

We are very pleased to share with you the latest WoW! news.

In this Autumn edition we announce the WoW! Awards Ceremony Winners (in case you missed the event). We also feature stories of the exceptional work that WoW! Champions and their Groups are doing. There is also a Youth Month recipe competition to get the younger WoW! followers involved.

Stay Happy! Stay Healthy! Stay WoW!

2020 WoW! Awards Winners

Due to the COVID-19 pandemic, the 5th Annual WoW! Awards Ceremony was prerecorded and streamed on YouTube and the WoW! Facebook Group on 20 March 2021. The recording was done by a WoW! partner LiveMax Media and Streaming, at their studio in Cape Town.

The **Bronze Category** winners are:

Rylands Seniors Group (Athlone), Kasi Fitness (Blue Downs), Right to Care Caledon, Dare Devils, Dept. of Economic Development and Tourism (Cape Town), Dept. of Environmental Affairs and Development Planning, Lightning (Cape Town), WoW! Darling, Home Community Based Service Gansbaai CHW's, Genadendal Legal Info Desk WoW!, Right to Care Grabouw, Barcelona Boxing Club and Wellness (Gugulethu), Right to Care Fitness Fighters (Hawston), Woman Action Group Hermanus, Imizamo Yethu (Khayelitsha), The Grail, Mtimkhulu (Kleinmond), Macassar fit and fun for woman, Infectious Diseases Hospital WoW! (Malmesbury), Ilingeethu Community Group (Malmesbury), Dynamic Senior Social Club (Mitchells Plain), Valkenberg Hospital, Klein Drakenstein WoW! Group (Paarl), Riviersonderend WoW! Team, Nomzamo Community Day Clinic (Strand), Right to Care Villiersdorp.

The **Silver Category** winners are:

WoW! Staff Wellness (Atlantis), Team WoW! Beaufort West, Guinea Fowl Stikland Hospital, SUNWELL WoW! (Cloeteville), Philani / Zama-Zama WoW! Group (Khayelitsha), VHC Langa WoW!, Macassar Wellness WoW! Worksite Group, Macassar Wellness WoW! Community Group, Feminique Fitness Club (Mfuleni), Diabetic Support Group (Mitchells Plain), Pillars of society (Mitchells Plain), Mitchells Plain Community Health Clinic Staff, Nyanga Healthy Lifestyle Club, STROHAB & POW WOW (Retreat), Angels (Swellendam), Westlake United Church Trust (Tokai).

The **Gold Category** winners are:

Athlone Gym, Bonteheuvel Walking Ladies, Gugs WoW! Divas (Gugulethu), Siyazama Church Group (Khayelitsha), Inenceba WoW! Group (Khayelitsha), New Flats WoW! (Langa), Mhani Gingi (Manenberg), Cape Area Arthritis Club & THIRST-Day (Retreat), Hessequa Restore Total Wellness (Riversdale), Villiersdorp WoW! Group.

COVID-19 Responder Award Winners:

Lillian Masebenza; Vuyiseka Tekwana (Mhani Gingi), Soraya Salie, Carmen Steyn, Samantha October, Bernadette Humphries, Rugaya Davids (Bonteheuvel Walking Ladies), Ursula Griffiths (Abbotsdale).

Wellness Innovator Award Winners:

Bradley Bailey (Athlone Gym), Dina-Marie Dwyer & Chanel Louw (Hessequa Restore Total Wellness, Riversdale), Levona Johnson (THIRST-Day, Retreat CHC), Nonzaliseko Nkohla (New Flats WoW! Group, Langa), Zolile Vincent Vena (Siyazama Church Group, Khayelitsha), Rosie Khumalo-Lande (VHC Langa WoW!).

Youth Month Recipe Competition

2 Lucky Draw winners will each receive a R100 shopping voucher. Send your recipes (as many as you like), by 15 July 2021. Winners will be notified end-July 2021.

