

RISE

YOUNG WOMEN'S CLUBS

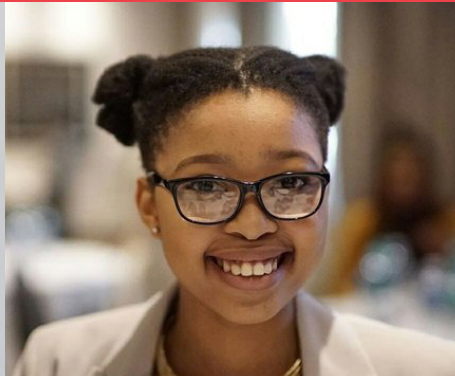


YOUR 32nd EDITION



Black Girls Rock

4



Womxn in the Lead

19



Still I Rise

26



Eastern Cape Rise



THIS CLINIC IS A

Youth Zone

Ingosi Yentsha

Thakaneng

Tshivenda

Sikhatsi Selusha

Nkarhi wa Lavantshwa

Ixesha Lolutsha

Sikhathi SabaTjha

Nako ya Basha

Sepedi

Jeugsessie

A time at the clinic just for young people

A DEDICATED TIME SLOT FOR YOUTH

YOUTH ZONE TIMES:

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What can you and your club do to add value to your community?

Sisterhood

@RiseTalkShow f RiseYoungWomensClubs

Commissioning Editor: Kim Napo

Design: Izinga Creatives

Publisher: Soul City Institute
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WORD FROM THE EDITOR



WOMXN TAKING THE LEAD

The year 2020, a year that transformed us all to being great custodians of our lives, by making sure that we adhere to ALL lockdown regulations in the quest of curving the surge of COVID 19. In this cool 26th issue we celebrate womxn who come from nothing, just like you and I, but have risen to be leaders and the most influential womxn in SA, such as, Phinah Kodisang, Soul City's newest Commander in Chief. While we advocate for a friendly and safer SA, we do have to acknowledge that our fight against GBV continues. During level 5 and 4 of lockdown, we saw high numbers of GBV cases reported. We give you guidelines of how technology through #Safetipin can assist you when you are in danger.

How are we holding local government accountable as young womxn? Learn more on how to engage them, the steps to follow and when to make your move. Yes, because your voice matters! We also have a look at the comprehensive sexuality education by the department of Education and Sexual reproductive health rights in general. As we continue to normalise social distancing, sanitising, washing hands and wearing our cool masks, let us not forget to live and Rise above all adversities. Check Impilo always and remember that your mental health is wealth.

Palesa

Definitions

IMMUNE SYSTEM – The immune system is the body's defense against infections and other harmful invaders. Without it, you would constantly get sick from germs such as bacteria or viruses. The immune system is made up of special cells, tissues, and organs that work together to protect you.

BODY DYSMORPHIC - Body dysmorphic disorder (BDD), or body dysmorphia, is a mental health condition where a person spends a lot of time worrying about flaws in their appearance. These flaws are often unnoticeable to others.

STEALTHING - Stealthing is when a partner secretly removes a condom during sex without the other person's consent.

LGBTQIA - Lesbian, Gay, Bisexual, Transgender, Queer, Intersex and Asexual



MUNICIPAL ELECTIONS ARE TAKING PLACE IN OCTOBER

VOTING IS IMPORTANT BECAUSE...



Naledi Zibaya – EC

I am not old enough to vote but I think voting is important because citizens get the chance to vote for the people who they believe will best look after their service delivery such as water, electricity and public roads.



Onela Zoko – EC

I am not old enough to vote but I think voting is important to vote because it gives the people a chance to give their opinions in terms of what is happening in our country and also to avoid conflicts the government has to be based on the will of the people. I think municipal elections are important because the people can help identify the right people to be part of the municipality and to know what people feel about the members of the municipality.



Amahle Xama - EC

I'm not old enough to vote but I think voting is important. Municipal elections are important because when the community needs help with something they know where to report and they choose someone they want with hope of getting help from them. So, municipal elections are important because people get to vote for the people they trust.



Ntaka Phelokazi - EC

I am below the voting age, but I think voting in municipal elections is important because they ensure that everyone exercises their rights through voting.



Onalenna Selebalo - NC

I am not old enough to vote, I'll only be able to vote when I am 18 years old. Voting is a very important part of democracy because by voting the citizens are participating in the democratic process. Citizens vote for leaders to represent them and their ideas, and the leaders support the citizens' interests.

Municipal elections are important because these would ensure that citizens are looked after by delivering services such as water and electricity, the maintenance of parks, roads and other public spaces, and the implementation of housing projects drawn up by national and provincial governments.



Kgontlafetse Mashute – NC

I am not old enough to vote but I don't think voting is important because we vote for change and change is not what we get. Instead, the rich get richer while the voters remain poor.



Isago Kgosientshe - NC

I am not old enough to vote yet, I haven't yet reached 18. But I don't think voting is important because people vote for change but none of the things that they vote for are accomplished. People still suffer and that leads to revolution where violent action is involved.



Itumeleng Boago- NC

I am still too young, so I am not allowed to vote as yet but I don't think voting is important because people vote for improvement in the places where they live but their wishes are never fulfilled. They still suffer.

Driving change & shifting the Earth

"You may not always have a comfortable life. And you will not always be able to solve all the world's problems all at once. But don't ever underestimate the impact you can have, because history has shown us that courage can be contagious, and hope can take on a life of its own."

— Michelle Obama

We recently had a conversation with Cassandra Moodley a 25-year-old youth activist passionate about civil society engagement, feminism and youth. Cassandra serves as the SADC Youth Ambassador for the International Republican Institute, working to advance inclusive democracy in South Africa. She is the Founder and Director of Change Agents, a civic education platform that engages young people in issues of politics and governance, she's a member of the Global Shapers Johannesburg Hub and a TEDx Speaker.

Who is Cassandra Moodley

I'm slowly beginning to love the question about who I am because for a long time I really didn't know! My name is Cassandra Nonhlanhla Moodley - and I'm as varied as my name. I like to say I'm the poster child for democracy - a Black woman, adopted into an Indian family, and raised largely in white society. I grew up in the epitome of suburbia, a small town called Glenashley in Durban. I think for a very long time I lowkey resented it - this mismatched tapestry of being, feeling like I never solidly fit anywhere. But now I'm grateful for it - the ease with which



I navigate different spaces is a vital skill; it allows me to play in a global society. Essentially, my entire childhood was a crash course in diversity, equity and inclusion, and I feel a little ahead of the curve on that one.

I am driven by people. Or perhaps, humanity. Co-existing peacefully can be difficult when we're all so different, but focusing on our sameness and enhancing empathy is something that I think is really at the core of everything that I do. And at the end of the day, I think my love for democracy and civic engagement comes from that same love for humanity - if a system isn't working to positively impact humanity, how do we change it? How do we draft people-centred policy and how do we break through bureaucracy to create tangible change and impact lives? These are just some of the questions that drive me - but again, they're derived from a much deeper, simpler core focus - better humanity, better world.

I'm easily excitable! It's honestly why I love being a projects coordinator, working on different projects for different industries and sectors keeps me buzzing. I love short bursts of intense learning. So I can become passionate about pretty much anything I learn about! (Side note, this is "shiny-new-toy" syndrome and can be very distracting!) But ultimately, I find that civic education and democracy are the intersections of my joy, my talent being put to use, and my interests. South Africa is the most interesting democratic case study - we're still (relatively) new at it, we've seen the best and worst of it, it's emotive, it's complicated...I'm passionate about being part of changing the fabric of our society and setting up a country with equal opportunity.

On feminism and being a feminist

I am 100% unashamedly feminist and I would take it further and say I'm an intersectional feminist. For me, feminism is a response to balancing a patriarchal society. If I had to create my own definition it would be, "feminism is a political movement that strives to achieve gender equality through the release of gender roles and stereotypes and emphasis on individual liberties and self-determination". I think for me the keywords are self-determination and liberty. Feminism believes that everyone should have the freedom and ability to choose a path for themselves. Whether that's men who choose to be stay-at-home dads or women who choose not to be mothers - feminism defies gender norms. It also includes advocating for transfolk and the broader LGBTQIA community and recognising that women of colour also experience the world differently and making sure efforts to address those inequalities are being made.

Shameless plug, but check out the Perils of Patriarchy - a book written by 10 South African feminists sharing their experiences of the patriarchy while navigating...well, life!

On being a change agent



Objectively, there's never been a better time to be a woman, especially a woman of colour. That being said there are still a number of firsts our community is yet to experience...

Ironically, I actually started an organisation called Change Agents. We focus on youth-relevant civic education and civic engagement. So, yes, I consider myself a change agent, even if only by default! I think a change agent is really as the name suggests, anyone who has identified a problem and starts working actively towards solving it. This could be regarding politics, the environment, social welfare, education - any area of life that impacts humanity.

On role models and inspirations

I'm inspired by a number of people, both locally and abroad. Desiree Kosciulek is the Youth Programmes Manager at the South African Institute of International



Be gentle with yourself. You, and only you, know the dreams planted in your heart

Affairs (Youth@SAIIA) - her programme has single-handedly raised some of the most phenomenal young leaders in this country and really sparked a flame for me in high school. I look up to people who are just passionate about driving change in whatever industry they're in, people who've recognised a gap and worked to bridge it. Ndoni Mcunu is doing amazing work with Black Women In Science (BWIS), Farai Mubaiwa is making waves in youth development and shifting African perspectives through Africa Matters and Candice Chirwa is one of my favourite activists in the Period Positivity space with her organisation QRate. They're young women who've taken up space to lend a voice to others and I can't think of better role models than my contemporaries who serve as inspiration and an example.

Objectively, there's never been a better time to be a woman, especially a woman of colour. That being said there are still a number of firsts our community is yet to experience, so I'm wary of a single narrative; particularly mine, where I'm fortunate enough to be working with and learning from a Black woman. In other areas of life as well - I feel like I've been fortunate to have been blessed with opportunities with incredible global organisations like the International Republican Institute, which do amazing work to empower democracy and strengthen governance globally.

On the measure of joy and success

I have to be honest, my measure of joy now is different from what it was a few years ago, even a year ago pre-

pandemic. Then my measure of joy and success was material-based. I genuinely don't believe there's anything wrong with setting financial and material milestones in life; however, this pandemic has been a truly humbling and altering experience for me. I've been SO blessed to not have had COVID-19 affect me or my immediate family, and just that gratitude and awareness have changed my measures of success and joy. So in this season of life, success looks like good health, intentional time with family and friends, and peace. Leaning in and learning to love the mundane, after all the uncertainty and difficulty the last 12-14 months have brought about.

