

# OCTOBER

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# WOZA MOYA

— NEWSLETTER —



*Starfish*  
GREATHEARTS FOUNDATION  
LIFE, HOPE AND OPPORTUNITY

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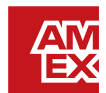
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## MENTAL HEALTH

This month we focused on Mental Health. Problems such as depression, anxiety, substance abuse and unemployment are common in Ufafa Valley and we have seen a massive impact on mental health due to Covid 19 and the subsequent lock downs, floods and the riots and looting that took place in our province. We had the opportunity to unpack these mental health issues at Mashakeni, Esigedleni, Mthakathi and Mahlathini wellness days. The aim of these awareness campaigns are to educate our community members about mental health and to reduce the stigma and discrimination. We also discussed warning signs, causes and where to find help.

## CONNECTING WITH NATURE

This month our PowerGirls visited WESSA Umngeni nature reserve, the Good Guys club visited WESSA Treasure Beach, Children Living with AIDS visited Natal Lion Park and the kids from Woza Moya ECD centre visited Dlangala Wildlife sanctuary. The children were challenged and enriched during their excursions with the outdoor educators providing fun and adventure related programs that were enjoyable for all the kids. Our beneficiaries had the time of their lives while interacting with their peers and nature. The positive feedback that we are receiving from guardians is truly humbling.

## BREAST CANCER AWARENESS

Jane Nxasane (Community Health Manager) facilitated sessions about breast cancer in the four villages of Ufafa Valley. The Gogos and mothers enjoyed the sessions and were able to ask lots of question and also promised to take care of themselves at home. Jane advised the women who attended to go to the clinic and check up regularly. Jane also offered advice and guidance on how to have conversations around this often difficult topic.



## TREE PLANTING AT CEKAZI PRIMARY SCHOOL

Woza Moya donated trees to Cekazi Primary School to help offset carbon emissions while educating the learners on the environment and conservation at the same time. Sbonelo explained the benefits of indigenous trees and how to plant and care for them. This project will help Cekazi Primary School on their journey towards becoming an eco school.

## HOLIDAY ART CLASSES

During the school holidays, we were ran art classes for 9-15 year olds. They learnt new skills, made new friends, tried new materials, and created cool art that they took home. These classes are four hours long and provide a stimulating environment for young creatives. Activities include singing, dancing, game playing, painting, drawing, quizzes about Woza Moya, with a light snack and lunch being provided for the day.

## ALSO IN OCTOBER

- Khanyisani and Sphehile attended a career guidance and support workshop that was organised by MAMAS Alliance in Sandton.



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



