



Dear WoW! Champions

Greetings with boundless excitement! As the sun graces us with its golden warmth, we're thrilled to unveil the vibrant pages of our summer edition WoW! Newsletter. In these stories, we dive into the heart of the extraordinary work that WoW! Champions and their Groups are accomplishing, showcasing the magic that unfolds within our remarkable communities.

As the year unfolds, we find ourselves on the brink of a joyous season. The Wellness team extends heartfelt wishes for a blessed festive season and a Happy New Year to each WoW! Champion. May your days be filled with laughter, love, and the warmth of shared moments.

Together, let's embrace the spirit of summer, fostering wellness with a sense of shared joy and accomplishment.

Stay Happy! Stay Healthy! Stay WoW!

WoW! Activities

WORLD AIDS DAY

The Wellness team participated in a World AIDS Day (WAD) event held in Langa and led the WAD event at Khayelitsha District Hospital. The theme resonated deeply with our mission - **"Let Communities Lead."** On both days, the target audience was youth, with the intention to increase awareness, celebrate achievements and collaborate and unite in efforts to reduce the impact of HIV and TB



MEN'S HEALTH EVENT

The Wellness team participated in Men's Health Day; a significant event hosted by MEC Dr. Nomafrench Mbombo at Nyanga CHC on November 21, 2023.

The primary goal of this initiative was clear: to empower men by disseminating crucial information about their health and well-being.



YOUTH FRIENDLY SERVICES

We are thrilled to share the exciting news of the Wellness team's active participation in the launch of the Adolescent Youth-Friendly Services at the Ruyterwacht CHC.

The event unfolded at the Florida School for Skills, creating a dynamic platform for meaningful engagement. Engaging with the youth was an absolute delight.



OPEN DAY: GRASSY PARK

Grassy Park CHC held an Open Day on November 17, 2023.

The aim was to provide information to the public, raising awareness about the diverse services offered by the facility, and foster a sense of community ownership and pride in the hospital.

The Wellness team supported with a physical activity and shared more information about the WoW! programme.



BONTEHEUWEL WALKING LADIES

Bonteheuwel Walking Ladies' stellar participation in World AIDS Day event in Langa on November 30, 2023! These remarkable ladies took center stage, leading the physical activity session and captivating everyone with their WoW! Jabulani dance. Together, they showcased the true spirit of unity and community involvement.

Ladies ... you rock



DIABETES AWARENESS DAY

We are thrilled to share the success of our Wellness team's active participation in not one, but two impactful Diabetes Awareness Days on November 14th, 2023.

The events, hosted at Heideveld CDC and Bonteheuwel Multipurpose Center, became powerful platforms for education, connection, and community well-being.





STAFF WELLNESS DAY

We are excited to share the incredible success of the Staff Wellness Day hosted by the Bellville Health Park (BHP) Wellness Committee on November 10, 2023. This activation was meticulously designed with the singular objective of imparting heartfelt appreciation goes out to the BHP Wellness Committee for curating an experience that went beyond the ordinary.



CAROLINE FIBRE: WELLNESS DAY

The Wellness team participated in the staff wellness day hosted by Caroline Fibre management on 17 November 2023, in Tyger Valley, with the primary goal of increasing awareness of healthy lifestyles among staff members. This dynamic event drew the participation of over 50 staff members, creating a vibrant atmosphere of well-being and community, and shared commitment to healthier living.



RADIO ZIBONELE INTERVIEW

We're excited to share that our esteemed Wellness team representative, Sibekhezelo Myaka, took the community radio station airwaves by storm on 4 November 2023.

Sibekhezelo was invited by to discuss the critical importance of physical activity in addressing mental health issues, with a primary focus on youth.



MENTAL HEALTH DAY

Mental Health Wellness Days.

The first event took place at the Nursing College in Athlone on 26 October 2023. The second event, hosted at Lentegeur Psychiatric Hospital by Dr. Stella Makomiti from Khayelitsha Eastern Substructure on 30 October, 2023. The Wellness team actively contributed to the respective days dedicated to mental health awareness.



PROVINCIAL SPORT DAYS

We are thrilled to share the energetic success of the Wellness team at the recently held Provincial Government Sports Days across three diverse districts—Cape Metro, Cape Winelands, and the West Coast. These events were more than just competitions; they were vibrant celebrations of well-being, camaraderie, and community spirit.



WOW! CHAMPION CONNECT

WoW! Champions connect hosted by the dedicated Wellness team on 5 November 2023, at Lentegeur Psychiatric Hospital. This hybrid event served as a powerful platform to bring together WoW! Champions, fostering connections and igniting conversations. It was an inspiring exchange of ideas, best practices, and diverse perspectives on sustaining wellness in various settings.



KLIPFONTEIN WOW! GROUP

Klipfontein Mitchell's Plain Substructure celebrated National Nutrition Week and Mental health awareness by engaging in physical activities and showcasing a variety of food displays, emphasizing a balanced lifestyle approach.



BLANCO SONSKYNHOEKIE

The WoW! Champion seniors from Blanco had their first WoW! dance session. On the same day, they participated in First Aid training conducted by Mr. Glen Carolus. The session focused on providing guidance on dealing with stab wounds in the eye and arm, including a demonstration on the differences in bandages.



