



EMOTIONAL  
WELLBEING  
COMMUNITY  
GROUP

IB2



TO ALL THE PEOPLE  
WORKING TO KEEP US  
SAFE, WE THANK YOU

APPRECIATION MESSAGES  
FROM OUR WATERFORD  
COMMUNITY





## EMOTIONAL WELLBEING GROUP

*"Real heroes wear masks below their eyes."*

They are all working to get their patients well and with no regards for their own health! Being on the front line, as they are, is very stressful, but their dedication and selfless service to the greater community will help get us all through these tough times. Thank you! Thank you for working your butts off during this pandemic. We appreciate that you are risking your health to care for our community. We stay home to do our part. We wish you rest, and quiet from the storm. Stay as safe as you can! From our isolation fortresses, our hats are off to the Eswatini Referral Hospital medical staff.

**Lisa, Kiyara, Lwandle, Niamh, Catia, Maia, Xinran, Lifelihle.**



WE STAND IN AWE  
OF YOU AND SALUTE  
YOUR SERVICE TO  
HUMANITY

## PRINCIPALS MESSAGE

### STEPHEN LOWRY

The world has recognised the heroes and sheroes (men and women) who are in the frontline, in the trenches in the battle against this latest viral threat to our world. In cities, villages and communities across the globe, nurses, doctors, other health-care professionals and volunteers stand shoulder to shoulder to defend us from this scourge. And that is no different here in Eswatini. You take risks every day, your lives are on the line, for the communities you serve. At Waterford Kamhlaba we are humbled by your commitment, dedication and service. We stand in awe of you and salute your service to humanity. You stand as role models for all in our community. Siyabonga, we thank you.

Thank you to all doctors, nurses and hospital support staff for all their dedication and selfless commitment during this unfortunate time. It really shows how much you love your job by the way you put your selves at risk everyday to help others.

**Kelly McGuire**

Dear doctors,  
We all can't thank you enough. What you have done during this time is truly marvelous. Nobody could do it except you. You are doing your best and so we thank you. You have been very brave and are risking your life for us. This war is hard but you are our protectors. You believe and so you will achieve. When this ends we will forever be in your debt. Without you we would not be able to recover and so we thank you. Words cannot describe what you have done but you are truly our hero's forever more. Thank you!!

**Victoria**



**YOUR HUMILITY AND  
COMMITMENT DOES  
NOT GO UNNOTICED.**

## FORM 1

**YOU GUYS ARE  
ABSOLUTELY  
AMAZINGLY  
THOUGHTFUL! YOU  
HAVE HELPED MANY  
SCARED PEOPLE THAT  
HAVE BEEN EFFECTED  
BY THE CORONA VIRUS  
I DON'T KNOW WHAT  
WE WOULD DO  
WITHOUT YOU.  
TANA**

Dear doctors and nurses  
I would like to express my sincere appreciation for the great work which you have done since the beginning of the COVID-19 pandemic to save the nation. Most importantly, my gratitude goes towards your untiring support towards government in developing and putting together the necessary strategies to stop the spread of the deadly disease. Your humility and commitment will not go unnoticed by the entire nation. I have noticed that your attention went beyond the COVID-19 but treatment of other respiratory related diseases like flu, TB, etc. thereby risking your life to infection. We are indebted as a nation and inspired by your braveness.  
Grateful Citizen



If it weren't for the doctors who out there tirelessly working for the people of our earth, the number of cases would've been much higher. Doctors are the beating heart of our chances of beating this pandemic and bringing our lives back to how they were before. Doctors are out there treating the sick instead of staying home with their families in these trying times. I truly appreciate the work the doctors are doing for humanity and I wish that they succeed with their task.

**Reece, the POEM MASTER**

“ DOCTORS HAVE BEEN WORKING SO HARD FOR US IN THESE DESPERATE TIMES AND THERE IS NO AMOUNT OF WORDS I COULD USE TO THANK THEM. BUT FOR NOW AND ALL I CAN SAY IS .... THANK YOU! MICHAEL MELVIN.

