

Dear WoW! Champions,

Greetings with endless excitement! We're thrilled to showcase the stories in our autumn edition WoW! Newsletter. In these stories, we dive into the heart of the extraordinary work that WoW! champions and their groups are accomplishing, showcasing the magic that unfolds within our communities.

The Increasing Wellness team extends heartfelt wishes for a blessed Ramadan season and the Easter holidays that has passed. May your days be filled with laughter, love, and the warmth of shared moments.

Together, let's embrace the season, fostering wellness with a sense of shared joy and accomplishment.

Stay Happy! Stay Healthy! Stay WoW!

## WoW! Activities

### WORLD TB DAY

The Department of Health & Wellness commemorated World TB Day on March 20th at the Thusong Center in Paarl. Among the day's activities, TB survivors were awarded for adhering to their treatments. The Increasing Wellness team stall was visited by 60 candidates, with 40 participating in the Wellness physical activity challenge.

**YES, WE CAN END TB!**



### ABORTION APPRECIATION DAY

The Increasing Wellness team supported Metro Health services in showing appreciation to sexual reproductive health and abortion providers for their dedication to servicing our communities. The event took place on March 10th at Lentegeur Psychiatric Hospital. On the day, health screenings were provided by Momentum, and the Increasing Wellness team led the WoW! Jabulani dance.



### 1<sup>st</sup> YEAR NURSING TRAINING

The Increasing Wellness team conducted 3-day WoW! Champion training at Stellenbosch University for first-year nursing students. The training occurred on March 12th, 19th, and 26th. WoW! is considered one of the compulsory foundation modules for students, as they are expected to submit a portfolio documenting their wellness journey by the end of the year.



### WoW! CHAMPION TRAINING

The Increasing Wellness team conducted the WoW! Champion training (35) from March 6th to 8th at Karl Bremer Hospital with 35 participants. The training was a success, as all the individuals who participated performed well on their assessments to become qualified WoW! Champions. **WE EMPOWER PEOPLE TO IMPROVE HEALTHY LIFESTYLES.**



### WELLNESS PROMOTION

The Department of Health & Wellness hosted a wellness promotion workshop on the 1st of March at Lentegeur Psychiatric Hospital. The purpose of the workshop was to co-create a Wellness Promotion guide by connecting the dots between COPC and wellness promotion, creating key messages across the life course, and identifying wellness promotion focus areas per 'season' or time of year.



### WoW! CHAMPION PICNIC

The Increasing Wellness team hosted a WoW! Champion picnic on February 23rd at Greenpoint Park, Greenpoint. The purpose was to bring champions together and share insights for cultivating wellness across the Western Cape province. On the day, champions participated in different activities such as a three-legged race, beep test, egg race, and they also shared their wellness journey experiences.



## WoW! RE-BRANDING

The Increasing Wellness team is showcasing their beautiful, colorful, and catchy new WoW! branding that features the Department of Health & Wellness logo. The launch took place during the WoW! Champion picnic, 23 February 2024 at Green Point.



## DIABETES SUPPORT GROUP

The University of Western Cape Biokinetics students are conducting their community outreach service at the Mitchell's Plain Diabetes group. The aim is to provide students with hands-on experience in assessing and managing chronic conditions and injuries. The group is also educated and empowered about prevention and management of chronic lifestyle diseases.



## KRAAIFONTEIN SENIORS

WoW! Kraaifontein seniors are showing us that living a healthy lifestyle and exercising can be fun. They took wellness to the pool. Not only does this make them feel good, but it also reduces strain on their joints during physical activity, especially for individuals with knee problems and arthritis.

**LIVE! EAT! LEARN! PLAY!**



## HLUMANI WoW! GROUP

The Hlumani WoW! group is launching their partnership with the Fit and Fab group in style by conducting basic health screenings (blood pressure & body weight) in the community park, engaging in fun activities, and topping it off with a healthy breakfast.

**YāY! HEALTHY MEAL = HEALTHY CONNECTIONS!**



## CLOETESVILLE WoW! GROUP

The WoW! champions in Cloeteville are engaging in physical activity to keep themselves fit and healthy. They are not alone in this journey but are supported by the Stellenbosch University Biokinetics team. Kudos to Ms. Vuvu Radebe for always showing up for this WoW! group and prescribing suitable exercises.



## FRUIT & FIBER BREAKFAST

The Worcester Hospital WoW! champions initiated the "Friday Fruit & Fiber Breakfast" to promote healthier eating habits. Each member contributed R30 and received a booklet of healthy recipes along with guidelines on maintaining a balanced diet. The challenge remains for other components to also promote healthy eating and living among their colleagues.



