



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

In this Winter 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 winter season.

## Stay Happy! Stay Healthy! Stay

*Please be advised that the kit boxes are yet to be procured for all newly trained champions.*

*The procurement will take place in the next few months and the process can take quite some time given the Supply chain prescripts.*

## WoW! Activities

### METRO CHAMPION TRAINING

The Western Cape on Wellness (WoW!) Team kicked off with the training of new WoW! Champions based on the needs analysis conducted. The training is currently taking place in Metro for the month of June 2023. Training in the Rural Districts will commence in July 2023.



### GLOBAL WELLNESS DAY

The Bonteheuwel Walking Ladies in collaboration with WoW! Too much Wi-Fi organisation, Bonteheuwel Zumba and The International Women's Peace Group, gathered at the David Profit Street Peace Gardens & Gym park to celebrate Global Wellness Day. They spent 2 hours doing fun physical activities to commemorate the day.



### HLUMANI WOW! GROUP

Hlumaní WoW! Group commemorated the Global Wellness Day by visiting senior citizens in Khayelitsha.

The event included physical activities, health education awareness and talks on healthy lifestyles.



### WORLD NO-TOBACCO DAY

The WoW! Team was invited to celebrate World No-Tobacco Day in Khayelitsha CHC, on the 31<sup>st</sup> of May. The purpose was to raise awareness about the dangers of using tobacco products and what people can do to protect the right to health and healthy living for themselves and for future generations.



### THE KIND HEART BENCH

The Kind Heart Bench Project, in partnership with Safer Spaces, WoW! Hope House Counselling and SADAG aims to spread awareness around the importance of mental health. Unveiling of the Kind Heart Bench, Retreat Railway Station, Tuesday 30 May 2023



### MOVE FOR HEALTH

The Western Cape Department of Health & Wellness was invited to the Global Move for Health Day that was hosted by the National Department of Sports, Arts & Culture. The purpose was to raise awareness of the benefits of physical activity in the prevention of non-communicable diseases (NCDs).





## BRIDGTON ELDERLY WOW! CLUB

Bridgton WoW! Group has been doing door to door wellness since October 2022 to reach out to their community. Monthly they conduct in house basic health screenings. Challenges identified in their community is HIV & TB, Cancer, Poverty, GBV & Teenage pregnancy.



## KHAYELITSHA CHC

Khayelitsha CHC WoW! Champions celebrated the World Day for Physical activity to activate the WoW! Group in Site-B Clinic and to remind the facility staff members about the importance of moving more and sitting less.



## GARDEN ROUTE DISTRICT

The Garden Route District Office celebrated the World Day for Physical Activity in collaboration with Virgin Active. The day is celebrated every year on the 6th of April to raise awareness of the importance of physical activity.



## STIKLAND WOW! GROUP

Stikland WoW! Group celebrated World Day for Physical activity with a brisk morning walk. Hospital CEO, **Lynette van der Berg** took the lead to invest in the health of staff members. "Let's keep on moving more and sit less".



## DIABETES SUPPORT GROUP

Mitchell's Plain Diabetes Support groups were visited by The Heart and Stroke Foundation, offering free glucose and cholesterol testing to all group members.



## RIVERLANDS WOW! GROUP

WoW! Group in Riverlands spread love and kindness by handing out food parcels to disadvantaged families within their community. They also sponsored 5 learners with stationery packs at St. Micheals Primary School.



## WOW! LABOUR RELATIONS

Godfrey Macapella a WoW! Champion from Groote Schuur Hospital, who is now based in Stikland, has managed to build his wellness family in his new workplace! They do group physical activities during work breaks or after work.



## WOW! FACTORS

Edwina De Jager a champion based in Delft is doing a great job as an influencer at Delft South Clinic where she educates patients about the importance of healthy living. In picture below she can be seen handing out winter clothes & soup.



## FAREWELL

The Wellness Team bids farewell to **Ms Taryn-Lee Williams** and **Mr Siphumelele Gqokongqana** on their new adventures. Thank you for being great co-workers and teammates. The team will miss working with you and wish you continued success in your career.







## Healthy Recipe: Creamy Butternut Soup



### Method

- ✚ Peel and pip butternuts and cut into chunks of around 5cm long.
- ✚ Peel and cut the onions very thinly.
- ✚ Chop the garlic rather thinly or press the garlic into a press.
- ✚ Halve the pepper or green chilies jalapeño and pick all the pips out. Chop the very fine green flesh.
- ✚ Place the onions, garlic and chilies in a saucepan over moderate heat into the melted butter and cook until the onions are soft and translucent. Remove the chicken stock and the lemon juice and combine until well mixed.
- ✚ Add the butternut water and cubes and simmer until the soup is thick and all the ingredients combine well for about 1 hour. Liquidise with a food processor.
- ✚ Serve hot. Swirl a tablespoon or two of fresh cream into the centre of each bowl of soup just before serving.
- ✚ **Optional:** Garnish with raw or toasted pumpkin seeds.

### Ingredients

- ✚ 1½ butternut squash
- ✚ 2 large brown onions finely chopped.
- ✚ 3 small garlic cloves finely chopped.
- ✚ 500 ml chicken stock
- ✚ 1 teaspoon lemon juice
- ✚ 250 ml water
- ✚ 3 small strong green chilies, no pips, finely chopped (**optional**).
- ✚ 1 tablespoon melted butter
- ✚ 250 ml fresh pouring cream

Source: [www.thesouthafrican.com](http://www.thesouthafrican.com)

## What to look out?

- Wellness Videos Launch.
- WoW! Champion training in Rural Districts.
- Recognition Visits
- WoW! Training evaluation
- WoW! Survey report

## Commemorative Days in the 2<sup>nd</sup> quarter: July– September 2023

- National Women's Month.
- World Breastfeeding Week.
- Heart Awareness Month.
- World Heart Day.

Visit the WoW! website for information, education and communication material such as toolkits, and leaflets to support activities on various commemorative days and share your stories on the WoW! Facebook group.

## 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**