

KWAZULU NATAL NEWSLETTER

2025 MEMORIES *matter* - A CHRISTMAS EDITION

DECEMBER 2025

ISSUE #02



Top News

- A pilot project in Vryheid
- Work with Traditional Healers in KZN
- World Alzheimer's Day Event in Hillcrest

As we come to the end of another year, we extend our warmest thanks to all who have supported and believed in our work. 2025 has been our busiest and most productive year yet, allowing us to reach new communities.

Our Impact So Far This Year

From **January to October 2025**, our small team of five has worked tirelessly to support families and raise awareness across the province. In just ten months, we reached **3,305 people**, including:

- **323** individuals supported through consultations and home visits
- **761** people who participated in our support groups
- **1,762** community members reached through awareness talks and events
- **459** participants equipped through our dementia training sessions

These figures highlight not only the need in our communities but also the real difference your support makes.

Below are a few highlights we're proud to share:

A pilot project in Vryheid

Our 15-month Vryheid project, generously sponsored by the Victor Daitz Foundation, has sparked real change on the ground through empowering community leaders and stakeholders with the knowledge and skills to recognise dementia, and support families with compassion and competency.

From being involved in Pastor's conferences, training Municipality board members and community caregivers (CCG's), and educating the Chief and his Traditional Council, we were able to make inroads with community leaders which gave us access to the greater community. With many community leaders and members now informed, our aim is for there to be fewer cases of abuse and neglect of people displaying signs of dementia, and support networks in place for the families of those living with the disease.



World Alzheimer's Day event in Vryheid

Talent, KZN dementia trainer and project manager for the Vryheid project, presenting at the World Alzheimer's Day event



Work with Traditional Healers in KZN

Our work with the Traditional Health Practitioners Business Council (THPBC) continues to strengthen. Traditional healers are often the first point of contact when someone begins to show signs of dementia, particularly in underserved communities. By engaging with them directly, we aim to ensure they can recognise the symptoms of dementia early, provide accurate information about the disease, and guide families toward the appropriate support.



World Alzheimer's Day Event in Hillcrest

On 19 September, we hosted a successful World Alzheimer's Day event in Hillcrest. Guest speakers—an occupational therapist, a palliative care specialist, and a GP and motivational speaker—shared insights on the impact of hospitalisation, the dementia trajectory, and practical strategies for support and self-care. It was a day filled with learning, connection, and meaningful conversation over tea and lunch.



Message of Gratitude

Thank you for joining hands with us. Whether through funding, partnership, volunteering, or simply spreading awareness, your support makes a significant difference. The need in our province is great - but together, we can challenge stigma, offer meaningful support, and advocate for the dignity and care of every person affected by dementia.



The ladies from one of our support groups held in the community of KwaNyuswa

[Click back to
National Newsletter](#)

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:

ADASA NPC, ABSA, Savings Account, Acc#: 906 362 3876, Branch Code: 632005

Swift Code: ABSAZAJJ, Reference: Surname & Region

Scan this QR Code to donate now. Reference: Surname and Region you would like to donate to.