

MY WELLNESS



Join L2L Practice Walk in aid of charity

Writer
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The main charity for the 2019 Lighthouse 2 Lighthouse Ladies Walk is Camphill School Hermanus. This charity will benefit from the funds raised during the main walk in March, when a group of dynamic women will embark on a four-day walk along the coast, from the historic lighthouse at Cape Agulhas to the Danger Point Lighthouse in Gansbaai.

The runner-up charity, Overstrand Association for Persons with Disabilities (OAPD) and Overberg Wheelchair Association (OWA), will benefit from the funds raised during the Lighthouse 2 Lighthouse Official Practice Walk, which takes place in Hermanus on 9 February. The registered L2L ladies will be joined by friends and family members on this practice walk, which is also open to members of the public. Everyone is invited to come along and enjoy this great outdoor experience and support a good cause at the same time.

The OAPD is an NPO that opened its doors in 2011 to offer service delivery to persons with disabilities living in Zwelihle, Mount Pleasant and Hawston. Their aim is to "raise the quality of life of persons with disabilities by assisting them to achieve their optimum social, emotional and functional level to become 'able' within their community".

In association with the OWA, they offer various workshops and projects that focus on creative expression and create income-generating opportunities as well as life skills learning. Because the area they serve is vast and their activities require them to be mobile, they are in need of a wheelchair-friendly bus to transport their members, facilitators and volunteers. This will also enable them to expand their income-generating project,

LOVE.ability, which is based at Ability House in Hawston. You can help raise the funds they need by joining the L2L ladies on this official practice walk.

Walkers will meet at Grotto Beach and be shuttled to the starting point at De Kelders in the CapeNature Reserve. The cost is R120 per walker and all proceeds will go to the OAPD. The OAPD and Overberg Wheelchair Association will also be selling handmade goodies at the starting line.

L2L Practice Walk

Date: Saturday 9 February

Distance: 20 km

Time: 5-6 hours

Terrain: Gravel path and sandy beach

Rest stop: Sovie's Klip

What to wear: Comfortable active wear with a light-weight jacket for poor weather conditions; walked-in training shoes; sunblock; a cap/hat.

What to bring: Each walker should carry a daypack which can accommodate the following – three litres of drinking water, energy snacks and a light lunch, wet wipes, tissues and first aid items such as plasters, antiseptic cream, rehydrate tablets and any necessary personal medication.

The time of the walk will be announced on the Lighthouse 2 Lighthouse Facebook page closer to the date. Contact info@lighthouse2lighthouse.co.za for more information.