

Entries open for Blisters for Bread 2017

Entries are now open for Blisters for Bread 2017.

The Peninsula School Feeding Association (PSFA) is pleased to announce that entries are now open for its 49th popular annual fundraising event, the Blisters for Bread Charity Family Fun Walk, in association with Lucky Star.

The event will be taking place at the Green Point Cricket Club on Sunday 27 August 2017 and will include two routes along the Sea Point Promenade: a 10km walk starting at 07:30 am and a 5km walk starting at 08:00 am. Every person who enters will receive a medal.

Due to popular demand, X Factor winners FOUR will once again be entertaining the walkers as they cross the finish line at the stadium.

Other entertainment includes a high-energy performance by top South African pop singer, Lakola Silva. A host of food and refreshment stalls will also be available for everyone's enjoyment.

This year PSFA aims to emphasise four areas in which food enables children to

reach their true potential. The awareness campaign is based on four key pillars that represent four core reasons to provide children with nutritious meals, namely food for thought (food enables young learners to think critically), food for creativity (healthy meals enable the mind to be creative), food for play (balanced meals give learners the energy to perform in sport and general play), and food for all (together we can make sure that all our youth have access to healthy food).

PSFA calls everyone to join them in their fight against childhood hunger by entering this special family event at the cost of only R50 per person. Each entry fee will enable PSFA to provide 20 underprivileged hungry schoolchildren with a nutritious cooked breakfast and lunch for an entire day! Entries are limited to 13 000 people. Navy blue T-shirts will also be on sale at R80 each.

Entries can be done online, or the entry form can be downloaded at www.psf.org.za. Entry forms can also be collected at the PSFA offices situated at 26

Purdey Road, Sheffield Business Park in Philippi, at the Top Events offices situated at 7 Koeberg Road in Matieland, or at selected Pick n Pay and Sportsmans Warehouse branches in the greater Cape Town area. The closing date for group entries is 30 July, for manual entries 6 August and for online entries 20 August.

Not everyone is able to walk Blisters for Bread, so PSFA is encouraging both Cape Town locals and the rest of South Africa, whether members of the public, businesses or schools, to consider making a monetary contribution. This can be done by logging onto the website at www.psf.org.za. 100% of all donations made to PSFA will go towards school feeding, and donations are tax deductible.

Blisters for Bread, which was started in 1968 by concerned staff and learners at Savigo College in Lansdowne and handed over to PSFA to manage, has grown from strength to strength and has become a highlight on the Cape Town events calendar.

Last year, a total of 13 624 people partici-

pated in the event. Thanks to entry fees received, the event managed to raise a total of R681 200, enabling PSFA to provide over 1724 disadvantaged children with a nutritious breakfast and lunch at school for an entire year!

PSFA is a registered non-profit organisation that is dedicated to feeding hungry children while at school. Established in 1958, PSFA has to date served over 1.5 billion meals to underprivileged schoolchildren. PSFA currently provides daily nutritious cooked meals to over 27 000 children at 160 primary, secondary and special-needs schools, as well as Early Childhood Development (ECD) centres, safe parks and colleges throughout the Western Cape.

Participants are encouraged to enter early to avoid disappointment.

For more information, please visit <http://www.psf.org.za/> or contact Charles Grey at charles@psf.org.za or 021 447 6020. You can also find PSFA on Facebook.

You can also contact Karen or Andrea at Top Events on 021 511 7130 or by email to info@topevents.co.za.

Apply for 2017 Vodacom Change the World programme

Vodacom, through the Vodacom Change the World Initiative, is calling on young South Africans to volunteer their time and give back to their communities through non-profit organisations (NPOs) of their choice for a year, while getting paid.

The country's skills development remains a challenge while the unemployment rate remains stubbornly high. In an attempt to help address this challenge, the Vodacom Foundation is set to help empower young people

through their Change the World (CtW) programme.

The programme was introduced in 2011 to give individuals the opportunity to apply their information and communication technology knowledge and skills while working for an NPO for a period of 12 months. To date 111 volunteers have already made a difference, working with a wide range of NPOs.

This year's programme will focus on providing young graduates with volunteerism

opportunities and real work experience while promoting the culture and spirit of volunteerism.

"Through this programme, volunteers are afforded a unique opportunity to do something close to their heart, whilst imparting their skills to help society. The programme continues to go from strength to strength as it touches the lives of ordinary South Africans. If you would like to do the same, apply today," says Takalani Netshitenzhe, chief of-

licer of corporate affairs at Vodacom Group.

If you believe you have what it takes to change the world, then now is the time to apply to be one of the 2017 Vodacom CtW volunteers. All you need do is to approach an NPO of your choice and gain its support and agreement on your role, goals and monthly salary.

Entries for the CtW programme are open from 20 June to 31 July 2017. Apply online at www.vodacomctw.co.za.

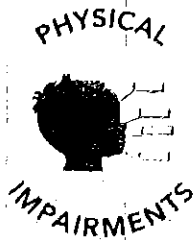
PROTECT YOUR UNBORN BABY. DON'T DRINK ALCOHOL WHEN YOU'RE PREGNANT.



EFFECTS OF FASD CAN INCLUDE:

1 IN 5 PREGNANT WOMEN REPORT DRINKING ALCOHOL DURING EARLY PREGNANCY.

There is no proven safe amount of alcohol to drink during pregnancy. Drinking alcohol while pregnant will put your baby at risk for Fetal Alcohol Spectrum Disorders (FASD).



FASD IS 100% PREVENTABLE. STOP AND THINK.
If you're pregnant or could be pregnant, don't drink.

REMEMBER: FASD IS 100% PREVENTABLE AND 100% IRREVERSIBLE

For help, contact the City of Cape Town's 24/7 toll-free alcohol and drug helpline on 0800 4357 4 2 (0800 HELP 4 U).



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