

WELLNESS CENTRE NEWSLETTER

1ST SEMESTER 2017



Central University of
Technology, Free State



www.cut.ac.za/student-life-wellness/

SHAVATHON

Fight cancer and help support cancer survivors

The annual 2017 SHAVATHON took place on a very rainy February day. Apart for the R200 raised for CANSA, the event also raised awareness about the effects of cancer on our community and families.



WASB Week

Celebrating wellbeing

The WASB Week is a celebration of wellbeing amongst our students. The week consists of daily wellness activities, including physical exercises, poetry and drama performance, pageants like Mr & Ms WASB fashion show, mental challenge games, spirituality-focused talks and movie evenings.

We challenge students to participate, have fun and become more aware of what wellbeing entails and how it affects their lives

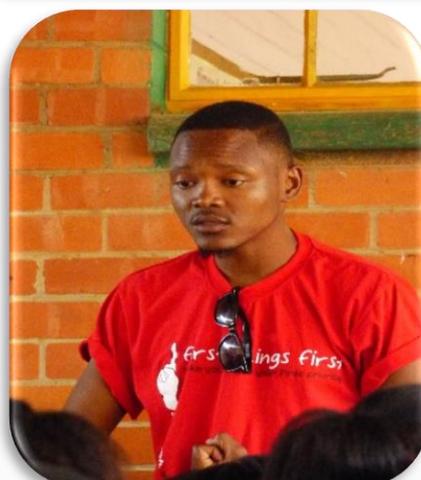


ZAZI & Brothers for Life Projects

Promoting responsible choices amongst our youth

ZAZI and Brothers 4 Life (B4L) are student organisations affiliated with national groups established to promote responsible choices amongst our youth. They represent and stand for responsible young woman (ZAZI) and responsible young men (B4L).

The members take part in various projects to promote these roles and values and set examples through their own behaviours to other students at CUT. They are also involved in community projects at various schools in the community.



Valentine's Day

Pledging love/caring to unsuspecting fellow students

Cupid's Arrow shot straight into the hearts of female staff members when 150 roses were handed out to show them appreciation as part of the Valentine's Day celebrations. Approximately 500 students also enjoyed the Love Life / Valentine's Hunt, with some pledging their love/caring to unsuspecting fellow students while others wrote letters. Some of these were read out loud by the Wellness Workers during the event.

Further, Wellness Centre Staff members were spoiled with a Valentine's Day breakfast to nourish their hearts.



Blood Donations

Establishing a culture of donating blood

The South African National Blood Services (SANBS) must collect an average of 3,000 units of blood a day to meet South Africa's demand. One unit of blood can save up to three lives, but less than 1% of eligible South Africans are regular blood donors.

The Wellness Centre attempts to establish a culture of blood donating (giving life) amongst the members of the CUT community. During the first semester of 2017, three such events were hosted with a total of 121 people donating blood. We aim to double this number in the next semester.



Unity Service

Bringing together all spiritual denominations

The aim of 2017's 1st Unity Service was to bring together all Christian denominations and create/enhance the importance of unity amongst Christians. The event also served to introduce the different church leaders active on campus to the newly registered first year students. The event was well attended by more than 700 students. CUT Chaplaincy Service hosted the event and undertook to continue to contribute to moral regeneration throughout 2017.



Health Week

Promoting positive lifestyle changes

The main purpose of the Health Week was to create awareness amongst the CUT community of health issues necessary to identify future health risks.

As a result, it enabled preventative care, improvements of individual health and fitness and referrals for additional care as necessary.

These health assessments helped to identify pre-existing health problems, assess risk factors for diseases and to provide recommendations on positive lifestyle changes.

The following services were rendered to students free of charge:

Blood pressure = 890

Abnormalities = 19

Blood glucose = 830

Abnormalities = 4

BMI = 830

Abnormalities = 89

Eye Screenings = 191

Pap smears = 100



First Things First

Know your status

The First Things First (FtF) campaign is a nationally implemented campaign aimed at the Higher Education sector to challenge 1st time student testers to know their HIV/Aids status. Over the past couple of years, they have also included TB risk screening.

To date there were two FtF testing weeks at CUT with 1557 first time students testing. We also attempt to promote responsible living through this program



Wellness Worker Training

Meet the Foot Soldiers

This group of 17 energetic and enthusiastic students are in charge of making Wellness Centre Services visible to CUT students through awareness campaigns, events and individual referrals.

The Wellness Worker programme has been running for the past 15 years at CUT.

It is based on the peer helper principle, in which students are trained in peer education and training to assist the centre in various wellness projects. They are influential in helping us to stay relevant when it comes to offering students appropriate projects. They also assist with advertising services, projects and support groups amongst their fellow students.



Christian Leadership Organisation (CLO)

Setting responsible examples through leadership

The CLO has been active during the first six months of 2017. They joined the SRC in a campus-wide cleaning campaign and also resumed the HOT Spot programme offering fellow students a place to socialise on campus - free of intimidation and alcohol. A "talk initiative" was implemented on Wednesday evenings. Here, interesting and relevant topics were addressed in a fun and informative manner. The following topics were addressed during the 1st semester:

- Christian relationships
- Stewardship
- Personal finances management
- Personal branding
- The importance of reading
- The journey of entrepreneurship
- High risk sexual activities
- Stepping out of your comfort zone



The group has also been actively involved in Wellness Centre activities, including drug awareness campaigns and setting responsible examples to their fellow students.



