

Newsletter

Phumelela is very excited to share achievements and updates with our followers and donors from January to March 2021.

Dear donors/supporters/followers,

Many people are affected by the pandemic and we are no exception; due to COVID-19 regulations we were not able to plan fundraising events as usual. Each week, we have new individuals reaching out to receive counseling, unfortunately our resources are limited. We are in dire need of support to continue providing our services!

We thank all our supporters/donors for their assistance immensely and we are glad that you are part of the Phumelela family!

Here 2 Talk Campaign

The “Here 2 Talk” campaign aims to raise awareness on mental health and mental illnesses to reduce stigma and negative misconceptions. Furthermore, it aims to provide mental health and well being support and connect people with treatment options to strengthen mental health care in Eswatini.



Keep Physically Active

Physical activity has a huge potential to enhance our well-being. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy, and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems. You do not have to run marathons or train every day at the gym. There are lots of things you can do to be a bit more active: be active in nature, gardening, walk a bit more, try to sit less, yoga, etc.

 **Phumelela**
project

#HERE2TALK

The "Here 2 Talk" campaign aims to promote growth in confidence in young people, to talk about their problems, reducing the sense of isolation they experience, and supporting them towards a full recovery. We can encourage them to think pro-actively about mental health and what they can do to look after their own mental health. Taking into account the "nature and environment" theme for the current year's mental health week, it would be fitting to encourage young people to grow confident enough to talk about these issues while also encouraging them to engage in therapeutic activities like accessing the nature around them.

Nurtured by Nature

Getting out into a green environment is especially good for you: spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being. Stress is relieved within minutes of exposure to nature as



measured by muscle tension, blood pressure, and brain activity. Time in green spaces significantly reduces your cortisol, which is a stress

hormone. Nature also boosts endorphin levels and dopamine production, which promotes happiness.

 **Phumelela**
project

#HERE2TALK

WED.24
MARCH 2021
WEEKDAYS - 7AM TILL 10 AM



ESWATINI'S
Real Breakfast
SHOW

LIVE HOSTED BY CYBOS

ON HALA RADIO
TO LISTEN VISIT: WWW.HALARADIO.COM
#HALAMORNINGS #REALMORNINGS



CORPORATE GUEST
KATRIN LEHMANN &
NOMTHANDAZO DLAMINI
MENTAL HEALTH AWARENESS
(ES)

   @HALARADIO

Our Project Manager and Senior Counselor attended the Hala Radio Real Breakfast Show to talk about Phumelela's work and current activities, especially regarding mental health.

Micro Business Project

Through a short term grant from Souter Charitable Trust, we currently facilitate a Micro Business Project to equip 15 **women and people living with disabilities** with entrepreneurship skills and seed capital to start small businesses. Profits generated from the business can be used to address family needs, such as food, medicine, school fees, etc.

Through this project we aim to achieve:

- Financial empowerment for women and girls to prevent Gender Based Violence.
- Promote long-term sustainability and alleviate poverty through entrepreneurship.
- Improve the standard of living of individuals and their families who have been affected by COVID-19.



Open up Challenge Episode 2

Open Up Challenge

Videos on social media (please click on the above picture to watch one video) of a chosen few local influential young individuals as well Phumelela Project staff members, have been published on social media to share experiences with mental health issues with the goal to inspire the youth in Eswatini to open up about their own experiences and/or seek help in form of counseling. Through the videos, we further tried to demonstrate that everyone will have challenges with their mental well being, just like we all have challenges with our physical health.

Rise in Gender Based Violence Cases

Before the pandemic, violence disproportionately affects women and girls in Eswatini, with approximately 1 in 3 experiencing some form of sexual abuse by 18, and 48% of women report to have experienced sexual violence in their life. During the pandemic, there was a rise in incidents as families are together due to lock down restrictions, security, health, and money worries heighten tensions and strains and are accentuated by cramped and confined living conditions.

Abuse in Eswatini is most likely to happen in the home, children are abused by people they know and trust — parents, step-parents, neighbors, uncles, maids, etc. Schools only reopened recently: children who would have otherwise been "safe" at school have been forced to

"stay at home" in keeping with the COVID-19 health regulations, with their abusers.

Our donors:

