

We are very pleased to share with you the third quarterly newsletter. In this Autumn edition, we announce the 2019 WoW! Awards winners and share some tips on how to cope during stressful times and how to promote social wellness.

This lockdown period can be a difficult and stressful time for many. However, we encourage you to still make healthy choices as much as possible.

Stay Happy! Stay Healthy! Stay Home! Stay WoW!



World Health
Organization

Coping with stress during the Coronavirus outbreak.



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Social Wellness Dimension

Wellness is commonly viewed as having seven dimensions: Physical, Emotional, Intellectual, Social, Financial, Environmental and Spiritual. Each dimension contributes to our own sense of wellbeing and each dimension overlaps and affects the others. In this edition we focus on tips to promote Social Wellness.

Social wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

1. Make an effort to keep in touch with friends and family to get and give support.
2. Be thankful for the people you have in your life and tell/show them that you appreciate them.
3. Be tolerant of others regardless of their age, race/ethnic background, sexual orientation, gender or disability.
4. Develop an understanding of and respect for others' views.
5. Learn how to resolve conflict in a constructive way. There's no need for conflicts to become unpleasant or hostile.
6. Volunteering helps develop your sense of gratitude and empathy as well as being a way to meet like-minded people and develop new skills.
7. Finding groups that share an interest with you lets you share your knowledge and learn from others. It's a great way to make new friends, or just to learn something new.
8. Be empathetic with yourself and with others.
9. Keep a happy emotional state and spread hope.
10. Look for a way to adapt to new changes; and thank and appreciate others.

Be Inspired

Sharon Ncipa is a WoW! Wellness Champion from Gugulethu.

She started running in 2017 to lose weight and decided to join RCS Gugulethu Athletics Club for support. She convinced her husband and 2 sons (aged 16 & 20) to join her to also reap the health benefits. Running has since become a family hobby for the Ncipa's.

"Running keeps our family connected and healthy and our sons busy, protecting them from the dangers of this world."

"As a WoW! Champion, staying active is my lifestyle and doing it with my family is a blessing. Everybody must try to start being active as a family. The benefits are amazing!"



Healthy WoW! Recipe of the Month: **Spekboom, Chickpea and Tomato Salad**

INGREDIENTS:

- X2 400g can chickpeas, drained and rinsed (or cooked chickpeas)
- 250g baby tomatoes, halved
- 2 avocados, peeled, pitted and sliced
- ½ red onion, sliced
- 2 handfuls Spekboom leaves, rinsed
- salt to taste

For the dressing, mix together

- 1/3 cup olive oil
- 3 tablespoons apple-cider vinegar OR white-wine vinegar
- 1 tablespoon honey (or sugar)
- 1 tablespoon smooth mustard
- Ground black pepper to taste
- 2 sprigs flat-leaf parsley, roughly chopped

METHOD:

- Remove the chickpea shells and place in a salad bowl with the tomato, avocado, onion and Spekboom leaves, and pour over the dressing.
- Lightly mix and allow to rest for 2 to 3 minutes before serving.



Serves: 6 people
Preparation time: 15 mins

CREDIT:

- Recipe adapted from Jacques Erasmus on <https://taste.co.za/recipes/spekboom-chickpea-and-tomato-salad/>

WoW! Activities

2019 Awards Ceremony

The Annual WoW! Awards Ceremony took place on 20 February to recognise, celebrate and award the achievements of Wellness Champions towards promoting healthier lifestyles across the Western Cape.



Top Rural WoW! Group

The title of Top Rural WoW! Group was awarded to the Jolly Gymmers Group based in Riversdale.

The group is managed by Dina-Marie Dwyer and Chanel Louw.



Top Metro WoW! Group

The title of Top Metro WoW! Group was awarded to the Zama-Zama Community Group based in Khayelitsha Site C. The group is managed by Ntombohlanga Buzani, Nomabhaso Mtiki, and Thandiswa Mhe



Gold Rural Community Groups

- SUNWEL from Cloeteville
- Born to Move / Ride / Run from Paarl East
- Jolly Gymmers from Riversdale.
- WoW! Abbotsdale (outside Malmesbury)



Gold Rural Worksite Group

- Department of Health Villiersdorp WoW Group managed by Diatile Waluwalu and Magilo Clarke.



Gold Metro Community Groups

- Retreat Cape Area Arthritis Club
- Bontehuwel Walking Ladies
- Imizamo Yethu Khayelitsha Site B
- Zama-Zama Khayelitsha Site C
- Inenceba Kwezi, Khayelitsha Site B



Gold Metro Worksite Groups

- WoW! Groote Schuur Hospital
- Retreat Thirst-days, Retreat CHC
- Guinea Fowl Group at Stikland Hospital
- WoW! Macassar CDC



Special Recognition Awards

Department of Nursing and Midwifery, Faculty of Medicine and Health Sciences, Stellenbosch University.

Africa Unit for Transdisciplinary Health Research, Faculty of Health Sciences, North-West University.



Environmental Wellness

The ceremony also served as a platform to raise public awareness. This year the focus was on the #SpekboomChallenge, a national social media drive encouraging people to plant more Spekboom.



How to join the WoW! Movement

- * Visit the [website www.westerncape.gov.za/wow](http://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 Broadcast List** to receive three healthy lifestyles-promoting messages per week.
To subscribe: send a WhatsApp message "Join WoW!" with your **Name & Surname to 066 390 6646**.
- * Join the Facebook Group: [WoW! WesternCape on Wellness](#)

Valued WoW! Partners

(in alphabetical order)

44ten Media/Your Wellness Matters	Perfect Fit 360
Age-In-Action	Pharma Dynamics
Bfit	Philani
BLAC	Qhubeka
Bonteheuwel Walking Ladies	Radio786
Capsicum	Right to Care
Caring Network	RX Radio (Red Cross Children's Hospital Radio)
Chrysalis Academy	Rennie Property
CoCT (City of Cape Town)	Rusthof
Consulate General of India, Cape Town	SACLA
CPUT (Cape Town University of Technology)	SASP (South African Society of Physiotherapy)
DeafSA	Sinovuyo Old Age
Die Son	South African Healthy Qigong Association
Eskom	SSISA (Sports Science Institute of South Africa)
Fresh Life Produce	SSGC Projects
Fuller Music	SU (Stellenbosch University)
Great Commission Network	SUNWELL
Green Monday SA/Humane Society International	Sweet Life
Heart & Stroke Foundation South Africa	TB/HIV Care
Humane Society International	Teenactiv
iKyaya Loxolo Old Age Home	The Health Foundation
Iziko Museums South Africa	The Mhani Gingi Trust
Jazzart Dance Theatre	The Truth About Relationships
Khet'Impilo	Touching Nations
Metrorail/PRASA	Ubuntu Touch Project
New Flats Langa	UCT (University of Cape Town)
NWU (North West University)	UWC (University of the Western Cape)
Omega Bonteheuwel	Western Cape Government Departments

Valued WoW! Awards Ceremony Sponsors

Annieque, Cape Town Tangoeras, Goudini Spa, Montagu Trusted Quality Snacks, Sakhulwazi Women's Hub, SSISA

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

