



My **67** Ideas provides you with **67** ways you can make a difference on Mandela Day.

There are no rules, just look at the list for inspiration.

It is hugely respectful that on the anniversary of **Nelson Mandela's** birthday, his legacy for helping others continues through you and your generosity to volunteer to do something positive for others.

Further resources to help you to promote your activities can be found on the **Mandela8 My67 Minutes** page at Mandela8 and the Nelson Mandela Day website.

“There can be no greater gift than that of giving ones time to help others without expecting anything in return”

Nelson Mandela

Being healthy and maintaining mental wellbeing

- Support a group to visit Princes Park to hear about the memorial and see the site where it will be built
- Organise or take part in a community football tournament, friendly football game in Princes Park of your local community
- Do a sponsored walk or run and donate the funds to a good cause
- Organise a family/friends get together in Princes Park or your local park
- Organise a Mandela Day picnic with family, friends or your community in Princes Park or your local park to play and celebrate Mandela Day
- Stop smoking for a day and donate the money you would have spent on cigarettes or tobacco to a local group or organisation that works with children and young people organisation
- Organise or run a fitness class or donate your gym for 67 minutes for a free class fitness for beginners
- Arrange a group walk and talk, taking in key sights and buildings along the way
- Organise a healthy eating event or healthy lunch at work
- Help someone vulnerable to go out to visit the park or somewhere of their choice
- Encourage walking within your workplace, instead of using the car
- Organise or attend a meditation session in Princes Park or your local park – Tai Chi or Yoga

Education for all ages

- Do a local history project or a Mandela Day arts project in school and learn more about Nelson Mandela
- Broaden your cultural awareness by listening to some South African music
- Take part in a Mandela themed creative writing or poetry workshop
- Offer a free lecture/tour on a relevant topic or issue in communities for young people, teach them about the history of an area or its buildings
- Arrange and teach an adult literacy class
- Learn the story of someone older than you. Too often people forget that the elderly have a wealth of experience and wisdom and, more often than not, an interesting story to tell.
- Donate your old educational books or educational toys to a school or community group library
- Mentor someone. Make time to listen to what the young people have to say and give them good advice.
- Letters to Madiba – write a letter to Nelson Mandela telling him of your hopes, wishes and dreams for the future
- Learn some new words and their meaning or something new and share with others
- Teach someone something new about a topic they don't know anything about
- Encourage others to get involved in the Mandela8 My67 Minutes programme

Engaging Young People

- Take part in your schools Mandela Day Assembly
- Green the outdoor area of your local youth centre or maintain and decorate a the youth centre garden
- Arrange a local history project or Nelson Mandela history project and find out from family and other elders what they know about your local area or Nelson Mandela
- Organise a litter pick in your local community where your youth centre is
- Produce an arts project i.e. a chronology of Nelson Mandela's life; designing and painting a flag; develop a 67 heroes project; chalk quotes
- Youth workers targeted support 1-1 work with young people focusing on volunteer activity of their choice
- Sponsor a group of young people to go on a trip relating to a new experience i.e. theatre, ballet, exhibition
- Sponsor / donate a sports kit for a local children's football, rounders, basketball or netball team
- Obtain your Scouts/Girl Guides badge by completing Mandela8 My67 Minutes activities
- Create a visual exhibition of local artwork produced for Mandela Day

Community Spirit and Being Neighbourly

- Make a new friend from a different cultural background. Only through mutual understanding can we rid our communities of intolerance and xenophobia.
- Run a cake sale, arts and crafts sale or community fete and donate funds raised to a local charity or community group
- Get your local councilor's to support and organise a community activity to make an improvement in your local area
- Support your local library to organize a reading event/readers group to celebrate the day
- Volunteer or donate your skills at a local community voluntary or faith based group, asylum and refugee support centre or homeless shelter
- Get to know your neighbour, chat on the doorstep or offer them a cup of tea, mow someone's lawn or help them to fix things around their house
- Have a clear out and donate your children's old toys to a local women's refuge or nursery
- Clean, tidy up or paint a community building or resource
- Support your local foodbank by donating a food parcel or volunteering
- Have a clear out and donate good clothing items / shoes, blankets, household items to your nearest asylum and refugee support centre or homeless shelter
- Have a 'Conversation with meal' with family, friends or neighbours, making a South African meal to learn more about South African food

Celebrating and Supporting Our Elders

- Do an elderly neighbour's shopping or help them with something in their home
- Volunteer in your local sheltered scheme for the elderly, facilitate an activity
- Cook your elderly or vulnerable neighbour a meal
- Arrange a Mandela Day arts and crafts workshop in your sheltered scheme for residents
- Volunteer to read to someone or keep them company
- Take your elderly neighbour's dog for a walk
- If you play an instrument, visit your local sheltered accommodation scheme and spend an hour playing for the residents and staff
- Do a random act of kindness for an elderly person spend 67 minutes having a brew and a chat with them
- As part of your sheltered scheme for the elderly arrange a Mandela Day celebration for residents

Environment

- Help out with a community clean up, litter picking, start a clean and green campaign to reduce litter in your community
- Plant a tree in memory of a great leader like Nelson Mandela
- Support a community gardening project
- Start a community garden to encourage healthy eating in your community
- Organise a clean up in your local park, river, beach, street, community square or sports grounds with a few friends
- Arrange a community skip scheme with your local councilors and community members
- Grow tomatoes or any other vegetables at home and gift them to friends, family or neighbours
- Litter pick when you take your dog out for a walk
- Learn about Nelson Mandela's Gardens in prison and the types of plants he grew
- Support your clean and green campaign, like the Love Lodge Lane campaign in Liverpool
- Plant a bee garden and create an oasis for bees and other pollinators like butterflies
- Raise awareness of the importance of recycling

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Mandela8
Delivering Dreams in Communities



**“What good deed are you going to do today
for someone that will make their life better”**

Dr Makaziwe Mandela

Mandela Day
18th July 2019

For ideas of how to get involved go to www.mandela8.org.uk
#mandela8my67minutes #my67minutes

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