

IKAMVA LABANTU NOVEMBER BUZZ

Dear Sir/Madam

Welcome to our Final newsletter for 2009. November saw many activities taking place in all our sectors. Some of the highlights are presented below.

OUR SENIORS

One of our larger senior clubs is at Masiphumelele, in Khayelitsha where we had a General Health Awareness Day in partnership with Dementia South Africa. Each club member was encouraged to invite a friend and 80 people attended. Health talks were followed by blood-pressure checks and our senior citizens also enjoyed a hearty meal together.



WELLNESS ADVOCACY

The Family Support Services Sector held its monthly meeting for the foster mothers forum, Siyakhathala, at the Rainbow Centre in Gugulethu. Connie Mqhayisa one of our foster mothers, together with Lulama Sigasana (Ikamva Labantu's Health and Nutrition manager) presented sessions on both children's and adult health. Lulama and Connie's positive approach and bright attitudes brought hope, new information and some much-needed encouragement to our magnificent mothers.



SAFE SPACE FOR CHILDREN



The opening of the Khumbulani Playground in Khayelitsha took place. The playground has been sponsored by the Rotary clubs of Swadlincote and Kirstenbosch. Ikamva Labantu is managing this secured playground, which is available to children of the surrounding community. Through Khumbulani, we've created a safe space for our children to play without any hindrance.

NEW BUILDINGS

Kideo Educare in Nyanga was November's recipient of the Firelight Foundation donation. This funding allowed Ikamva Labantu to build Kideo a new and solid structure so that their children can learn and play in a safe environment. Thank you to Firelight for making this dream come true.



KIDEO BEFORE



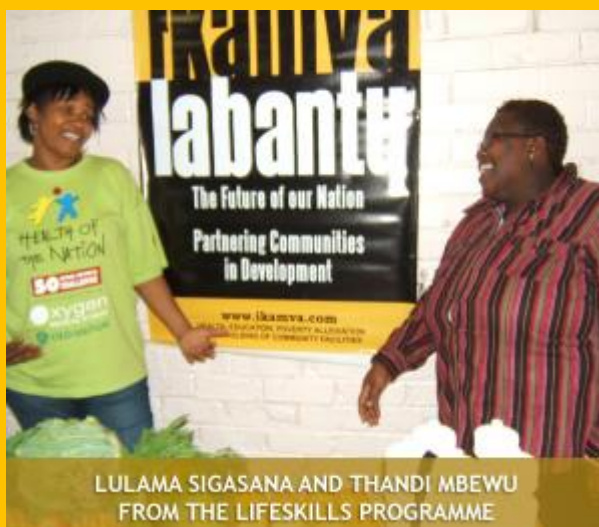
KIDEO AFTER

JOINING HANDS IN HEALTH

Our Health & Nutrition program presented a programme to children at Walter Teka Primary School about the importance of healthy eating with special emphasis on increasing their fruit and vegetable intake to 5 a day. The following key messages were imparted to the children.

- Enjoy a variety of foods
- Drink safe clean water
- Be Active

Water bottles were donated by TB Free, an NGO that works to fight TB in the greater Metropole. The children had great fun while they



LULAMA SIGASANA AND THANDI MBEWU
FROM THE LIFESKILLS PROGRAMME

learnt some important life skills.

WATCH THIS SPACE

In the first quarter of 2010 we will be opening our brand new Health, Nutrition & Wellness Centre in Khayelitsha, where large number of health-related services will be delivered, including: child injury prevention, management of lifestyle diseases and eye care screening. This new centre will also be the head quarters for all health and nutrition training. The foundation of this new structure has been laid and we look forward to reporting back in future newsletters on its progress. We have much excitement and hard work ahead.



THANK YOU AS ALWAYS FOR ALL YOUR INTEREST IN OUR PROJECTS.

Ikamva Labantu appreciates your ongoing friendship. You inspire our township communities with hope for the future.

With our warm wishes

The Ikamva Labantu Board, staff and beneficiaries of Ikamva Labantu

**EACH OF US CAN HELP A CHILD
AND MAKE A DIFFERENCE**

**READ OUR APPEAL AND
MAKE A DONATION**

**ikamva
labantu**