

NEWSLETTER

Volume 2

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 Undercover Heroes



**Supporting Single Parents,
TOGETHER!**

Top News

New Website launching soon!

This website represents our commitment to our community. Here you can learn more about us and connect with our team.

Rebuilding a Home, Restoring Hope: Join Us in Supporting a Resilient Single Parent

At Undercover Heroes, we believe in the power of community and the importance of standing together in times of need. As part of our Mandela Day project and continued efforts to uplift and empower those facing difficult circumstances, we are launching a heartfelt initiative to assist a dedicated single parent whose home is in urgent need of repairs.

Parenting alone is an immense responsibility, and when combined with the challenges of maintaining a safe and livable home, the burden can feel insurmountable. That's where we—as a community—can step in and make a difference. We are calling on kind-hearted volunteers to lend their time and skills to help with basic maintenance tasks such as painting, minor plumbing work, and other small but important home repairs.

This initiative is about more than just fixing walls or unclogging drains—it's about restoring dignity, lifting the weight of worry, and showing one parent that they are not alone.

Through acts of service, we aim to bring hope and relief, proving that when we come together in compassion, we can help rebuild more than homes—we can help rebuild lives.

To bring this vision to life, we are also collecting supplies (please see the attached list for what's needed). If you are able to contribute financially, our banking details are provided at the end of this newsletter. This project is set to take place on **19 July 2025**.

Thank you for being part of a movement that believes in kindness, action, and community. Together, we can be the heroes someone never expected but always needed.

HIRING of 1 power hose for roof

PAINT :

3 x 20ltrs ROOFPAIN
3 x 20ltrs Dark Grey Exterior
1 x / 20ltrs White Exterior
1 x 5ltr Enamel
2 x Guttering
2 x downpipes
2 x bags of putty
Waterproofing
DURAMesh with 1 x 5ltr Roofkote
Polyfiller x 2 bags
1x Kitchen sink trap system
1 x Full Toilet system



Be part of the impact



Relaxation for a Cause: Spa Day Fundraiser

A special spa day was recently hosted in support of Undercover Heroes, bringing together community members for a day of relaxation—with a meaningful purpose.

The event offered guests a serene escape from their busy routines while raising vital funds for ongoing projects. Guests were treated to a range of luxurious treatments with soft music, calming scents, and beautifully curated refreshments completed the tranquil atmosphere.

More than just pampering, the event underscored the importance of self-care while giving back. All proceeds from the spa day went directly to supporting Undercover Heroes initiatives.

“We are incredibly grateful to everyone who attended and contributed to this beautiful day,” said Nadia Boezak, Founder of Undercover Heroes



Matric dance support

As an organisation, we are deeply honoured to walk alongside seven remarkable underprivileged learners as they prepare for one of the most memorable milestones of their school careers—the Matric Dance. This event is more than just an evening of celebration; it symbolises achievement, resilience, and the transition into adulthood.

In May 2025, we had the privilege of supporting our first matriculant of the year (pictured on the left), and the experience was nothing short of heartwarming. Through the support of Undercover Heroes, this matriculant was not only provided with a stylish outfit for the special occasion but was also given access to a car, allowing him to arrive with confidence and dignity.

The occasion served as a powerful reminder of how meaningful support, no matter how small, can transform not only a night but a young person's sense of self-worth.

Celebrating the Heart of Our Communities – A Special Mother's Day Event



On 10 May 2025, Undercover Heroes proudly hosted a heartwarming Mother's Day celebration to honour the incredible strength, love, and resilience of mothers in our community. The event brought together women from diverse backgrounds for an afternoon filled with joy, reflection, and appreciation.

Held at the Athlone School for the Blind, the gathering featured inspiring guest speakers, live entertainment, and thoughtful tokens of appreciation for all mothers in attendance. Delicious refreshments and a festive atmosphere created the perfect setting for connection and celebration.

This special event was more than just a celebration—it was a moment to recognize the often-unseen sacrifices made by mothers, especially those facing socio-economic challenges.

We extend our heartfelt thanks to our sponsors, volunteers, and community partners who made this event possible.



Celebrating Fatherhood

We had the privilege of hosting a special Father's Day event in honor of the incredible fathers, father figures, and caregivers who make a difference in the lives of children and families every day.

We were honoured to have Dr Randall Ortell as our guest speaker for the event. He delivered an insightful and engaging address, generously sharing his extensive knowledge and expertise. His contribution not only enriched the occasion but also left attendees inspired and better informed.

The event served as a reminder of the vital role fathers play in building strong, loving communities. Guests had the opportunity to share stories, create lasting memories, and enjoy a sense of appreciation and togetherness.



Grace in the Grief – Moegamat Nefdt's journey

It was the morning of 6 January 2021—just two days after celebrating his wife's birthday. For Moegamat (Mo), it began like any other workday, getting ready while his wife still lay asleep. Before leaving, he kissed her gently on the cheek and whispered that he loved her. She told him she loved him and reminded him to drive safely. They had planned to catch up later that day to discuss dinner for the evening—just a typical part of their routine.

