

# organic

MAR  
2022

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## WOZA MOYA

— NEWSLETTER —



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## HUMAN RIGHTS MONTH

March is Human Rights month in South Africa. We are one of the most unequal societies in the world and Covid 19 has fundamentally affected the lives of many South Africans and highlighted the different realities that people experience thus expanding systemic inequalities. Woza Moya encourages active citizenship, helping vulnerable and marginalised people to speak out. The Afterschool Programme team hosted Human Rights Day where Children engaged in focus group discussions, debates and various activities. The aim was to bring more awareness to Human Rights issues.

## TALENT SHOW AT KWAMTHAKATHI

Woza Moya hosted a youth talent show at Mthakathi Hall. Ufafa Valley community members gathered to witness the show and to celebrate Human Rights month. We had 18 participants sharing the stage from the ages of 6 to 30 years old and featured a diverse range of genres such as maskandi, poetry, isichathamiya, Hip-hop, gumboot dancing and gospel. This year's theme was "End inequalities, End AIDS".



## ANNUAL FOOD FARMING FESTIVAL

This month more than 70 home and communal gardeners gathered at Woza Moya to celebrate their harvest at our first Annual Food Farming Festival. Various guests, government departments, stakeholders and partners were invited to support this initiative, including the Department of agriculture, Dieticians from Department of Health and Bonakude Farm. The farmers had the opportunity to sell their fresh produce, share ideas on aspects associated with food, including safety, variety and dignity. We are seeing the benefits of community based gardening projects extending beyond food security in the Ufafa Valley, as gardens provide fresh vegetables, and the process of gardening involves physical exercise. Family and social relationships are also strengthened through community gardening, community members provide



advice and support to help each other to overcome challenges and they all receive the benefits the gardening project offers. Professor Mvuselelo Ngcoya, the co-founder of Bonakude farm in Richmond, emphasised the importance and benefits of organic farming in times of Covid 19. Various speakers from government departments also commended gardeners for ensuring that they always have fresh, health and nutritious food to eat.

## 400 GIRLS BENEFIT FROM DONATION

400 learners at four schools across Ufafa Valley received washable, reusable sanitary pads, courtesy of The Rotary Club of Durban Bay. Female learners often miss 4-5 school days every month, due to not having the funds to buy sanitary pads. Dr Marion Spencer together with Sue Barnes of **Subz Pants and Pads** discussed puberty and menstruation before distributing the sanitary pads. The girls were very clear and excited about the opportunity to engage in these discussions. School teachers and guardians acknowledged the Rotary Club of Durban Bay for the compassion it has shown towards young girls.

## INTERNAL WELLBEING OF OUR STAFF

Woza Moya believes that the health status of our staff members directly influences their work behaviour, attendance and on the job performance. Therefore, improving our employee's well-being is always our first priority which helps our organisation have a more productive team. On the 4th March we had our internal wellness day to check on one another in relation to our health and work as well. We divided people to work in smaller groups doing a quiz on how people feel and how they function, both on a personal and social level and how they evaluate their lives as a whole.

## ALSO IN MARCH

- Children Living with AIDS quarterly meeting. The children also enjoyed the arts classes done by Holly Button (Arts consultant).
- Monthly Report Group Meetings for Community Care givers.
- The Woza Moya advisory committee had a very positive meeting.







## MAKE YOUR OWN SOCK MONKEY AT WOZA MOYA

Woza Moya is offering a unique experience to day visitors -  
Make your own Sock Monkey!

For more details contact Jane & Benedicta  
**[office@wozamoya.org.za](mailto:office@wozamoya.org.za)**