On self-care and downtime

I enjoy reading and I've just finished *Becoming* by Michelle Obama - I know, I'm super late to the party!! I love Michelle. I feel she's always able to so beautifully articulate the experience of being a Black woman engaging in the politics of life. I love the Obamas! So *A Promised Land* by Barack Obama is definitely next on my list. I've also just started playing golf and enjoy a good spa day every now and then.

The light at the end of the tunnel

We all go through seasons where life looks nothing like how we've planned it and with the pandemic the whole world is going through that. Yours is not to carry the unrealistic expectations and weight of other people's opinions. Yours is to focus inward.

Be gentle with yourself. You, and only you, know the dreams planted in your heart. And this is me speaking to myself from a few months ago! Life will unfold exactly as it should. Honour the calling on your life. Rest when you need to rest, ask for help when you need help (again, preaching to myself a little here) but my lady, when it's time to move, let the whole earth shift!

STRUTTING HER STUFF IN THE KITCHEN

Boitumelo is a kind and caring ball of positive energy who is very passionate impacting the future one small positive action at a time. I have been living in Pretoria for most of my life. I am currently studying to be a chef at Capsicum Culinary Studio in Pretoria. I am currently focusing on completing my Diploma in Professional Cookery and pushing forward with my modelling career. I enjoy doing both cooking and modelling although the kitchen has the majority of my heart.

My hobbies include cooking (of course), reading and writing, these are the things you'll find me doing during my spare time. I find cooking and writing to be very therapeutic and reading very informative, be it fiction or biographies. I love biographies because there is so much you can learn from another's story.

I love cooking because my labour produces a fulfilling smile on someone else's face. Well prepared food doesn't only nourish the body but it also makes you happy at an emotional level.

I am most passionate about everything that is good; I love to cook it, eat it, and study it to gain a deeper understanding of what is required to grow it. I understand that food production is both art and science and that is what interests me the most; their relationship. My passion for food stems for my passion for people. Knowing that people have been nourished by my cooking is fulfilling.

My desire to always be better and do better makes me a Black girl that rocks. My motto is to be the change I want to see in the world and that motivates me to keep doing better and being better. I'm more than willing to go the extra mile for anyone and any good cause.



SKATEBOARDS & STETHOSCOPES

Nandi Mayaba is a 27-year-old Zimbabwe-born and Gauteng-raised Black girl that rocks. “I was born on December 12, so that would also make me Sagittarius and I am the last born of four siblings”.

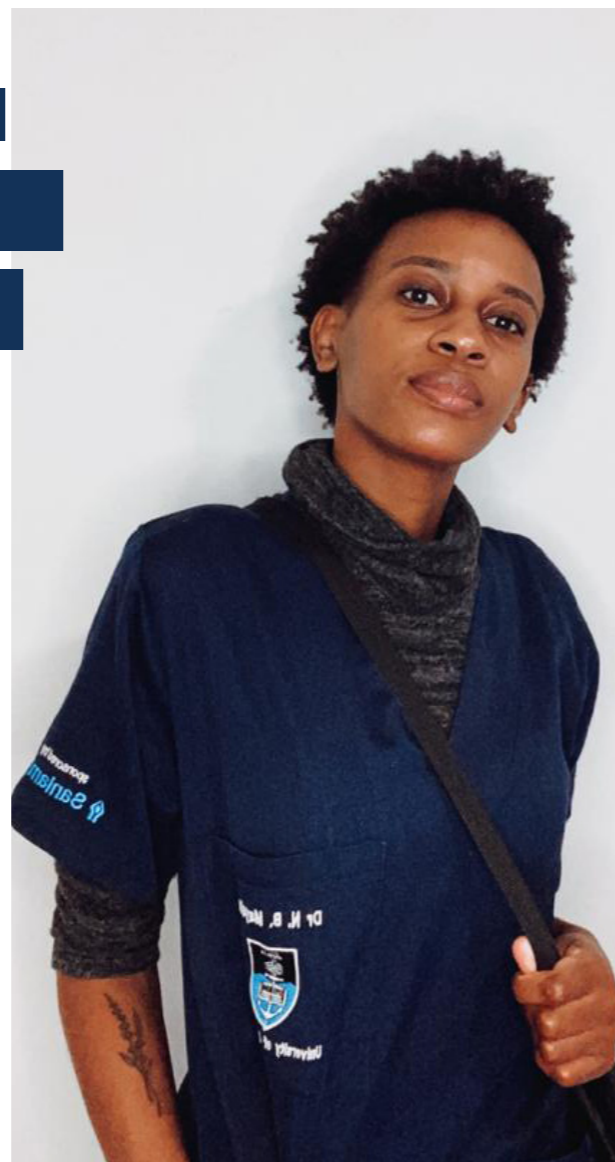
Nandi is a Medical Doctor currently working as a community service medical officer in the Eastern Cape. She studied the Bachelor of Medicine and Bachelor of Surgery (MBChB) at the University of Cape Town for six years and completed her internship training in KwaDukuza, KwaZulu-Natal. “I am passionate about mental health and psychiatry and I look forward to one day pursue and explore that career path. There is so much ground to cover still when it comes to mental health in South Africa especially as a Black womxn so I hope to one day be able to have conversations around mental health and the many contributors that affect it, especially focusing on womxn and children”, says Nandi.

She describes herself as a person who enjoys moments that bring meaning to life, be it showing up for a friend, or taking a moment to notice that the tree she passes every day has beautiful flowers. “I am an optimistic dreamer when it comes to the search for the meaning of self and I’m constantly on that dynamic journey of self-discovery. I am a learner”.

She says whenever she is asked what her hobbies are she always laughs because her hobbies change all the time. Nandi loves learning new ideas, thinking through perspectives that are different from hers, and learning new skills (practical, mindful and emotional skills). “I am therefore drawn to the visual arts. In my spare time, I find myself either drawing, sketching, or planning out what I envision my next piece will look like. Drawing for me is therapeutic, I get to confront and let go of emotions, to confront myself gently, to learn, unlearn and re-learn myself”.

“I consider myself an amateur skateboarder. Honestly, one of the most fun hobbies I decided to pick up. It’s scary but exhilarating. It teaches me to be courageous and brave, to know that it is ok to fall off and take a moment but not stop getting back up on the board. As a Black girl, I feel it’s a very important lesson to understand”.

Nandi says she loves music with every fibre in her and if she’s not sketching or skating, she’s listening to or searching for new music. “I grew up in a household where music was always playing in the background, from jazz, the blues to RnB. I was raised to appreciate instruments and beats and tunes regardless of genre, so I find that I am constantly drawn to sound in all the many genres it presents itself as”.



“I recently saved up and picked up a new hobby of stargazing with my new telescope I find it rather soothing to stare at the moon and the vastness of the universe as a relaxing pastime”.

She is also an animal lover and has two pet rabbits named Yellow and Green. They are Florida white rabbits that will be turning 2 years old this year in November.

Nandi says it’s important to her that she never gives up on herself. She believes that we should be able to be our own cheerleaders, to be able to see our strengths and weaknesses and use them to grow ourselves as Black girls. She says as a Black girl that rocks she has learnt to appreciate the importance of loving herself first so she can be able to love others. “I constantly challenge myself and achieve goals which I set for myself and not be distracted by societal stereotypes. Loving and staying true to yourself as a black girl is what makes you rock, in my opinion anyway. To quote from Eckhart Tolle’s book A New Earth, ‘I am. I am whole, I am enough’ and that what makes every Black girl a Black girl that rocks. We are enough”.

Gratitude

“Your gratitude journal is a personal endeavour that must be unique to you and your life...”

If someone were to ask you what you’re grateful for in the present moment, would you have an answer ready to go? **Could you easily recall the small moments in your day that bring you the most joy?**

The simple habit of reflecting on what you’re grateful for can actually lead to a happier, more content life. All it takes is a few moments of your time and a gratitude journal to record your thoughts.

A gratitude journal is, quite simply, a tool to keep track of the good things in life. No matter how difficult and defeating life can sometimes feel, there is always something to feel grateful for.

Regularly journaling about the good things in your life can help prepare and strengthen you to deal with the rough patches when they pop up.

It’s extremely simple to start: simply write down the things you are grateful for on a daily basis. You can use a journal, diary, or notebook.

Benefits of a Gratitude Journal

We’ve already written about the benefits of a regular gratitude practice, but here are a few benefits people have noticed when practicing gratitude journaling in particular:

- Gratitude journaling, like many gratitude practices, can lower your stress levels
- It can help you feel calmer, especially at night
- Journaling can give you a new perspective on what is important to you and what you truly appreciate in your life
- By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without
- Gratitude journaling can help you find out and focus on what really matters to you
- Keeping a gratitude journal helps you learn more about yourself and become more self-aware
- Your gratitude journal is for your eyes only, so you can write anything you feel without worrying about judgment from others
- On days when you feel down, you can read through your gratitude journal to readjust your attitude and remember all the good things in your life.

Your gratitude journal is a personal endeavour that must be unique to you and your life.

No one can tell you what makes the cut for you and your particular circumstances, but there are some suggestions that might help if you’re struggling in the beginning.

If you’re stuck at the start, at least a few of these prompts should be able to kickstart your gratitude creativity:

- List five small ways that you can share your gratitude today.
- Write about a person in your life that you’re especially grateful for and why.
- What skills or abilities are you thankful to have?
- What is there about a challenge you’re experiencing right now that you can be thankful for?
- How is where you are in life today different than a year ago—and what positive changes are you thankful for?
- What activities and hobbies would you miss if you were unable to do them?
- List five body parts that you’re grateful for and why.
- What about the city you live in are you grateful for?
- What are you taking for granted about your day-to-day that you can be thankful for?
- List 5 people in your life who are hard to get along with—and write down at least one quality for each that you are grateful for.
- Write about the music you’re thankful to be able to listen to and why.
- Who has done something this week to help you or make your life easier and how can you thank them?
- What foods or meals are you most thankful for?
- What elements of nature are you grateful for and why?
- Write a letter to someone who has positively impacted your life, however big or small.
- What is something you’re grateful to have learned this week?
- When was the last time you laughed uncontrollably—relive the memory.

LGBTQIA+ *Defined*

This article is an explanation of the acronym LGBTQIA+ and the meaning of terms it refers to. It's worth noting that these definitions are not set in stone. Definitions of terms, like language itself, are constantly evolving. Moreover, they mean different things to different people. After all, we are talking about identity, sexuality and relationships, so there are as many definitions as there are people.

Lesbian – This term refers to a woman who is sexually and/or emotionally attracted to other women.