Mo typically took his lunch break at 11:30 a.m., and that day was no different. At 11:45, while sharing lunch with a colleague, his phone rang. The voice on the other end was one of his wife's co-workers, asking him to come to her workplace. The tone was serious, and immediately, Mo felt uneasy.

When he arrived, the scene was unsettling. Paramedics were already there, and colleagues stood around with tear-streaked faces, casting glances filled with sorrow. As he stepped inside, confusion and dread consumed him. He asked to see his wife. Her manager gently suggested he sit down, but Mo declined. Then came the words that fractured his world: something had happened, and the paramedics had done everything they could. In disbelief, Mo thought it must be a prank—his wife was known for her dry sense of humour. He called out for her, expecting her to appear.

In that moment, Mo described experiencing an out-of-body sensation—a surreal detachment as the truth sank in his wife had passed away. That night, he returned to a home now filled with silence. He went to bed not only as a widower, but as a single parent—his world irreversibly changed in the span of a single afternoon.

For Mo, the hardest part of becoming a single parent wasn't just the grief—it was the sudden, overwhelming responsibility of managing life alone. The most immediate and persistent challenge was financial. Overnight, he went from a two-income household to surviving on a single paycheck.

"Everything else comes after," he says, quietly. "The finances hit first." But money wasn't the only strain. The emotional well-being of both him and his young son became a daily battle. In the days following the funeral, family and friends were present, offering comfort but as the weeks passed, the support dwindled. Life moved on for everyone else. He had to teach himself how to manage a household alone, how to support his son through grief while carrying his own, and how to keep going when each day felt heavier than the last. He reached out for help—turning to professionals who could offer guidance.

Amid the heartbreak, Mo found his greatest source of strength in the most unexpected place—his son. On the day of the funeral, Mo was in a daze, moving through the motions in a fog of disbelief. Then, in a moment that would stay with him forever, his young son wrapped an arm around his shoulder and gently said, "Everything is going to be okay." That quiet reassurance from a child who had just lost his mother shattered Mo's emotional dam. He broke down, crying into his son's shoulder. Mo still recalls it with awe. "I think my son is one of the strongest little men in the world," Mo also had the support of close friends and family, a solid and reliable circle that helped steady him in the chaos. Yet, grief can be isolating. Not everyone knows how to listen to sorrow or sit with sadness. "Some people don't want to hear your story, or see you down," Mo reflects. "But the ones who stayed—they were meant to be there."



Despite the weight of grief, Mo has always been a motivated person. But in the months following his wife's passing, motivation didn't always come naturally—it had to be summoned. "I forced myself to be motivated," he admits. "Some days, you just have to push through." He took on physical challenges like "Jacob's Ladder" workouts, long walks, and any activity that could shift his energy. "Life is too short to be sad, angry or miserable," Mo says. "Every day that we wake up breathing is a blessing from God." One day, while scrolling through social media, Mo came across the story of another man who had also lost his wife. Mo began following him online and found inspiration in his journey. Through that connection, even from a distance, he started to feel hopeful again. With time, motivation returned – whether engaging in workouts or simply laughing with close friends, Mo learned to appreciate the present moment.

Mo's only son has always been the center of both his and his late wife's world—their shared heartbeat. After her passing, Mo watched his son retreat into silence. He never spoke about his mother's death, never let his emotions show. He considered taking his son to a psychologist, hoping to create a space where he could express what he seemed to be holding in. Then, nearly two years after the loss, something shifted. They were driving together, just the two of them, when Mo noticed his son quietly crying in the passenger seat. Confused, he asked what was wrong. With a trembling voice, his son said simply, "I miss Mommy a lot." Mo was overwhelmed. He had to pull the car off the road, unable to see through his tears. They sat there together in the stillness, father and son, crying side by side for the woman they both missed so deeply. "I miss her too," Mo told him gently. "To this day," Mo laughs softly, "my son teases me about crying in the car. He'll bring it up when we're joking around."

Grace in the Grief (continued)

Today, Mo's world continues to revolve around his son—their bond deepened not only by love, but by all they've survived together. His son recently developed a passion for rugby, something that left Mo more than a little shaken at first. "The first time I saw them tackle him, I thought they'd killed him!" he says with a mix of humor and genuine concern. "To me, he's still my big boy. I told him, this rugby thing is not for you." But Mo quickly learned that rugby wasn't just a sport for his son—it was therapy. In fact, his son's commitment to fitness inspired Mo too. "Now he's dragging me to the gym," Mo laughs. Above all, Mo supports his son not just physically, but emotionally and spiritually. Mo sees his son as a living link to his late wife, a beautiful reminder of the love they shared. "I support him in every way," Mo says with pride, "unless he wants money." He chuckles, "He always wants money and Jordan sneakers!" Mo is intentional in his parenting. He's not afraid to draw boundaries or to be honest when he disagrees. But no matter what, the hugs are always there.

