

RISE

YOUNG WOMEN'S CLUBS



Your 30th Edition



Your Education

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ARM YOURSELF WITH KNOWLEDGE

There's a saying that knowledge is power. I believe that knowledge on its own is not power. What makes knowledge power is choosing not to ignore it, understanding it, appreciating its relevance, and having the courage to act on it.

Reading is a primary way to come to know things. Every time we read and comprehend what we are reading, we add to the knowledge that helps us make sense of the world around us. Another way is by having a curious mind, curiosity makes us ask questions and broadens our minds.

In this issue of your magazine we have a segment called Black Girls Rock where we introduce you to amazing young womxn just like yourselves who are charting their own paths and ignoring all stereotypes. Let their stories inspire you to be a rock star.

Remember, you are a Black girl that rocks!

Happy reading!
Palesa

Definitions

Self-sabotage - Self-sabotage is behaviour that creates problems in our life and interferes with long-standing goals. It's negative self-talk that undermines us and makes us think we are not good enough or capable.

Gender pay gap - The gender wage gap refers to the difference in earnings between women and men. Womxn consistently earn less than men for the same jobs, and the gap is wider for most Black womxn.

Misogyny - The dislike of, contempt for, or ingrained prejudice against women.

Cisgender- A cisgender person (sometimes cissexual, informally abbreviated cis) is a person whose gender identity matches their sex assigned at birth.

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Sisterhood

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

@RiseTalkShow f RiseYoungWomensClubs

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Youth Zone

- Ingesi 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

PROUD TO SERVE THE YOUTH OF SOUTH AFRICA



IS KNOWLEDGE Power?



JAMELA MAKAMU - LIMPOPO

Yes, I believe knowledge is power. I acquire knowledge by getting new information from people, reading books and making sure that I stay up to date with current affairs by listening to the news of the world. I am a writer, but my parents didn't support this, and they burnt my books. I m

MERIT NSHAVO CHAUKE - LIMPOPO

Yes, knowledge is power but not completely. You see, in life people choose the things that they want to do because they know a lot about them but it's not in everyday situations where a person has the power or ability power or ability to do so. For example, let's say a person studied to become a Chartered Accountant but because of lack of job opportunities that person ends up becoming a teacher instead. This person knows a lot about being a Chartered Accountant but is not able to practice his knowledge, this shows that knowledge is power but not completely.

You acquire knowledge by studying and reading books, magazines, newspapers and researching. And sometimes by doing certain things or going through certain situations in life. I made a knowledgeable decision to join the Voice (Rise) because I had researched about it and found out that if I joined not



only will I be benefiting but that if I joined not only will I be benefiting but I'll also be giving back to the community and changing a lot of people's lives.



ONELA ZOKO - EASTERN CAPE

I believe that knowledge is power because when you have knowledge you also have the power to achieve what you want in life. Knowledge is acquired by respecting the people who can give you knowledge and wisdom. By listening to other people, especially those who have more experience than you in life you will gain knowledge. A well-informed decision that I once made was to study hard and pass, so I can be in a position nto one day change my home situation and also be independent in life.



HLUMISA NOMPU - EASTERN CAPE

Yes, I believe knowledge is power. Knowledge is acquired by writing, observing and also by listening to what a person is saying or teaching. I made a knowledgeable decision when a family member became unconscious and I had to check whether she was breathing and call the emergency number (10177).



GONTLAFETSE MASHITE - NC

Yes, I do believe knowledge is power. We acquire knowledge through learning and studying. There was a situation when I had to decide whether I wanted to be a team leader or a nobody. I decided to stand up and be confident.



ADMIRE MALULEKE HLULANI - LIMPOPO

Yes, knowledge is power and is acquired by reading books and believing in yourself. I made a well-informed decision when I decided to enter the Maths Olympics. I had to sacrifice so much so that I could be in that competition but in the end, it was worth the sacrifices I made.



BOAGO ITUMELENG - NC

Yes, I do believe that knowledge is power. I can improve my knowledge by studying hard to improve my mark so I can be successful. I was not taking my schoolwork seriously and then my friends and I formed a group where we help each other to improve our marks.



JOY MIKHENSO MANGANYE - LIMPOPO

Yes, I believe knowledge is power because when people share what they know, so that collectively everyone is moving the right direction. We acquire knowledge through listening to people who are the authority in their respective fields and subjects and accepting new ideas.

I made well informed decisions by not comparing myself with others, accepting who I am and what I can afford, respecting myself and choosing good friends.

SHE BELIEVED SHE COULD

so she did

In the past women were expected to grow up, get married and have children but many decades later and lots of activism later women now have an opportunity to reach for their dreams and be the women they want to be...or do they? Motlagae Mutlanyane' sheds some light.

