

Wheelchair Wednesday

(Association for the Physically Disabled)

NPO 003-528 – PBO 18/11/13/1838 – B-BBEE Level 1



Dear Supporter,

RE: Wheelchair Wednesday 2025

“Spend 67 minutes in a wheelchair and change a life.”

Wheelchair Wednesday is APD NMB’s largest annual fundraising campaign, raising awareness of accessibility for persons with disabilities via an interactive concept. Funds raised provide wheelchairs to beneficiaries within disadvantaged communities.

During our 13th year campaign 3100 people have participated in donating 2200 wheelchairs to those most in need.

Our objectives are:

- Create awareness of accessibility challenges faced by persons with disabilities.
- Obtain sponsorship of 200 wheelchairs per annum for distribution to disadvantaged beneficiaries.
- Generate funds to support the objectives, activities and outcomes of APD Nelson Mandela Bay in support of persons with disabilities.

How to get involved:

Donate R5,000 to purchase a wheelchair to be handed over to one of APD Nelson Mandela Bay’s disadvantaged beneficiaries.

Participate in a Roll Out Event

Attend a Roll-out Event on one Wednesday during August/September held at one of Gqeberha’s local Malls.

Register a team of two for the event to gain first-hand experience of what it feels like to have a disability throughout a series of interactive challenges within 67 minutes.

Association for the Physically Disabled (APD) – NPO 003-528 – B-BBEE Level 1

55, Paterson Road, North End, Gqeberha, Eastern Cape, South Africa

Contact number: +27 (0)84 586 7704 - Email: marie.sinhidge@apdnmb.org.za - Website: www.apdnmb.org.za

Facebook: www.facebook.com/APDNMB



Challenges include:

- Dress yourself - participants will race against each other and put an APD tracksuit on whilst seated in wheelchair.
- Oven Mitt Challenge: participants will attempt to write while wearing oven mitts, simulating the challenges faced by individuals with limited hand mobility.
- Mystery shop – giving participants an experience of navigating throughout the mall in a series of tasks and obstacles.

You will be invited to the FINALIE CELEBRATION at the Nelson Mandela Bay Stadium during the month of October 2025

To get involved contact Marie Sin Hidge on 084 586 7704 or email marie.sinhidge@apdnmb.org.za

Your support and contribution will make a meaningful difference in the lives of others.

Yours sincerely,



Cecilia Fourie

**Executive Director
APD Nelson Mandela Bay**



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