

INTRA-AFRICAN TRADE

Namibia records N\$12.8 billion
intra-African trade
in March

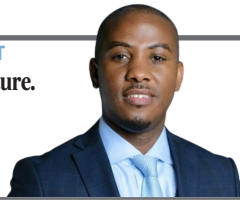
p. 04



RETIREMENT

Own your future.
Master your
retirement

p. 13



MENTAL HEALTH

Mental health is no longer
a private struggle —
It is a social crisis

p. 19



THE

BRIEF

News Worth Knowing



**French healthcare group CFAO moves
to acquire Namibia's Nampharm**

TUESDAY 26 MAY 2026

MAIN STORY



French healthcare group CFAO moves to acquire Namibia's Nampharm

French pharmaceutical logistics and healthcare group CFAO Healthcare is seeking to acquire a controlling stake in Namibian pharmaceutical wholesaler Nampharm in a move that could strengthen its footprint in Namibia's healthcare distribution market.

The proposed transaction will see CFAO Healthcare acquire control of Nampharm, a major supplier of pharmaceutical, consumer healthcare, surgical and clinical

Crucial Dates

- **Bank of Namibia Monetary Policy announcement dates:**
 - * 17 June 2026
 - * 12 August 2026
 - * 29 October 2026
 - * 10 December 2026
- **Namibia Oil and Gas Conference 18–21 August 2026 in Windhoek**

The group's mobility division operates vehicle rental services locally through CFAO Motors Rental Namibia and CFAO Motors Shuttle Service Namibia, trading as Hertz Namibia.

products to both private and public healthcare facilities in Namibia.

Nampharm operates as a full-line pharmaceutical wholesaler and distributor, supplying medicines, consumer healthcare products, surgical equipment, dental products and clinical supplies across the country. CFAO Healthcare, which is incorporated in France, operates across more than 24 countries in Sub-Saharan Africa and six French overseas territories.

The company specialises in pharmaceutical logistics and cold-chain distribution systems aimed at preserving medicines and healthcare products throughout the supply chain.

The company is also involved in pharmaceutical manufacturing and healthcare innovation and holds manufacturing licences in several African markets.

Although CFAO Healthcare does

not currently control any companies incorporated in Namibia within the pharmaceutical sector, it already has indirect exposure to the country through other business divisions linked to the wider CFAO Group.

The group's mobility division operates vehicle rental services locally through CFAO Motors Rental Namibia and CFAO Motors Shuttle Service Namibia, trading as Hertz Namibia.

CFAO is also active in Namibia's industrial sector through CFAO Equipment, which supplies material handling and warehousing equipment.

The proposed acquisition comes as pharmaceutical supply chains and healthcare logistics across Africa continue to attract growing investor interest amid rising healthcare demand, expanding urban populations and pressure on regional medicine distribution systems.

momentum
life insurance

Enjoy up to 35% discount on life insurance premiums.
Screen and save. Join Momentum today!

Terms and conditions apply. Momentum Metropolitan Namibia is an authorised financial services, registered credit provider and part of Momentum Metropolitan Holdings Limited. Reg. No. 89/327





Namibia records N\$12.8 billion intra-African trade in March

PROUDLY ANNOUNCING OUR OFFICIAL MEDIA PARTNERSHIP WITH **BANK WINDHOEK**

THE **BRIEF**
News Worth Knowing

Bank Windhoek

COFFEE EXTRAVAGANZA 2026

Follow The Brief on:

Namibia recorded intra-African trade valued at N\$12.8 billion in March 2026, with exports to the continent reaching N\$6.1 billion and imports amounting to N\$6.8 billion, according to the Namibia Statistics Agency.

The agency said the trade flows resulted in a trade deficit of N\$717 million during the month under review.

The NSA said intra-African exports accounted for 45.9% of Namibia's total exports in March, while imports from African countries represented 43.6% of total imports, underlining the continued importance of regional markets

Intra-SADC exports represented 45.4% of Namibia's total global export value during the month.

to Namibia's trade structure.

According to the agency, Namibia's exports were mainly destined for South Africa, Zambia, Botswana, Democratic Republic of the Congo and Zimbabwe, while imports were largely sourced from South Africa, Zambia, the Democratic Republic of the Congo, Eswatini and Botswana.

The NSA said Namibia's exports to Africa remained heavily concentrated within the Southern African Development Community (SADC) region, which accounted for 98.9% of total intra-African exports during March.

The agency said intra-SADC exports represented 45.4% of Namibia's total global export value during the month.

