

On Mandela Day **18 July**, people around the world are encouraged to spend at least 67 minutes doing something positive for their communities in honour of the 67 years that the late South African president Nelson Mandela spent fighting for social justice and a free, democratic country.

This is the third Mandela Day since the global icon passed, and since he's no longer around to anchor the occasion, it's more important than ever to uphold the values for which he struggled and to share his message for peace and humanity with future generations.

Take a look at how you can get involved with Mandela Day in Cape Town this year with our handy guide to ways to make a difference for 67 minutes (and beyond).

Help create and fill care packages with the Rape Crisis Trust

contact Shahida Rahman on +27 (0) 21 447 1467 to arrange delivery.
Observatory Community Centre | Observatory | Cape Town | +27 (0) 21 447 1467

Take part in a Cape Town beach cleanup and fill a DOT box

email greg@cleanc.co.za. or phone +27 (0) 82 873 1962

Make HOPE bracelets for the Chaeli Campaign

Email info@chaelicampaign.co.za for more information.
16 Tokai Road | Tokai | +27 (0) 861 242 354

Help raise funds for the Animal Rescue Organisation

Email karen@animalrescue.org.za for more details.
5 Olieboom Road | Schaapkraal | Ottery | Cape Town | +27 (0) 21 396 5511

Build kennels for pets in Khayelitsha

21297 Govan Mbeki Road | Khayelitsha | +27 (0) 82 200 9962

Join the Mandela Day Celebration with DARG

Hout Bay Main Road | Hout Bay | +27 (0) 21 790 0383

Drop into the Douglas Murray Home for the Aged

info@douglasmurray.co.za.
Gordon Searle Street | Retreat | Cape Town | +27 (0) 21 712 2146

Make bracelets and join the Amazing Race at the V&A Waterfront

events@waterfront.co.za.
V&A Waterfront | Cape Town | +27 (0) 21 408 7600

Join the Million Meal Challenge by Stop Hunger Now

GrandWest Casino and Entertainment World | 1 Jakes Gerwel Drive | Goodwood | +27 (0) 21 505 7777

Christmas in July for the Friends of the Valkenberg Trust

events@friendsofvalkenberg.co.za for specifics.
Valkenberg Hospital | Observatory Road | Observatory | Cape Town | +27 (0) 21 447 2092

Buy a Winter Warmer Gift for a family in need with Newkidz on the Block

call +27 (0) 21 981 5425 or email info@newkidz.org.za.
D44 Icon Business Park Fourie Street | Brackenfell | +27 (0)21 981 5425

Kidz2Kidz #Read67

email info@kidz2kidz.co.za.
Dead Street Arcarde Dean Street | Newlands | +27 (0)76 180 4125

Serve soup to the homeless with Ladles of Love

ladlesoflove@gmail.com, or phone +27 (0)73 720 8088 for more information

Pack meals and hampers with FoodBank SA

call +27 (0)21 531 5670 or email Ashleigh@foodbanksa.org.
Cape Town Market | 110 Gunners Circle | Epping 1 Cape Town | +27 (0)21 531 5670

Donate a book to a children's library

+27 (0)74 695 4191 or email omegaview@yahoo.com.
Hillview | +27 (0)74 695 4191 | omegaview@yahoo.com

Raise funds to sterilise 67 Animals with the Animal Welfare Society of Stellenbosch

email Jessica@awss.co.za.
Devon Valley Road | Stellenbosch | +27 (0)21 886 4901 | Jessica@asww.co.za

Keep children dry this winter with the Community Chest

info@comchest.org.za for more info.
82 Bree Street | Cape Town CBD | +27 (0)21 424 3344 / (0)21 487 1500 | info@comchest.org.za

Donate clothing to Butterfly Box

sms the word 'HOSPICE' to 40772 (R20/sms).
349 Albert Road | Woodstock | +27 (0)82 425 3874

Help build the Mandela Day Mosaic at Canal Walk

Century Boulevard | Century City | +27 (0)21 529 9699/8

Donate your time and talent to a local charity

Feed a homeless person

Buy the 'Big Issue'

Say "Thank You"

Support local business