View this email in your browser



We Are Taking Steps Towards Better Mental Health: GGML Walks Together for Mental Wellbeing



Sometimes, a meaningful conversation begins with a simple step. On Saturday, 17 October 2026, the GGML Mental Health Walk brought colleagues together at the GGML Grounds to raise awareness of mental health and encourage a more open and supportive workplace.

The walk offered employees, contractors and the Geita community an opportunity to step away from their daily routines, connect with colleagues and reflect on the importance of caring for our minds as well as our bodies. It carried a message that extends beyond the event: our

wellbeing matters, and each of us has a role in creating an environment where people feel heard, respected and supported.





Walking together also reminded us that support often begins with simple, everyday actions. Checking in on a colleague, listening with empathy and making time for an honest conversation can help someone feel less alone. These small gestures build trust and make it easier for people to speak openly or seek support when needed.

The journey continues beyond the Mental Health Walk. Employees are invited to join the regular wellbeing walks held every Tuesday and Thursday from 17:30 hrs, following the route from Zero to Mchauru. All employees are welcome to participate as we stay active, connect with one another and continue building a workplace culture that supports mental and physical wellbeing.





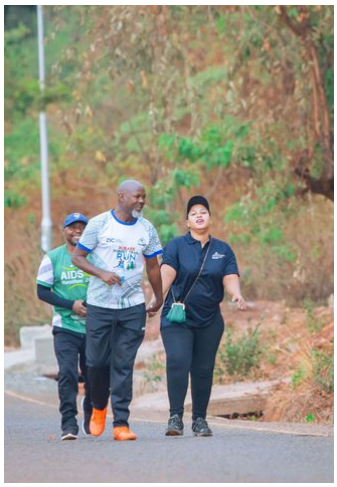

Thank you to everyone who participated in and helped organise the Mental Health Walk. Let us keep the momentum going, continue the conversation and take every step together

towards a healthier, happier and more supportive workplace.

See you every Tuesday and Thursday at 17:30 hrs from Zero to Mchauru.
Bring your energy, invite a colleague and let's walk together!



















© 2026 Geita Gold Mining Limited. All rights reserved.