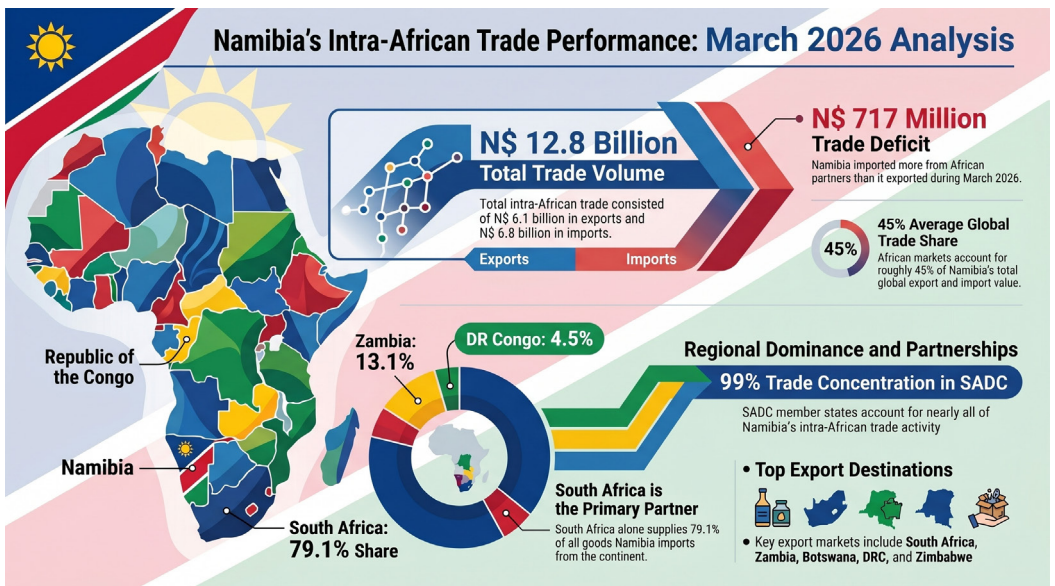
On the import side, the NSA reported that 99.8% of goods imported from Africa

originated from SADC member states, with intra-SADC imports accounting for 43.5% of Namibia's total global imports.

South Africa remained Namibia's dominant regional import source, contributing 79.1% of intra-African imports during March 2026, followed by Zambia at 13.1% and the Democratic Republic of the Congo at 4.5%.

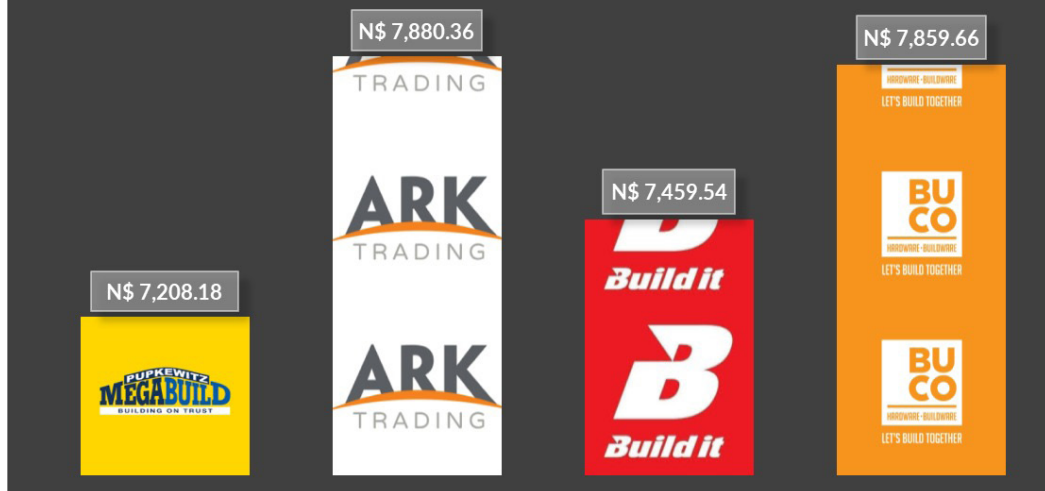
Eswatini accounted for 1.8% of imports from Africa, while Botswana contributed 0.7%.

The NSA said intra-African trade remains important for supporting regional economic integration, industrialisation and diversification through frameworks such as the African Continental Free Trade Area, SADC and the Southern African Customs Union.





HARDWARES TOTAL BASKET COST (INCL. VAT) - MAY 2026



Pupkewitz remains the cheapest hardware in May 2026

The May 2026 hardware basket comparison indicates that Pupkewitz Megabuild remained the most affordable supplier overall, recording a total basket cost of N\$7,208.18.