Criteria:

- The competition is open to children 18 and below, with the assistance of a parent/guardian.
- Recipes must be affordable, easy to prepare and healthy.
- Recipes must be original. Acknowledge original source if adapting a recipe.
- Can be for any season and any type of dish (sweet/savoury, breakfast, lunch, dinner, or snacks).

Note:

- Safety first. Recipes should be tested under adult supervision.
- Include a picture of the final dish with the recipe.
- All recipes that meet the qualifying criteria will all be entered into the lucky draw. The winners will be contacted mid-July '21.

How to submit your recipe(s):

- WhatsApp: 0663906646
- Facebook: WoW! WesternCape on Wellness
- Email: wow@westerncape.gov.za

Farewell

Dr Frederick Marais, the WoW! Programme Manager has resigned from the Dept. of Health. His farewell messages to everyone:

"It has been a great honour and privilege to co-create the WoW! Movement with you since 2015. Thank you for teaching, guiding and encouraging me on our journey. Our challenging and good times, achievements in health and wellbeing, happiness and togetherness will travel forever with me on my life journey. Thank you for shaping and changing my life in so many ways.

Your commitment, determination and passion for change are amazing and an inspiration for all of us to live with kindness, compassion and meaning.

Thank you for being a true Champion. Most of all, thank you for being the beautiful you! With deep gratitude, admiration, and very best wishes.



Healthy WoW! Recipe of the Month: Sweet Potato and Lentil Soup

INGREDIENTS:

- 2 tbsp canola oil
- 1 medium onion, finely chopped
- 1 large clove fresh garlic, finely chopped
- 1 thumb-sized piece - root ginger, grated
- 1-2 fresh chillies, chopped (Add chilli according to taste.)
- 1lt vegetable stock (2 stock blocks with 1L boiling water)
- ½ tsp turmeric powder
- ½ tsp garam masala
- 400g sweet potatoes – purple skinned, peeled and chopped (3 medium sweet potatoes)
- 100g red lentils (uncooked) - Dhal
- 1 tbsp coriander powder

METHOD:

1. Braise the onion, garlic, chilli and ginger in the oil for a few minutes until glossy and starting to brown.
2. Add your spices and allow to continue braising for a few minutes, stirring occasionally and adding a little water as needed to prevent sticking.
3. Add the red lentils and sweet potatoes to the pot and stir for a minute.
4. Add the stock, stir through, close the pot and allow to simmer for about 10 minutes.
5. Reduce the heat and cook gently for a further 20 - 30 minutes or until everything is soft.
6. Blend until smooth or leave a bit chunky if you prefer.

NOTES:

1. Red lentils can be replaced with brown lentils. Cook brown lentils according to the cooking instructions until soft before adding to the pot.
2. Check the seasoning before serving. Try some fresh coarse black pepper, fresh coriander or lemon juice to enhance the flavours instead of salt.

Serves: 2 people
Serve with toasted bread or croutons.
Source: Draft WoW! Recipe Book



WoW! Activities

West Coast Wellness Day

WoW! Champions at the DoH West Coast District Office in Malmesbury facilitated a Staff Wellness day in April. Members participated in fun physical activities and got their basic health screening done.



Elsies River CHC Wellness Day

To boost morale ahead of the vaccine rollout, Elsie's River CHC held its very first Staff Wellness Day in May. The day was attended by 50 staff members and focused on physical activity for a healthy mind and body.



Healthy Lifestyle Training

Eleven women from NGO's and FBO's in the Ocean View area attended the 1st Healthy Lifestyles Flipchart training. These women are now equipped to promote healthy lifestyles in their community.



Philani WoW! Food Gardens

The WoW! Champions from the NPO Philani, participate in the food gardens at the facility.

The vegetables that they harvest is used at the creches that the Philani Nutrition Centre supports.



Hlumanani WoW! Food Garden

Buyiswa Nini, Champion of the Hlumanani WoW! Group in Khayelitsha, is leading by example with her African Grower vegetable garden. Other group members have also started vegetable gardens in containers.



