



Special Olympics SA hosts Family Health Forum in Welkom

On 2 August 2014, family members from Welkom received adequate information regarding Intellectual Disability and how to take care of people with an intellectual disability.

The programme began with a presentation of who Special Olympics (SO) and Special Olympics South Africa (SOSA) is. This was given by Wanga Manyala, a SOSA staff member. His presentation was followed by Mr Mangwegape who focused on characteristics of SID.

Guest speaker Mr Mangwegape, from the Department of Sports (under the HIV&AIDS, IE and SNE Directorate), addressed the family members on the characteristics of persons with a severe intellectual disability and how to take better care and communicate better with them.

Approximately 101 participants attended, 79 of which were family members, eight teachers, SOSA volunteers, coaches and 14 athletes. Each took this opportunity to be exposed to a wealth of knowledge from a vast range of guest speakers. The goal: to better understand their loved one's condition.

Mr Dave Senoge, Free State Department of Health and Mental Health District Coordinator, and Mr Lefa Mathe, Manager of Kgothlang Mental Health spoke about a community support system which aids those affected by mental health issues within Welkom.

The last session was presented by the SOSA staff who addressed the family members on SOSA healthy communities, the benefits of leading healthy lifestyle and keeping fit.