This was followed by Build It at N\$7,459.54, while BUCO and Ark Trading recorded the highest basket totals at N\$7,859.66 and N\$7,880.36, respectively.

Overall Performance

Pupkewitz Megabuild maintained its position as the lowest-cost supplier primarily due to competitive pricing across key structural and finishing materials. The retailer offered the

cheapest prices for products such as the aluminium window, lockset 2 lever, paint, and several concrete lintels.

Its balanced pricing strategy across most categories continues to support its position as the most cost-effective single-supplier option for consumers undertaking construction or renovation projects.

Build It ranked second overall and remained highly competitive in major product categories. The retailer recorded the lowest prices for copper tubes, 32.5 cement, and 42.5 cement, while also remaining close to competitors in higher-value items such as aluminium sliding doors and roofing materials.

Its relatively lower cement and steel-related product prices supported its improved basket performance during the month.

BUCO recorded the second-highest basket total in May 2026. Although the retailer remained relatively competitive in some categories, elevated pricing across aluminium products, paint, locksets, and interior doors contributed to the higher overall basket cost. The aluminium sliding door and aluminium window categories were among the largest contributors to BUCO's higher pricing structure.

Ark Trading offered the cheapest pricing for several core construction inputs, including galvanized IBR roofing sheets, bricks, brickforce rolls, ceiling boards, and door frames.

However, significantly higher prices for aluminium products, lintels, and interior doors pushed its total basket cost to the highest level among the four retailers. This suggests that while Ark Trading remains competitive for basic structural materials, consumers purchasing a full basket may experience higher overall project costs.

Category Highlights

- **Roofing Materials:** Ark Trading recorded the lowest price for galvanized IBR roofing at N\$582.23, marginally below Build It.

- **Copper Tubes:** Build It offered the most competitive copper tube price at N\$599.04.

- **Aluminium Products:** Pupkewitz Megabuild maintained the lowest aluminium window price, while

Coffee Extravaganza

Weekly Ticket Giveaway

Stand a chance to win tickets worth **N\$200, including 2 tokens** to indulge in Namibia's ultimate coffee celebration!

In partnership with **The Brief x Bank Windhoek**

THE **BR/EF**
— Namibia's Market Knowledge

VISA

aluminium sliding doors were cheapest at Pupkewitz and closely matched by Build It.

- Bricks and Brickforce: Ark Trading remained the most competitive supplier in masonry-related materials.

- Cement: Build It and Pupkewitz recorded the most competitive prices for both 32.5 and 42.5 Ohorongo cement.

- Finishing Materials: Pupkewitz Megabuild offered the most affordable paint and lockset prices.

Conclusion & Consumer Takeaway

The May 2026 hardware basket results show that Pupkewitz Megabuild continues to provide the best overall value for consumers purchasing a complete basket of hardware and construction materials.

While Ark Trading demonstrated strong competitiveness in basic construction materials, its higher pricing in selected high-value items weakened its overall affordability. Build It remained a strong alternative, particularly for cement and plumbing-related materials, while BUCO's pricing structure placed it among the more expensive suppliers during the month.

Overall, pricing differences between retailers continue to highlight the importance of selective procurement strategies, particularly for large-scale construction projects where small price differences across key materials can significantly influence total building costs.

How to Enter & Win

- 1. Post a video of yourself**
Share:
 - Your name
 - Where you're from
 - Why you enjoy reading The Brief
 - Where you follow The Brief
- 2. Request a collaboration**
Tag The Brief on Instagram or Facebook
- 3. Get engagement**
The videos with the most likes win!

THE **BR/EF**
New York-Kyung

VISA



Rising fuel prices and tariffs to drive Namibia inflation higher in H2 2026

Namibia’s Inflation Rate is expected to rise towards the 4.5% to 5.0% range during the second half of 2026 as higher fuel prices, transport costs and utility tariffs increasingly filter through the broader economy, according to Simonis Storm economist Almandro Jansen.

This comes as Headline Inflation accelerated to 3.1% year-on-year in April from 2.1% in March, marking the sharpest monthly increase in more than three years following fuel price adjustments implemented in April.

Transport Inflation rose to 5.0% in April from negative 1.7% in March after petrol

prices increased by N\$2.50 per litre and diesel by N\$4.00 per litre at the beginning of April.

“We therefore maintain our 2026 annual average inflation forecast in the 4.5%–5.0% range. Under our base-case scenario, where Brent crude averages between US\$95 and US\$110 through Q2 and Q3, headline inflation is expected to rise toward 4.0%–4.5% by mid-year,” Jansen said.

Simonis Storm said further fuel increases in May, combined with elevated global oil prices and continued disruption around the Strait of Hormuz, are expected to keep inflationary

Bank Windhoek

Coffee Extravaganza

Bringing you the best beans, brews and baristas.

