

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

In this Spring 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 spring season.

**Stay Happy! Stay Healthy! Stay Well!**

## WoW! Activities

### RED CROSS RELAY RACE

Western Cape on Wellness! (WoW!) participated in the Annual Relay Race hosted by Red Cross War Memorial Children Hospital in Rondebosch. The WoW! Team partnered with the Sport Science students from Cape Peninsula University to conduct the wellness passport exercise challenge. The WoW! table was visited by 52 participants.



### STAFF WELLNESS DAY

WoW! participated in the Staff Wellness Day hosted by Hanover Park Community Health Centre management. The WoW! Team set up an information table and conducted exercise challenges, including a 1-minute skipping and 1-minute push-ups. The WoW! table was visited by 19 participants.



### WOW! GOODWOOD CDC

At the Goodwood CDC, WoW! Champions hosted a wellness day where they taught community members about the following topics:

1. Living Well with Diabetes.
2. Promoting a Healthy Brain and Body.



### WOW! FOCUS GROUP CONNECT

WoW! conducted focus group discussions with champions from various districts in the Western Cape, including the Metro, Overberg, and West Coast. The purpose of these discussions was to strengthen operational research, evaluating the reach, effectiveness, and impact of the program aiming to explore scaling up and sustainability.



### KINETIC BRAVE HEARTS CLUB

Karl Bremer Hospital launched their WoW! Group 'Kinetic Brave Hearts' (KBH). The WoW! Wellness team hosted an information table and participated in the activities, such as Zumba dance and a wellness walk.



### RURAL WOW! TRAINING

The Wellness team conducted WoW! Champion training in the Garden Route, West Coast, and Cape Winelands District. The total number of newly trained champions is 118.





## LANGEBERG SUBDISTRICT

Our newly trained WoW! Champion, Frederick De Bruyn, is using the knowledge he gained from the WoW! Training to assess the 8 dimensions of wellness with his colleagues.



## WOW! IN SOUTH KOREA

WoW! Champions, Abigail, and Natalie from the Bonteheuwel Walking Ladies represented WoW! in South Korea at the World Peace Summit as Peace Ambassadors for the International Women's Peace Group Corporation.



## JOLLY GYMMERS WOW! CLUB

The Jolly Gymmers WoW! Champions in Hessequa celebrated International Coastal Cleanup Day by cleaning Gouritsmond Beach, emphasizing the importance of environmental wellness.



## NYANGA HEALTHY LIFESTYLE

Our WoW! Champion Khonza Mxiwa and his group members conduct walks within their community where they also invite children to participate.



## WCRC WOW! CLUB

WoW! Champions from the Western Cape Rehab Centre (WCRC) in Lentegeur are actively promoting wellness among the facility staff members.  
Be Healthy! Be Well!  
Be WoW!



## MOSSEL BAY EMS GROUP

EMS WoW! Champions are keeping fit by participating in netball competitions, emphasizing the importance of moving more and sitting less.

"Move More, Sit Less!"



## SONSKYNHOEKIE WOW! CLUB

The WoW! team visited the Sonskynhoekie WoW! Club in Blanco. This amazing group is primarily composed of senior females, with one gentleman. They are all physically active, and they share a deep bond of friendship for each other and passionate about Wellness.



## ATHLONE WOW! GROUP

The Athlone Gym and Line Dancing WoW! Champions performed for the seniors at the Athlone Civic Centre lunch. This group comprises of seniors who are doing their part to keep active, through dancing.



## BWL WOW! GROUP

The Bonteheuwel Walking Ladies (BWL) visited Mimosa Primary School and initiated a Peace Garden by planting sunflower seeds, driven by their love for nature and the environment.

Stay WoW!





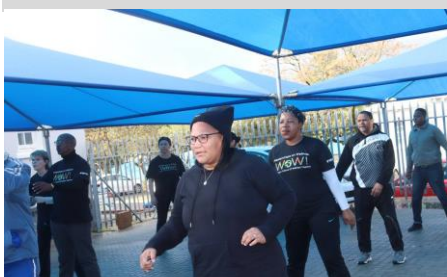
## BRIDGTON ELDERLY CLUB

WoW! Champions from Bridgton Elderly Club are harvesting fresh veggies from their own vegetable garden to provide for their families and the community at large. Healthy eating is one of the ideal ways to maintain a healthy weight and a healthy shape.



## WEST COAST DISTRICT OFFICE

The Wellness team visited the West Coast District Office WoW! Champions group to show their support, the visit included a 30-minute aerobic exercise and the sharing of best practices.