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on." Serena Williams, Athlete

When womxn celebrate each other amazing things happen. Today we celebrate Motlagae Mary Mutlanyane, a wife, a mother to Letsie and Lereko, a sister, career womxn, a sportsperson, and a businesswomxn. Motlagae is the embodiment of a womxn who takes life by the horns and grabs every opportunity thrown her way and runs with it. She believes that as a womxn you can be as many things as you want to be and you shouldn't allow your circumstances to limit you no matter what they are, and the only thing you should concern yourself with is managing all your roles because that is where the challenge lies and it involves a huge learning curve.

Motlagae holds a Bachelor of Arts Honours in Integrated Organisational Communication and is employed in the corporate sector as a Communication Specialist in Brand Marketing. She is also a brand ambassador for BossBabes of South Africa, a platform for multifaceted women to come together to inspire, empower and collaborate and, Montagu Snacks, a pioneer in the healthy snacking industry. Over and above this she has recently turned her love for making beautiful gifts into a gifting services company called Lereko Bespoke Gifting.

With all the balls she's juggling she still sets aside time to give back to the community. "Women's health issues and children's education are causes very close to my heart. I have co-founded an NPO where we provide educational support to school children in need and donate sanitary products and toiletries to school girls. I also cycle and run for different charities, and this led to me summiting Mount Kilimanjaro a few years ago."

Motlagae leads a very active and healthy lifestyle which includes running, cycling, swimming, going to the gym. She believes that health is wealth and she constantly challenges herself physically by setting goals and training hard to achieve those goals. She also tries to make time to unwind with a good book, she is currently reading *Becoming* by Michelle Obama, and playing and taking walks with her two beautiful boys.

She attributes her ability to keep her head above water to constant communication with her spouse and his support in everything she does. "Communication with your partner is vital. Make them aware of what you

can or can't handle. I can do what I do because I have the capacity. However, there are times when I have to miss a race or training because I need to be home with my children. There is no set formula to juggling and balancing it all. I simply do what works for me. But nothing works like a set routine. I have created a routine that works for me based on my daily activities. It hasn't always been easy to balance things but once I got the hang of it, it became manageable. I had to learn that there will be days when I cannot do all that I want to do and that's okay", she quips.

Furthermore, womxn often take time out or **put their careers on hold to raise children and look after their households, a sacrifice men will never be expected to make...**

As a career womxn, Motlagae says it is difficult to advance in the corporate world as a womxn because womxn have several roles to play and some of them have become career growth limiting. Furthermore, womxn often take time out or put their careers on hold to raise children and look after their households, a sacrifice men will never be expected to make.

According to Motlagae, research shows that 40% of South African households are womxn-headed and in such cases, the womxn needs to be the nurturer as well as the provider, leaving very little time for self-development and building a career. Adding on to that, the big elephant in the room, the gender pay gap. Meaning, even when womxn advance in their chosen careers they still consistently earn less than their male counterparts, and the gap is, even more, wider for most Black womxn.

"I admire women with tenacity, passion, and drive. Womxn such as Margaret Hirsch, founder of Hirsch's Homestores, whose self-belief, tenacity, resilience, and seemingly endless capacity to empower the people around her are remarkable qualities. Margaret's story will fire up hope in any womxn who feels the odds are

Motlagae leads a very active and healthy lifestyle which includes running, cycling, swimming, going to the gym. **She believes that health is wealth** and she constantly challenges herself physically by setting goals and training hard to achieve those goals

stacked against her. She is a great example of the never-say-die attitude found in many of the world's great entrepreneurs who have risen against all the odds to achieve great things. Add to this her down-to-earth family values, work ethic, and sheer guts and you have a great role model for all aspiring women entrepreneurs. And, Michelle Obama, the former First Lady of the United States, started numerous programmes committed to attacking obesity in the USA, helping underfunded communities and veterans, and empowering young girls of all races both nationwide and global. Her simple approach to motherhood and raising her daughters as a full-time working mom while on the other hand supporting her husband's growing political career is admirable".

"In life, we are accountable for the choices we make. It's your responsibility to choose positivity and remain hopeful. Where you come from doesn't define where you are going and what you can achieve. How you begin doesn't mirror how you end. Just a few days ago I posted on my Instagram feed about a measure of success. I define success as being in a good mental state, being physically healthy, loving and enjoying what you do and being surrounded by the people who genuinely love you, like your family".



Sisterhood

Discuss in your club:

Which ways can you add **physical activity** into your daily routine?



Motlagae Mutlanyane believes health is health



Running is one of Motlagae's hobbies.

The Power of Positive self-talk

Self-talk is the internal narrative you hold about yourself. It's your inner voice and you may or may not have spent much time thinking about it or giving it any attention

Self-talk can be positive or negative – and paying attention to which you most often sway towards, can help you start making proactive changes about how you take on life's challenges. Our patterns of self-talk are all too often negative – we focus on preconceived ideas that we're 'not good enough' or 'always a failure' or 'can't do anything right'. Our brains are hardwired to remember negative experiences over positive ones, so we recall the times we didn't quite get it right more than the times we do.

