedy Shriver and Special Olympics to reach out to people with intellectual disabilities in South Africa.



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SOSA national office collect "RANDS FOR 67MINUTES FOR MADIBA "

Special Olympics South Africa staff hosted a fundraiser to celebrate Mandela Day. The SOSA National office separated into teams of four and set four stations at four different shopping mall/centers where we collected "RANDS FOR 67 MINUTES" for Madiba. Thank you to everyone that supported us for us during this fundraiser.

#TeamSOSA-loves you Nelson Mandela



Unified "Skills for life" holiday camp addresses critical health issues affecting our youth



Special Olympics South Africa in partnership with Grassroots soccer and Love Life hosted a holiday camp in the Northern Cape Province in two districts, Kuruman and Kimberly to implement the Skillz for life curriculum.

There are more adolescents in the world today (1.8 billion) than at any other time in history, but they are being left behind in the fight against disease and other critical health challenges. Special Olympics is not just a sports organisation for amateur sports but also focuses on educating our athletes, partners, volunteers, family members and communities on the importance of health and life orientation so that they are able to live healthy lives. Our athlete Ashley expressed what a fun-filled week it was being at the holiday camp because they were taught on: HIV/AIDS, eating and staying healthy, supporters in their life as well as not allowing oneself to be bullied. **“That a lot of teenagers like me are finding themselves under a lot of peer pressure from friends. He said that a lot of youth find themselves trapped in circumstances where they cannot find a way out. I am happy that the skillz for life curriculum made me aware of ways of dealing with peer-pressure”.**

This camp was inspiring and insightful overall, we really look forward to implementing the Skillz for Life curriculum nationwide. Thank you to everyone that has helped support these camps and ensuring that our athletes and partners always come first.

AKA donates 50pairs of shoes to celebrate 50 years of Special Olympics



Hip Hop platinum artist, Kiernan Jarryd “AKA” Forbes and Special Olympics ambassador Lynne Forbes recently did a shoe drop off for the athletes of Special Olympics South Africa. We appreciate this support from the AKA foundation for the amount of love they showed off to our athletes and to the organisation.

This tremendous donation means a lot to our athletes and their families. We would like send a huge shout out to the AKA foundation, AKA and Lynne Forbes for their support.

Our Youth take the lead in Africa

Special Olympics Africa hosted the very first Youth Activation Conference at Birchwood Hotel, Boksburg in June 2018. Different programs in Africa from : Nigeria, Zimbabwe, Zambia, Tanzania, Burkina Faso, Mauritius, South Africa, Kenya, Ghana and Cote d`ivorie

came together to exchanged very informative and creative strategies on how to get a lot of youth engaged and involved in Special Olympics.

A lot of research revealed that confidence and self-esteem in young people may be the very reason we need to see the same level of passion in our countries for intellectual disability sport. The Youth Activation Conference brought together youth leaders from different parts of the world to share these values of unified participation in inclusion and community building, to learn and develop life skills.



There is a clear objective to help young people transform by having a positive relationship with physical activity and knowing the importance of compassion. To be a leader for one begins with confidence and our athlete`s need to be exposed to the purpose of having a magnified voice and using it to bring the change in youth leadership within ID.

Special Olympics South Africa youth Representative **Zoe Mannie** said: “**The youth has an extremely powerful voice and sense of solidarity and unity - even across borders. The young generation gains momentum as catalysts in their families, communities and society at large. Physical activity is vital to the holistic development of young people, fostering their physical, social and emotional health. The benefits of sport reach beyond the impact on physical well-being and the value of the educational benefits of sport should not be underestimated**”.

SOSA ambassador program grows

Our ambassadors play a huge role in our organisation, they came together for a brainstorm session on how they can be more involved in the organisation all for the benefit of our athletes. Our ambassadors were very excited about all the fundraising events we have planned for the year especially the Polar Plunge as they feel is by far the best initiative. What makes us happy with this calibre of ambassadors is that they always put the needs of our athletes and their families first. Thank you all for your continuous support towards the Special Olympics South Africa movement.



Here is what our new ambassadors had to say: **Lynn forbes**

Thank you [@SO_SouthAfrica](#) for welcoming me as one of your Ambassadors, giving me the opportunity to use my voice and influence to benefit these incredible athletes, who are faced with so many life challenges. [#specialolympics](#) [#AmbassadorProgramme](#)
[@SpecialOlympics](#)

Kim Jayde

Grateful & Excited to lend my name & influence as one of the Newest Ambassadors for [@SO_South Africa](#) - empowering & uplifting children and adults with intellectual disabilities through sports! Can't wait to learn more & share everything i learn with you

Athlete board member Ephraim Mohlakane continues to shine in the Westrand community



Special Olympics athletes contribute to their communities in so many ways beyond the playing field. Our athletes lead the way as the voice of a movement, taking on meaningful roles in their communities and educating the world about the potential of people with ID. They are teaching the world the true meaning of inclusion.

Ephraim Mohlakane is a true example of what it means to be a leader. He took upon a task of coaching a group of Paralympics athlete's in basketball as they were preparing for the Gauteng Paralympics basketball tournament.

He said that he has been coaching them for a period of two months getting them ready to compete. We are indeed proud of you Mr Mohlakane, please continue to raise the Special Olympic South Africa flag high.

**Young Athletes Training and Workshop- Indwedwe- EThekwini
Region- Isiboneleo Pre-school**

We recently hosted a Young athletes training and workshop for ECD centres and crèches in the area of Indwedwe, Kwa-Zulu Natal. The training had 47 seven new coaches trained that included practitioners and caregivers from main stream centres and crèches.

The training took 2 days with the first day being a theory session with the coaches and the second day was a practical session with the athletes both with ID and partners. The practical session had 30 participants that included 15 SO athletes and 50 main stream partners.

The exciting news is that is a new site with 52 crèches and ECD centres in the area. Coaches from the centres were a part of the training which will make it easy for us all to reach out and develop the programme in other regions/ districts.



The practical event was overwhelming in a sense that we had the community come and spectated and they were impressed with what they saw and felt a need to replicate this in another areas in the region. On the last day we also distributed 20 bags of young athlete's equipment to all the trained coaches and centres. We hope to continue support the region and find better ways of working with them so that the athletes can participate until they

come of age. A great thank you to our new champion in the area, Mr Sibonelo Ngcobo who made this training possible, thank you to the coaches and the community members who helped support this initiative.