Gay – This term refers to a man who is sexually and/or emotionally attracted to other men.

Bisexual – This term refers to someone who is sexually and/or Bisexual – This term refers to someone who is sexually and/or emotionally attracted to more than one gender. This used to exclusively mean attraction to men and women. More recently the term "bisexual" is used to refer to someone who is attracted to two or more genders out of the many gender identities. Gender identity is the internal perception of one's gender and how a person labels themselves, based on how they align or do not align with what they understand gender to be. There are many gender identities, such as man, woman, non-binary, genderqueer, genderfluid, or transgender.

Transgender – This term is used to describe someone whose gender identity or expression does not conform to what is expected based on the sex they were assigned at birth. Gender expression is the behavior, mannerisms, interests, and appearance a person uses to express their gender in a particular cultural context. The term transgender encompasses many different gender identities (more on this later in this posting), and transgender people have different sexual orientations, some may identify as straight, while others may identify as LGB.

Queer – Queer is often used as an umbrella term referring to anyone who is not straight and not cisgender. Cisgender people are people whose gender identity and expression match the sex they were assigned at birth. Historically the term queer was used as a slur against LGBTQIA people, but in recent years it has been reclaimed by LGBTIQ communities.

However, some LGBTQIA people still find the term offensive. Queer is also often used as a broad rejection of labels. In this context, this could be a rejection of any type of label, but most often refers to a rejection of labels for gender and sexual orientation.



Questioning – This term refers to someone who is not sure how they identify. Someone can be questioning their sexual orientation and/or their gender identity.

Intersex – This term refers to people who naturally have biological traits which do not match what is typically identified as male or female. There are many different intersex variations. Some intersex people have XXY chromosomes, some have ambiguous genitalia or internal sex organs. Some intersex people have internal sex organs or hormones released during puberty that don't match their genitalia. Being intersex is a naturally occurring variation in humans; it is not pathological. Being intersex is not linked to sexual orientation or gender identity; intersex people can have different sexual orientations and gender identities and expressions.

Asexual – Often referred to as "Ace", this is an umbrella term used for individuals who do not experience, or experience a low level, of sexual desire. This identity can include those who are interested in having romantic relationships and those who are not. People of different sexual orientations and gender identities can be asexual.

Ally – People who identify as cisgender and straight, and believe in social and legal equality for LGBTIQ+ people are allies. In many contexts, the "A" in LGBTQIA will only refer to Asexual people. The "A" is more likely to be short for both Ally and Asexual when LGBTQIA is being used to talk about a broader community that believes in the human rights of LGBTIQ people.

Adding a "+" to the acronym is an acknowledgment that there are non-cisgender and non-straight identities that are not included in the acronym. This is a shorthand or umbrella term for all people who have non-normative gender identity or sexual orientation.



UNDERSTANDING TAX

You might think you are too young to be reading about taxes but you are not. Soon you'll be working and paying and paying tax, so the sooner you learn about tax the better because death and taxes are the only certainties in life.

Most people are still not sure about their tax obligations and what paying tax is about. This article aims to help you understand what tax is and hopefully leave you with a clearer picture.

When you start working or earning an income, depending on the salary or wages you earn, you will have to pay personal income tax on your earnings. This is paid to the South African Revenue Service (SARS), by your employer every month in the form of Pay-As-You-Earn (PAYE). If you are self-employed, you need to pay your tax directly to SARS.

You may be wondering why you need to do this. Firstly, paying tax is a law and SARS administers the collection of all tax in the country. The other reason you need to pay tax is because the money collected by SARS is used by

the government to provide social services like schools, roads and hospitals for the people.

Most of the state's income comes from income tax, but almost a third of the total revenue collected every financial year is generated from Value-Added Tax, more commonly known as VAT.

A lot of the time your tax obligations are neglected not so much because you want to avoid paying tax, but because you are misinformed. The following Tax Truths will help you know where you stand when it comes to tax.

There are probably many other misconceptions out there about tax but trying to avoid the taxman only makes it harder for the government to provide much needed service to people in dire need of these.

WHAT YOU NEED TO KNOW ABOUT LOCAL GOVERNMENT ELECTIONS



Elections are a cornerstone of democracy. Once every five years councillors are elected by the people they are meant to serve.

In South Africa, most people vote for a party as well as a ward councillor to represent their interests at a local level. Councils are elected every five years.

There are three main types of electoral systems in the world:

1. Proportional Representation – where you vote for a party and the party gets seats according to the percentage of votes it received. Candidates are drawn from a party list. This system protects smaller parties since all votes count - in our national assembly a party with 0.25% of the vote

will still get a seat.

2. Constituency-based - this system elects an individual to represent an area. It is called the “winner takes all” since only the person who gets the most votes is elected and all votes cast for other people count for nothing.
3. Mixed – this system combines a Proportional Representation and a constituency system. There are many different ways to do this.

Our local elections use the mixed system. Half the seats in local and metro councils come from the Proportional Representation system and half from the constituency (ward) system.

In South Africa, there are two main types of elections: one for metro councils and one for local councils (which includes district council elections).

Only registered voters may vote.

Metropolitan councils

In a metropolitan municipality election, each voter will receive a ballot for their ward with the names of the ward candidates. The person receiving the most votes in a ward will win that seat.

Ward candidates may stand as representatives of parties or as independents. Each voter will also receive a ballot where they can vote for a political party. This is the proportional representation ballot (PR). The parties will then be given seats according to the percentage of votes that they received in the metropolitan area as a whole. Each party has a list of candidates and the councillors are drawn from this list.

Metro councils may also set up sub-councils to serve different parts of their municipality. Sub-councils are not elected directly by voters. Existing councillors are allocated to serve on each sub-council.

Local councils

In a local municipality, each voter will receive a ballot for their ward with the names of the ward candidates. The person receiving the most votes in a ward will win that seat. Ward candidates may stand as representatives of

parties or as independents.

Each voter also votes for a political party on a proportional representation ballot. The parties will then be given seats according to the percentage of votes that they received in the area as a whole.

District councils

Every voter in a local municipality will also vote for the district council that their local area is part of.

The district municipality ballot will have party names on it and the seats will be allocated according to the percentage of votes parties gained in the whole district municipal area.

Not all councillors serving on a district council are directly elected. Only 40% of the seats will be given to parties based on the votes they got on the PR ballot. The remaining 60% of seats on the district council will be allocated to the local councils in that area. Each local council will be given a number of seats and must send councillors to fill those seats. The seats should be filled according to the support that parties have in a specific council.

For example, if a local municipality is given 5 seats on the district council and the ANC gained 60% of the seats on the local council, the ANC councillors should fill three of the five seats. The other two seats should be allocated to other parties according to the number of votes they have received.

District management areas (DMAs)

People who live in District Management Areas (game parks and other low population areas) get a Proportional Representation ballot for the district council and a PR ballot for the DMA. They do not vote for local councils or ward councillors.

Metro Council voters:

- one Proportional Representation vote for a party contesting the metro council
- one ward vote for an individual candidate contesting the ward

Local Council voters:

- one Proportional Representation vote for a party

- contesting the council
- one ward vote for an individual candidate contesting the ward
- one Proportional Representation vote for district council

District Management: Area voters

- one Proportional Representation vote for DMA representatives to the district council
- one Proportional Representation vote parties contesting district council

In some very small local councils with very few councillors, there may be no wards and only a Local Council Proportional Representation vote and District Council Proportional Representation vote.

Who will run the elections at all levels?

The Independent Electoral Commission (IEC) is in charge of managing and supervising the elections. The IEC has five commissioners. The Chief Electoral Officer is the main person responsible for the administration of elections. In every province, the IEC has set up an office under a Provincial Election Officer (PEO).

In every local municipality a Municipal Electoral Officers (MEO), appointed by the IEC, organises voting stations, voter registration and runs the elections in that municipality.

In most areas, the MEO will probably be the municipal manager. In bigger areas, someone else can be appointed or delegated to do the work. The MEO is responsible for employing staff and making all the practical arrangements for voter registration and elections.

The MEO will employ election officials for each voting station. The appointments must be presented to the Party Liaison Committee.

A few full-time staff are already employed by most municipalities to work on elections. All their election-related

work takes place under the direction of the MEO and the PEO or other IEC structures.

The MEO and the full-time staff who work in the municipality may not take orders on any election work from the mayor or councillors.

Party Liaison Committees (PLCs)

At all levels, the IEC has set up Party Liaison Committees to consult and inform political parties about the arrangements for the elections.

The PLCs have no decision-making power but are there to advise the IEC and to deal with conflicts between different parties or between a party and the IEC.

The MEO should chair local PLC meetings.

Who can vote?

All South African citizens over the age of 18 who are registered voters will be allowed to vote in the local elections.

On election day you can only vote at the voting station in the voting district (VD) where you registered on the voters roll and you must have a bar-code ID. If you lose your ID you can get a temporary replacement ID called a "Temporary Identity Certificate" which can also be used to vote with if it has not expired.

Voter registration

South Africa is divided into 18 830 voting districts – each one with its own voting station. To vote you have to be on the voters' roll for your voting district. On election day only the roll for that district will be at the voting station. If your name is not there, you will not be able to cast a normal vote.



Discuss in your club:

Do you know the manifesto for the party you will vote for in the next elections?

MAKE YOUR VOTE COUNT



- South Africa's first democratic elections were in:**
 - 1652
 - 1976
 - 1994
- Which section of the Constitution makes voting a right?**
 - Section 1
 - Section 19
 - Section 27
- How often are councillors elected?**
 - Every 10 years.
 - Once every 5 years.
 - Every year.
- The Independent Electoral Commission's (IEC) is in charge of managing and supervising the elections.**
 - True
 - False
- If you want to vote, you have to be registered on the IEC voters' roll before the elections.**
 - True
 - False
- You register to vote for national, provincial and local elections at your local IEC office, or during a voter registration weekend. You should phone to make an appointment during office hours at your local IEC office if you want to register that way.**
 - True
 - False
- The law says you can send anyone you like to register and vote on your behalf.**
 - True
 - False
- Which of these documents do you need to take with you to register to vote and on voting day?**
 - Your clinic card from when you were a baby.
 - Your most recent school report.
 - Your green, bar-coded ID book; or your smartcard ID; or a valid Temporary Identity Certificate (TIC).
 - our driver's licence.
- You can register from the age of 16 but you can only vote if you are 18 years old.**
 - True
 - False
- The voters'**



roll is a list of all voters in the country.

- a) True
- b) False

11. Who can vote?

- a) All South Africans who are over the age of 18 who are registered voters.
- b) Anyone with a green, bar-coded ID book; or your smartcard ID; or a valid Temporary Identity Certificate (TIC).
- c) Anyone over the age of 18.

