

Newsletter

A snapshot of Phumelela Project's activities, achievements and updates from April to June 2021.

Dear donors/supporters/followers,

As you might have heard, there is currently civil unrest in the Kingdom of Eswatini; people are demanding change! Peaceful protests and deliveries of petitions in different constituencies resulted in brutality and the bloodshed of civilians. Reports on social media and international news stated that emaSwati have been shot and beaten by the police and army.

The official statement from government says that foreign mercenaries invaded the country to shoot civilians and that the situation is currently under control and we can all go back to normalcy. There is no evidence of any foreign intervention and multiple reports from international media have show state security forces carrying out shootings and physical assault against civilians. How can we go back to normalcy if lives have been lost and property is of more value than human lives, when the only thing people were asking for was a peaceful dialogue for change? Something changed in Eswatini within the past week and you can feel it!

We do not know yet, what will happen next, it has been quiet for a couple of days, but with a heavy armed police and soldiers. But what we do know is that

those events will have a massive impact on emaSwati, including their mental health: some lost their jobs because workplaces burned, some lost their love ones, some were reportedly tortured and others deal with anxiety, not knowing what the future will bring. Because of this, and for safety reasons, we currently offer counselling via the phone, with the help of 2 interns and 1 volunteer, to the people who have been affected by the recent events and need someone to talk to.

Unfortunately, our counsellor is currently admitted with Covid-19 and we hope for the best that she will recover soon! Since we all have been in contact with her, our staff has been self isolating.

We further updated our Go Fund me page to assist people who have been affected by recent events. Once we are all fully back in the office, we will assess who needs assistance with items such as food, essentials, etc. If you would like to help, please follow the link: <http://gf.me/u/zr84zs>

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

Project Manager
Katrin Lehmann

Mental Health Awareness Week

This years theme for Mental Health Awareness Week (May 10th to 16th) was "Nature", because being in nature is known to be an effective way of tackling mental health problems and of protecting our wellbeing.



One of our activities during this week was a mental health sensitization at Lwandle Primary School and Mangwaneni community in Manzini. Furthermore, we received seedling donations from Vickery Seedlings, in collaboration with Eswatini Agricultural Supplies, which we branded with mental health messages on eco-friendly paper (kindly donated by Apollo Printers). Together with the beneficiaries, our team was spending time in nature and created gardens. This donation will also benefit 79 children (some from child headed families) from Lwandle and 45 individuals from Mangwaneni.



Together with various civil society, women rights and human rights organizations, we joined a demonstration against Gender Based Violence and the delivery of a letter to the Commissioner of Police and the Deputy Prime Minister to arrest all perpetrators of Gender Based Violence, regardless of their title or status.



In partnership with Branding Design and local eateries (The Food Hut and The Smoke & Grill), we were able to provide additional ways to spread mental health awareness and reach out to Emaswati.



Two of our staff members (Katrin Lehmann and Nomthandazo Dlamini) had the opportunity to join members of SWAGAA (Swaziland Action Group Against Abuse) in a one day self defense training by "On Point Protection Skills International".

Our donors:



DONATIONS

YOU CAN HELP MAKE A DIFFERENCE...

To contribute to our charitable works, we would appreciate your help and contribution.

For donations in Europe:

Account Name: Phumelela Project UK

Sort Code: 23-05-80

Account Number: 26221277

IBAN: GB91MYMB23058026221277

Bank: Metro Bank

For donations in Eswatini:

Account Name: Phumelela Project

Account Number: 9110000774351

Branch Code: 660564

Bank: Standard Bank

Or follow this GoFundMe link:

[gf.me/u/zr84zs](https://www.gofundme.com/u/zr84zs)