Date: Saturday, 6 June 2026
Time: 10h00

Venue: Windhoek Country Club Resort
Entry Fee: N\$200 per person, (Tickets available on Webtickets)
Early Bird Special N\$150 (first 500 tickets)

Come, journey with us.



pressures elevated.

The firm said broader second-round effects are now becoming visible across public transport, municipal services and household operating costs.

“Public transport operators have already started adjusting prices higher, with taxi

fares officially increasing from N\$13 to N\$15 during May, while ride-hailing services such as Yango have reportedly raised fares by around 5%,” Jansen said.

Housing and Utility Inflation remained elevated at 4.4% in April, driven by electricity costs, municipal tariff increases and rental inflation.

The report said discussions around an additional 8.40% NamPower tariff adjustment and rising municipal service charges could place further upward pressure on household costs over the coming quarters.

“As long as electricity tariffs, municipal service charges and rental costs continue rising at around 4.5%–5.0% annually, this category alone will make it difficult for headline inflation to fall sustainably below 2.5%,” Jansen said.

Simonis Storm said Food Inflation remains relatively contained at 2.0% for now, but rising transport and logistics costs are expected to push prices higher later in the year, particularly for imported and processed foods.

The firm warned that risks to the inflation outlook remain tilted to the upside if oil prices remain above US\$100 per barrel for a prolonged period.

“Should the Strait of Hormuz remain materially disrupted and Brent crude sustain levels above US\$110 for an extended period, headline inflation could move closer to the 5.5%–6.0% range by Q3 2026,” Jansen said.

It's a Weekly Giveaway!

New winners are announced every week.
Stay active and keep posting.

Competition runs until 4 June.
Create. Post. Collaborate. Win.

Follow The Brief on: Instagram | Facebook

Ts & Cs apply

THE
BR/EF
News Worth Knowing

VISA

Namibia cannot slogan its way out of rising road deaths



Maybe government's plans to dualise some of Namibia's busiest roads are an admission that the country can no longer campaign its way out of a road safety crisis.

For years, Namibia has treated road deaths mainly as a behavioural problem. Millions have been spent on awareness campaigns warning against speeding, fatigue, drunk driving and reckless overtaking.

Every festive season arrives with another slogan, another billboard and another appeal for drivers to behave responsibly.

But systems only lean harder on awareness when they are running out of solutions. And the statistics suggest they are.

Namibia recorded 921 crashes, 1,467 injuris and 143 deaths between January

and 26 April this year alone. Around 72% of accidents are linked to human error, including speeding, distracted driving, fatigue and overtaking.

The problem is that human beings keep making the same mistakes.

Every long weekend, every festive season and increasingly every ordinary month, Namibia continues to witness fatal head-on collisions on narrow single carriageways carrying trucks, buses, tourists and impatient motorists trying to overtake.

The campaigns continue. The crashes continue too.

Now government appears to be acknowledging what the numbers have been saying for years, with plans to prioritise dual-carriageway roads on some of Namibia's busiest and deadliest corridors, starting with the Usakos-Arandis route.

That may prove more effective than another decade of slogans.

Unlike awareness campaigns, infrastructure changes behaviour whether drivers cooperate or not. Dual carriageways physically separate traffic moving in opposite directions.

They reduce opportunities for reckless overtaking. They lower the risk of head-

Finance

Business

THE BRIEF
News Worth knowing

SCAN HERE

TO FOLLOW OUR
WHATSPAPP
CHANNEL

for Daily Namibian News

Daily PDF version sent via email

@thebrieflive @thebrieflive nam @TheBriefLive @thebrieflive

on collisions caused by impatience, fatigue or poor judgement.

There have already been observations that fatal accidents significantly declined on sections of the Windhoek-Okahandja dual carriageway after they became operational. That matters more than another billboard telling drivers to slow down.

This does not mean awareness campaigns have no value. They do. Education remains important. But Namibia's road network was built for a smaller economy and lower traffic volumes.

Today mining logistics, tourism traffic, port transport and urban growth are pushing far more vehicles onto roads never designed to handle this level of

movement. Yet road safety policy still leans heavily on awareness campaigns as though driver behaviour alone explains the crisis.

It does not.

Enforcement remains inconsistent. Dangerous overtaking remains common. Long-distance trucking continues to increase.

The risk of consequences remains low. Meanwhile, roads such as Windhoek-Okahandja, Okahandja-Otjiwarongo and Usakos-Arandis continue carrying traffic volumes that increasingly exceed safe limits.

