

IKHALA TRUST
ANNUAL COMMUNITY PARTNER FESTIVAL
23RD – 25TH NOVEMBER 2021
THE WILLOWS RESORT & CONFERENCE CENTRE
GQEBERHA (PORT ELIZABETH)



Ikhala Trust, a development incubator and community grant maker for small community based organisations operating in the Eastern Cape Province, has hosted Annual Festivals for community partners we support since 2005. The Festival is always held during the month of November and each year we carefully select the Best Grantee Partner using criteria that is set by staff and approved by the Trustees.

2021 was indeed a very difficult and challenging year for everyone with some experiencing personal deep losses through the loss of loved ones and friends who passed away from COVID-19 complications. Morale was low and everyone was feeling exhausted both physically and mentally.

The theme for the Festival in November was “Mental Well-being and Self-Care” and PE Mental Health and Eberhardt Wellness & Counselling provided us with useful information and tips that we could use both personally and to share with family, friends and colleagues.

What is Mental Health?

An individual’s mental health includes their emotional, social and psychological well-being. It affects their thoughts, behaviour and feelings. Mental health influences the way people handle life situations such as stress and communicating with others. It also influences the choices one makes on a daily basis.

Why is positive mental health important?

- @ It affects an individual’s behaviour, thoughts and emotions
- @ It assists with being productive
- @ Effectiveness of activities in everyday life
- @ It aids to build healthy relationships
- @ It strengthens the ability to cope with adversity
- @ It fosters better understanding of others, which aids communication in interpersonal relationships

Self-Care Tips and Activities

- Find ways to relax, like meditation, yoga, getting a massage, taking a bath or going for a walk
- Strengthen your connections
- Connect with yourself
- Connect with others
- Connect to your community
- Ask for **HELP** and accept it when it is offered
- Do something you loved to do as a child
- Do something you have always wanted to do
- Have a mini dance party
- DETOX from technology and work

Checking in with yourself

We may find ourselves checking in with loved ones to find out how they are doing. This may be because we care about them and genuinely want to know

where they are emotionally. It is our attempt to support them emotionally and that is beautiful.

Unfortunately, many of us easily do this when interacting with our loved ones but neglect to do so for ourselves. Checking in with ourselves provides us with an opportunity to receive emotional support. When was the last time you checked in with yourself?

Try scheduling 5-10 minutes of your time into each day to check in with yourself (in an honest, non-judgemental way - your feelings are valid, always). Here are some questions to ponder while you do this:-

How am I feeling right now? 😐

What happened today that made me feel happy? 😊

What happened today that made me feel upset? 😞

Did I do anything today that I enjoyed? 🙌

What can I do for myself today to take care of myself? ❤️

What is something I can do for myself today that I can enjoy? 🦋

What am I grateful for today? ✚

YOU ARE WORTHY OF YOUR OWN TIME, CARE AND SUPPORT

Contact Details

Eberhardt Wellness & Counselling: 087 160 0836

PE Mental Health: 041- 3650502

No Festival will ever be a Festival if we do not have our talented friends Tine, a music therapist and Angie our creative artist join us to lighten the mood and provide us with renewed energy and lots of fun. Thank you Tine and Angie for sharing your gifts and talents with us and for teaching us something new each year.









The winners of Best Grantee Award, Stanley Elliott Memorial Floating Trophy for 2021 is Moeggesukkel (tired of struggling) Community Foundation from Langa Informal Settlement, Kariega (Uitenhage)