## FORM 2

**NOW THAT COVID 19 HAS BECOME A HUGE DISASTER,** DOCTORS AND NURSES ARE PLAYING A HUGE ROLE TO HELP PEOPLE THAT HAVE THE VIRUS. DOCTORS AND NURSES ARE DOING WHAT THEY CAN TO HELP AND DESERVE A LOT OF APPRECIATION FOR THEIR ACTIONS. THANK YOU AND CONTINUE DOING YOUR BEST TO SAVE AND HELP ANYONE WHO NEEDS HELP. ALSO, STAY SAFE IN THE PROCESS.

**-SHANE THRING**

The appreciation that we have for the doctors and nurses assisting us in these tough time is huge. Their bravery to be dealing with a virus which has no cure yet shows true dedication and proves they have a pure heart. I had to go to the hospital once during these times and each doctor I came in contact with had no hesitation to helping me. Luckily it wasn't the virus but I am still thankful for the help they've offered me and others.

**Sinethemba Mdluli**

## FORM 2

I truly appreciate doctors and nurses helping the world through this time of crisis because they are risking their lives for ours, spending time away from their families to help us and making sure that our family members are safe. They are the true definition of heroes.

**Catherine**

## FORM 3

Ngiyabonga. Merci. Obrigado. Thank you for everything you do. Thank you for potentially walking into infected areas. Thank you for waking up each day and putting on a mask to save lives. Thank you for putting your life at risk so others may be saved. Thank you for being our hope, our guiding force and our future. Thank you...infinitely.

**Amy**

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THANK YOU FOR  
ALL THE HARD WORK  
AND DEDICATION  
DURING THIS HARD  
TIME, WE  
APPRECIATE  
EVERYTHING YOU  
DO!  
**SASKIA**

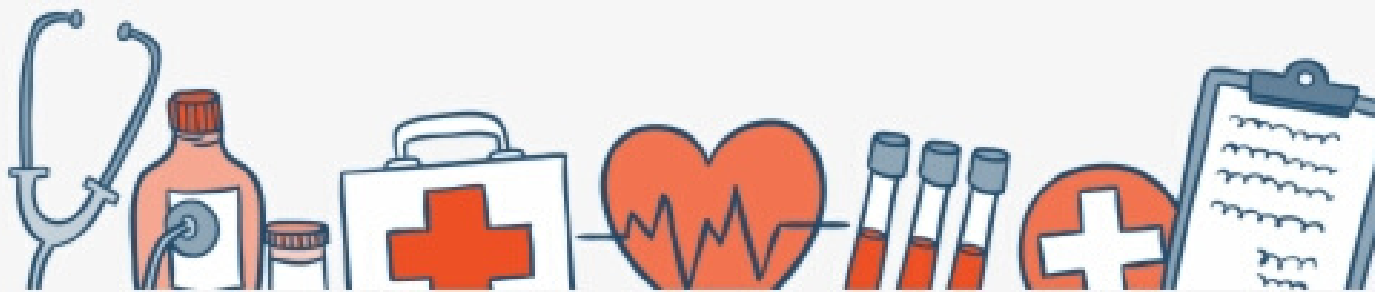
## FORM 3

DEAR HEALTHCARE WORKERS, THANK YOU FOR WORKING SO HARD EVERY DAY TO ENSURE THAT WE ALL ARE KEPT SAFE AND THAT THEY PEOPLE WHO HAVE BEEN INFECTED MAKE A GOOD RECOVERY. IT IS SO BRAVE OF YOU TO GO OUT EVERYDAY AND RISK YOUR LIVES TO SAVE SOME OF OURS. YOU ARE TRULY HEROES!  
**ZAHARA**

Thank you so much to our brave healthcare workers! We really appreciate everything you are doing! **Klea**

.Dear healthcare workers,  
Thank you for being so hardworking and putting your lives at risk to help others! Sending you all strength and courage during these tough times!!

**Caitlin**



## FORM 4

I would like to take this opportunity to express our sincere gratitude to you all for the work you have done. Your work is really appreciated and your efforts are really exceptional. Siyabonga kakhulu. May God bless you and your families. You are really golden and deserve the best.

