



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

In this Summer edition we feature stories of the exceptional work that WoW! Champions and their Groups are doing. Follow WoW! on Facebook at WoW! WesternCape on Wellness and signup for the ongoing monthly healthy lifestyles promoting campaigns on WhatsApp 0663906646.

Stay Happy! Stay Healthy! Stay WoW!

Wellness Team Update

As many of you may know the Wellness Team has evolved.

The Wellness team now focuses on integrated Health Promotion, which includes social mobilisation and all the dimensions of Wellness.

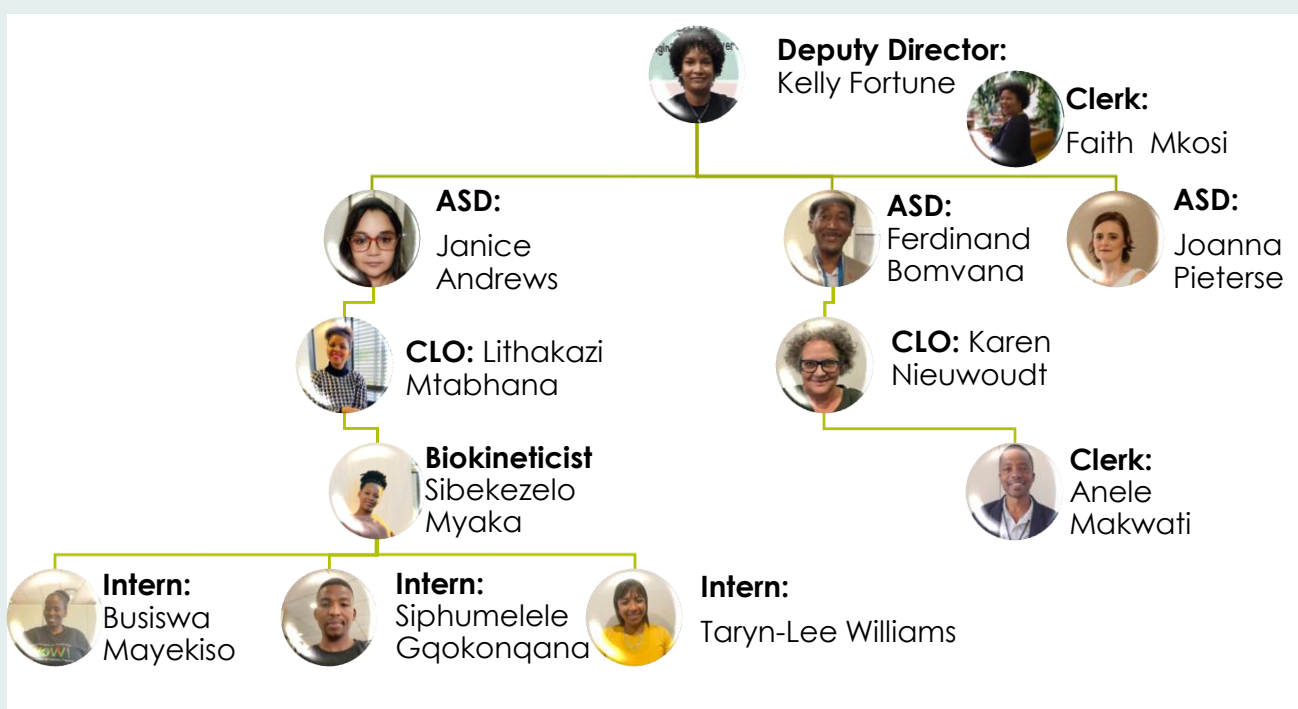
The WoW! programme is one element of this and is a key lever. Collectively the team will continue to mobilise for a reduction in infectious diseases such as HIV and Tuberculosis (TB), improving healthy lifestyles with a focus on non-communicable diseases (NCD's), partner and support to prevent injuries and violence, strengthen women's health, improve mental health as well as improve maternal and child health embedded in a life course approach.

You may be wondering what all this means and may feel like you haven't heard from us all that much in the past few months. All because we were reflecting on WoW! best practices, lessons learnt and what we can do more, better, different. Look out for more information and innovations in 2023.

We hope that the last days of December 2022 are filled with happy times shared with loved ones. Let us celebrate and find joy in all the season brings as we build forward stronger, together.

Yours in Wellness

The Wellness Team:



WoW! Activities

HIV, TB and GBV awareness

The UNICEF truck visited the Knysna and Bitou Sub-Districts in the Garden Route to do HIV and TB testing and screening, and information sharing on PrEP, Gender Base Violence (GBV) and COVID-19.



WAD & GBV awareness

The Department of Health Khayelitsha Eastern Sub-Structure (KESS) office and partners commemorated World AIDS Day (WAD) and 16 Days of Activism for no violence against women and children.



Awareness in Bonteheuwel

The Bonteheuwel Walking Ladies WoW! group hosts a variety of events. Recently they held an event to commemorate World AIDS day and the 16 Days of Activism for no violence.



CHW's Diabetes Awareness

The Wellness Champions and other Community Health Care workers (CHW's) in Swellendam held various events to create awareness about diabetes, breast cancer, WAD and GBV.



