



Southern Africa Territory  
Serving Suffering Humanity Side by Side

# SOCIAL WEEK

14 - 20 July 2024

"Serving Others"

M a t t h e w 2 5 : 4 0

# Social Week Outreach Service Ideas

## 1. Matthew 25:40

***Then they will reply, “Lord when did we ever see you hungry or thirsty or a stranger or naked or sick or in prison, and not help you?”***

- **Serve Others:** Look for opportunities to help those in need. Volunteer at a local shelter, food bank, or community center. Acts of kindness matter.
- **Be Present:** Sometimes, just being there for someone makes a difference. Visit the sick, listen to someone who's hurting, or spend time with the lonely.
- **Share Resources:** Share what you have. Whether it's food, clothing, or your time, generosity matters. Remember that small acts add up.
- **Advocate:** Speak up for justice and equality. Advocate for policies that benefit the marginalized and vulnerable.
- **See Jesus in Others:** When you serve others, see them as if you're serving Jesus Himself. Treat everyone with love and respect.
  
- **Neighborhood Clean-Up**
  - Organize volunteers into teams to clean different areas of the community.
  - Provide gloves, trash bags, and recycling bins.
  - Collaborate with local authorities for waste disposal and recycling.
  
- **Health & Wellness Day**
  - Partner with local health professionals to offer free health screenings (blood pressure, diabetes, cholesterol, etc.).
  - Wellness Workshops: host workshops on topics such as nutrition, mental health, and exercise.
  - Offer fitness classes like aerobics, or a walking group.
  - Donate Food, Fruit and Vegetable packs to needy centres
  
- **Skill-Building Workshops**
  - Offer workshops on various skills (computer literacy, carpentry, sewing, etc.).
  - Partner with local experts to lead the sessions.
  - Provide mentorship opportunities and discuss career development.
  
- **Service Projects**
  - Organize volunteers to help with home repairs for elderly or disabled community members.

## **Outreach Activities for Different Sections of the Community**

### **Children**

1. **After-School Programs:**
  - Provide homework help, tutoring, and enrichment activities such as arts and crafts, music and sports.
2. **Reading Clubs:**
  - Organize reading clubs with storytelling sessions and book giveaways to promote literacy.
3. **Mentorship Programs:**
  - Pair children with positive role models from the church who can offer guidance and support.

### **The Elderly**

1. **Home Visits and Companionship:**
  - Organize regular visits to elderly community members for conversation, reading, or playing games.
2. **Grocery Delivery and Errands:**
  - Provide services to assist with grocery shopping, prescription pickups, and other errands.
3. **Health and Wellness Checks:**
  - Partner with healthcare professionals to offer regular health check-ups and wellness workshops.
4. **Donate hygiene packs**
  - Donate hygiene packs to elderly, children, persons, and homeless

### **Widows**

1. **Support Groups:**
  - Facilitate support groups where widows can share experiences, find emotional support and build friendships.
2. **Practical Assistance:**
  - Provide help with home maintenance, gardening and other tasks that may have been managed by their spouses.

### **The Homeless**

1. **Meal Programmes:**
  - Serve hot meals regularly at the Corps/Centre.
2. **Clothing Drives:**
  - Collect and distribute clothing, shoes and blankets, especially during colder months.
3. **Showers and Laundry Services:**
  - Set up opportunities to wash and do laundry to provide basic hygiene facilities.