



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

In this Autumn edition we feature stories of the exceptional work that WoW! Champions and their Groups are doing.

The Wellness team wishes all WoW! Champions a happy, safe and blessed Ramadan and Easter!

Stay Happy! Stay Healthy! Stay WoW!

WoW! Activities

World TB Day (Saldanha)

The Department of Health & Wellness hosted a community outreach in Louwville, Vredenburg. The purpose was to commemorate **World TB Day** and to support the efforts to End TB! The Wellness team led light physical activities and the wellness passport challenge to promote healthy lifestyle.



WoW! Champion Training

50 first year Nursing and Midwifery students from Stellenbosch University were trained to become WoW! Champions. This training forms part of their first-year foundation modules, focusing on being healthy themselves and advocating for health and wellness for those they will serve.



Abortion Appreciation Day

The Wellness team was invited to an appreciation day, hosted by the Sexual & Reproductive Health (SRH) and Abortion providers.

The Wellness team done the WoW! dance and light stretch exercises to promote body breaks during events and meetings.



Measles Campaign

The Wellness Team and the MEC's office launched the Measles Campaign in the Province (17 February-31 March).

A talk at Kleinlei Community Day Centre was held as well as door-to-door outreach in the Happy Valley area encouraging all parents to vaccinate their kids from age 6 months to 15 years.



TB Awareness Workshop

The Pillars of Society WoW! Group in Mitchell's Plain hosted a workshop to talk about tuberculosis (TB) awareness, which included TB prevention and management.



Bonteheuwel Ladies

The Bonteheuwel Walking Ladies WoW! group makes physical activity fashionable. They do beach walks on Saturday mornings as part of their exercise routine.





WoW! Football players

The newly trained WoW! Champion Yonela 'Leo' Mangaliso has an amazing football team of young boys and girls in Khayelitsha. His aim is to keep them active and focused to make sure they stay away from substance abuse and crime.



WoW! Garden

Nonzaliseko Nkohla is one of the champions from Langa. She runs a community garden that produces fresh vegetables that she shares with her community. She gets support from the urban rural development committee.



WoW! Feeding Scheme

WoW! Champion Ursula Griffiths is running a feeding scheme for primary schools in Abbotsdale area.

"As the Wellness team we are not only teaching health awareness, but we also promote humility and caring".



HlUMANI WoW! Group

HlUMANI WoW! group members work very hard to eat healthy.

They grow fruit & vegetable gardens in the comfort of their homes, and they share with all group members and the Khayelitsha community.



Kraaifontein Seniors

Kraaifontein seniors WoW! group was visited by the City of Cape Town, on one of their regular Active Mondays.

These Seniors gathered every Monday to remind each other about the importance of Moving More and Sitting Less.



WoW! Charity Drive

WoW! Champion, Shanaaz Parker, co-ordinated a charity drive and managed to collect 200 "pre-loved" handbags filled with sweets and toiletries.

Bags collected were gifted to four women's shelters. "Fitness with a cause", she says.



WoW! Food Gardens

A WoW! Club in Oudtshoorn led by Eshida May was visited by a Mrs Marais, a dietician. She supported their food garden with seeds.



WoW! Consistent Group

Consistent fitness WoW! group at Mfuleni & Bardale Village is doing an amazing job in promoting the WoW! programme! through physical activities.



WoW! Awards Ceremony

Update

In December the Wellness Team conducted a survey to find out how WoW! Champions and their groups are doing and how the team can be of support.

Findings has informed a shift in approach based on WoW! champion needs.

As such, the team has reflected and will follow a more connected, one on one recognition and appreciation approach. Therefore, there will not be one single event, however a series of appreciation and recognition visits.

Watch this space for more information.



Healthy Recipe: Spicy Somp & Beans

Ingredients

- 1 cup (250 ml) uncooked somp
- 1 cup (250 ml) dried sugar beans
- 2 bay leaves
- 2 tsp (10 ml) sunflower oil
- 2 onions, chopped
- 4 carrots, sliced
- 1 tbsp (15 ml) curry powder or to taste
- 3 tomatoes, chopped
- ¼ medium cabbage, cut into strips
- 4 spinach leaves, cut into strips
- 1 tsp (5 ml) salt
- lemon juice and black pepper to taste

Notes:

Add 300g stewing beef, fat removed to the somp and beans and cook together. Follow the recipe as above and increase the curry powder to taste.

Source: <https://heartfoundation.co.za/recipes>



Method

- Soak somp and beans overnight in enough water and drain well.
- Place in a large pot with bay leaves and cover with 4 cups fresh water. Bring to the boil, reduce the heat. Cover with a lid and simmer for 2 hours or until tender. Add more water if necessary.
- Heat oil in a pot and fry onions, carrots and curry powder.
- Add tomatoes and simmer for 10 minutes.
- Drain somp and beans if necessary. Add with cabbage, spinach and salt to onions and simmer for another 10 minutes.
- Season to taste with lemon juice and pepper and serve warm.

What to look out?

- WoW! Appreciation & Recognition visits.
- WoW! Champion Training.
- Evaluation of food gardens and focus groups with WoW! Champions.
- Wellness Videos Launch.

Commemorative Days in the 1st quarter- April – June 2023

- World Day for Physical Activity
- World Health Day
- World No – Tobacco Day
- Children and Youth Month
- World Hypertension Day
- Global Wellness Day

How to join, grow and sustain 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.
To receive key messages and information linked to promoting healthy lifestyles.

* Join the **WoW! Champion WhatsApp group** to engage with other Champions and the Wellness team (exclusive to trained WoW! Champions)

* Join the Facebook Group: **WoW! Westerncape On Wellness**