

MPUMALANGA NEWSLETTER

2025 MEMORIES *matter* - A CHRISTMAS EDITION

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Heartfelt gratitude

As we come to the close of another impactful year, ADASA Mpumalanga Region extends heartfelt gratitude to all our partners, supporters, and communities who have journeyed with us in 2025.

This year, our focus has remained on reaching rural areas across the province, raising awareness about dementia and challenging the stigma that often surrounds it. In many of these communities, symptoms of dementia are still misunderstood and linked to witchcraft, something we've worked tirelessly to dispel through education and compassion. By collaborating with local leaders, churches, and media platforms, we've brought accurate information and hope to those affected.

Top News

- Reaching rural areas across the province
- Raising awareness about dementia
- Challenging the stigma



Training and Capacity-building

From April to November, our team has been actively engaging in training and capacity-building initiatives. We proudly collaborated with the Department of Social Development to train their social workers on dementia care, empowering them to better support older persons in their caseloads. We also trained healthcare workers from various clinics, caregivers, and nurses from old-age homes, ensuring that more professionals across Mpumalanga are equipped to provide informed, person-centred care.

Families of those living with dementia were not left behind, as we provided practical guidance to help them navigate daily challenges with understanding and empathy. In total, we reached **1,311 people** through awareness talks, **191 individuals** through support groups (including two new ones established this year), and **276 people** through structured training sessions.



Key Highlights

A key highlight of 2025 was our vibrant Dementia Walk in September, commemorating World Alzheimer's Month, an event that brought our message of inclusion and dignity to life. We also reached many more through a series of local radio interviews, expanding our voice to those who may not have access to our in-person events. Our heartfelt thanks go to our generous donors and sponsors who made all this possible.

June's Annual Golf Day was not only a fundraiser but a joyful celebration of community spirit and shared purpose. As we look ahead to 2026, we remain committed to reaching even more people across Mpumalanga and invite new partners and sponsors to join us in spreading awareness, breaking stigma, and making every person living with dementia feel seen, valued, and supported.





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Merry Christmas
from the
adasa team



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