



June 2021



June is a month of somber reflection and celebration. We remember the courage, determination and innovation of the students of Naledi High School in Soweto, who formed their own action committee and held illegal debating societies to discuss political matters during Apartheid. The day of 16 June 1976 was a day of great loss and tragedy; however, it has also become a day that symbolises the strength and power of the voices of our youth! A Luta Continua!

Youth play an integral role in the future of our country and therefore need to be involved in securing that future. At INMED South Africa, we are so proud that most of our workforce are youth and are part of the solution we are building for tomorrow.

Our focus this month is on the valuable work of our Health in Action teams in schools with teachers who are under a lot of pressure at the moment. We are also so proud to announce a new pilot partnership with African Bank in Graaff-Reinet to benefit food-insecure communities in the Eastern Cape. The project has just kicked off, and we sincerely thank African Bank for its support and commitment to building a sustainable model in this impoverished area.

Finally, we bring you the latest updates from our INMED ASE programme, which is flourishing and growing from strength to strength. Thank you for your support in helping us get stronger, so we may impact more South Africans in need.

*Unathi Sihlahla
Director, INMED South Africa*

HiA Teachers Take Their Lessons to Heart



Teachers from Reshomile Primary School in Dieploot received a voucher for their school for



Pudumo Primary School used its wellness voucher for a special healthy lunch, honoring its hard-

attending INMED SA's teacher wellness workshop.

working teachers.

Teachers endure numerous on- and off-the-job stressors as part of their profession, often ignoring their own health as they care for everyone else. The COVID-19 pandemic has made self-care even more challenging. "Teachers are critical models of healthy behaviour for their students," notes Dr Sandra Pretorius, Programme Manager of the Health in Action (HIA) Programme for INMED South Africa. "If teachers aren't taking care of themselves, how will they be able to ensure their students are learning healthy lifestyle choices?"

With that question in mind, our Health in Action team hosted a series of teacher wellness workshops designed to help participants become aware of and change the bad habits that are making them ill. "It is all about learning how to take the first steps toward long-term wellness through making positive changes in nutrition and physical activity habits," says Pretorius.

Our HiA team has led eight workshops for more than 300 teachers in Motherwell and Zwide in Port Elizabeth and Diepsloot, Soweto and Orange Farm in the greater Johannesburg area so far this year. The sessions, which include blood pressure and BMI measurement as well as lessons on the risks of lifestyle diseases, were eye-opening for many of teachers. "For the first time, I learned that I have hypertension, which I also learned how to manage," says one participant. "I am very grateful that I attended this wellness training!"

At the end of the workshops, INMED South Africa provided each school with a cash voucher. Refalletse Primary School used its voucher to purchase healthy snacks for students as part of a week-long Healthy Lifestyle Initiative. "I wish to send a token of appreciation for the support we have received from INMED since we first joined the Health in Action programme," said Principal **Siphiwo Mbokane**. "For the entire week of our initiative, we were able to promote healthy eating because of the voucher we received from the workshop."

Pudumo Primary School in Orange Farm used its voucher to organize an honorary lunch for its teachers, at which they shared information from the workshop with those who could not attend. "A big thanks to both INMED and Mondelēz for the voucher," said Deputy Principal Phumzile Thulo. "It may seem small, but for others it really meant a lot, as we were able to honour our staff who had a very difficult year." (Health in Action is made possible with support from the Mondelēz International Foundation.) [READ MORE](#)

African Bank Helps SFL Expand to Graaf-Reinet



INMED South Africa has partnered with African Bank to expand our impactful Seeds for Life (SFL) initiative to benefit food-insecure communities in Graaff-Reinet in the Eastern Cape.

A project of our Health in Action programme, Seeds for Life was launched in 2020 to provide free seeds, compost, gardening guidebooks and hands-on training to help vulnerable families in Port Elizabeth and Johannesburg establish home food gardens, regardless of the location.

According to Health in Action Programme Manager Dr Sandra Pretorius, food security begins in the backyard. "Home and community gardens are a simple solution to improve access to nutritious food," she says. "Our team has nearly two decades of experience helping individuals, schools and communities implement adaptive agriculture projects to strengthen food security and build sustainable livelihoods in all types of environments."

Expansion to the impoverished region of Graaff-Reinet began with a local resident, Koos Gradwell. He is an enthusiastic gardener, but he faced many challenges that hindered his efforts, such as water scarcity, not being able to afford seeds, compost and other inputs. He approached the INMED South Africa team for assistance after learning about our aquaponics projects at two local schools and the success of Seeds for Life project in other communities of Port Elizabeth.

[CLICK HERE](#) to read more in Sunday World.



Celebrating Youth Month at INMED South Africa

Empowering youth with skills development and opportunities to become self-reliant isn't just a core programme area for INMED South Africa, it's something we practice as an employer. In celebration of National Youth Month, we salute our dynamic and youthful staff, who bring energy and enthusiasm to our work. Just over 50% of our staff members fall into the youth bracket below age 35, and two of them serve in management positions.

