



THE RAM BUSH-TELEGRAPH

— Where Peeps Help Peeps —

WE ARE OFFICIALLY LIVE AND ROLLING!

Boom! Our official digital home, www.riseabovemovement.co.za, is live! This site is the new engine driving our handovers, community updates, and growth, with this 'Newsletter' tab acting as our permanent public archive. Whether you are catching this on email, WhatsApp, or phone, you are the heart of this movement. Thanks for rising with us!"



[Explore the Website](#)

Real Stories - Real impact - Real Change

July 2026 - Issue#01

Rise Above Stories

Welcome to the Tribe!

A warm welcome to all our new members! We created this space because no one truly understands the daily challenges, adaptability, and resilience required to live with a disability like those of us walking the path. Whether you are navigating a new road or seeking fresh challenges, you belong here to learn, share, and support one another. Here are four quick mindset shifts from my own journey:

Gain Perspective: Look around, so many in our community thrive in the face of immense adversity. You are not alone in this fight.

Focus on Gratitude: Reframe your outlook on what you **do** have. Every new morning is a fresh opportunity to grow and celebrate a win, no matter how small.

Believe in Your Potential: Look at Paralympians redefining what's possible, proof that determination overcomes any physical barrier.

Choose an Overcomer Mindset: See yourself rising above every obstacle. You are a winner the moment you choose to be.

Reach out anytime in the **Lounge**, there's always someone here ready to help you win your race.

Together, we Rise Above!"

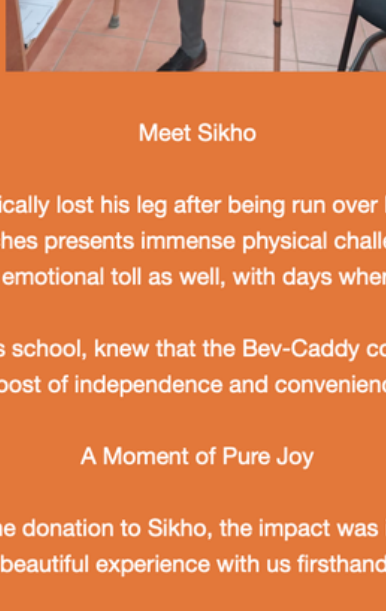
[Share your story](#)



Spotlight: The Power of Paying It Forward

At the Rise Above Movement, one of our greatest joys is witnessing the incredible generosity of our community. This week, we are honoured to share a deeply moving story about our recent weekly giveaway winners, Janine and Johan Oliver from Fish Hoek.

Instead of keeping their prize, Janine and Johan chose to donate their Bev-Caddy to someone whose daily life would be genuinely transformed by it: an inspiring Grade 11 student named Sikho.



Meet Sikho

Sikho is an amputee who tragically lost his leg after being run over by a truck. Navigating the busy halls of a high school on crutches presents immense physical challenges, and as he opened up to Janine, it can take an emotional toll as well, with days where he feels really down.

Janine, who works at Sikho's school, knew that the Bev-Caddy could offer him a much-needed boost of independence and convenience.

A Moment of Pure Joy

When Janine presented the donation to Sikho, the impact was immediate. She shared the beautiful experience with us firsthand:

"Seeing his face when I gave it to him was amazing. I helped him put it on his crutch, and the smile was from ear to ear."

Beyond the physical gift, Janine has committed to having regular check-ins with Sikho, providing him with a continued pillar of support on his tougher days.

We are incredibly moved by Janine and Johan's selfless gesture and the immediate difference it has made. As Janine perfectly summarized the experience:

"I know that Sikho will get immense independence, and pleasure from his Bev-Caddy!"

Thank you, Janine and Johan, for embodying the true spirit of our community, and to Sikho for allowing us to share a part of your journey.

Shop with Purpose: The Bev-Caddy Promise

Great gear, even greater impact. We are thrilled to partner with Bev-Caddy (www.bevcaddy.co.za), the creators of top-tier, heavy-duty mobile drinkware.

Their commitment to our community is unmatched: 10% of every single sale nationwide is dedicated to sourcing critical mobility aids for impoverished South Africans. Whether you are treating yourself or buying a gift, your purchase gives someone the gift of safe, confident movement. Support the mission and shop with a purpose today!"

