

NEWS FROM:



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UCT students recruit local soccer hero to inspire Lavender Hill learners Santos defender Otieno to discuss healthy choices

Fourth-year occupational therapy (OT) students from the University of Cape Town's School of Health and Rehabilitation Sciences will run a holiday programme in Lavender Hill on 28 and 29 September, to help Grade 7 learners see how the positive choices they make today can help them lead successful lives.

In collaboration with non-profit organisation Facing Up, the six UCT students will address issues that beset disadvantaged communities like Lavender Hill: high unemployment, abuse of all forms and gang violence.

Facing Up is run by occupational therapists to promote healthy life choices. The holiday programme will involve 150 learners from three primary schools: Levana Primary, Hillwood Primary and Zerilda Park. The programme is hosted by Levana Primary.

As part of the social response aspect of their programme at UCT, the OT students have helped plan a programme aimed at developing young people's life skills – especially their ability to choose sustainable, healthy values and practices. Activities include a variety of team-building activities and a Sports Day on Wednesday, when local soccer star, Santos defender Musa Otieno, will demonstrate his skills and talk with learners.

"We hope we can leave a lasting imprint on the minds of the learners about the alternative choices they have, as well as the prospects of a better future made possible by a healthy lifestyle," said Nikki Smit, one of the UCT OT students.

The Interact Committee of Rustenburg Girls High School has arranged a cake sale in aid of the programme. Funds raised will help pay for learners' lunches, supplies and prizes to be awarded on the sports day.

OT enables people to overcome the barriers within their environment or themselves that prevent them from participating in life's occupations, such as play, leisure, work and personal care. These pastimes, which take up so much of our energy, interest and attention, help to form an enriching lifestyle.

ENDS

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