## MZAMOMUHLE WOW! GROUP

Our newly trained WoW! Champions from Kwa Mzamomuhle in George are actively promoting wellness by educating elders from the area about healthy lifestyles.



## VURES HEALTH WELLNESS CLUB

Rosie Khumalo, a WoW! Champion in Langa, is doing an amazing job in promoting wellness through physical activities, including aerobics and box steps, in the Langa area. She is a spark plug for change!



## DIABETES SUPPORT GROUPS

The Mitchell's Plain Diabetes Support Group & WoW! Champions held their annual Women's Day celebration with an African theme to promote cultural diversity and Ubuntu!



## OUTREACH PROGRAM

WoW! Champion Salaama Abrahams and her group conducted outreach programs, which involves wellness screenings and health education talks focused on promoting healthy eating habits.



## U=U CAMPAIGN

The Wellness team participated in the Undetectable=Untransmissible (U=U) campaign launch in Mitchells Plain. The event was supported by MEC for Health and Wellness, Nomafrench Mbombo & Head of Department Dr. Keith Cloete.

For more information visit [www.westerncape.gov.za/UequalsU](http://www.westerncape.gov.za/UequalsU)



## DOUBLE WOW! CLUB

WoW! Champions hosted an event at Balvenie Primary School in Elsie River, educating scholars on living healthy lifestyles. Activities included the distribution of sanitary towels to female scholars.



## VANGUARD CHC

The Wellness team & the Bonteheuwel Walking Ladies WoW! Champions participated in the Nelson Mandela Day event hosted by Vanguard CHC. The Team engaged in the group physical activity with staff and patients. A cleanup activity was led by the office of the Premier.



## Healthy Recipe: Lemon and Herbs Chicken

### Ingredients

- |   |  |
|---|--|
| ✚ 500g chicken breast                           | ✚ (1 tablespoon for rub, 1 tablespoon for cooking) |
| ✚ 2 teaspoon lemon zest                         | ✚ 1 lemon  |
| ✚ (1 teaspoon for rub and 1 teaspoon for sauce) | ✚ ½ cup of chicken stock                           |
| ✚ 1 ½ teaspoons dried Italian herbs             | ✚ 2 garlic cloves, smashed                         |
| ✚ ½ teaspoon dried thyme                        | ✚ 1 tablespoon all-purpose flour                   |
| ✚ ¼ teaspoon salt                               | ✚ 1 tablespoon butter                              |
| ✚ 2 tablespoons canola oil                      |  |



Source: WoW! Recipe book.

### Method

- ✚ Heat oven to 200 degrees Celsius.
- ✚ Combine, 1 teaspoon of the lemon zest, Italian herbs, thyme, salt and 1 tablespoon of the canola oil in a small bowl. Use fingers or a brush to coat chicken on both sides with the mustard rub.
- ✚ In another bowl or measuring jug, combine remaining lemon zest (1 teaspoons), lemon juice and the chicken stock. Set aside.
- ✚ Heat the remaining tablespoon of oil in a large oven-safe skillet or frying pan over medium heat. Add the smashed garlic then cook about 1 minute or until you can smell toasted garlic and the garlic has browned around the edges. Remove and discard the garlic but leave the oil.
- ✚ Add the chicken, skin-side down, into the hot garlic-infused oil and cook 2 to 3 minutes on both sides to brown and seal the chicken the flavours into the chicken.
- ✚ Add the lemon juice mixture and slide the pan into the oven and bake 25 to 35 minutes
- ✚ Remove pan from oven then transfer the chicken to a plate and cover with aluminium foil. There should still be liquid in the pan. Place the pan over medium heat and bring the liquid to a gentle simmer.
- ✚ In a small bowl, use your fingers to mix butter and flour together, making a dry, crumbly paste. Whisk the flour and butter into the sauce. The sauce will thicken slightly and look glossy. Nestle the chicken back into the pan then serve on plain rice.

### What to look out?

- WoW! Kit Box distribution.
- WoW! Recognition gift delivery
- WoW! Programme Evaluation (focus group) feedback
- WoW! Close out report
- WoW! Champion connects

### Commemorative Days in the 3<sup>rd</sup> quarter: October - December 2023

- Mental Health Awareness Month in October.
- National Nutrition Week (9-15 October)
- Stroke Awareness week 29 October -3 November.
- Men's Health Month in November.
- Diabetes Awareness Week/Month in November
- 16 Days of activism for no violence against women and children (25 November -10 December).
- World Aids Day on 1 December 2023).

### How to join, grow and sustain 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](mailto: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**