In the aftermath of his wife's passing, Mo was surrounded by an outpouring of support. "At first, the support was overwhelming," Mo recalls. But as time moved on, the crowd thinned. What remained, however, were the people who genuinely cared—the ones who didn't show up out of obligation, but out of love. "The ones that stayed," Mo says with gratitude, "they just wanted to be there because they were friends. Real friends. And they're still here. I appreciate them so much." His family has also been a pillar of support, consistently checking in, showing love in both big and small ways. "Some of them scold me for not coming around," Mo laughs. "Especially about not coming to get koeksisters!" Their love is practical and grounded—they want to lay eyes on Mo and his son, to see for themselves that they're truly okay.

Beyond friends and family, Mo found incredible strength in his broader community—a close-knit network that rallied around him in his darkest hour. His wife had been a warm, well-loved presence in the neighbourhood. When she passed, the impact was felt far beyond their home. "The entire neighbourhood came to the funeral," Mo remembers. "It didn't matter who you were or where you came from—everyone showed up." In the weeks that followed, community members brought meals, offered helping hands, and simply stopped by to check in. "I'm really grateful to the community in my area," Mo says.

"There weren't many organisations back then," Mo recalls. "It was just me, my son, my inner circle—and a psychologist." Then, one ordinary workday, something extraordinary happened. Mo had the radio playing in the background when he heard a woman's voice speaking with the DJ. Her name was Nadia Boezak. He had never heard of her before, nor of the organisation she represented—but as she spoke, it felt as if she were speaking directly to him. "In that moment, it was like she was talking to me," Mo says. Intrigued and deeply moved, Mo looked into the organisation—Undercover Heroes, a group dedicated to supporting single parents. He didn't hesitate to join. What he found was a safe, empowering space filled mostly with women—divorcees, widows, and others navigating life after loss or separation. "They're amazing," he says. "Undercover Heroes will definitely always have a seat at my table. They got me through some dark times."

For anyone who has experienced the kind of trauma Mo has—the sudden, life-altering loss of a partner—his advice is gentle, honest, and hard-won: "It doesn't get easier. But you do get better at dealing with it." Mo has lost several family members over the years, but nothing compares to losing his wife. Still, through it all, he finds purpose in the love he continues to give to his son. "There are people and groups out there that help you cope," he says. "You have to appreciate what you still have." To those raising children alone after losing a partner, Mo offers a beautiful piece of advice: "Love them for the part of both parents—one from earth, and one from heaven."

He also urges others to be kind to themselves. "Learn to love yourself alone as well, because you won't be alone forever," he smiles. "Somewhere out there, there's a lid for the pot." It's a light-hearted reminder that while one chapter may close, life still offers unexpected joys ahead.

"Your journey with your wife or husband may have ended," Mo reflects, "but your personal journey continues. Somewhere along the line, God will bless you—with a friend, or even a partner—and you'll find yourself attempting to love again."

"Don't give up on yourself," he says. "What happened, happened because God needed her more than I did."

There were moments when Mo wanted to give up. The pain felt too heavy. But in one of those dark moments, he had a conversation that shifted something within him. His wife's uncle, an apostle, told him something that stayed with him: "You have the right to be angry with God. He took the one. But just remember—He is still God." But for him, turning away from God was never an option. "I can't be angry with God," he says quietly. "That would mean removing myself from church. And what message does that send to my son?" As a father, Mo knows that his actions echo louder than his words. He wants his son to grow up believing not in a God who only takes, but in a God who also gives. "If my son thinks God took his mother and now something happens to me, he might have a completely different view of God—and that could follow him for life." He once came across a quote on social media that struck a chord: "Death happens in life, but it doesn't happen to life." For Mo, those words are a reminder that his wife's passing was not the end—of her story, or his.



Mark your calendar – upcoming projects for 2025



19 July 2025 – Mandela Day: House Maintenance Project

Community Upliftment – House Maintenance Project

We are launching a community-driven house maintenance project to assist a dedicated single parent in urgent need of essential home repairs.



16 August 2025 – Karaoke Fundraiser

A fun-filled karaoke evening bringing people together to unwind and connect—while also raising funds or awareness for our outreach programs.



30 August 2025 – Cupcake Baking Masterclass

An empowering and deliciously creative baking masterclass, offering participants hands-on experience in cupcake design and baking.



September/October – Matric Ball Projects

Embark on an extraordinary journey with us as we support high school graduates in making their matric dance unforgettable.



6 December 2025 – Single Parents' Valedictory

Join us in a celebratory event recognising the hard work, perseverance, and dedication of single parents throughout the year.

We encourage you to keep an eye on our social media channels for all the latest updates and information regarding these exciting events!

Dear Friends and Supporters,

In a world filled with daily challenges, we have the power to make a difference. At Undercover Heroes, our goal is to bring hope, support, and real change to the lives of single parents. We can't achieve this alone – we need your assistance.

Why Donate? Every donation, regardless of size, can create positive change. Whether it's providing essential resources or enabling sustainable community projects, each contribution has an impact.

Our upcoming events are listed above. We need your support. Your generosity not only changes lives but also inspires hope and strengthens our mission to build a brighter, more equitable future for everyone.

You can use the QR code or banking details on the right to make donations.

Thank you for your kindness, compassion, and unwavering support.

With gratitude,
The Undercover Heroes Team



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