CUT Reading Club

Enriching minds and imagination

The CUT Reading Club again offered many fun and enjoyable activities during the first semester of 2017.

Freedom Day Celebration

This was hosted at the Amphitheatre.

National Museum Africa Day Celebration

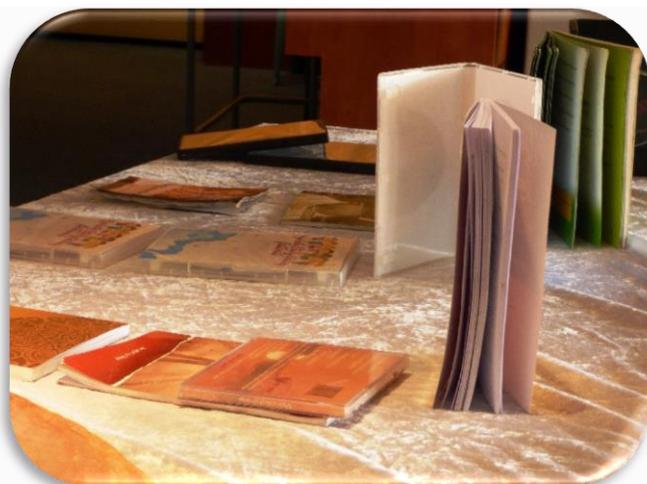
Reading Club members participated in storytelling, folklore and poetry to acknowledge the African identity.

Book Launch

Reading Club successfully launched a book for one of its members, Siphe Zenani, who has been one of our members since 2013.

Book Reviews

Two book reviews were held and groups assigned responsibility to ensure that each book review is concluded in a professional manner.



Staff Health Day

Joining forces to host Wellness Day

During the 2017 Staff Health Day, two major medical aid schemes at CUT, namely Discovery and BestMed, joined forces to host a Wellness Day collectively for their members. The aim was to alert staff to become aware of the importance of healthy living.

A total of 96 staff members turned up for the event.

The Wellness Centre also invited those staff who do not have medical aid to attend and tested their primary health status by our own CUT clinic nurse.



Poverty Alleviation

A real and ongoing process

Poverty alleviation at CUT is a real and ongoing process. Many students suffer financially and we aim to support as many as possible on a daily, weekly and monthly basis. Many of our students are referred due to a lack of food or books. Many also not only struggle financially, but also socially.

We run various projects to source 3rd stream income to fund this growing problem amongst our student community. One such project is the CUT Annual Golf Day, which will take place for the 10th time in 2017.

Thus far this year, assistance to students has amounted to the following:

- 15 students were assisted with Pick n Pay vouchers to the value of R3000
- We have assisted 93 students with meal-a-day vouchers that totalled to 669 meals (R23145)
- 42 students received top-up meals on their student cards to the value of R61760
- 9 students were assisted with book vouchers to the value of R14176.85
- Emergency transport was arranged for 7 students amounting to R2495
- Welkom campus was also assisted with R25 000 for food parcels.



Fun Day

Taking a break from academic activities



Students spend most of their time focused on academic activities.

One of our aims at the Wellness Centre is to enhance their well-being by promoting a balanced lifestyle.

The Fun Day is an initiative to encourage students to recognise the importance of balance in their lives.

The first Fun Day of 2017 offered 500 students from the Management Sciences faculty a movie evening with popcorn, snacks and games.



Movie Nights

Meet people and engage on topical issues

Engaging in healthy social activities are important for the development a total human being.

What better way is there to meet people and engage in topical issues than through a movie night?

Wellness Centre Movie Nights provide an inexpensive, convenient and engaging platform for networking and relaxation.

During the first semester, 5 movie nights were held for students.





Community Engagements

Rosenhoff Career Talk

The Career Information Session was held on the 22nd of May 2017 with eight Grade 12 learners from Rosenhof High School. The session covered course and career related information.

The learners were empowered with career decision making skills, career guidance and information on accessing resources to finance their studies. The aim was to assist learners to start planning for entrance to higher education and equip them with the necessary skills to make this transition.

Towers of Hope

This community project was initiated to support the elderly and empower them with life skills. This year's topics covered ranged from self-awareness and awareness of others, to relationships and conflict management.

Approximately 25 elderly homeless members of the community protected by Towers of Hope attended these weekly sessions hosted by CUT's Wellness Centre at Towers of Hope Centre in Bloemfontein CBD

ENGO Career Assessment

ENGO is a non-profit organisation which provides prevention, protection, care, development and treatment programmes for vulnerable individuals, families and communities. As part of our social responsibility, the Wellness Centre supports ENGO's development of young people through Career Counselling services.

The aim is to enhance career planning and decision-making skills for youth who are completing their High School careers. During the first semester, the centre assisted 7 learners from an orphanage with career counselling.



2nd Semester Planning
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Wellness Projects
1ST SEMESTER 2017

Wellness Projects planned for the 2nd semester.

- 2nd unity Service - July 2017
- 2nd Health week - Aug/Sept 2017
- Women's Day Celebrations - Sept 2017
- Youth Leadership Camp - Sept 2017
- Exam prayer - Oct
- 10th CUT Golf Day for poverty - Nov 2017