Countries that reduced road deaths did not achieve it through messaging alone. They redesigned dangerous roads, strengthened enforcement and

invested aggressively in safer infrastructure. Namibia has spent years focusing mainly on awareness while the accident numbers barely move.

The country does not need fewer campaigns. It needs fewer opportunities for fatal mistakes.

** Briefly is a weekly column that is opinionated and analytical. It sifts through the noise to make sense of the numbers, trends and headlines shaping business and the economy with insight, wit and just enough scepticism to keep things interesting. THE VIEWS EXPRESSED ARE NOT OUR OWN, we simply relay them as part of the conversation.*

WE ARE HIRING

VACANCY: FUND MANAGER



We're about you

LOCATION: Windhoek
CONTRACT: Permanent

HOW TO APPLY?
Submit your detailed CV and certified qualifications to:
RECRUITMENT.HITOHR.COM/JOBS

All applications must be submitted via the Hito HR platform for consideration.

CLOSING DATE
31 May 2026

Only shortlisted candidates will be contacted. Late or incomplete applications will not be considered.

ALL ENQUIRIES:
Hilma Simon
HITO HR Consultant
081 729 9623

Scan the QR Code for full job description






Own your future. Master your retirement

By Selby Sibeya

There is a moment in every life, often subtle, sometimes sudden, when the noise of ambition softens, and we begin to ask deeper questions.

What will my life look like when I can no longer work? Will I be able to care for myself? Will I still live with dignity?

These are not easy questions. Many of us avoid them. In the rush of providing for our families, meeting daily needs, and navigating an increasingly uncertain economy, retirement can feel like a distant horizon, something to think about “later.” But later has a way of arriving faster than we expect.

In Namibia, too many people reach the end of their working years without the financial security they need. The result is not just financial strain, it is the quiet erosion of independence.

It is the painful reality of relying on others for basic needs after a lifetime of contribution. It is the loss of dignity. However, it does not have to be this way.

Planning for retirement is not merely a financial decision. It is a deeply human one. It is about preserving your dignity, protecting your independence, and honouring the life you have worked so hard to build.

It is about ensuring that when the time comes to rest, you do so with peace of mind and not with anxiety.

At its core, saving for retirement is an act of self-respect. It is saying: “I deserve to live well, not just today, but tomorrow too.” Yet many people hesitate. Some feel overwhelmed by financial products. Others have lost trust in financial institutions.



In Namibia, too many people reach the end of their working years without the financial security they need.

And many simply do not know where to begin. This is where the right partner makes all the difference.

Kuleni Financial Services (Pty) Ltd is not just another financial services company.

Established in 1999 and wholly owned by the Government Institutions Pension Fund (GIPF), Kuleni has evolved from a pension fund administrator into a broader, people-centred financial services provider, one that understands that behind every contribution is a human story.

A mother who wants to remain independent in her later years. A father who hopes not to burden his children. A young professional who dreams of a future where rest is not replaced by regret.

Kuleni’s work begins where many people’s uncertainty begins: with structure, guidance, and trust. For employers, whether small businesses, growing enterprises, or established corporates, Kuleni provides retirement fund administration that ensures employees are not left behind.

Through its umbrella fund solutions, employers can establish retirement funds with ease, while existing funds benefit from

efficient and compliant administration.

For individuals, one of the greatest risks to dignity in old age is what experts call “pension leakage”, the tendency to withdraw retirement savings prematurely when changing jobs or facing financial pressure. It may feel like relief in the moment, but it often leads to regret later.

Kuleni confronts this reality through its Preservation Fund, a simple but powerful solution that allows individuals to protect their pension benefits when they leave employment.

Whether through resignation, retrenchment, or dismissal, the message is clear: your future still matters. Preserving your pension is not about restriction. It is about protection.

It is about ensuring that the years you have worked continue to work for you.

And then there is the question of today’s realities, particularly the need for housing. For many Namibians, the dream of owning a home can feel just as urgent as the need to save for retirement. Too often, people are forced to choose between the two.

Kuleni, through its role in administering the Pension Backed Home Loan Scheme, offers a different path. This solution allows qualifying members to use a portion of their pension as collateral to finance their homes.

Whether it is buying land, building a home, or improving an existing property both in proclaimed and un-proclaimed areas, individuals can meet their present needs without sacrificing their future security.

It is a powerful idea: that you should not have to choose between living well today and living with dignity tomorrow. This is what it means to truly serve people, not just with products, but with purpose.

Kuleni’s mission is clear: to provide efficient financial services and lifetime retirement solutions. Its vision, to be the preferred

partner in providing financial services and solutions, which goes beyond business. It speaks to building a legacy where Namibians can live with dignity.

