Movember is here
Unjani Bro?

Sometimes one small question can open a big conversation.

This Movember, we're putting **People First** and checking in with the men in our Nando's Family. Because looking after ourselves, and each other, starts with being willing to ask, listen and talk.

What is Movember?

Movember is a global men's health movement that began in Australia in 2003. It focuses on three important areas:

- **Prostate cancer:** Get checked early.
- **Testicular cancer:** Know your body. If something changes, visit a clinic.
- **Mental health and suicide prevention:** You don't have to carry everything alone. Talking can lighten the load.

Your Movember Challenge

Ask a fellow Nandoca: **"Unjani?"**
Then pause. Put your phone down. Really listen.
That's Ubuntu in action. We're stronger when we look out for one another, and everyone's voice deserves to be heard.

Remember!

A conversation can create awareness. Support can bring hope.
Let's create the kind of workplace where Nandocas feel comfortable talking about their health and asking for help.
Ngoba sindawonye. Because we're in this together.

Need Someone to Talk to?

Sizani - 24/7 support available to Nandocas and their immediate family members
Toll free Call - 0800 NTHUSE (684 873)
USSD - Dial *134*1103# (no airtime needed)

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