

# GET INSPIRED WITH MANYAKU MOSITSA

Manyaku Mositsa is a fashion designer who also doubles up as a philanthropist and a founder of a non-profit organisation called Giving Hope. Millennial Woman Magazine had the opportunity to chat to her about the Giving Hope cancer awareness event that she hosted on the 29<sup>th</sup> of October 2022.

Q) What is the inspiration behind the Giving Hope cancer awareness event?

A) My purpose is to serve and make a difference especially in less fortunate communities. Yes, cancer knows no race, but a lot still needs to be done amongst black communities. A black woman's courage is silenced because we are part of a community where cancer is a curse and we do not submit ourselves to research. Lack of knowledge, inequality and poor infrastructure is contributing to high mortality in black cancer patients. With this early detection saves lives drive, we aim to promote breast cancer prevention.

Q) What did you do to put together the resources to successfully host this session?

A) So many doors were shut on my face but when you have a hunger to make a difference you will be connected to like minded people. The mandate is to touch lives, so I always remind myself that the event does not have to be perfect to society's standards

Q) What is the importance of prioritizing mental and physical well-being?

A) The sad reality is that South Africa is currently in a mental health crisis and unfortunately some of us are part of a culture that doesn't recognise mental health. Mental health affects every area of our lives. If we want to be the best versions of ourselves, we need to understand that taking care of ourselves mentally and physically is a MUST.

Q) How has hosting the annual cancer awareness event impacted your life

A) It can be mentally draining because I am not professionally equipped to deal with what our cancer warriors and care givers are facing out there. It's a lot to take in especially when you don't have all the answers and financial resources. However, it gives me so much peace knowing that with every effort lives are saved each year and people are learning.

Q) You are a fashion designer by profession, what is the importance of giving back to the community for you?

A) I was brought into this world for a purpose and mine is to serve. I am a founder of Giving Hope NPO, and the mandate is to give hope to the hopeless. I believe when we raise our voices together this world will be a better place. In this instance, thousands of lives will be saved each year.