Food Garden Testing Project

The African Greenhouse Food Grower System will be tested at Stikland Hospital and Mitchells Plain CHC through the WoW! Groups based there. The system will also be tested at a facility in one of the Rural Health Districts.



COVID-19 Research Study

Cape Town residents who were exposed to and/or diagnosed with COVID-19, are invited to take part in a Participatory Action Research (PAR) study. For more info contact: Litha Mtabhanga 0647555956 or 021483 8842/9963.



Greetings to the WoW! Community in Cape Town!
Invitation to Join a Study on Your Personal Experiences of COVID-19.

You are invited to participate in a Participatory Action Research (PAR) study. You can teach us a great deal about your personal experience of being exposed to and/or diagnosed with COVID-19. Your input would be greatly appreciated.

Great4Diabetes

Do you or someone you know have Type-2 Diabetes? Subscribe to the free Great4Diabetes education programme via WhatsApp. Save the number 087 240 5094; then WhatsApp "Hi" and follow the instructions.



WHATSAPP DIABETES EDUCATION PROGRAM
To help reduce risk of severe coronavirus and complications from diabetes
Available in English, Afrikaans and isiXhosa

WhatsApp "Hi" to 087 240 5094 to get information at your fingertips

Kind Heart Bench Project

WoW! Champion Bradley Bailey relaunched The Kind Heart Bench Project at Grootte Schuur High School. The bench means 'you matter, I see you, I hear you' addressing peer pressure, bullying and promoting mental health.



How to join the WoW! Movement

- * Visit the **website** www.westerncape.gov.za/wow for information/tips, healthy and delicious recipes and much more.
- * **Become a Wellness Champion** and **start a WoW! Group**. Email wow@westerncape.gov.za for more information.
- * Subscribe to the **WhatsApp platform** and receive three healthy lifestyles-promoting messages per week.
* **To subscribe to WhatsApp:** Send "Join WoW!" with your name and surname to 066 390 6646.
- * Join the Facebook Group: **WoW! WesternCape on Wellness**

Valued WoW! Partners

(in alphabetical order)

44ten Media	Pain Management Unit Anaesthesia and Perioperative
Age-In-Action	Medicine
Bfit	Nutri-Reset
BLAC	Perfect Fit 360
Bonteheuwel Walking Ladies	Pharma Dynamics
Capsicum Culinary Studio	Philani
Caring Network	Proveg International
Chrysalis Academy	PAN South Africa
Coconut Jazz	Qhubeka
CoCT (City of Cape Town)	Radio786
Consulate General of India	Rennie Property
CPUT (Cape Town University of Technology)	Right to Care
DeafSA	Rusthof Old Age Home
Die Son	RX Radio (Red Cross Children's Hospital Radio)
Eskom	SACLA
Fresh Life Produce	SASP (South African Society of Physiotherapy)
Fuller Music	SHAWCO
Green Monday SA	Sinovuyo Old Age
Heart & Stroke Foundation South Africa	South African Health Qigong Association
Humane Society International	SSISA (Sports Science Institute of South Africa)
iKyaya Loxolo Old Age Home	SU (Stellenbosch University)
Infection Control Africa Network (ICAN)	SUNWELL
Iziko Museums South Africa	Sweet Life
Jazzart Dance Theatre	TB/HIV Care
Keletso	The Health Foundation South Africa
Khet'Impilo	The Mhani Gingi Trust
Livemax Media & Streaming	The Truth About Relationships
Metrorail	Touching Nations
New Flats Langa	Ubuntu Touch Project
NWU (North West University)	UCT (University of Cape Town)
OCAL Global	UWC (University of the Western Cape)
Omega Bonteheuwel	Your Wellness Matters/44ten Media

Keeping an inclusive approach, new partners with commitment and expertise in the field are welcome and encouraged to join the growing partnership.