Know your diabetes status

The Wellness Team supported diabetes awareness events in November at Groote Schuur Hospital, Lentegeur Hospital with the KMPSS team and at Retreat CHC through very successful partnerships.



Men's Health in Paarl

A Men's Health Awareness Event was held at TC Newman CDC in Paarl. Various services were on offer, including some fun WoW! activities. MEC Mbombo encouraged men to go for regular health screening.



Wellness Promotion in Delft

The Delf Community Health Centre (CHC), Wellness Champion and partners hosted an open day to showcase available services and to promote wellness amongst community members and staff.



Wellness Champion Training

More than 50 people attended WoW! Wellness Champion training in November. These champions are getting ready to start their WoW! groups and to promote wellness.



National Nutrition Week

To commemorate National Nutrition Week (#NNW2022), the management and staff at Red Cross War Memorial Children's Hospital completed a 2.5km WoW! fun walk to link good nutrition with physical activity.





WoW! Activities

Mental Health Awareness

The WoW! group at Stikland Hospital continue mobilising wellness for staff, patients and the community. In October, they hosted a walk to raise awareness about the importance of mental health.



Breast Cancer Partnerships

The Wellness team supported a breast cancer awareness event in Mitchells Plain with CANSA, Lovelife and the City of Cape Town Health Department. Breast examination and information sharing was offered.



Door-to-door awareness

The Community Health Care Workers (CHW's) in Rondoniskrik, Barrydale took health services to the community through their door-to-door breast cancer awareness campaign focusing on women young and old.



WoW! Seniors of Bridgton

The Bridgton WoW! group in Oudtshoorn caters for the wellness needs of senior citizens. In the picture below the members are showing-off the blankets, and knitted items they created.



Bishop Lavis on Wellness

The Bishop Lavis on Wellness group offers their members a variety of activities to promote their overall wellness. They recently went for a walk in Tokai Forest in Cape Town.



Staying active in Blanco.

Blanco Sonskynhoekie WoW! group (near George) and partners arranged a fun filled, active session which saw 56 members participating in different exercises such as chair-based aerobics and stretching.



Growing their own

The Double WoW! group and partners at the Tehillah Community Centre has a magnificent vegetable garden at the facility. They share the produce with others and use it at soup kitchens.



Home Vegetable Gardens

The Hlumani WoW! group in Khayelitsha has several thriving home vegetable gardens which they manage to maintain, despite the many challenges with soil quality and weather conditions.



Kraaifontein Seniors

The Seniors Club in Kraaifontein meet on a weekly basis for activities, including physical activities such as dancing and other recreational activities such as singing competitions.



Healthy Recipe: Baby marrow parcels in foil on the braai.

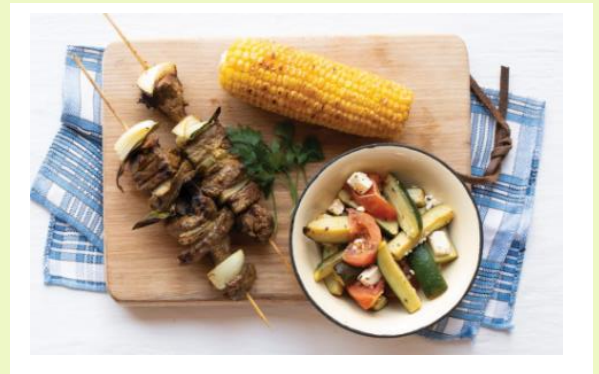
Ingredients

- 6-8 large baby marrows, halved and cut into quarters lengthwise
- 2 large ripe tomatoes, cut into wedges
- 1 slice feta, cubed
- 1 tbsp (15 ml) olive or canola oil
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) fresh thyme leaves or chopped fresh parsley
- black pepper to taste
- 8 large pieces of heavy-duty foil (about 25 x 25 cm each)
- extra thyme leaves or chopped parsley

Notes

- Serves 4
- 'Bake' in the cooler coals until tender.
- Other veggies like potatoes, whole onions or small sweet potatoes can be brushed with oil, seasoned with lemon juice, herbs and pepper and wrapped in a double layer of foil.

Source: www.heartfoundation.co.za



Method

- Place veggies and feta in a large mixing bowl. Add oil, lemon juice, herbs and pepper. Toss through to coat the veggies evenly.
- Place two pieces of foil together to make a double layer, shiny side towards the food. Divide veggie mixture between the pieces of foil and fold corners at the top, to make little closed-up parcels. Allow some space between the veggies and foil, to create space for the hot steam to move over the veggies.
- Place parcels over medium coals for 12-15 minutes or until the veggies are just cooked. Or place in cooler coals to the side of the braai and cook until done.
- Serve a parcel per person with more fresh herbs.

What to look out for in 2023.

- A wellness celebration ceremony will be held in early 2023. All WoW! Champions are requested to complete a short survey to assist us with the planning and the guest list for the event. Follow this link to the survey: <https://www.surveymonkey.com/r/WoWChampionsSurvey>
- The Wellness Team develops toolkits with useful information and key messages aligned with the Health Calendar. These toolkits are available on the WoW! Website under the resources tab.

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**