The Thogomelo Project

Wheel of psychosocial wellbeing

Our needs as individual community caregivers in our world of family, community and work

- **Physical needs**: Food, clothes, shelter.
- **Cultural needs**: Practising our culture and maintaining our traditions.
- **Mental needs**: Learning and challenging ourselves through our work, studies or by reading.
- **Emotional needs**: To be loved and cared for by others.
- **Economic needs**: Employment and a sustainable livelihood.
- **Social needs**: To be part of a family or community. It includes places and relationships that allow us to relax, have fun, and meet and talk to people.
- **Spiritual needs**: May be met by connecting with ourselves through religion, poetry, music, meditation or quiet reflection.

Thogomelo Psychosocial Support Skills Development Programme for Community Caregivers. Strengthening South Africa’s capacity to care for its community caregivers and protect vulnerable children.