

MAKING WAVES



WAVES For Change, an organisation that harnesses the power of surf therapy, is supporting the Lights on After School movement (Loas) this year. Loas aims to kick off mental health awareness month by shining a light on youth mental health and well-being in South Africa. This annual commemoration, taking place on October 20 this year, aims to highlight the positive impact the NGO after-school sector has on young minds (often referred to as the forgotten sector). | **VANESSA EVERS**