12. Where can you go to vote on election day?

- a) You can only vote at the voting station in the voting district where you registered in the voters' roll.
- b) At the voting station where the queues are short.
- c) At any voting station you want.

13. So long as they have registered to vote, prisoners have the right to vote in elections.

- a) True
- b) False

14. Who is responsible for door-to-door registration?

- a) Political parties.
- b) The IEC.
- c) Statistics SA.

15. If you are a South African citizen living in another country, so long as you are registered, you can vote during office hours at South Africa's 120 foreign missions, including high commissions, embassies and consulates worldwide.

- a) True
- b) False

16. You don't have to check with the IEC after you have registered, and before elections, that your name is on the voters' roll and where you will vote.

- a) True
- b) False

17. Democracy means:

- a) People can force you to vote for a particular political party.
- b) The law says no one is allowed to force you to vote for a particular political party.

18. A political party's election manifesto states:

- a) Which government contracts politicians can submit tenders for.
- b) Its aims and policies.

19. 'Your vote is your secret' means:

- a) If someone asks, or demands, to know who you voted for, you are forced to tell them.
- b) You do not have to tell anyone which party you voted for.

20. Every vote counts.

- a) True
- b) False

Answers: 1) 1994; 2) Section 19; 3) (b); 4) True; 5) True; 6) True; 7) False; 8) (c); 9) True; 10) True; 11) (a); 12) (a); 13) True; 14) (b); 15) True; 16) (b); 17) (b); 18) (b); 19) (b); 20) (a)



GETTING YOUR BODY READY FOR THE WINTER MONTHS

Feeding your body certain foods may help keep your immune system strong. If you're looking for ways to prevent colds, the flu, and other infections, your first step should be a visit to your local grocery store. Plan your meals to include these 14 powerful immune system boosters.

Citrus fruits

Most people turn straight to vitamin C after they've caught a cold. That's because it helps build up your immune system. Vitamin C is thought to increase the production of white blood cells, which are key to fighting infections. Almost all citrus fruits are high in vitamin C. With such a variety to choose from, it's easy to add a squeeze of this vitamin to any meal.

Popular citrus fruits include:

- grapefruit
- oranges
- clementines
- tangerines
- lemons
- limes



a little zing to food and it's a must-have for your health. Garlic's immune-boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin.

Ginger

Ginger is another ingredient many people turn to after getting sick. Ginger may help decrease inflammation, which can help reduce sore throat and inflammatory illnesses. Ginger may help with nausea as well. While it's used in many sweet desserts, ginger packs some heat in the form of gingerol, a relative of capsaicin. Ginger may also decrease chronic pain and might even possess cholesterol-lowering properties.

Spinach

Spinach made our list not just because it's rich in vitamin C — it's also packed with numerous antioxidants and beta carotene, which may both increase the infection-fighting ability of our immune systems. Similar to broccoli, spinach is healthiest when it's cooked as little as possible so that it retains its nutrients. However, light cooking makes it easier to absorb vitamin A and allows other nutrients to be released from oxalic acid, an antinutrient.

Because your body doesn't produce or store it, you need daily vitamin C for continued health. Also, keep in mind that while vitamin C might help you recover from a cold quicker.

Red bell peppers

If you think citrus fruits have the most vitamin C of any fruit or vegetable, think again. Red bell peppers contain almost 3 times as much vitamin C oranges and they're also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help you maintain healthy skin. Beta carotene, which your body converts into vitamin A, helps keep your eyes and skin healthy.

Broccoli

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as fibre and many other antioxidants, broccoli is one of the healthiest vegetables you can put on your plate. The key to keeping its power intact is to cook it as little as possible — or better yet, not at all. Research has shown that steaming is the best way to keep more nutrients in the food.



Garlic

Garlic is found in almost every cuisine in the world. It adds

Yoghurt

Look for yoghurts that have the phrase "live and active cultures" printed on the label. These cultures may stimulate your immune system to help fight diseases. Try to get plain yoghurts rather than the kind that are flavoured and loaded with sugar. You can sweeten plain yoghurt yourself with healthy fruits and a drizzle of honey instead.

Yoghurt can also be a great source of vitamin D, so try to select brands fortified with this vitamin. Vitamin D helps regulate the immune system and is thought to boost our body's natural defenses against diseases.

ALMONDS

When it comes to preventing and fighting off colds, vitamin E tends to take a backseat to vitamin C. However, this powerful antioxidant is key to a healthy immune system. Nuts, such as almonds, are packed with the vitamin and also have healthy fats.



INSTITUTIONS THAT PROTECT OUR CONSTITUTION

By Busi Deyi

When Nonkululeko and Anelisa Bhe's father passed away, their house, which was the property of their father, was given to their grandfather. The law, at that time, said that because their father did not have a son, all the property should go to a male relative. Nonkulueko, Analisa and their mother felt that they were being discriminated against because they were women. They decided to challenge this property law in the courts. The Constitutional Court agreed with them. It declared the practice unconstitutional as it discriminated against women and girls.

South Africa is a constitutional democracy. This means that the Constitution of South Africa, which became law in 1996, is the supreme law and all other laws must act in accordance with it. Although everyone knows that they have rights given by the Constitution, not everyone knows about the other institutions whose role it is to ensure that the Constitution and the rights contained in it are respected, protected and fulfilled. Nonkululeko and Anelisa were able to use the

Constitution to argue for their right to equality.

The Constitution not only outlines the human rights of everyone in South Africa – including foreigners but it also tells government what it should and should not do in order for everyone to have access to their rights. The word government is a word used to describe a number of institutions that are responsible for the implementation of the Constitution. These institutions are:

1. The Constitutional Court

The Constitutional Court is the protector of the Constitution. It makes sure that the understanding, protection and enforcement (putting into practice) of the Constitution is done according to the rules set out in the Constitution. This court deals only with constitutional matters. Cases that raise questions about the function or understanding of the Constitution are heard in the Constitutional Court.

2. Parliament

South Africa has a bicameral parliament. 'Bicameral' means parliament consists of two houses. The first house is the

National Assembly. Members of the National Assembly are elected by voters.

The second house is the National Council of Provinces. Members of the National Council of Provinces are elected by the provinces to ensure that provinces are represented at the national level.

The parliament of South Africa is responsible for the protection and promotion of human rights. Its primary role is to make sure that it enacts laws which will help ordinary people get justice and their rights. Parliament has enacted laws such as the Promotion and Prevention of Unfair Discrimination Act (PEPUDA). PEPUDA is a law which ensures that people are able to enforce their right to equality and non-discrimination.

3. The President and the Cabinet of Ministers

The president is appointed by the National Assembly. He/ She is responsible for the running of the country. He/ She implements and enforces the constitution and laws. She/ He appoints judges with advice from the Judicial Commission. She/ He is also the Commander-in-Chief of the South African

National Defence Force, meaning he or she can declare war and make peace, negotiate and sign agreements with other countries.

4. Chapter 9 institutions

Chapter 9 institutions are organisations that are established by the chapter nine of the Constitution. They are responsible for checking that the country is governed according to the laws of the Constitution.

They are:

- The Public Protector
- The South African Human Rights Commission (SAHRC)
- The Commission for the Promotion and Protection of the Rights of Cultural, Religious and Linguistic Communities (CRL Rights Commission)
- The Commission for Gender Equality (CGE)
- The Auditor-General
- The Independent Electoral Commission (IEC)
- The Independent Authority to Regulate Broadcasting
- The Independent Communications Authority

Managing Period Pains

Menstrual cramps or period pain (dysmenorrhea) are throbbing or cramping pains in the lower abdomen. Many women have period pain just before and during their menstrual periods.

For some women, the discomfort is merely annoying. For others, menstrual cramps can be severe enough to interfere with everyday activities for a few days every month.

Treating the cause is key to reducing the pain. Menstrual cramps that aren't caused by another condition tend to lessen with age and often improve after giving birth.

Symptoms

Symptoms of menstrual cramps include:

Throbbing or cramping pain in your lower abdomen that can be intense

Pain that starts 1 to 3 days before your period, peaks 24 hours after the onset of your period and subsides in 2 to 3 days

Dull, continuous ache

Pain that radiates to your lower back and thighs

Some women also have:

- Nausea
- Loose stools
- Headache
- Dizziness

MANY OF THE THINGS THAT HELP EASE MENSTRUAL CRAMPS:

Exercise. Studies have found that physical activity may ease period pain.

Heat. Soaking in a hot bath or using a heating pad, hot water bottle or heat patch on your lower abdomen may ease period pain. Applying heat may be just as effective as over-the-counter pain medication for relieving period pain.

Do breathing exercises, meditation, or yoga.

Get plenty of rest. Sleeping regularly every night can help with stress, mood changes, and feeling tired or fatigued.

Eat healthy foods like fruits, veggies (especially the leafy green ones), whole grains, and yoghurt.

Dietary supplements- A number of studies have indicated that vitamin E, omega-3 fatty acids, vitamin B-1 (thiamine), vitamin B-6 and magnesium supplements may effectively reduce menstrual cramps.

Limit fat, salt, sugar, caffeine and alcohol. These substances can make period pain worse.

Reduce stress. Psychological stress may increase your risk of period pain and their severity.

Cramps that are really bad may be a sign of: **Endometriosis.** The tissue that lines your uterus becomes implanted outside your uterus, most commonly on your fallopian tubes, ovaries or the tissue lining your pelvis.

Uterine fibroids. These noncancerous growths in the wall of the uterus can cause period pain. **Adenomyosis.** The tissue that lines your uterus begins to grow into the muscular walls of the uterus. **Pelvic inflammatory disease.** This infection of the female reproductive organs is usually caused by sexually transmitted bacteria.

Cervical stenosis. In some women, the opening of the cervix is small enough to impede menstrual flow, causing a painful increase of pressure within the uterus.

Cramps caused by these conditions may start when you're older. And they might get worse as time passes. They can also last longer than other cramps or last longer than the last day of your period.

If you have super bad period pain that you can't treat, or other period symptoms that are hard to deal with, call your doctor or go to your local clinic.



Sisterhood

Discuss in your club:

How do you manage your period pains?

CONFESSIONS OF A BODY DYSMORPHIC

I believed with my whole being that once I was thin and could wear what the actresses in my beloved movies wore I would be happy.

