

FREE STATE NEWSLETTER

2025 MEMORIES *matter* - A CHRISTMAS EDITION

DECEMBER 2025

ISSUE #02



Our Commitment to Enhancing lives

Our mission is to walk alongside our community, supporting persons living with dementia, their families, and caregivers and to empower everyone touched by this journey.

We bring this mission to life through three pillars of support:

- **Empowering Hands-On Care:** We offer comprehensive training for caregivers (in one-, two-, or three-day formats), focusing on person-centred approaches, compassionate communication, and hands-on skills for daily care.
- **Building a Circle of Support:** Caregivers find connection and resilience in our accessible support networks, including live meetings, online forums, and WhatsApp groups.

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- **Creating an Inclusive Community:** Through outreach and education, we promote greater public understanding, challenge stigma, and work towards building communities where everyone feels seen and supported.



Empowering Communities, Making a Difference

Over the past year, our community engagement initiatives reached more than **6000 people, with over 500,000 listeners** reached via national and local community radio stations, increasing awareness and understanding of dementia.

Our training programmes and support groups equipped over **300 caregivers** with dementia specific skills, to improve care outcomes for persons living with dementia.



Golden Oldies went purple on 16 September 2025

Regional Highlights

In solidarity with World Alzheimer's Month, we partnered with the Department of Social Development in the Thabo Mofutsanyana District Municipality to host a vibrant awareness event. Over 500 senior citizens, united in purple, joined this powerful gathering.

We also collaborated with the University of the Free State to create and launch an educational role-play activity depicting the ten warning signs of dementia. This initiative actively engaged students in raising critical awareness within the community.

Gratitude and Appreciation

To our cherished donors and partners,

As the year draws to a close, we reflect with deep gratitude on your unwavering support. It is your generosity and belief in our mission that truly fuels our work and makes tangible change possible. We are so honoured to have you in our community. We eagerly look forward to continuing this vital journey with you in the coming year. Wishing you and your loved ones a Christmas filled with peace and joy, and a New Year abundant in health, happiness, and prosperity.

With sincere thanks for all you do,
ADASA Free State



Celebrating purple with one of our support groups on 18 September 2025

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Merry Christmas
from the
adasa team



TOGETHER WE CAN MAKE A DIFFERENCE

Your donation is SARS tax-deductible, and we give you recognition through issuing of a Section 18A certificate.

BANK DETAILS:

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