WELLNESS WORKSHOP

Mitchell's Plain Day Hospital Dietitians hosted a workshop for Community Health Workers (CHWs). They conducted PowerPoint presentations, engaged in exercises using online workout videos, and played board games to create an interactive and fun environment while promoting healthy eating and physical activity.





STIKLAND WOW! GROUP

The Stikland Hospital WoW! Group celebrated Mental Health Awareness with a Friday green walk, encouraging their colleagues to prioritize their well-being.



GARDEN ROUTE DISTRICT OFFICE

The Garden Route District WoW! Champions hosted a wellness day. Activities on the day included health screenings, exhibitions, indigenous games, physical activities, and a lucky draw.



OUTDSHOORN WOW! GROUP

The WoW! Champions from Oudtshoorn celebrated mental health and nutrition awareness together at Lategansvlei Farm. The health talk, delivered by Counsellor Ms. Michaels from Oudtshoorn, focused on the adverse outcomes of unhealthy lifestyles.



BRIDGTON WOW! GROUP

The Oudtshoorn WoW! Champions celebrated World AIDS Day 2023 by organizing a fun walk in Bridgton.

The day was guided by the theme:
"Community Leads."



MOSSSEL BAY WOW! GROUP

Mossel Bay WoW! Champions hosted a staff wellness day to address the emotional and financial well-being of the staff.

They also conducted, physical activity, exhibition and basic health screenings using the Wellness Monitor and the Passport.



DIABETES WOW! GROUP

The Mitchell's Plain Diabetes Support Group celebrated World Diabetes Day on the 9th of November 2023.

They shared diabetes literature and vegetables with the Mitchell's Plain community.



FRIEMERSHEIM WOW! GROUP

We're delighted to share exciting news from the Friemersheim WoW! Champions who have embarked on a journey of well-being! Physical activities will take place twice a week at their Satellite Clinic, showcasing a commitment to health.

Our heartfelt appreciation goes out to the Friemersheim WoW! Champions for taking the lead in fostering a culture of wellness.



HLUMANI WOW! GROUP

HlUMANi WoW! group recently embraced the great outdoors for an active Saturday! They conquered the heights of Table Mountain through a rejuvenating hiking adventure. The commitment to wellness displayed by the HlUMANi WoW! group is truly inspiring. Taking wellness to the mountains, they've not only elevated their own spirits but have set a vibrant example for our entire community.



BON VOYAGE

It is with mixed emotions that we bid farewell to remarkable members of the Wellness Team, Ms. Busiswa Mayekiso & Mr Ferdinand Bomvana. As they embark on new adventures, we take a moment to express our deepest gratitude for the incredible years dedicated to the team.

Thank you for invaluable contributions you have made to the Wellness Team.



Healthy Tips to Maintain Healthy Habits During the Festive Season:

1. **Ty to avoid attending gatherings on an empty stomach:** To prevent overeating or over-indulging on festive treats.
2. **Be Smart About What You Eat:** Include a healthy side dish to your main meal that has lots of low-energy dense-foods such as **salads or vegetables**.
3. **Pick Healthy Snacks:** Healthy snacks between meals help keep you full and energetic while also reducing cravings.
4. **Don't Miss Meals:** If you skip meals, you'll either end up overeating at your next meal or develop a yearning for fatty, sugary items.
5. **Drink Water before meals:** Drinking 330 ml of water fills you up as much as a 330 ml can of a soft drink, minus the calories. So instead, of a bottle of juice, a soda or an alcoholic drink. Drink water instead.
6. **Say 'Later' When You Have Trouble Saying 'No':** If you feel you can't say 'no', try saying 'later' instead.
7. **Eat slowly:** Eating more slowly puts you in control and helps you enjoy every mouthful, so you feel more satisfied and give yourself the opportunity to stop before you overeat.
8. **Sit to Eat:** It's easy to lose track of how much you're eating when you're grazing the holiday buffet while chatting with friends.
9. **Offer Healthy Dishes for Healthy Eating:** If you are the host, make things easier on your guests by offering healthier dishes. Such as plenty of vegetables, brown rice, whole wheat bread etc.
10. **Keep Moving:** Being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year.
11. **Hosting a fancy dinner or going on a shopping spree can impact your financial freedom.** It's important to stick to a budget to avoid overspending. For instance, allocate a specific amount of cash for your evening out, and once that is spent, it's time to head home.

What to look out for in 2024?

- WoW! connect: Spring into the new year Picnic
- WoW! Training Re-assessment and Training for those on the waiting list
- Distribution of Kit boxes
- WoW! refresh

Commemorative Days in October to March 2023

- Skin Cancer Awareness Month in February
- International Day for Persons with Disabilities in December
- Human Trafficking Awareness Month in January
- SunSmart Awareness Month in January
- Healthy Lifestyle Awareness Month in February
- Sexually Transmitted Infections in February
- TB Awareness Month in March
- Intellectual Disability Awareness Month
- Paediatric Surge Season Month in February - March

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**