We are proud to be able to offer our youth employees these opportunities. Here are some of the comments we would like to share:



Karah Mashava
INMED ASE Farm Manager

"As a young person, the opportunity to work for INMED is really exciting for me, especially to be nurtured in a forward-thinking and well-established organisation."



Gabriel Baloyi
Adaptive Agriculture Facilitator

"Being a young professional in agriculture, INMED has given me something to be proud of—a new aptitude, knowledge and skill to conquer my life going forward."



Dr Ntobeko Mchunu
Adaptive Agriculture Programme Manager

"I am very grateful and honoured for the opportunity to be part of INMED, which allows me space to make a difference directly in the lives of fellow South Africans."



Fezeka Majiki
Health in Action Programme
Facilitator

"I am honored to be part of such a vibrant and giving organisation, especially during the pandemic when food insecurity has been aggravated. Being part of INMED has taught me about the importance of appreciating issues we often overlook and learning from the communities we serve."



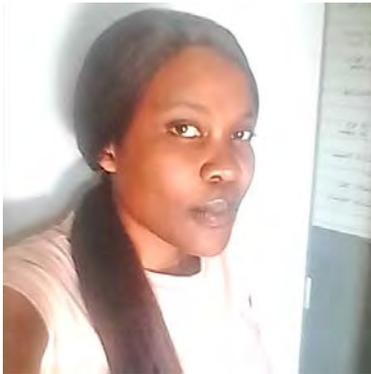
Menzi Khumalo
Agricultural Trainer, Free State

"As a young person, INMED has created a platform for me to acquire skills that were way out of my reach and has given me an opportunity to expand my knowledge in various areas. Today, I am able to express myself as a young person through my work, efforts and teamwork."



Siphosethu Molo
Lead Break Time Buddy, PE

"The organisation has given me the opportunity to appreciate and learn from diversity. Other than being able to exercise my skills and knowledge, it has enlarged my knowledge of how some cultures and people do things in their own space. It is something new I have learnt."



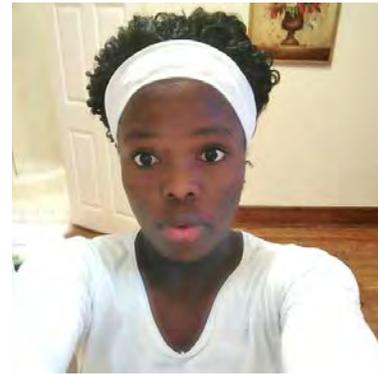
Dineo Mothoa
Break Time Buddy, JHB

"Working at INMED South Africa, I am learning new ideas and feel educated, motivated and encouraged. It has made me a role model for those I work closely with, especially kids."



Daniel Legwale
Break Time Buddy, JHB

"I am grateful for the opportunities that I have come across at INMED South Africa, and I am eager to tackle these tasks that come with these opportunities."



Onesimo Mlamla
Break Time Buddy, PE

"It is an honor to be part of the INMED South Africa team. It's like a dream come true, because I am so passionate about sport and I enjoy working with kids. I feel so privileged."

Update on INMED ASE

Production at the INMED ASE is kicking into high gear as our satellite system at Randvaal Primary School is now fully operational. With the addition of the Randvaal system, the INMED ASE has three commercial systems in operation and

is keeping Farm Manager Karah Mashava (left center) very busy indeed.



Lettuce harvested last week from the INMED ASE Hub system 1 growbeds in Vanderbijlpark and promptly replanted (above)



Microgreens packaged and ready to sell to local restaurants, consolidators and community members.



Gorgeous deep red frilly lettuce ready for harvest from our satellite INMED ASE system at Randvaal Primary School.

CLICK HERE for a great article about the INMED ASE on the front page of Cape Business News. Follow the INMED ASE on **Facebook** and **Instagram** and let us know what you think. Please share our posts with your friends!

INMED South Africa in the News

INMED South has been hard at work making news around the country. Click the titles below to read what we've been up to in the last month.

[African Bank and INMED South Africa launch Seeds for Life Stokvel](#) Sunday World

[Teacher Wellness Workshops A Big Win During COVID](#) We Can Change Our World

[Randvaal Aquaponics Gets a Facelift](#) Sedibeng Ster

[A Sustainable Solution to SA's Food Crisis?](#) Cape Business News

DONATE



INMED South Africa is an affiliate of INMED Partnerships for Children, a Charity Navigator 4-Star Charity
NPO 094936 | CIPC Registration 2009/008197/08 | NPC (PBO) Registration 930039125 | VAT 4790286001

INMED South Africa | Fancourt Office Park, Block 7, Loft Right, Northumberland Avenue, North Riding, Gauteng 2162 South Africa

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by jogilvie@inmed.org powered by



Try email marketing for free today!