**Lwandile Mavimbela**

“ WHEN I WAS GROWING UP THEY TAUGHT ME BATMAN AND SUPERWOMAN WERE HEROES BUT NOW, A WHOLE NEW GENERATION OF CHILDREN AND THE REST OF THE WORLD HAVE FOUND OUR TRUE HEROES.

## FORM 5

### **SISACELA**

KUTSATSA LELITFUBA  
KUBONGA KAKHULU  
NGALOMSEBENTI  
LOMUHLE  
LENIMENTAKO EVENI  
LAKANGWANE. SICELA  
INKHOSI INIBUSISE  
NJALO NGEKUTITFOBA  
KWENU. SIYABONGA  
KAKHULU.

### **PHIWOKUHLE DLAMINI**

Para todos os médicos que estão a lutar na linha de frente, muito obrigado pela sua ajuda. Estamos juntos nesta luta contra o vírus . Agradecemos seu serviço.

#### **Muma Mpolokoso**

Thank you so much to every single person who risks their life day after day to fight the unprecedented pandemic we are facing. It's amazing how when I was growing up they taught me Batman and Superwoman were heroes but now a whole new generation of children and the rest of the world have found our true heroes. When you risk your life to save others every day that is exactly what you are. Stay strong and we are all thinking about you all over the world. Thank you for saving the world one day at a time. Ngiyabonga and please, stay safe.

**Egyirba Bedu-Addo**

# THANK YOU

## DOCTORS AND NURSES



To our doctors, nurses, and healthcare workers, This is a thank you letter to all of you for all your never-ending hard work. It would be selfish of us to think we are going through a lot staying in our houses during this pandemic; meanwhile you are all risking your lives, and the lives of your families to save over 100 infected people. Once again, a huge thank you to every single one of you. All your work is valued and appreciated.

**Claudia Ndjeh**

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IF IT WERE NOT FOR ANY OF YOU CHOOSING THE CAREERS YOU CHOSE OUR WORLD WOULD HAVE BEEN IN SHAMBLES.

## FORM 5

Dear Health workers of Eswatini, We want to thank you for all that you do. You all risk your lives to keep us alive. We are aware how you spend hours working tirelessly to prevent the country from suffering even more disaster. You leave your families each day to keep go and defend them. You are the true heroes of the decade. All the recognition deserves to go to you all and We all pray that you can do your best to allow us to live our lives again. I could not even begin to explain how all the people alive in 2020 are grateful to have doctors, nurses, paramedics, scientists, and more people in the health sectors. You all do the best work out of all. If it were not for any of you choosing the careers you chose our world would have been in shambles. I would just like you to know your work is much appreciated and does not go unseen.

**Wongani Msiska**



# IB 1

Bonjour ! Je m'appelle Koko, je suis une élève à Waterford Kamhlaba. Je voulais juste dire merci pour votre travail. C'est à cause de vous qu'on aura l'opportunité de rentrer à l'école. Même si nous ne sommes pas là actuellement, nous vous sommes reconnaissants. Merci encore et j'espère que vous allez bien!

To whoever receives this letter, They say not all heroes wear capes, and you have shown that. We are all and will continue to be grateful for all your hard work. We are thankful for the strength you show every single day. I may not be in Eswatini right now, but I know that because of the work you are doing now, I'll be able to go back. I'll be able to see my friends, the people that have become my family in a place that is a home away from home. If anything, this pandemic has taught me to appreciate medical workers more than I already did, because no one else can do what you do. That takes an insurmountable amount of courage and strength. I hope you keep being brave, and strong and that you stay safe so that one day we can meet in person.