BY ELOISE HENDRICKS

I was 7 years old when my mother started replacing the sugar on my Corn Flakes with Canderel. My lunch went from bread and whatever to provita and cheese. At family gatherings, I was constantly compared to my thinner cousins and my nickname became "Vettie-boom-boom" and "Earthquake". I guess that is why my mother decided to curb my eating, to spare me the name-calling and shame. Unfortunately, her intentions were in vain because from that tender age, whenever I looked at myself in the mirror, all I saw was a fat girl that grew into a fat adult.

I remember the first time I tried a diet shake. I had seen an advert that promised quick results with minimum effort and I thought why not? I saved my pocket money and the first chance I got I popped it in the trolley and proudly proclaimed that I would pay for it. The shake was horrible and I never finished the tin. In high school, I compared myself to my "thinner" friends and this brought about more misery than being a teenager can endure. I moved from the idea of shakes to pills. While the side effects were nasty and affected not only my moods, it also affected my concentration in school. This just brought about more problems, and yes, more misery. I then found a hack, I started buying bigger clothes so that it looked like I was thinner. Looking back at photographs all it actually achieved was making me less attractive and seemingly bulkier.

During these years my parents had no idea of my issues and perception of myself. I guess they avoided it because they didn't have the time to have a child with mental instability. I don't blame them.

When my last year of high school started and the only thing anyone had on their mind was the Matric Ball, my panic set in. I coupled pills with starvation and with every disappointing visit to the scale my rage at my own failure increased. To stop the inner discomfort my emotions were causing I started inflicting self-harm on myself. In the beginning, I would just pinch myself for as long as I could endure the pain. When that no longer gave me satisfaction I started digging into my arms until the surface of my skin became red. Once that became futile I took to scratching where my veins protruded and this eventually led to cutting myself.

The pain I was in because of how I felt I looked was unbearable. An essay I once wrote caused so much alarm among the English Department that I was sent to the Guidance Councillor where I naturally denied that what I had written was a true account and confidently stated that I was merely making it up to meet the brief of the essay.

Once I left home for Technikon I was surprised at the amount of weight I lost. I wasn't proud of how I lost it though. Using my meal money to binge drink, I found that I was rarely hungry and my jeans were getting too big. This led to my eventual rape on campus because

I was too inebriated to make a better judgement call. I was spiralling out of control so much so that when I went home on weekends and slept most of the days away my mother accused me of taking drugs.

The years went on and I still believed that I was fat. New pills entered the market and I was patient zero for most of them. Insomnia, dry mouth, lack of concentration, heightened negative emotions, all of these were part of my need to be skinny.

During these years my parents had no idea of my issues and perception of myself. I guess they avoided it because they didn't have the time to have a child with mental instability. I don't blame them.

I believed with my whole being that once I was thin and could wear what the actresses in my beloved movies wore I would be happy. I would be attractive and worthy of love. The way I saw my body impacted every aspect of my life and controlled everything. If I enjoyed a meal I would feel guilty and not eat for days just to relieve myself of the guilt. If I starved myself I would feel so ill that a binge was the only option. The vicious cycle continued, year in and year out. It was only with my pregnancies that I did not worry about how I looked but it was often that my gynae would perform a stress test on me because he would feel that the baby was not getting enough sustenance. After all, my weight would fluctuate from visit to visit.

I also believed that the reason my now ex-husband continuously prioritised his female friends over me was because I was unattractive to him. The misery just continued and all I still saw, after 3 decades, every single time I looked in the mirror, was Vettie-Boom-Boom.

About 3 years ago, while looking through my phone's camera roll I found a picture of myself taken in March that year. I then glanced at myself in my mirror and quickly took my phone and scrolled to a picture taken that weekend at the annual Halloween event in my estate. And that is when it hit me, or rather it felt like a cold, hard smack in the face, I was half the person I was only 6 months ago. I obediently went to the bathroom and got onto my lifelong nemesis – the scale – and when

My advice to all ladies is to love yourself, not because of how you look but because there is only one of you and you are unique.

I checked its decree it read 41kg! For a moment, ok, maybe for a few hours, I was elated. I was finally thin. I felt like I had finished a Comrades marathon or summited Mount Everest, I was finally a size 4 and now my entire life would be perfect. Boy was I wrong. The months of starving had severely affected my health. I was a nearly 40-year-old in the body of a 16-year-old and no nutrition to survive on. I struggled with anxiety and insomnia because my body was in such a mess.

After a few days of ignoring my health issues because regardless of that I had achieved my lifelong goal, I went back to the mirror and lo and behold, there I stood staring at dear old "fat" me.

It took months of therapy and inculcating healthy eating habits to get me to a place where I was not mistaken for my teenage son's sister. I had hated my body and in effect, myself for so many years, changing my mindset became my new mission. By getting the help and focussing on my entire being not just my weight I was able to heal so many scars that I had self-inflicted over the years.

My advice to all ladies is to love yourself, not because of how you look but because there is only one of you and you are unique. Do not waste your best years trying to compete for the smallest waist size or lowest scale reading, live in the moment and enjoy all the experiences that you can. Hating yourself is more damaging than self-harm and this I am testament to. In all honesty, there are still days when I look at myself in my old friend the mirror and find that my hips are too big or my thigh gap isn't as big as last week, and then I catch myself and remind myself that I am who I am and there is absolutely nothing to be proud of regarding my current kilograms and jeans size. I had to make myself sick to get where I am size-wise all to meet the expectations of others and change their minds and opinions about MY weight. They call what I have body dysmorphia. The scientific definition reads, "Body dysmorphic disorder (BDD), or body dysmorphia, is a mental health condition where a person spends a lot of time worrying about flaws in their appearance. These flaws are often unnoticeable to others".

The moments I still use to criticise myself are few and far between. I don't deprive myself of any food craving and I most certainly no longer berate myself from a place of hate. These days, I simply smile at my curves.

HOW TO HAVE A POSITIVE BODY IMAGE

1. Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you—running, dancing, breathing, laughing, dreaming, etc.
2. Keep a top-ten list of things you like about yourself—things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about yourself.
3. Remind yourself that "true beauty" is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful. Beauty is a state of mind, not a state of your body.
4. Look at yourself as a whole person. When you see yourself in a mirror or your mind, choose not to focus on specific body parts. See yourself as you want others to see you — as a whole person.
5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.
6. Shut down those voices in your head that tell you your body is not "right". You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.
7. Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.
8. Do something nice for yourself — something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, or find a peaceful place outside to relax.
9. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.

STILL I RISE

How Siphehile Mhlongo used her passion to overcome being a victim of bullying

“ Now I look back at that period in my life when I was upset by bullies and I think it's crazy how I wasted all my energy worrying and concerning myself with what other people said about me. ”

More on page 26>>



My name is Siphesihle Mhlongo and I'm known as Sippy. I came up with the name because people mispronounced my name. I'm 14 years old and I'll be turning 15 years old on the 29th of June.

Growing up I was bullied because of my physical appearance by strangers and sometimes by people who are close to me. You see I'm a bit chubby, it could be genetics but it could also just be baby-fat. During the 5th and 6th grade I didn't care about what people said or thought about me, I guess it was mainly because I was younger and such things didn't quite register. Then towards the end of the 7th grade, the bullying intensified and people would say really hurtful things like it looks like I stuffed my cheeks with potatoes. On one occasion my Mom and I went to a store and there was no parking so my Mom asked me to go in and buy chocolate to make dessert. After paying for the chocolate and on my way out of the store the lady checking the receipts said "You're already so fat why do you need the chocolate?", after checking mine.

I was bullied from primary school until now in high school. The bullying made me feel resentful of the people that bullied me but it also made me feel bad about myself, it affected my self-esteem and I hated myself. At first, I would just listen to them say things and call me names but then I started standing up for myself and talking back. I'm lucky to have a loving and supportive family because it all and now still they never stopped reminding me of how beautiful and brave I am, mostly my older brother Hunter.

With a lot of encouragement from my family I decided to take my power back, instead of letting the negativity drown me I decided to focus my energies on positive things that bring me joy. When I was younger the best part of my day was when I was watching my mother cook and bake. As I got older I wanted to join in on the action and help. In no time I started taking over in the kitchen and started preparing meals for the family. I had found my happy place! I truly wouldn't be this creative if it wasn't for my mother. At the end of the cooking, I'd look down at something I'd created, something that tasted pretty good, and my tiny corner of the world felt a lot less meaningless. I felt exhilarated, fulfilled, and happy.



I love spending time on the kitchen...

With a lot of encouragement from my family I decided to take my power back, instead of letting the negativity drown me I decided to focus my energies on positive things that bring me joy.

Now I look back at that period in my life when I was upset by bullies and I think it's crazy how I wasted all my energy worrying and concerning myself with what other people said about me. I realize that I shouldn't care about what people say or think about me because it doesn't stop me from breathing and living. It doesn't stop me from doing what I love. I've come to learn that what people think and say about me says a lot about them and who they are. Like Buddy Valastro once said, "Opinions are like armpits everyone has them but most of them stink."

"We, as her parents and family, reminded her of how beautiful she is, how talented and creative she is. She brings so much joy to the family. We always encourage her to focus on who she is and focus on the things that make her happy - she sings, draws, cooks and bakes. We have also exposed her to music, enrolled her baking classes, took her to golf lessons, and she excels and shines in everything she tries out", says her mom.

Sippy is a Black girl that rocks because she overcame hardships and she's a multi-talented girl that knows what she wants in life and goes after it.



CLUB DISCUSSION: How do you support and help friends and schoolmates that are being bullied without making the situation worse for them?

DIRECTORY OF HELPFUL NUMBERS

RAPE

SAPS emergency number 1011
Childline South Africa toll-free helpline: 0800 055 555

Tears Foundation (crisis intervention, advocacy, counselling, and prevention education services for those impacted by domestic violence, sexual assault and child abuse) Free SMS helpline: *134*7355# or 010 590 5920

DEPRESSION AND ANXIETY

SADAG (South African Depression and Anxiety Group) on 0800 12 13 14 or log onto www.sadag.org/ Lifeline. To contact a counsellor between 8am-8pm Monday to Sunday call: 011 234 4837. For suicidal emergency call 0800 567 567

hour helpline 0800 150150
Gender-Based Violence Command Centre
0800 428 428

STOP Gender Violence Helpline 0800 150 150/ *120*7867#

DEPARTMENT OF SOCIAL DEVELOPMENT

Substance Abuse Line 24hr helpline 0800 12 13 14 or SMS 32312

Lifeline www.lifelinesa.co.za 24 hours, every day: call centre 0861322322

People Opposing Woman Abuse (POWA) lockdown Counselling Number 076 694 5911. A counsellor is available from 8:30 am – 16:30 Monday to Sunday.

