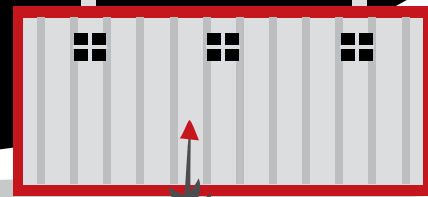


YOOUTH

MONTH

JUNE
2023

141



WOZA MOYA

— NEWSLETTER —



Starfish
GREATHEARTS FOUNDATION
LIFE, HOPE AND OPPORTUNITY

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YOUTH MONTH AT WOZA MOYA

This June we celebrated Youth Month and on the 16th of June, which is Youth Day, we held a sports day at Chibini Village. This year's theme was 'Young people: believe in yourselves and achieve your goals'. We had a great turnout this year and were joined by four local Chess clubs, eleven soccer teams, eight netball teams and twelve quizzers from across the Ufafa Valley. The Soweto Uprising quiz and Rhino race game were great additions to the event. Youth Day is a significant day in South Africa as we get to pay tribute to those who lost their lives and played an integral part in shaping our country. We would like to congratulate all the winners and participants. We are dedicated to using sports to promote education, social awareness, gender equality, youth development, youth leadership, youth involvement, and poverty reduction in the Ufafa Valley. Our goal is to empower children to become leaders in their communities and break the cycle of poverty. Be a Part of Something Great!

CHILD PROTECTION AWARENESS WORKSHOP

Woza Moya recently partnered with Pietermaritzburg NGO, **Dlalanathi** to train ECD practitioners, Community care givers and our Afterschool programme team on child protection awareness. As an organisation which works with children we believe it is our responsibility to protect them and keep them safe from harm. The aim of the training was to increase public awareness about the existence of child abuse, how it occurs, and what ordinary citizens can do to prevent or to stop it. This can help lay the foundation for our community and to create a cultural change where the abuse of children is less likely to occur.



MAKE WOZA MOYA
A BENEFICIARY ON YOUR MYSCHOOL CARD
EVERY TIME YOU SWIPE, YOU SUPPORT WOZA MOYA

MENTAL HEALTH WORKSHOP FOR WOZA MOYA TEAM

While we are familiar with looking after our physical health by eating correctly, exercising, and living a balanced lifestyle we often neglect looking after our mental health as part of a regular self-care programme. Mental health isn't just something we deal with once and then get over. It is important at every stage of our lives. The past few years have been difficult for our team due to Covid 19 pandemic, floods, riots and looting. Sister Mlangeni from the Ixopo clinic conducted a workshop for mental health that was attended by the Woza Moya team. The purpose of the workshop was to support the team and to look after their mental wellbeing. The workshop covered the definition of mental health, how to recognise the early warning signs of mental health conditions, stress management, coping strategies and where to find help when facing mental health problems.



ALSO IN JUNE

- The Good Guys Facilitators in collaboration with **Life Line** conducted a workshop on bullying at Lusiba Primary School.
- Papa Joep, MAMA Myrthe and Mama Marita from **Kinderfonds MAMAS** had their Winter site visit to see how we are doing and to discuss other areas where the organisation needs support.
- We were also honoured to have another visit by Liezel Patterson from the **Victor Daitz Foundation**
- Our staff members have been hard at work with our Winter site clean up.
- The Woza Moya Board Meeting was held in Durban.
- The second communal gardens forum took place.