## WCRC WOW! GROUP

The Western Cape Rehab Center (WCRC) WoW! champions hosted a wellness day to provide an opportunity for staff to relax and paint rocks while enjoying a cup of tea at a time that suits them and their departments best. The activation was supported by Old Mutual and optometrist teams. Additionally, the biggest loser challenge was launched on the day.



## BRIDGTON ELDERLY WoW! CLUB

The Bridgton Elderly WoW! Club in Oudtshoorn is visited by healthcare professionals to conduct basic health screenings. They also offer light physical activity sessions and health education talks about the importance of healthy lifestyles and exercising.

**KEEP MOVING MORE! SIT LESS!**



## LIMESTONE SENIORS GROUP

The Limestone WoW! seniors in Kalksteen Fontein are having their wellness session where they gather to engage in light, fun physical activities to keep their bodies moving, improve their lifestyles, and to enhance their functional abilities while strengthening their bodies. They also use this opportunity to socialise with other seniors and learn from each other.



## BROTHERS FC WOW! GROUP

The Brothers FC WoW! champion, Mr. Yonela Mangaliso, is doing the most by empowering the youth in Khayelitsha to engage in physical activities such as football/soccer.

Our youth are in safe hands with the support and guidance of our WoW! champions.

**CONTINUE TO BE THE "CHANGE AGENT"**



## WALKING LADIES GROUP

The Bonteheuwel walking ladies are having their WoW! Wednesday session. On this day, they were graced by three medical professionals visiting from different medical fields to educate them about the importance of living a healthy lifestyle and about the different types of health services available to assist them in their wellness journey.



## CP NYANGA HEALTHY CLUB

The CP Nyanga Healthy Lifestyle WoW! group organises healthy walks in their community. The best part about this initiative is that they use a life-cross approach by involving all age groups during their walks to promote healthy lifestyles and create a healthy community.



## 2<sup>ND</sup> YEAR MEDICAL STUDENTS

The Increasing Wellness team had an enriching visit to Stellenbosch University, where we passionately delved into the art of "Connecting the Dots" to bring wellness promotion to life for 2nd-year medical students.

**" MAKE EVERY CONTACT COUNT"**



## BLANCO SONSKYNHOEKIE

The Blanco Sonskynhoekie WoW! champions hosted a wellness session by organising a Tuberculosis (TB) information session. As part of the wellness session, they also conducted fun physical activities to stretch and strengthen their bodies.



## EMS WoW! CHAMPIONS

The Emergency Medical Services (EMS) WoW! champions are taking wellness to the mountains. This not only helps to improve physical activity levels but can also help manage chronic diseases of lifestyle like diabetes and hypertension; reduce stress levels and boost your happiness.

**MOVE MORE! SIT LESS!**



## WoW! IN NATURE

The WoW! champion **Rayhanna Gertze** launched her WoW! group by organising a 1 km health walk/run at Zeekovlei Nature Reserve on Mondays.

**YES! WELLNESS CAN BE FUN TOO!**



## #SNB WoW! SENIORS

The WoW! champion senior's group from Esteriver conducted a community outreach service targeting adolescents and youth around the area, to raise awareness about Tuberculosis (TB) prevention and management.

**YES, WE CAN END TB!**



## WELCOMING NEW MEMBERS

The Increasing Wellness team is welcoming the new Assistant Directors to the team. Welcome to the Increasing Wellness family, **Joy Williams** (left) and **Regan Marcus** (right). We are looking forward to making a positive impact on the journey towards a Wellbeing society together!





## A Healthy Plate Model/Guide: Use this model for a balanced meal



### What to look out for?

- WoW! First Aid Training. Connect with us on email if you would like to access this training
- WoW! Kit box distribution
- WoW! quarterly connects
- WoW! Training?

### Commemorative Days in April to June 2024

- 6 April 2024: World Day for Physical Activity Day
- 7 April 2024: World Health Day
- 20 – 29 April 2024: Immunisation Week
- 5 May 2024: World Hand Hygiene Day
- 10 May 2024: Global Move for Health Day
- 17 May 2024: World Hypertension Day
- 31 May 2024: World No-Tobacco Day
- May 2024: Anti-Tobacco Campaign Month
- 10 June 2024: Global Wellness Day
- 16 June 2024: Youth Day
- June 2024: Children & Youth Month

### 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**