**Koko Sanginga**

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THE GRATITUDE IN  
MY HEART IS  
OVERWHELMING

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Dear Covid 19 Medical Team of Eswatini, The country has been going through a lot of tough moments with this corona virus crisis. It is a very difficult and scary time of uncertainty for most people. Those both infected and affected by this disease. So we cannot thank you enough for doing the work that you do as healthcare professionals. You face danger every single day, and you risk contracting this illness as well. However, you continue to show immense amounts of bravery by putting yourselves in the front lines and doing what is best for others. Your selflessness and willingness to fight this pandemic has not gone unnoticed. You have all chosen to put the well-being of others first, and all i can say for this is thank you. The gratitude in my heart is overwhelming, and it is important to me for you to know this. To know that you are seen. That you are recognised as true heroes. May God bless each and every one of you, and may you keep the fight against corona strong.

**Lungiselwe Mbingo**



To our champions, our first line defenders. Simaswati Siaybonga Kakhulu umsebenti leniwentakho kulesitikhatsi letilikunu kanganka. We acknowledge and recognize the hours that you are putting into combating the fight against this virus. More than that, we are astounded by your bravery and courage to still continue your work in the various services, even if it means risking your exposure to the virus. We celebrate you, we are more than grateful for you. We pray that you may be safe and protected during this time. We pray that you may find great favour in the seasons to follow this one. Thank you, Siynbonga!

*"Only a life lived in the service to others is worth living."* -Albert Einstein

**Tiyandza**

Dear Swazi essential workers, This message is just to say a big thank you for the good work that you are doing. because of you, people are not dying and because of you, life will get back tomorrow sooner than later. Thank you, thank you.

**Love from Zimbabwe**



**"ONLY A LIFE LIVED  
IN SERVICE TO  
OTHERS IS WORTH  
LIVING." -ALBERT  
EINSTEIN**

For the doctors, nurses and everyone in between!! THANK YOU is not even enough. Your efforts even before Covid-19 were greatly appreciated but now there aren't any words to sum up our gratitude. We cannot even begin to imagine the amount courage and strength it takes to do your job. It's simply amazing and we hope you certainly don't forget. You're in our prayers every single day.

**IB 2**

**SALUTE  
TO ALL THE DOCTORS  
AND NURSES WHO ARE  
THE REAL HEROES OF  
THE WORLD. WORDS  
ARE NOT ENOUGH TO  
EXPRESS GRATITUDE  
TOWARDS YOU.  
THANK YOU FOR  
GIVING US HOPE.  
THANK YOU FOR  
SACRIFICING  
YOURSELF AND  
PROTECTING US.  
SAYANA LAMA**

## IB 2

Dear medical staff,  
Thank you for the hard work during this special time. Thank you for being there for us to have hope against the virus. I have been inside for almost two months, it wasn't easy. But once I know that this could lighten your burden, I am more than glad to be so. Please take care of yourself before others. Wish everything get better soon.

**David**

**I WISH TO THANK YOU FOR ALL THAT YOU ARE DOING FOR ME, THE COMMUNITY AND THE COUNTRY AS A WHOLE. YOUR BRAVERY AND DETERMINATION TO KEEP US SAFE WILL NOT GO UNNOTICED. SENDING YOU ALL MY LOVE AND PRAYING FOR YOUR SAFETY. METI**

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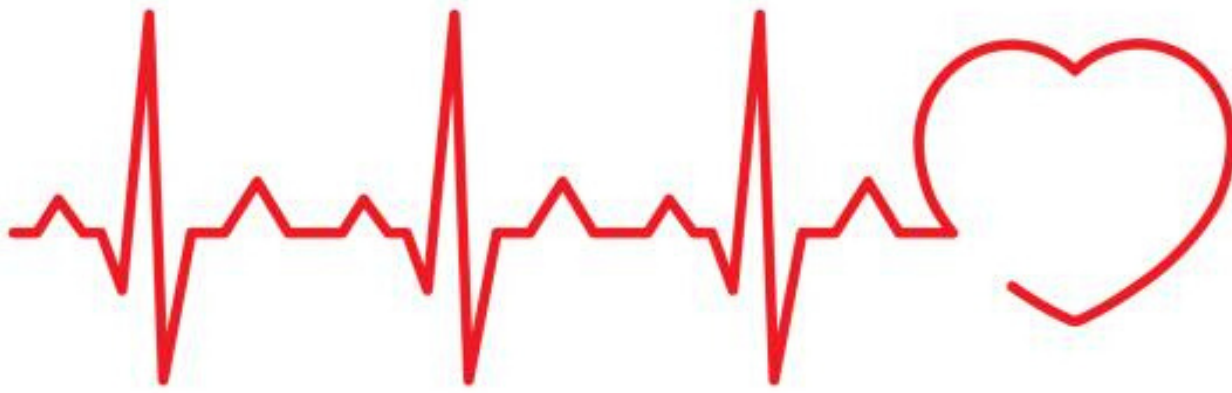
**YOUR BRAVERY AND DETERMINATION KEEPS US SAFE**