And its values, integrity, professionalism, client centricity, innovation, and excellent service, are not just words, but commitments to every Namibian it serves.

Imagine a Namibia where our elders are not defined by financial struggle, but by freedom.

Where retirement is not feared, but embraced. Where every citizen, whether in formal employment or building a small enterprise, has access to tools that protect their future.

This vision is not out of reach. But it requires action. It requires employers to take responsibility for the long-term wellbeing of their employees.

It requires individuals to resist the temptation of short-term relief in favour of long-term security. And it requires institutions that people can trust. institutions that understand that dignity is not negotiable. You do not need to start big. You do not need to have everything figured out.

But you do need to start. Because every contribution you make today is a promise to your future self.

Lastly, retirement is not about numbers on a statement. It is about the life those numbers make possible. It is about waking up in your later years without fear. It is about maintaining your independence, your pride, and your sense of self.

In the end, dignity in old age is not something we should leave to chance. It is something we must build, deliberately, consistently, and with the right partner, which is Kuleni.

****Selby Sibeya, CEO of Kuleni Financial Services Pty (Ltd).***



MTC backs ICT Summit with sponsorship

MTC has backed the 9th ICT Summit with a N\$110,000 sponsorship as Namibia intensifies efforts to expand digital transformation and technology-driven economic growth.

The summit, which will be hosted in the Oshana Region, is expected to bring together policymakers, technology companies, entrepreneurs and innovators to discuss the future of the country's ICT sector.

This year's event will run under the theme: Harnessing ICT for Inclusive Growth, Digital Pathways to Reduce Unemployment and Eradicate Poverty.

MTC Corporate Communications Practitioner Erasmus Nekundi said supporting ICT-focused initiatives remains important for promoting innovation, digital inclusion and knowledge sharing in Namibia.

"As a player in the industry, it is crucial for us to invest in initiatives that promote innovation, digital inclusion, and knowledge sharing within the ICT sector. Supporting platforms such as the ICT Summit aligns

with MTC's broader vision of empowering communities through technology and contributing to Namibia's digital economy agenda," Nekundi said.

He said the telecommunications operator would continue supporting partnerships and engagements aimed at advancing innovation and technological development in the country.

"As Namibia continues to embrace digital transformation, MTC remains steadfast in championing initiatives that foster innovation, skills development, and sustainable technological growth. Our support for the ICT Summit, therefore, demonstrates our ongoing dedication to shaping a digitally empowered future for Namibia," he said.

The ICT Summit has become one of Namibia's key technology industry platforms, focusing on issues including digital infrastructure, innovation, entrepreneurship, skills development and economic inclusion through technology.



Launch your brand into orbit with premium corporate wear

Corporate Lounge Shirts
 Branded Golf Shirts
 Formal & Casual Trousers
 Workwear & Overalls
 Corporate Dresses & Skirts
 Branded Winter Jackets
 Body Warmers & Fleece
 Safety Boots & PPE Wear
 Caps, Beanies & Accessories
 Custom Embroidery & Branding



Contact us today
 to place your order

✉ orbitalmedianam@gmail.com

☎ +264 81 434 3154



CRAN summons Telecom Namibia over ongoing network disruptions

The Communications Regulatory Authority of Namibia (CRAN) has summoned Telecom Namibia for an urgent briefing following recurring broadband network failures that have disrupted internet services across parts of the country.

The regulator said it is seriously concerned about the scale and frequency of the outages, warning that the disruptions are affecting consumers, businesses and institutions that rely on stable connectivity for daily operations and communication.

CRAN also raised concerns about Telecom Namibia's ability to meet licence obligations and minimum quality-of-service standards amid the continuing network instability.

The authority said it has requested a comprehensive explanation from Telecom

Namibia on the root causes of the disruptions, interventions currently underway and measures being implemented to prevent further incidents.

CRAN Chief Executive Officer Emilia Nghikembua said reliable telecommunications services remain critical to Namibia's economy and digital transformation agenda.

"Reliable connectivity remains critical to Namibia's socio-economic development and digital transformation agenda. CRAN expects all licensed operators to maintain service quality standards and to ensure that consumers are kept informed during service disruptions. We are engaging Telecom Namibia to better understand the cause of the current challenges and the measures being implemented to restore and stabilise services," Nghikembua said.