Childline South Africa toll-free helpline: 0800 055 555

FAMILIES SOUTH AFRICA (FAMSA) 011 975 7106/7

Tears Foundation (crisis intervention, advocacy, counselling, and prevention education services for those impacted by domestic violence, sexual assault and child abuse) Free SMS helpline: *134*7355# or 010 590 5920

You can also approach your local municipal health clinics or local hospitals about Community Psychiatric Services that offer counselling services as well as consultations with psychiatrists if medication is needed.

GENDER-BASED VIOLENCE

Gender-based violence toll-free 24

ABORTION

You can also approach your local municipal health clinics.

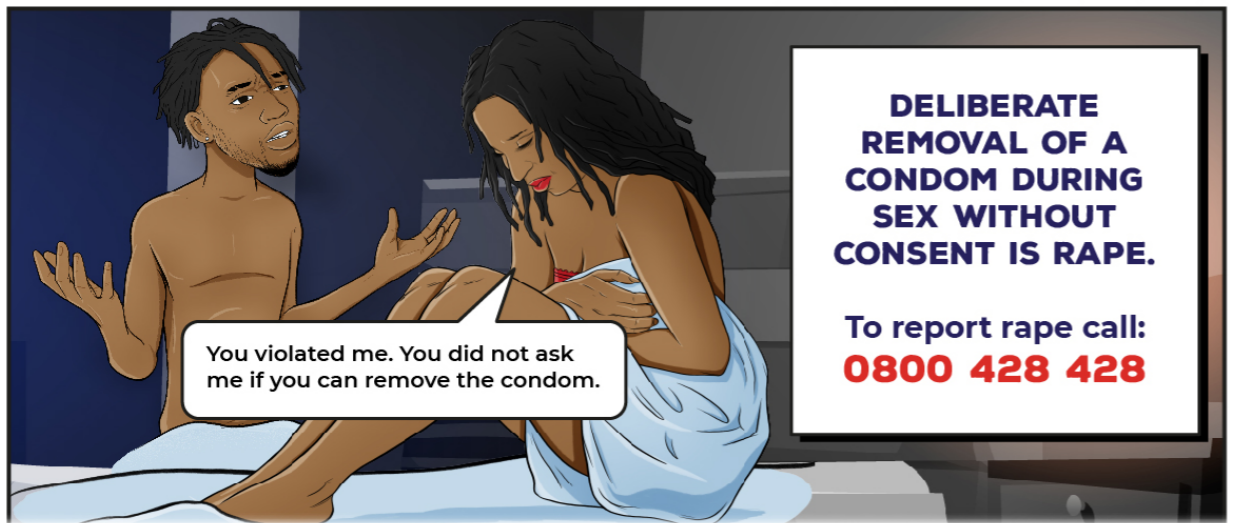
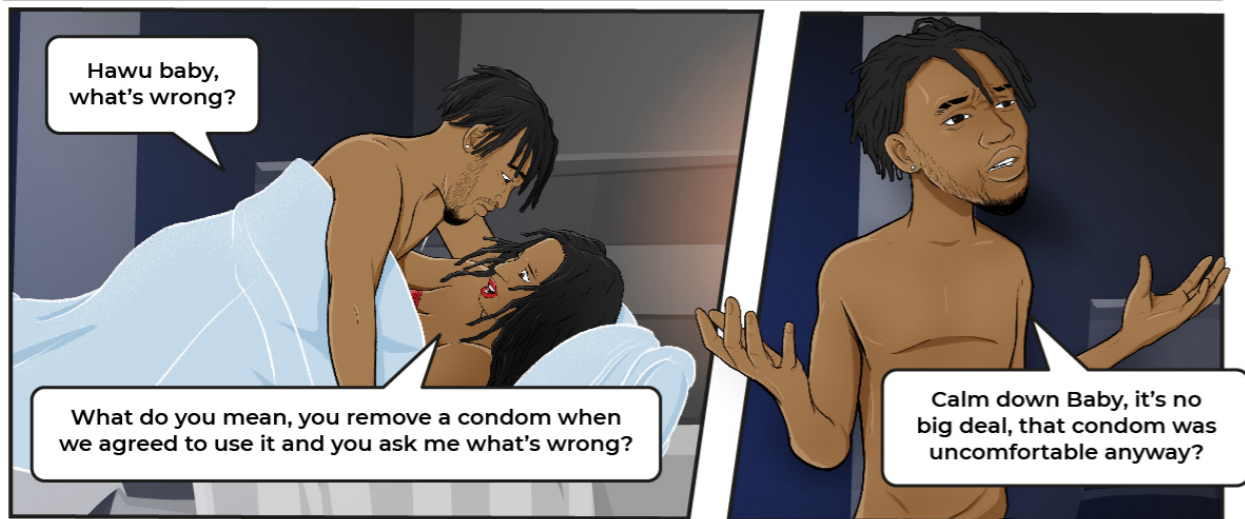
Marie Stopes Clinic 0800 117 785 (toll free) www.mariestopes.org.za

AIDS

Lifeline AIDS toll-free 24 hour helpline
0800 012322

You can also approach your local municipal health clinics or local hospitals about Community Psychiatric Services that offer counselling services as well as consultations with psychiatrists if medication is needed.

STEALTHING



[YOU DID WHAT?

Stealthing is when a partner secretly removes a condom during sex without the other person's consent. Yup, you read that right! Condom removal without the other person's consent? Like...how? Isn't that rape? Can it happen to you if you are in a committed, long-term relationship with someone? Sadly, yes and yes.

Even if you had consented to going "all the way," with someone, that doesn't mean that the person you consented to have sex with has the right to bypass said consent and use it to violate your body by removing a condom during sex without your permission. Because that is what stealthing does—it violates your body! It violates the trust you placed in the other person and the agreement you had with that person to respect each other's bodies and feelings. Therefore, when someone deliberately does this to hurt you, there's no doubt they are engaging in emotional abuse.

Stealthing can have devastating effects on a person's health and wellbeing. Why? Because if a partner removes a condom during sex without telling the other person, it can lead to unwanted pregnancies or catching sexually transmitted infections (STIs).

Although you may have consented to having sex in the first place, you consented to having protected sex. If your partner decided to remove the condom during sex, please remember that was your partner's choice—and that is not your fault! It may be easy to blame yourself for not noticing, but the reality is that so many things take place at the same time during sex! The lights may have been off or maybe you were not physically in a position to confirm a condom was being used. The reasons are endless, really, so please remember to be gentle with yourself if this happens to you. Practicing some self-care



may be helpful to get over these feelings of guilt!

As scary as these may sound, getting tested is the only way to know for sure if you caught an STI or if you became pregnant as a result of stealthing. Although certain things may fall out of your control in this life, you always do have control over your body and reproductive rights. We know getting tested can be scary, but you deserve to know what's going on with your body and health.

If something doesn't feel right, it probably isn't. Don't be afraid to speak up just because you are afraid of upsetting the other person or out of fear the other person may want to leave the relationship. You have rights! If you don't feel safe asserting your rights with your partner, that is a big red flag that you may be in an abusive relationship.

If you have experienced sexual assault of this nature or any kind and you are in need of support, you can contact Rape Crisis 24-hour hotline on 021 447 9762 or call the HIV and AIDS national toll-free hotlines on 0800-150-150 and 0800-012-322.



CLUB DISCUSSION

Have you heard about stealthing? How would you feel if your boyfriend was to do this to you?

DOMESTIC VIOLENCE IN THE LGBTQIA COMMUNITY

Because the majority of the domestic violence awareness movement has focused on heterosexual relationships, members of the LGBTQIA community have been largely left out of the movement.

Abusive partners in LGBTQIA relationships — Lesbian, Gay, Bisexual, Transgender, Queer, Intersex and Asexual — use the same tactics to gain control of their partners as abusers in heterosexual relationships. Just like abuse in heterosexual relationships, abuse in LGBTQIA relationships can be physical, sexual, emotional, or even financial. And while the epidemic of abuse does not discriminate, it's also important to acknowledge the unique challenges some victims might face given their identity.

Abusive partners in LGBTQIA relationships sometimes use societal factors to maintain control over their partner. Also, when trying to leave an abusive relationship or access help and resources, LGBTQIA victims face an added layer of complexity. LGBTQIA youth experience relationship abuse at the same rates as heterosexual couples do, and one in three young people experience relationship abuse at some point in their lives, regardless of gender or sexuality.

Homophobia and transphobia makes it harder to speak out

Many victims of dating and sexual violence feel scared or apprehensive to come forward or report the crimes against them because they fear that they won't be believed or become outcasts in their community. LGBTQIA individuals also may not feel safe reporting their experience to authorities because they fear they won't be believed or they won't be taken seriously. This fear is amplified among queer and trans folks who have to also wonder if they will face discrimination and prejudice, especially when the assumption is that sexual and relationship violence only occurs in situations with male perpetrators and female victims.

Moreover, abusive partners in LGBTQIA relationships may try to use their partner's sexuality or identity to shame them and exert power over them. They do this by calling them names like "homo," playing on gender insecurities, like saying "you're acting like a boy" or pressuring their victim sexually. Abusers will often try to establish these

LGBTQIA victims face an added layer of complexity. LGBTQIA youth experience relationship abuse at the same rates as heterosexual couples do, and one in three young people experience relationship abuse at some point in their lives, regardless of gender or sexuality.

behaviors as "normal" for LGBTQIA relationships to disguise their intention to control you.

Threatening to "out" someone

Threatening to reveal a person's sexual orientation or gender identity is a common tactic used by an abuser to control their partner in LGBTQIA relationships. This tactic is prevalent among relationships where one partner might not be fully public with their identity as a trans or queer person. While some people are comfortable going public with their gender identity or sexual orientation, others may not feel safe or encouraged to do so. Whether it's telling an employer, a family member, or a friend — no person should ever threaten to disclose personal information about their partner without their consent.

Need to keep that "perfect couple" image

Among many marginalized groups, there is a pressure to assimilate to mainstream culture which can make it harder to discuss or address problems within that community. Dating and sexual violence is just one example of this. People of marginalized groups may feel as though they need to maintain the appearance of perfection in order to be accepted by their peers or family. They may try to overcompensate for any predisposed stigma that people have against their group to protect the image of all its members. For example, a lesbian individual may be seeking acceptance of her

Light at the end of the tunnel

Three new amendment bills recently announced by President Cyril Ramaphosa have been hailed as "a step in the right direction" for a country that finds itself in the chokehold of gender-based violence (GBV), with daily reports of gruesome killings, sexual violations and the rape of women at the hands of their intimate partners and men in their immediate environment.

The new bills include the introduction of a sexual offenders' registry, a victim-centred approach to prosecutions, and harsher sentences and stricter bail conditions for perpetrators of GBV.