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Dear Health Care workers on the frontline of Fighting COVID 19  
As the world has been put into a standstill over the last few weeks and Fear has filled many households in Eswatini. We often forget to thank the courageous nurses who get up every day and fight corona on the frontline. So THANK YOU for waking up every morning taking charge even though there are days where the exhaustion from taking care of sick and suffering patients make the days difficult .

**Jasmine Ongole**

Dear Ma'am/ Sir, I would like to thank you on behalf of the patients that you tirelessly work for, you are truly a heroine/ hero! Please know that we are in this together as we work every day to improve the situation from all parts of the community. I know that during this time and especially for you as a doctor/ nurse you might not be able to physically get too close to your family, and I sincerely send my well wishes to you that this could be over soon as the pandemic eases by the day. You are incredibly great in what you do, and last and certainly not least, you really are an important figure in our society, because without you, the devastation could be much worse than we could ever imagine. Stay positive, and thank you for your time.



Now is a tough time for everyone but we all know it's even tougher to you, the doctors and nurses at the frontier of this war against Corona virus. Thank you so much for your sacrifice to save the lives of hundreds thousand people in our country. We are grateful for this and wish you all the best sirs and madams.

**IB2**

Thank you for standing on the front line and fighting to save our friends and relatives. In the process you risking your lives to make other people safe. keep fighting the good fight. Phambili Masotja!

**Nomvula**

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We see you  
The frightened amongst us.  
The courageous ones who  
walk the talk.  
The sweet givers who give  
everything.  
The soldiers fighting a war  
disguised as a flu.  
The peace makers of our age.  
Tomorrow belongs to you  
We see you!

**Bonsile Nxumalo**

## TEACHERS

To all the staff working on the front line of the Coronavirus pandemic in Eswatini. We would like to thank you all, for your tremendous courage and dedication in doing the work you do each day. We admire and appreciate your hard work and commitment to looking after the patients in your care. Please continue to do this valuable work while keeping safe yourselves. With our grateful thanks and appreciation

**Fiona Mills**

Je félicite les soignants, les médecins et tous les autres qui luttent contre ce virus. Je les félicite pour leur courage, leur solidarité et leur motivation pour soigner et sauver la vie des personnes atteintes du covid 19. Ils font tôt cela malgré les risques qu'ils prennent Ou leur propre sante voire leur vue a ces personnes, je leur dis : Respect, Mille mercis, vous êtes vraiment des héros !!!!!

**Diorrobo Daffe**

# PARENTS

To our devoted, awesome and wonderful medical team: Just to express our gratitude for still having people like you who are called by the Almighty to save lives. Your selfless sacrifice shows that you put humanity over your individual interest to stand at the front line even at the expense of your own families! Our superheroes, we applaud you. We thank you. We admire you. Keep up the amazing work. We pray that the Lord keeps you safe. Siyabonga!

**Therese Ndjeh**

To all the nurses and doctors battling the corona virus, We are so grateful and in deep awe of your selflessness. We wish you strength and perseverance, and continuing good health. Thank you, thank you, thank you.

**Pippa Davies.**

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WE WISH  
YOU STRENGTH AND  
PERSEVERANCE, AND  
CONTINUING GOOD  
HEALTH.

To our Eswatini heroes, who are fathers, mothers, brothers, sisters, relatives and friends to many, we salute you for putting your lives on the line to save our nation. May you be protected by the mighty hand of the Almighty as you go about your duties of saving lives.

**Iris Attwell**