She said CRAN would also

A vertical banner for Fly Namibia. At the top, the Namibian national flag is displayed. Below the flag, the text 'Fly Namibia' is written vertically in large, white, bold letters. To the right of this text, in smaller white letters, is the tagline 'our most recent edition!'. Below the text, there is a red background with the slogan 'We rise by lifting others.' in white. Underneath the slogan, there is a small white box with a right-pointing arrow and the text 'READ ONLINE'. At the bottom of the banner, there is a photograph of a diverse group of Fly Namibia crew members, including pilots and cabin crew, smiling and posing together.

assess whether Telecom Namibia remains capable of complying with broader licence conditions and customer service obligations.

“The Authority will also assess the overall viability of Telecom Namibia’s business case in light of the continued network instability and compliance with other licence conditions. This assessment will focus on whether Telecom Namibia is able to meet its licence obligations and uphold customer service and quality assurance standards,” Nghikembua said.

CRAN said it will continue monitoring the situation closely while restoration efforts continue.

In response, Telecom Namibia

acknowledged the regulator’s concerns and confirmed that it is cooperating fully with CRAN.

The company said the disruptions were linked to a combination of network infrastructure challenges and system-related issues affecting both its fixed broadband and mobile network environment.

Telecom Namibia said technical teams remain deployed around the clock to restore services and improve network resilience.

The operator also admitted that service performance had not consistently met expected standards.

“Telecom Namibia further acknowledges that service performance has not consistently met expected standards. The organisation is

committed to restoring service reliability and rebuilding customer confidence through measurable improvements and greater transparency,” the company said.

Telecom Namibia said it is accelerating a range of interventions, including network stabilisation and optimisation initiatives, infrastructure upgrades, improved monitoring systems and enhanced customer communication.

The company said it would continue engaging with CRAN, government and customers while providing updates on restoration progress and timelines.

Telecom Namibia added that it remains committed to meeting its licence obligations and delivering reliable telecommunications services nationwide.



Standard Bank

Request For Proposals

RFP/SBN/001/05/2026 - Professional Programme Management Services

1. Information

Standard Bank Namibia invites experienced, qualified independent contractors and consulting firms to submit proposals for the provision of Project Head services for Retail Banking Transformation on a fixed-term outsourced basis.

2. Description of Role

The role will focus on leading the delivery of a Board-approved retail transformation programme, including coordinating cross-functional initiatives, ensuring effective execution, and monitoring performance and benefits realisation.

3. Key Responsibilities

- Drive disciplined execution of retail banking transformation initiatives.
- Monitor and report on transformation benefits and outcomes.
- Provide executive-level reporting, analysis, and strategic insights.
- Coordinate programme delivery across multiple business functions.

4. Experience Required

- Minimum of 10 years’ experience in banking or financial services.
- Proven experience in delivering retail banking and/or payments-led transformation programmes.
- Experience engaging and operating at an Executive Committee and Board level.
- Strong understanding of regulatory requirements and governance practices.

Contract Nature: This is a fixed-term independent contractor engagement and does not constitute employment with Standard Bank Namibia.

Application Process: Interested suppliers and consultants may request the detailed RFP document and required submission forms by emailing:

✉ SupplierSourcing@standardbank.com.na

• Closing Date: Friday, 05 June 2026 at 16:00

Note: Only shortlisted applicants will be contacted within two weeks after the closing date.

This Request for Proposal (RFP) does not constitute a commitment by Standard Bank Namibia to award any contract or engage any responding party.

Mental health is no longer a private struggle – It is a social crisis

By Al-bright Shigwedha

Every year, more than 720,000 people die by suicide globally, approximately one person every 40 seconds. Suicide remains the third leading cause of death among young people aged 15 to 29 worldwide.

Behind these numbers are millions silently struggling with depression, anxiety, and other mental health conditions, with an estimated 280 million people living with depression globally. Depression remains one of the leading causes of disability worldwide.

When looking at gender, mental health does not affect everyone in the same way. Depression is reported more frequently among women than men, while men are disproportionately affected in suicide deaths, highlighting a gap between suffering and access to help.

Despite this, more than 75% of people in low- and middle-income countries receive no mental health support.

While these statistics reflect a global crisis, the reality is no different in Namibia. In the 2023/2024 financial year, the country recorded 542 suicide cases and 2,937 attempts, with about 82% of deaths being men. These figures reveal a deep and ongoing crisis beyond numbers.

The question remains: why is mental health declining so rapidly?

Is it emotional suppression taught from childhood? The fast pace of modern life?



In the 2023/2024 financial year, the country recorded 542 suicide cases and 2,937 attempts, with about 82% of deaths being men.

Financial pressure, unemployment, “black tax,” and economic instability? Or have we lost emotional grounding as a generation?

The truth is it is likely all of the above. In particular, the boy child is often raised in environments where emotional expression is discouraged, where crying is seen as weakness and seeking help is shameful, making vulnerability difficult in adulthood.