The First Bill

The first bill seeks to amend the Criminal Law (on Sexual Offences and Related Matters) Amendment Act 32 of 2007. This bill extends the ambit of the offence of incest and introduces a new offence of sexual intimidation, which previously was not included. It also regulates the inclusion of particulars of people in the national register of sex offenders, makes provision for the particulars of those who have been convicted of sexual offences to be made publicly available, and extends the list of people who will be protected in terms of chapter 6 of the act.

Added to this is the regulation of the removal of particulars of people from the national register of sex offenders, as well regulating the reporting duty of people who are aware that sexual offences have been committed against children.

The Second Bill

The second bill relates to the Criminal and Related Matters Amendment Bill B17 of 2020, which will tighten the granting of bail to perpetrators of GBV and femicide, while also expanding the offences for which minimum sentences must be imposed.

The Third Bill

Most of the violence against women happens in a domestic setting. The third bill seeks to tighten the provisions of the Domestic Violence Act (DVA) 116 of 1998, allowing complainants to apply for protection orders against acts of domestic violence online and look at addressing shortfalls in the current system of protection orders for survivors.

This bill aims to address the shortcomings in the criminal justice system and provide a victim-centred response in respect of sexual offences. It also extends the definition of domestic violence to include older people against abuses

by family members.

The bills are now before the National Assembly, after which they will need to go through to the National Council of Provinces before the president can then sign them into law. Hopefully, these bills will be finalised before midyear.

The World Health Organisation's 2016 statistics show SA's femicide rate stands at 12.1 per 100,000 women, five times higher than the global average of 2.6 women per 100,000. Stats SA reported that 138 women per 100,000 were raped in the country in 2018, the highest rate in the world.

THE THIRD BILL

seeks to tighten the provisions of the **Domestic Violence Act (DVA) 116 of 1998**, allowing complainants to apply for protection orders against acts of domestic violence online and look at addressing shortfalls in the current system of protection orders for survivors.



BANISH WINTER *hair blues*

For women with afro-textured hair, natural curls are a blessing but also a responsibility. Black womxn are blessed with thick dense hair that can be skillfully shaped into breathtaking hairstyles. However, natural afro hair needs extra care in winter. Winter makes us think of hot chocolate, soups and stews, warm beds, and cozy sweaters... but the wind and harsh cold air suck moisture out of your hair, and cause tangles.

But once you're inside, the heated air dries your hair out. All this dryness accelerates frizz, breakage, and split ends, and the shock of extreme temperature changes puts additional stress on your hair. If this weren't enough, hats, scarves, and sweaters are made from material that insulates heat, keeping your body warm- but they pull and snag on your hair, breaking strands left and right. Whether you're inside or outside, warm or cold, it seems like there's no escape.

In the world of natural hair, rocking protective styles has become a bonus of having more (better) options for concealing hair on a multitude of levels. Protective styles

include but are not limited to twists, braids, updos, and wigs.

But fear not, with the right tips and routine, you CAN keep your hair healthy and happy throughout the winter months.

Use protective styles to your advantage.

You don't have to put your hair in braids the entire winter but winter is NOT the time to do a wash and go every day. Wind and cold air suck moisture out of your hair, leaving it brittle, weaker, and more prone to breakage.

BRAIDS

Protective styles cut down the manipulation to your hair, which will prevent breakage, and they tuck ends and strands safely out of the way of wind and cold air.

When it comes to styling natural hair, the options are endless. But when it comes to protecting your hair from damage, maintaining optimal hydration, and retaining length, it's all about protective styles—finding the right low-tension look that can keep your hair tucked away. That's where box braids, cornrows, and twisted styles come into play. Choose your style and set it, then let your natural hair flourish and grow.

Don't put your hair in a protective style and forget about it.

These styles will help your hair retain more moisture than if you wore your hair out, but your hair WILL eventually dry out, even in a protective style. Pay attention to your hair and refresh or change your style often. We recommend changing or redoing the style every week or two.

BANTU KNOTS



Double up on nutrients!

Your hair needs protein, nutrients, and vitamins to grow and remain strong and healthy. It's a good idea to eat healthy foods year-round for the health of your hair (and your body!) but it's especially important in the winter as a precaution against that dry and cold air. Likewise, you may not be as sweaty or thirsty in the winter as you were in the summer, but be sure to drink just as much water. There is no better way to keep your hair hydrated and moisturised than providing water straight to your body.

Use steam to moisturise your hair.

Steam can easily penetrate and hydrate your hair strands. One of the easiest ways to treat your hair to steam therapy: Take a warm shower and ditch the shower cap. Just make sure you don't leave the house with wet hair!

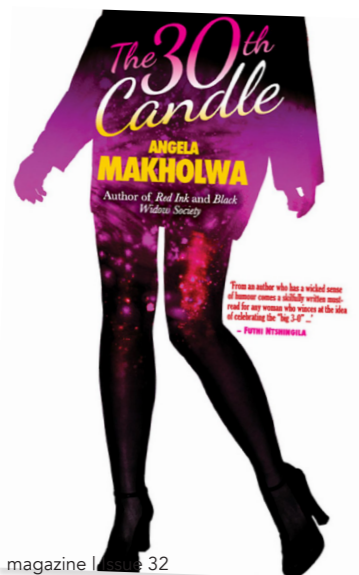
Use an anti-humectant to seal in moisture.

Especially after washing or moisturising your hair. We recommend olive oil or jojoba oil, or other oils to lock moisture in.

LEADERS ARE READERS

A great habit of the highly successful is that they are always reading and growing. There are four main reasons that leaders are readers.

1. Leaders read for Enlightenment. Books can be an amazing source of wisdom, insight and ideas. To have at your fingertips the distilled intellect and experience of the world's great leaders, inventors, businesspeople – in the form of a book, is an amazing thing.
2. Leaders read for Enjoyment. Reading stimulates your mind and engages your imagination. It causes you to think, imagine, break down and apply. I love to read biographies and autobiographies of great people – they are educational and very enjoyable.
3. Leaders read for Enrichment. What if you could sit down one on one with the world's brightest minds and have them mentor you – would you be interested? You can if you read their books.
4. Leaders read for Enablement. Reading helps you to learn new skills, gain new understanding, and change your mindset. Developing the habit of reading will allow you to continue to grow and develop – making you relevant and empowering you to succeed in life.



The 30th Candle - Angela Makholwa

Ok, who is this guy? You said he's not married, so if you're knocked up, you have to tell who he is, Linda insisted.

Thirtieth birthdays loom...Skeletons come creeping out of closets...How will this birthday end? Linda has just cast off yet another lover, while Dikeledi can't seem to pin her fast-talking lawyer down to talk about marriage. Nolwazi has a secret - one she can't share even with her closest friends, while Sade has found the perfect man, and a new life that will shut out the horrors of her past forever. Or will it...?

Linda, Dikeledi, Nolwazi and Sade are about to discover more with the wisdom that comes with being a year older. After all, they're young, gifted and black in a booming new South Africa.

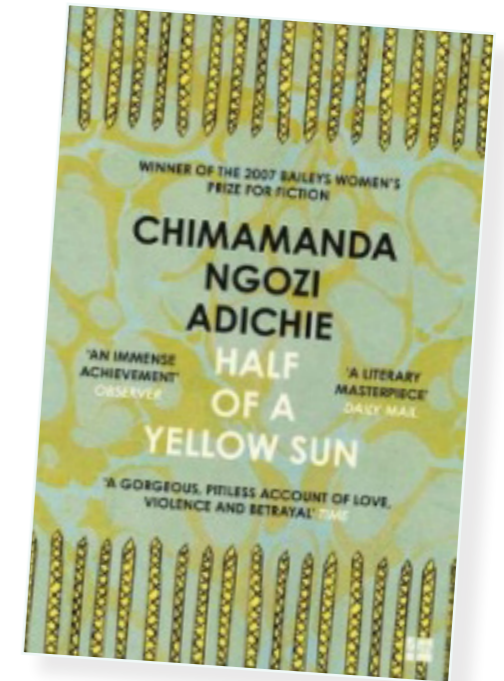
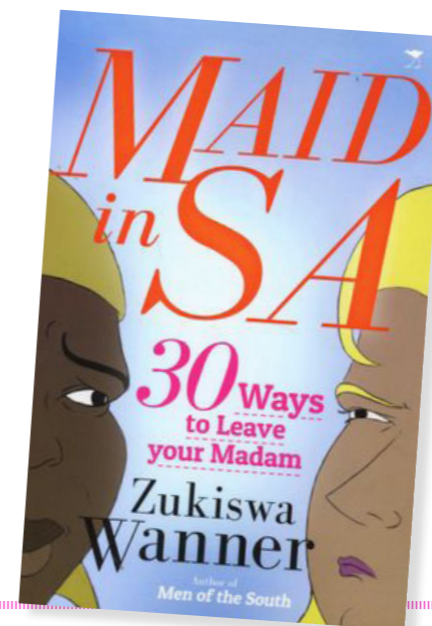
Rise loves

Maid in SA: 30 Ways To Leave Your Madam - Zukiswa Wanner

It's a scene most South Africans are familiar with; something that adds that oomph to your social status as a South African woman. This is a laugh-out-loud take on a woman's home, but is as serious as the security guards in gated communities. It is a quirky look at the women in our lives; our mothers, our sisters, our cousins, our friends, us. It's the relationship between maids and their madams.

Maid In South Africa takes a lighter look at one of South Africa's most important yet most often overlooked relationships of all: that between a domestic worker and her madam. Seen from both perspectives, the book takes on real conversations with both helpers and employers. This delightful book offers a never-before-seen description of types of madams and their families on one hand, and types of helpers on the other. Through these introductions and distinctions, you will not only learn the differences between the city or town helper, but also about the quirks of the Malawian or Zimbabwean helper.

In addition, you discover invaluable truths about maid-madam relationships, including why helpers leave; how to tell the difference between old money and the nouveau riche; and that there is only one type of black madam - the middle-class African madam, because the rich African madam, as well as her Indian and white counterparts, have transcended race.



Half of a Yellow Sun- Chimamanda Ngozi Adichie

Half of a Yellow Sun returns to a critical moment in the modern history of Nigeria, a time shortly after gaining their independence from Britain when, following a massacre of their people, the Igbo tribes of the southeast seceded and established The Republic of Biafra.

Three years of civil war followed as Biafra was slowly strangled into submission by violence and famine. Over a million people died.

