



Celebrating a successful Movember

Description

Our Movember event in 2025 was a powerful reminder of the importance of men's health and the vital role fathers play in the wellbeing of their families.

The theme, "Fathers Matter", brought more than 230 male colleagues together for honest conversations, expert insights, and practical tools to support fatherhood and overall wellness.

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Highlights from the Men's Fireside Conversation

Led by our Wellness Coordinator, **Luthando Copiso**, the session featured:

- Reflections from executive Ashly Singh on fatherhood and workplace wellbeing.
- Expert perspectives from Lwando Mhlakaza on cultural norms and father engagement.
- Lyra Health guidance from Christo Van Hoek on parental coaching and support services.

The conversation encouraged men to speak openly, seek support early, and redefine what strong, present fatherhood looks like.

Prostate health screening turnout



In true Movember spirit, the event also included on-site prostate health testing at the clinic, and the response exceeded expectations.

We are incredibly proud of our male colleagues who stepped up to prioritise their health by participating in the screening. Your courage, openness, and willingness to act reflect the very heart

of the Movember movement. The excellent turnout demonstrates two things:

1. Men are ready to break the silence around their health, and
2. Creating convenient, stigmafree wellness access truly works.

This achievement stands as a milestone for our organisation's commitment to preventative care and early detection.

Wellness & selfcare



Following the Fireside Conversation, over 100 male colleagues enjoyed rejuvenating wellness activities

including:

- Neck, back, and foot massages
- Grooming (buff & shine)
- Relaxation moments facilitated by Nono's Mobile Massage & Spa

These sessions reminded us that selfcare is not a luxury, it is part of sustaining long-term wellbeing.

Keep the momentum going

Movember may be over, but support is always available. Remember, seeking help is strength. AfroCentric Employee Wellness services remain confidential, accessible, and ready to support you.



AfroCentric Employee Wellness Programme

Available 24 hours a day, 365 days a year.



Scan the QR code or follow the link to access the online portal using your company code.

- Toll-free: 0800 611 189
- Request a call back: *134*905#
- Email: help@workcarewellness.co.za
- Get in touch online: <http://app.lyrawellbeing.health/>
- Your company code: AFRO03



Category

1. Our Wellness