



HEALINGWINGS SUDWALA Community – Recovery – Healing



Making Every Second Count

Time is one of the most precious gifts we as humans have. We spend so much time on worries that we forget that it is sometimes the little things that matter the most, things like spending time with community and just every now and then to allow ourselves to have a bit of good clean fun.

The past three months have been so great, and we have been so blessed in just celebrating life, recovery, community, and just overall being thankful for the small things in life.



Nature's Goodness



It is truly a blessing to enjoy the wonderful gifts of nature, especially when they come fresh from our own garden. At Healing Wings Sudwala growing vegetables is about far more than

healthy eating. Working in the garden gives residents a sense of purpose and responsibility, encourages patience and routine, and provides the satisfaction of seeing something grow through consistent care and effort.

There is also tremendous therapeutic value in working with the soil, spending time outdoors and contributing towards something that benefits the whole community. In recovery, these simple experiences can help build confidence, encourage teamwork and remind us that positive change, much like a garden, takes time, attention and perseverance.

Keep Growing – in every sense of the word



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Fixing It, Building It, Growing It



A huge shout out to our hardworking maintenance and operations team, who have been incredibly busy over the past few months.

Since our big move in March, the farm has come a long way. New buildings have gone up, facilities have been improved, fencing completed, lighting installed and countless smaller projects tackled along the way. What was once a major transition is steadily becoming a home that reflects the vision we have for Healing Wings Sudwala.

An important part of this process is involving the men in our programme, under supervision, in suitable maintenance and improvement projects. It is not only about learning practical skills. Taking part in real projects, seeing visible results and knowing that you helped build or improve something creates a genuine sense of purpose, achievement and ownership.

There is also something special about watching a facility grow around you. It creates a sense of pioneering and being part of something bigger. That spirit has always been part of Healing Wings – from the early days of building and developing in Mozambique, to establishing a completely new facility in Paternoster, and now continuing the journey at Sudwala.

Our men and women have always played a part in improving the environments around them. Recovery is not only about rebuilding a life; sometimes it is also quite literally helping to build the place in which that recovery happens.

Thank you to our maintenance team, operations staff and residents for the hard work, commitment and pride you continue to put into the farm.

Here Comes the Volies



Two more female volunteers have signed up at ACF and YCG – well done for making the right choices, stepping forward and choosing to make a difference.



Volunteers play an incredibly important role throughout the Healing Wings group. They are not only vital to the successful day-to-day running of our facilities, but are also a strong reflection of the health of a recovery community. When residents who have completed their programme choose to stay on, give back and help others through the same journey, it says something very special about both their recovery and the environment they have come through.

Becoming a volunteer is also a major step in personal growth. It means taking on responsibility, learning to set healthy boundaries, leading by example and sometimes having to take charge of people who are still struggling with the very same behaviours you once had to overcome. That is not always easy, but it develops confidence, maturity and leadership while giving volunteers a renewed sense of purpose.

It also allows them to see Healing Wings from a completely different perspective – no longer only a resident receiving help, but as someone contributing towards the recovery of others.

Other Volies News

Our volunteer programme continues to be a great success. Volunteers from different Healing Wings centres spent time working at other facilities, exposing them to different programmes, challenges and responsibilities while further strengthening their own recovery.

Vaughn and Don from Pelgrims Place have now completed their three- month stint at Sudwala, and it has been an extremely successful exercise. During their time here they were exposed to our demanding youth programme and gained valuable experience that they can now take back to Pelgrims.

A big thanks to you, Vaughn, Don and all our volunteers for giving it your all. Your willingness to serve, grow and help others is a very important part of what makes Healing Wings work.

Cross-Pollination in Action

Sudwala Head, Promise Nhlabathi, and F&B Manager, John Ngomane, recently packed their ideas and headed off for a little “*pollination*” visit to Pelgrims Place in Paternoster – where they got stuck into the programme, spent time with the team and saw first-hand how things are done on the famously windy West Coast.

One of the real advantages of being part of the Healing Wings group is that no centre has to grow in isolation. We can borrow ideas, share experiences, compare what works, learn from what doesn’t, and sometimes simply sit around a table and talk things through.

That kind of cross-pollination is incredibly valuable.

With centres in different provinces, different settings and different programmes, there is always something to learn from one another.

Fresh eyes often spot new opportunities, and a different environment can spark ideas that might never have surfaced otherwise.

Promise and John returned to Sudwala full of energy, enthusiasm and fresh ideas – which is exactly what these visits are all about.

A little change of scenery, a few good conversations and some healthy cross-pollination can go a long way towards helping the whole Healing Wings family grow.





Getting Ready for the Future



School-Based Rehabilitation Services play a crucial role in supporting students with rehabilitation needs, ensuring they can thrive in their educational environment.

At Healing Wings, we are truly proud of our youth, although they are going through recovery, they are also focusing on their education and truly working on their future.

As the saying goes “Hard Work Pays” and a little effort goes a long way, we are proud of our Purpose College students and of the effort they have been putting into their schoolwork, some of our students received top achiever certificates and a small gift to celebrate their commitment.

Well done – keep up the good work!

We also would like to thank the dedicated team of teachers at Purpose College for all their devotion, guidance, care and passion they put into teaching our youth at Healing Wings.

It is not always all work and no fun, as the 1st of September was celebrated with a refreshing water balloon fight to cool down the early spring heat. It was such a joyful sound to have the valley filled up with laughter and it was truly a great start to spring.

With the upcoming spring day festival at Healing Wings Sudwala our youth really went all out to show off their talents, from singing to dancing to arts and crafts. Thank you to one of our very creative youths, PJ for donating his beautiful artwork for our art auction on “Spring Day”.





Grateful!

We are grateful for new mercies every day, recovery offers countless reasons for gratitude, from improved health and emotional stability to renewed relationships and personal growth.

Physical and Mental Health: Being sober allows your body and mind to heal. You can be grateful for improved sleep, increased energy, better focus, and reduced cravings. Your immune system strengthens, and your overall physical health improves.

Relationships and Social Support: Recovery often restores and strengthens connections. You can appreciate reconnecting with family, repairing damaged relationships, forming supportive friendships, and building trust and intimacy.

Personal Growth and Resilience: Recovery fosters self-awareness, resilience, and emotional growth. You can be grateful for discovering your inner strength, learning healthier coping mechanisms, and developing a sense of autonomy and control over your life.

Opportunities and Life Experiences: Sobriety opens doors to new hobbies, interests, and passions, allowing you to explore life beyond addiction. You can appreciate the freedom to make choices aligned with your values, the ability to pursue personal goals, and the chance to experience life fully and meaningfully.

Spirituality and Mindfulness: Many find gratitude in spiritual connection, mindfulness practices, or a sense of purpose. Like the tender moments shared around fireside worship.

Mindful reflection: we are taking this moment to notice and appreciate the present, our progress, and supportive people in our lives, programme and at the Healing Wings group. Positive aspects of the recovery journey are being grateful for the small moments that make a big difference and lasting memories, small moments like – being able to watch an offsite rugby game and staying sober, enjoying a Woman's Day breakfast filled with love, laughter and appreciation for each other, adding two more horses to our Equine therapy stables and welcoming two more staff members to our dedicated team. Overall, we are grateful for going from strength to strength, navigating some of life's challenges.