Thirteen-year-old Ugwu is employed as a houseboy for Odenigbo, a pan-Africanist university professor full of revolutionary zeal. His beautiful girlfriend Olanna is the London-educated daughter of a tribal chief turned businessman, who has abandoned her life of privilege in Lagos for the charisma of her new lover. And Richard Churchill is a shy but handsome English writer in love with Olanna's cool, sardonic, and less beautiful twin sister Kainene.

As Nigerian troops advance and the characters must flee from murderous armies, their ideals are severely tested, as are their loyalties to one another.

Epic, ambitious, and triumphantly realized, Half of a Yellow Sun is a remarkable novel about moral responsibility, the end of colonialism, ethnic allegiances, class and race—and the ways in which love can complicate them all.

Ask the experts

The experts answer you health and wellbeing questions. Get in touch with us.



I LIKE GIRLS NOT BOYS

How do I tell my best friend that I like girls instead of boys? I want to tell her but I'm scared she'll get weird on me?

Regards,
Troubled

HELLO THERE TROUBLED,

thank you for sharing such a sensitive question with me. I recognise that it was not easy to share this because, South Africa is a country that discriminates against sex, gender and sexual orientation. This is called Gender-Based Violence. Ironically, section 9 of our Constitution allows you to freely express and enjoy your sexuality and orientation.

Being lesbian does not make you any less of a human being than your friend or any other person. We may be different to one another superficially, but we are not different in our value as human beings. You both have the same worth. In fact, all human beings have the same worth.

A friend is someone who loves you unconditionally. This means that, they will love you, protect you, support you and care of you regardless of your superficial differences.

If she is important enough to you, then you should feel free to tell her. But, do not apologise for who and what you are. She may react negatively because she does not understand your sexual orientation and what it means. She may also react negatively because she has been taught that being LGBTQIA+ is wrong.

If so, give her some time to adjust. Nevertheless, if you feel that your friend is no longer protecting you, supporting you, caring for you and loving you, then it might time to let go.

There are plenty of people who will love you unconditionally.

UNCOMFORTABLE CRAMPS

I am 20 years old and I am pregnant. I have been experiencing cramps and pains in my stomach and it's been weeks now. I went to the clinic and they said I am fine but the pains and cramps are still there, could there be something wrong?

Cramps

DEAR CRAMPS,

Pregnancy can be very uncomfortable and one often has pains and discomfort. You need to think if you have any other symptoms – do you have burning when passing urine? Do you have any discharge? Most importantly is your baby moving well. This is a sign that the baby is well.

If the clinic can't find anything wrong (after checking your blood pressure) and examining you then I am sure you are fine just watch out for the other signs and get lots of gentle exercise and rest.

ITCHY VAGINA

I have a problem. My vagina is itching badly and now there is thick white stuff. I haven't got a boyfriend at the moment so I don't know what is happening. I'm too shy to go to the clinic.

Worried

DEAR WORRIED,

It sounds like you have thrush. You shouldn't be at all shy to go to the clinic – it is their job to help you and make sure that you get the proper treatment. Thrush isn't sexually transmitted and the clinic staff will understand that.

MOTHER WONT VOTE

Municipal elections are coming soon and my mother doesn't want to vote, she says it makes no difference whether she votes or not. How do I convince her that voting is the right thing to do? Hopeless

DEAR HOPELESS,

Your question touches me because I have been involved in politics for a number of years. In fact, in 2019, I took the decision to work with diverse women from all over South Africa and ran for the National and Provincial General Elections.

The name of our political party was called "Women Forward" and I was the leader of the Gauteng Province.

I was sad that our political party did not make it into the National and Provincial Legislature.

Even though we believed in inequity through feminist government and leadership, we did not receive enough votes. Many of the people who we represented decided to not vote at all.

When I asked them why they did not vote, they said that they no longer believed in political leadership. They said that the corruption, poor service delivery and accountability and unconstitutionality of the leadership of the past decades led them to believe that there is no hope for our country to achieve

equity.

When they told me this, I was not angry at all. I completely understood. And, I completely understand your mother too. Your mother is tired. She, like many other South Africans, are exhausted from working so hard; and receiving so little. Like many others, she is hurt by the political leadership of South Africa.

What may hurt her even more is the fact that the leaders who are in power, were once oppressed themselves. And, now that they are in power, they are using their power to oppress their own by stealing state resources, appointing incompetent co-leaders; and failing to fully realise the constitutional dream of 1994, as it was promised.

Try not to be too hard on your mother. She has survived apartheid and also is surviving her own feelings of disappointment with our alleged "democracy".

Tell your mother that you understand where she is coming from. Tell her that, if she does not vote, however, she will not be able to change things and give you and your children a brighter future. Tell your mother that, when she votes, she is not just voting for herself. She is voting for her whole family and their future.

A cross may seem like a small thing. But, when you put all of those crosses together, they have the power to disrupt entire systems of oppression.

MUST I GET MARRIED ?

I am 22 years old and I have lost both my mother and grandmother. Life has been tough without them. My boyfriend wants to marry me but I am not sure. I feel that life is not good without both my mother and grandmother. Please help.

Overwhelmed

DEAR OVERWHELMED,

It sounds as if you have gone through a lot. And now

you have found someone who really wants to be with you. That is wonderful. But it is also awful that you can't share such an important experience with your mother and your grandmother.

You are obviously still grieving and need time to heal. It might help if you speak to an adult you trust – maybe even a counsellor. Y

ou are still very young, so there is no hurry to get married. Explain this to your boyfriend. If he really loves you, he will understand and be patient with you.

THUTHUZELA CARE CENTRES AROUND SOUTH AFRICA

Province	City/town/region	TCC	Hospital/clinic	Tel.	Province	City/town/region	TCC	Hospital/clinic	Tel.	
Eastern Cape Province	Bizana Region	Bizana TCC	St Patricks Hospital	039 251 0236 ext. 3066	Limpopo Province	Groblersdal	Groblersdal TCC	Groblersdal Hospital	013 262 3024	
	Butterworth	Butterworth TCC	Butterworth Hospital	047 491 2506		Polokwane	Mangkweng TCC	Mangkweng Hospital	015 286 1000	
	Port Elizabeth	Dora Nginza TCC	Dora Nginza Hospital	041 406 4112		Mokopane	Mokopane TCC	Mokopane Hospital	015 483 4141	
	Nyandeni Region	Libode TCC	St Barnabas Hospital	047 568 6274		Musina	Musina TCC	Musina Hospital	015 534 0446	
	King William's Town	Grey Hospital TCC	Grey Hospital	043 643 3300		Giyani	Nkhensani TCC	Nkhensani Hospital	015 812 0227	
	Lusikisiki	Lusikisiki TCC	St Elizabeth Hospital	039 253 5000		Seshego	Seshego TCC	Seshego Hospital	015 223 0483	
	East London	Mdantsane TCC	Cecilia Makiwane Hospital	043 761 2023		Thohoyandou	Tshilidzini TCC	Tshilidzini Hospital	015 964 3257	
	Mthatha	Mthatha TCC	Mthatha General Hospital	047 502 4000		Mpumalanga Province	Ermelo	Ermelo TCC	Ermelo Hospital	017 811 2031
	Matatiele	Taylor Bequest TCC	Taylor Bequest Hospital	039 737 3186			Kabokweni	Temba TCC	Themba Hospital	013 796 9623
Free State Province	Welkom	Bongani TCC	Health Complex	057 355 4106	Nkomazi		Tonga TCC	Tonga Hospital	013 780 9231	
	Sasolburg	Metsimaholo TCC	Metsimaholo District Hospital	016 973 3997	Witbank		Witbank TCC	Witbank Hospital	013 653 2208	
	Bethlehem	Phekolong TCC	Phekolong Hospital	058 304 3023	North West Province	Rustenburg	Job Shimankane TCC	Job Shimankane Tabane Hospital	014 590 5474	
	Bloemfontein	Tshepong TCC	National District Hospital	051 448 6032		Klerksdorp	Klerksdorp TCC	Klerksdorp Hospital	018 465 2828	
Gauteng Province	Diepkloof, Soweto	Baragwanath/Nthabiseng TCC	Chris Hani Baragwanath Hospital	011933 9234		Mafikeng	Mafikeng TCC	Mafikeng Provincial Hospital	018 383 7000	
	Duncanville, Vereeniging	Kopanong TCC	Kopanong Hospital	016 428 5959		Potchefstroom	Potchefstroom TCC	Potchefstroom Hospital	018 293 4659	
	Laudium	Laudium TCC	Laudium Hospital & Community Health Centre	012 374 3710	Taung	Taung TCC	Taung District Hospital	053 994 1206		
	Lenasia South, Johannesburg	Lenasia TCC	Lenasia Hospital	011 211 0632	Northern Cape Province	De Aar	De Aar TCC	Central Karoo Hospital	053 631 7093	
	Mamelodi	Mamelodi TCC	Mamelodi Day Hospital	012 841 8413		Kimberley	Galeshewe TCC	Galeshewe Day Hospital	053 830 8900	
	Tembisa	Masakhane TCC	Tembisa Hospital	011 923 2116		Kuruman	Kuruman TCC	Kuruman Hospital	053 712 8133	
	Natalspruit	Sinakekelwe TCC	Natalspruit Hospital	011 909 5832	Springbok	Springbok TCC	Van Niekerk Hospital	027 712 1551		
KwaZulu-Natal Province	Pietermaritzburg	Edendale TCC	Edendale Hospital	033 395 4325	Western Cape Province	George	George TCC	George Provincial Hospital	044 873 4858	
	Newcastle	Madeadeni TCC	Madadeni Hospital	034 328 8291		Bellville	Karl Bremer TCC	Karl Bremer Hospital	021 948 0861	
	Empangeni	Empangeni TCC	Ngwelezana Hospital	035 794 1471		Khayelitsha	Khayelitsha TCC	Khayelitsha Hospital	021 360 4570	
	Phoenix	Phoenix TCC	Mahatma Gandhi Memorial Hospital	031 502 233		Mannenberg	Mannenberg TCC	GF Jooste Hospital	021 699 0474	
	Port Shepstone	Port Shepstone TCC	Port Shepstone Regional Hospital	039 688 6021		Atlantis	Wesfleur TCC	Wesfleur Hospital	021 571 8043	
	Westcliffe	RK Khan TCC	RK Khan Hospital	031 401 0394		Worcester	Worcester TCC	Worcester Hospital	023 348 1294	
	Stanger	Stanger TCC	Stanger Provincial Hospital	032 437 6290\6118						
	Umlazi	Umlazi TCC	Prince Mshiyeni Memorial Hospital	031 907 8496						



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Department:
Health
REPUBLIC OF SOUTH AFRICA



AFRICAN WOMEN'S
DEVELOPMENT FUND



ISBN 978-1-928537-01-4



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