Beyond emotional pressure, we are also becoming a performative generation. Many young people struggle to distinguish between wants and needs and live under constant pressure to impress. Social media intensifies this, increasing comparison, insecurity, and emotional fatigue. While it connects us, it also disconnects us from ourselves. It has made reflection harder and comparison easier, and this raises the question: are we taking enough breaks from what is slowly overwhelming us?

Financial illiteracy further deepens the crisis. Many young people lack guidance in budgeting and planning, leading to debt,

pressure to provide, and emotional strain driven by lifestyle expectations. In many cases, survival and appearance compete, and emotional well-being is often sacrificed.

There has been progress in reducing mental health stigma in Namibia. Conversations are more open, and awareness is growing. However, awareness has not translated into sufficient action or accessible care for many who need it.

This raises another question: do we have enough psychologists, psychiatrists, and social workers to meet demand? While professionals exist, services remain limited, especially in rural areas and for those unable to afford private care. Long waiting times often delay help that is urgently

needed.

Therapy should not only be seen as a crisis intervention. It should also be a space for reflection, healing, and ongoing emotional maintenance, a place people can go at any stage of life, not only when things fall apart.

We must also ask whether we are truly addressing root causes, including unresolved trauma that continues to shape behaviour, relationships, and emotional well-being across generations.

Support systems are not only built in hospitals but also in homes, schools, workplaces, and communities where people feel safe to speak without judgment or fear of stigma.

If we continue without intervention, mental health struggles will become further normalised, especially among young people. Depression, anxiety, burnout, and emotional isolation are becoming part of everyday life rather than exceptions.

So the question remains: what kind of society are we becoming if we ignore the emotional well-being of those expected to build the future? Mental health is no longer a private struggle; it is a social crisis unfolding in real time.

Perhaps the solution lies not only in institutions, but in how we treat one another daily. We cannot encourage people to speak up while creating environments where vulnerability is dismissed or misunderstood.

If we want change, mental health must be treated as

Never Walk Alone

PROJECT NEVER WALK ALONE
INVITES YOU TO THE
**ANNUAL FUNDRAISING
GALA DINNER**
SAT, 30TH MAY 2026 **18H00**

VENUE: MOVENPICK HOTEL
DRESS CODE: BLACK TIE

KEYNOTE SPEAKER:
H.E. LUCIA WITBOOI
VICE PRESIDENT OF THE REPUBLIC OF NAMIBIA
HON. GAYTON MCKENZIE – GUEST SPEAKER

VIP TABLE: N\$40,000

FOR ENQUIRIES CONTACT +264 81 349 6234 OR
NEVERWALKALONE359@GMAIL.COM

“
If we continue without intervention, mental health struggles will become further normalised, especially among young people.”

a human priority. Behind every statistic is a real person, a family, and a life that deserved support long before reaching a breaking point.

**Al-bright Shigwedha is a Namibian social work student, mental health advocate, author, and founder of The Lotus Project,*

a community initiative focused on supporting vulnerable individuals through outreach and charity work. She is the author of the self-help and poetry book She Who Heals and is passionate about youth wellbeing, emotional health, and creating meaningful conversations around mental health in Namibia.

17 ARTISTS, 6 CHOIRS, 1 NIGHT. AN UNFORGETTABLE EXPERIENCE.

THE RESTORATION Concert 4.0

SATURDAY
31 OCTOBER 2026

DR. HAGE GEINGOB STADIUM
WINDHOEK, NAMIBIA

Never Walk Alone

 MINISTER GLIC	 MIN. MICHAEL MAHENDERERE	 DEEA	 LINDA
 BENJAMIN DUBE	 IPINGE KIDS	 ASHI	 MINISTER BOBBY RICHTER
 BR. CLARENCE	 JAEI MIK	 ERIC MAHUA	 ESME
 RUTH	 LENTINA GRACE	 MIN ADOLPHE AMAHI	 MINISTER MOSES

 GRACE NOTES CHOIR	 JOSM CHOIR	 ADORATION CHOIR	 HALLELUJAH SINGBOUT CREW	 VOCAL DYNAMIX	 JIMM WORSHIP TEAM
---------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------

TICKET PRICES: VIP BOOTH 25 PERSONS **NS\$50,000** | VIP SINGLE **NS\$2,000** | GOLDEN CIRCLE **NS\$300**

TICKETS AVAILABLE AT **webtickets**

FOR MORE INFORMATION: NEVERWALKALONE359@GMAIL.COM OR +264813496234

THE
BR/EF
News Worth Knowing

Year in Review 5 2025 Outlook 6



Click here to
DOWNLOAD