



# GOGOLYMPICS

## HILLCREST AIDS CENTRE TRUST

26 OLD MAIN ROAD, HILLCREST KWA ZULU NATAL

TEL: 031/7655866 FAX: 031/7658781

EMAIL: [MARKETING@HILLAIDS.ORG.ZA](mailto:MARKETING@HILLAIDS.ORG.ZA) [WWW.HILLAIDS.ORG.ZA](http://WWW.HILLAIDS.ORG.ZA)



*Gogoparade, 350 gogos marching onto the sports field, singing with joy in their hearts*

It was a world first!!! Excitement spread through the hills of Kwa Nyuswa as the day finally dawned for the first Gogolympics. The camaraderie and spirit of the gogos was contagious as the first groups started to march onto the sports field, singing, chanting and lifting up banners with their personal messages for a better future.



*Each Gogo Group wrote down their own Charta for a better future*

Nurse Cwengi Myeni, head of the Granny Group Project, and her soul sister Carolyn Nixon, a Canadian volunteer at the Hillcrest AIDS Centre Trust and a retired physical education teacher worked tirelessly, together with leaders of the Kwa Nyuswa Youth Committee, to organize this huge event that saw over 350 grannies participating in a special sporting and cultural extravaganza.





*The Gogo Groups were proudly showing their team colours, thanks to the donation of bright sunflower bandanas*

The excitement and sheer delight of the 23 teams and their supporters was a joy to behold. Once the first whistle was blown to mark the beginning of the games there was no holding back. The gogos were eager to take part in the soccer, netball, skipping and juggling. Nothing much stopped them, certainly not the rules of the game! One fiercely competitive netball team refused to stop as they were not finished yet and continued playing to the absolute delight of everyone who cheered them on. Laughter and joy was our universal language and the Gogolympics was given an African flavour with the addition of traditional Zulu dancing, singing and a prayer. We didn't want the day to end and the closing ceremony would have gone on for many hours longer if we hadn't had to break for a special lunch. At the prize giving, Cwengi and Carolyn proudly announced that there were 350 excited and slightly exhausted winners!! All gogos were given a goody bag generously donated by the Robin Hood Foundation.



*Cwengi Myeni and Carolyn Nixon interviewed by SABC Journalist and were broadcasted nationwide in the evening*



*Nurse Cwengi Myeni enjoying the traditional dancing celebration*

The goal of the day was to raise awareness of the issues facing the grandmothers in a community challenged by the devastating effects of HIV and AIDS. The Hillcrest AIDS Centre Trust offered a Health clinic with a focus on physical wellness. We invited people to check their weight, blood sugar levels, blood pressure and their HIV status. This free service was very well received and we were astonished that we were able to arrange 38 HIV/AIDS tests and counselling during the event. The Gogolympics was a special opportunity to actively promote community awareness and togetherness and will hopefully inspire others to organize events like this.

**THANK YOU to everyone who supported this beautiful initiative and for helping us to spread happiness and hope to 350 gogos and their families.**



Soccer fever took over and the grannies were almost unstoppable. We had some fantastic goals and impressive ball skills with much cheering and laughter from the crowd. Sometimes overruling even the referees .

The HACT health clinic was a huge success. 38 people using its services and getting tested.



Skipping turned into a communal thunderstorm of cheers, jumps and laughter. It was done with such a speed that some young school girls watching learned a trick or two!!!

Because the word for "grandmother" in isiZulu is "Gogo", we decided to call the event "The Gogolympics"

Time for lunch break– a beautiful active morning is nearing its end and the grannies enjoy their gift bags from the Robin Hood Foundation.

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If you have any further questions concerning this Press Release please do not hesitate to contact Claudia Krumhoff on 031/ 765 5866 or email: [marketing@hillaims.org.za](mailto:marketing@hillaims.org.za). Please note that high resolution images are available.