[Shop Here](#)



Competition Corner And Giveaways

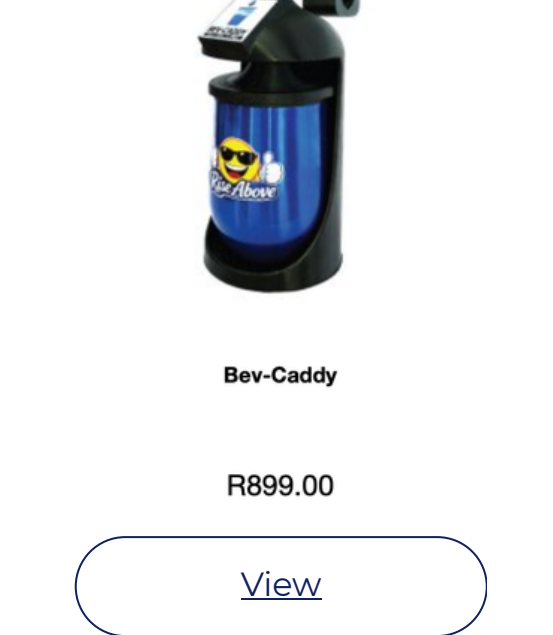
Active Giveaways
Week 1's lucky winner:
Herman Lewis

Week 2's lucky winner:
Paul and Kelly Marais

Week 3's lucky winner:
Janine Oliver

Show Off Your Rise Above Merchandise! Congratulations on receiving your Rise Above Movement merchandise! Don't forget to snap a photo of yourself with your new gear and send it to us. We'd love to feature our members in future newsletters and on social media. **Wear it with pride. Together, we rise above!**

Hurry ! Only 4 Draws Left! Only 4 weekly draws remain! Entries close every Sunday at 3:00 PM, with the winner announced at 4:00 PM. Sign up for FREE at www.riseabovemovement.co.za and stand a chance to win. **Join today! It could be your turn next!**



Hot Merchandise

Your FREE Sticker Offer!

When you register for FREE and become part of the Rise Above Movement tribe, you'll receive a **welcome letter** containing a coupon to claim **10 FREE stickers**.

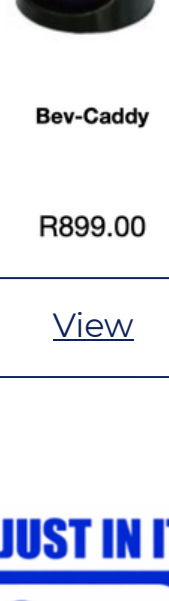
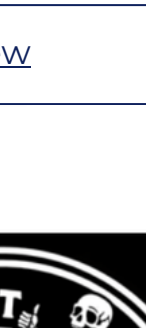
Visit www.riseabovemovement.co.za to join today and claim your free sticker pack!"



Insulated 350ml mug

R225.00

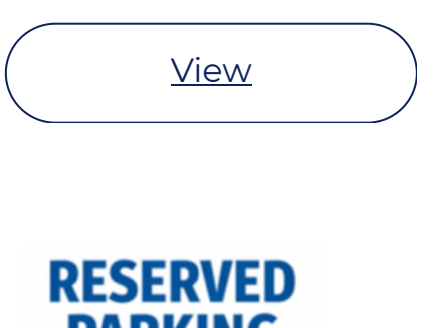
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Bev-Caddy

R899.00

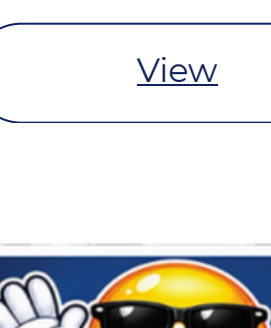
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Sticker

R39.00

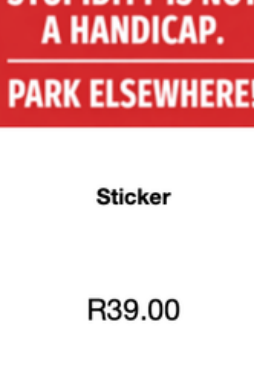
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Sticker

R39.00

[View](#)



Sticker

R39.00

[View](#)



Fridge magnet

R39.00

[View](#)

Join The Tribe Choose Your Mission

Graphic Designer

Use your creativity to bring our mission to life. Design social media graphics, newsletters, flyers, posters, merchandise and campaign material that inspires hope and strengthens our brand.

Social Media and Marketing

Help us grow our tribe. Create engaging content, manage social media, promote campaigns, celebrate member stories and raise awareness of the Rise Above Movement.

Please note: All positions are voluntary and unpaid. Volunteers donate their own time and use their own equipment, including a laptop, internet connection and mobile phone, to support the Rise Above Movement.

Chirp from the Founder

The "Rise Above Movement" is an absolute dream come true! A huge THANK YOU to everyone who helped make this possible!

Being an amputee myself, I totally understand the anguish, both mentally and physically that you are going through. You are not alone! That is why we have created the "Lounge" WhatsApp group on our website, where you will find the support, encouragement and advice from peeps who have been through it all.

While some of us are fortunate enough to have the necessary mobility aids to be able to get around, thousands of others aren't so lucky. Everyone can help make a difference! If you're unable to donate financially, then volunteer a little of your time... we can do with your expertise! This is where peeps help peeps...

Together, we Rise Above!

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