



WOZA MOYA

— NEWSLETTER —



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LIFE, HOPE AND OPPORTUNITY

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CHILD PROTECTION MONTH

We care deeply about the lives of the children we serve in the beautiful Ufafa Valley. This month we focused on keeping our children safe, healthy, and happy. We have many exciting updates and stories to share with you, showing how we are making a difference in their lives. Thank you for being a part of our community and supporting our mission to protect and uplift the children of Ufafa Valley.

VOTING

On the 29th May South Africans from all walks of life participated in the General elections. Voting went smoothly, with minimal disruptions and an emphasis on maintaining order and respect amongst voters. The successful execution of these elections marks a significant milestone for our country, showing its commitment to democratic values.

GIRL POWER

Woza Moya recently distributed sanitary pads to four high schools in Ufafa Valley. This initiative aims to support young girls by ensuring they have access to essential hygiene products, helping them stay in school with confidence and dignity. The distribution included educational workshops reaching 500 students. These interactive sessions were designed to educate students about menstrual health, hygiene practices, and the importance of breaking the silence around menstruation. The program also fosters a supportive environment where girls can discuss their health openly. Each girl received a menstrual hygiene kit containing sanitary pads and pamphlets with educational information. We received positive feedback from learners and teachers highlighting the need for such initiatives. The positive impact of this goes beyond individual students, contributing to the overall well-being and progress of the entire community. With this ongoing support, the young girls of Ufafa Valley are better equipped to focus on their education and future goals, covering the way for a brighter future.





EVERY WORD COUNTS

We recently conducted parenting training for 17 young mothers in Ufafa Valley which aimed to teach them essential parenting skills and provide them with the knowledge and support they need to raise their children well. The program included practical activities and advice on childcare, child engagement in home chores, and emotional support. By the end of the training, the mothers felt more confident and prepared to care for their little ones, creating a better future for their families and the community. The sessions also offered a safe space for these mothers to share their experiences and build a supportive network.

GBV TRAINING

This month our team received comprehensive training from FAMSA (Families South Africa - Pietermaritzburg) on basic counselling and gender-based violence. This training unpacked many critical aspects of GBV, emphasizing how we can protect our community, neighbours, and families, particularly our children, from harm. The sessions included interactive discussions and role-playing exercises to increase practical understanding and empathy. Our team is now better equipped to navigate complex situations and offer empathetic support. We are grateful for FAMSA's expertise and commitment to empowering our team.

OUR COMMITMENT TO CARING FOR CHILDREN

Woza Moya is dedicated to the well-being of children in the Ufafa Valley, especially high school students who are faced with many challenges like teenage pregnancy, bullying, drugs and substance abuse. To help address this, we partnered with the Department of Community Safety and other government agencies to host an awareness workshop at a local high school struggling with a severe drug problem. This initiative focuses on integrating sports into students' lives, giving them a positive activity to keep them away from drugs. The children enjoyed playing sport and were excited to receive two sets of soccer kit and one set of netball kit. Special thanks to our youth team for the dedicated support in supporting their peers in schools.





FETAL ALCOHOL SYNDROME WORKSHOP

Jane Nxasane and Dumisile Mbanjwa recently attended a three day Fetal Alcohol Syndrome Workshop in Johannesburg. Expert speakers presented detailed information on the topic, including recent research findings and case studies. The training was incredibly valuable, as it taught them important things that mothers should avoid during pregnancy to protect their unborn babies. Jane and Dumisile felt empowered by this knowledge and are eager to share it with our community. They plan to use our monthly wellness days to educate others, especially young mothers, about the dangers of alcohol use during pregnancy. We would like to thank **MAMAS Alliance** for supporting this important initiative.

ALSO IN MAY

- Second Board meeting took place in Durban.



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