

A VOIR SEPTEMBER

NEWSLETTER



Albinism Awareness Month

Albinism is a genetic condition that affects pigmentation and vision — not intelligence or capability.

Stigma remains one of the biggest challenges, often rooted in myths and misunderstanding.

Organisations can make a meaningful impact by raising awareness about sun protection, vision support, and social inclusion, helping create workplaces and communities where individuals with albinism feel safe, respected, and empowered.

This moment of reflection offers three important reminders:

- **Progress is happening, even if quietly.**
- **Purpose drives impact.**
- **Collective wellbeing matters.**

Read More on our website

● Reflections

September invites us to pause and reflect on the deeper meaning behind the many awareness campaigns observed this month. Beyond the dates, themes, and statistics, these observances remind us of something profoundly human — our shared responsibility to care for ourselves, our families, and our communities.

As we navigate the year, it becomes easy to focus solely on deadlines, performance targets, and operational demands. Yet, the health calendar encourages us to look beyond the immediate and consider the long-term wellbeing of the people who make our organisations thrive. It asks us to recognise that wellness is not a once-off initiative but a continuous journey shaped by awareness, education, and intentional action.

September's themes — from heart health and cancer awareness to mental wellness and environmental safety — remind us that health is multi-dimensional. It touches every part of our lives, and every small step toward awareness contributes to a healthier future.

Cervical Cancer Awareness Month

Cervical cancer remains one of the most preventable cancers, yet it continues to affect thousands of women each year. Prevention starts with awareness: regular screening through Pap smears and HPV testing allows early detection, while the HPV vaccination significantly reduces the risk of developing cervical cancer later in life.

This month encourages women to prioritise their health, schedule routine check-ups, and access reliable information. Organisations can support by promoting screening benefits, sharing educational resources, and creating safe spaces for women to discuss reproductive health openly and confidently.



Childhood Cancer Awareness

This month encourages families, schools, and organisations to learn the early warning signs such as persistent fatigue, unexplained weight loss, prolonged fever, unusual lumps, or changes in behaviour. Recognising symptoms early leads to faster diagnosis and better treatment outcomes.

It is also a time to stand with children undergoing treatment by offering emotional support, reducing stigma, and ensuring they remain connected to school, community, and play.

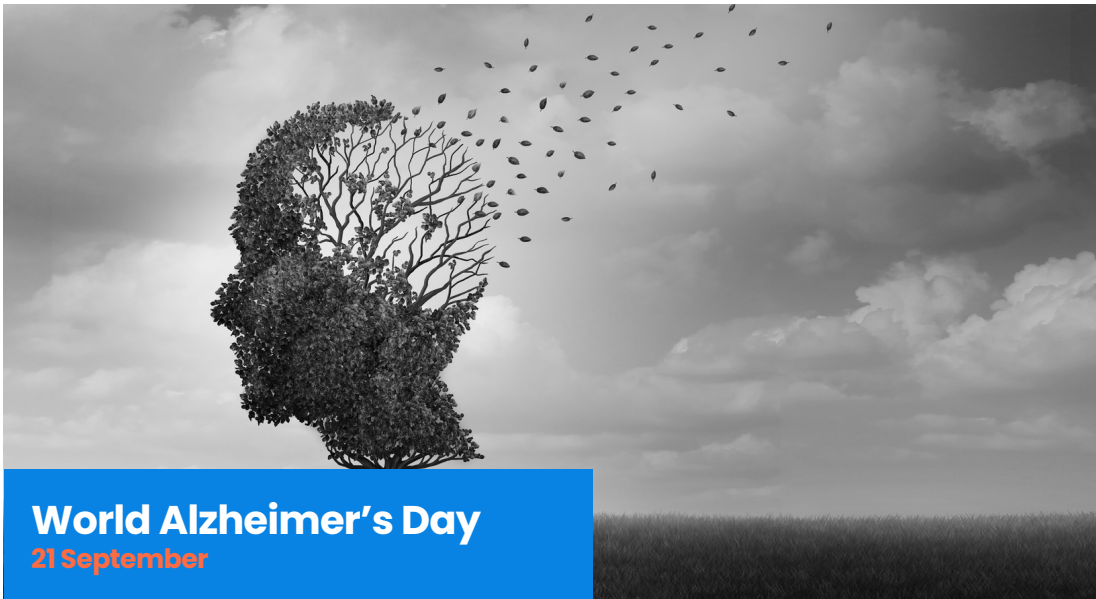


● Heart Awareness Month

Heart disease remains one of South Africa's most serious health challenges, with cardiovascular disease accounting for one in five deaths nationwide.

