



# ONE TO ONE

**MAKING A REAL DIFFERENCE IN THE LIVES OF THOSE WITH AN INTELLECTUAL DISABILITY**

**SUNDAY 18 AUGUST 2019**



## **BRINGING TOGETHER THE INTELLECTUALLY DISABLED AND THE CARING COMMUNITY**

Rhenish Girls' High learners have participated in the annual One to One event for many years. We have volunteered as partners and we have been responsible for a stall at the event.

This year, a number of girls set off on Sunday morning to spend their day at the Cape Town Stadium as assistants or 'buddies' for people with disabilities..

## **WHY YOU SHOULD PARTICIPATE**

**BY HAADIYA ABDULLAH**

The day started off with us arriving at the Cape Town stadium and being introduced to our new little friends. Once we were all buddied up, it was time for the fun to begin. We were greeted by bands playing music in the background, various stalls offering games and food, and loads of people in every corner. It made for a festive atmosphere. The day was spent bonding with our new buddies, and participating in unique games to win prizes.

This experience was extremely joyous and rewarding. Seeing the smiles on the faces of our buddies after they had won a prize and received loud cheers was fulfilling. It also instilled a new sense of gratitude, as we realised how many seemingly insignificant blessings we take for granted.