South Africa also has one of the highest hypertension rates globally, with more than 45% of adults estimated to be living with high blood pressure. Conditions such as hypertension, diabetes, obesity, and smoking continue to be the biggest contributors to heart disease across the country.

These realities highlight the urgent need for prevention through regular movement, balanced nutrition, stress management, and routine health screenings, all of which play a vital role in protecting long-term heart health.



World Alzheimer's Day

21 September

World Alzheimer's Day shines a light on dementia, a progressive condition that affects memory, thinking, behaviour, and the ability to perform everyday tasks. With Alzheimer's disease being the most common form of dementia, this day emphasises the importance of early detection, public awareness, and strong support systems for individuals and families navigating its challenges. Early intervention can help slow progression, improve quality of life, and empower families with the knowledge and tools needed to plan for the future.

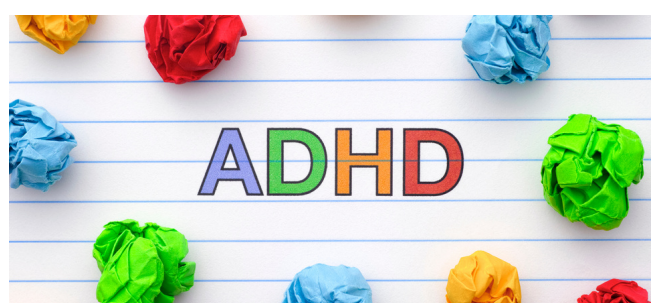
This observance also honours the caregivers — often family members — who provide daily emotional, physical, and practical support. Caring for someone with Alzheimer's can be deeply rewarding but also emotionally demanding, making access to respite care, counselling, and community resources essential.

For organisations, National ADHD Day is an opportunity to promote inclusive practices, share educational resources, and encourage environments where individuals feel safe to seek help and thrive. By embracing awareness and reducing stigma, we help ensure that people living with ADHD receive the understanding, tools, and support they need to reach their full potential.

● ADHD Awareness | 14 September

National ADHD Day raises awareness about Attention Deficit Hyperactivity Disorder (ADHD), a neurodevelopmental condition that affects both children and adults. ADHD is often misunderstood, leading many individuals to go undiagnosed or unsupported. This day encourages greater understanding of how ADHD presents — including challenges with focus, impulsivity, organisation, and emotional regulation — while also recognising the creativity, resilience, and unique strengths many people with ADHD bring to their families, workplaces, and communities.

Early diagnosis is essential, as timely intervention can significantly improve learning outcomes, emotional wellbeing, and daily functioning. Support may include behavioural strategies, therapy, medication, or simple adjustments at home, school, or work that make tasks easier to manage.



International Gynaecological Health Day

10 September

International Gynaecological Health Day highlights the importance of women's reproductive health and the need for accessible, compassionate care throughout every stage of life. Many gynaecological conditions — from endometriosis and fibroids to cervical infections and hormonal imbalances — often go undiagnosed due to stigma, silence, or limited access to healthcare. Early detection through routine check-ups, Pap smears, HPV testing, and open conversations with healthcare providers is essential in preventing complications and improving long-term wellbeing.



World Pharmacist Day

25 September

World Pharmacist Day celebrates the essential role pharmacists play in strengthening healthcare systems and supporting community wellbeing. As trusted healthcare professionals, pharmacists ensure the safe and effective use of medication, guide patients through treatment plans, and provide critical advice that helps prevent complications and improve health outcomes. Their expertise extends far beyond dispensing — pharmacists are frontline educators, advocates for responsible medicine use, and vital partners in managing chronic conditions such as hypertension, diabetes, and asthma.

By recognising their contribution, we honour the professionals who help keep our workplaces, families, and communities healthier every day.

This day encourages organisations, families, and communities to prioritise mental wellbeing by creating safe spaces where people feel comfortable speaking openly about their struggles. It highlights the importance of recognising early warning signs, offering non-judgmental support, and connecting individuals to professional care when needed. For workplaces, it is an opportunity to strengthen Employee Assistance Programmes, promote mental health resources, and foster a culture where seeking help is seen as a sign of strength, not weakness.

World Suicide Prevention Day

10 September



Rabies Awareness | 28 September

World Rabies Day raises awareness about one of the most deadly yet entirely preventable viral diseases. Rabies continues to affect both humans and animals across many parts of the world, including South Africa, where cases are often linked to unvaccinated pets and exposure to infected wild animals. Because rabies is almost always fatal once symptoms appear, prevention through vaccination and responsible pet ownership remains the most effective way to protect communities.