Positive self-talk sees our internal narrative switching to ideas like 'I can do better next time' or 'I choose to learn from my mistakes, not be held back by them'. These positive statements are also known as affirmations and can help you challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe them, you can start to make positive changes.

To have any kind of impact on your self-esteem, your positive self-talk statements should be positively focused and targeted at actions you can take to reinforce your sense of self-identity.

We've put together a few affirmations to help you start. Pick 2-3 affirmations from this list below and customize them to your personal life circumstances. Repeat them every morning and evening. This way, you will start your day with a positive outlook and fall asleep on a positive thought. Over time, these thoughts will become your reality.

If you just mindlessly repeat your affirmation without stopping to really dwell on what it is you're saying, they won't be nearly as effective. Instead, say each affirmation slowly and with intention. Think about what the affirmation means and let the positive emotions fill you up like a balloon.

Soon enough, the affirmations will begin to take hold in your life. And the results will amaze you.

HERE ARE SOME AFFIRMATIONS TO GET YOU CAN STARTED...

- ♥ I am loved, loving and lovable.
- ♥ I am blessed with an incredible family and wonderful friends.
- ♥ I believe I can be all that I want to be.
- ♥ I choose to be kind to myself and love myself unconditionally.
- ♥ My possibilities are endless.
- ♥ I am worthy of my dreams.
- ♥ I am enough, I do not have to change myself to be enough.
- ♥ I am full of energy and vitality and my mind is calm and peaceful.
- ♥ I honor my body by trusting the signals that it sends me.
- ♥ I manifest perfect health by making smart choices.
- ♥ Happiness is my birthright. I choose to be happy and I



Making it up

AS SHE GOES ALONG

Boiketlo Mokoena

Boiketlo Mokoena is a 19-year-old self-taught make-up artist and a BCom Digital Marketing student.

She has been doing make-up for the past 3 years since 2017. Boiketlo says her love for make-up started at dance competitions. Where they had to apply make-up on their faces for performances. "I was not very good at it at first and my friend taught me a lot about the kind of equipment, lipsticks, eyeshadow, and foundation. Back then makeup artistry was only beginning to boom. The more tutorials I watched the more I fell in love with the art", she says.

Boiketlo describes herself as an energetic, keen-minded person with a great sense of humour, who brings light into a room with her cheerful personality. She says she doesn't keep a routine and wants every day to be different. She finds trying out different things keeps her up to date with the latest trends and makes life more interesting.

Boiketlo says she loves eating good food but making it on the other hand is something she will leave to my sister. She enjoys trying out different restaurants and finding good hangout spots.

In her spare time, she researches make-up trends, tools, and everything that has to do with make-up. She takes her make-up very seriously so planning looks and improving her technique is something she does every day. She also loves travelling and immersing herself in culture and discovering new cuisines.

What makes Boiketlo a Black girl that rocks is that she uses her ball of energy to express herself in her work, she loves exploring everything that life has to give and she's not afraid to try new things. She inspires other young Black girls to go out there and pursue their passions just as she has pursued hers.

Spoonful OF LOVE

KEKETSO SEPHAI

Keketso Sephai is a 29-year-old chef and entrepreneur. She is the owner and founder of a company called Maswana a Lerato (meaning Spoonful of Love in Setswana), a company that makes specialty condiments that target all age groups and dietary needs, and also provides private chef services to individuals. She is currently employed by Curro Holdings as Head Chef.

Keketso is a mother to an amazing 2-year-old girl and describes herself as a pioneer because she's always on the lookout for impactful ideas that'll make a difference in society.

Keketso grew up in Mahikeng, North-West, and partially in a small town called Schweizer-Reneke just outside Vryburg in North-West. She matriculated at Sol Plaatje Secondary school and enrolled for a BA (Business Management) at the University of the Free-State. With 3 semesters left, she decided to pursue her love of cooking and enrolled for an Advanced Diploma in Culinary Arts at Olive Chef School (Bloemfontein).

She's worked for great hotels & restaurants throughout her career, including the Ritz-Carlton Hotel Company in the USA, the St. Regis Hotel Group in Dubai, and Roots Restaurant in Krugersdorp which is a fine-dining restaurant.

Her hobbies include spending time with her daughter, hosting friends and family, going for manicures and pedicures, and massages, etc. She's a self-confessed lover of being pampered. Recently, she took up hiking with her very adventurous sister and also started making candles.

Keketso's tenacity, ability to dream, never giving up, always imagining her life at its peak, and pursuing her dreams makes her a Black girl that rocks.

"I'm a big dreamer and lately I've become a doer which is proving to work well in my favour. I try by all means to uplift anyone I come across especially women because sometimes all someone needs is one chance at becoming life's greatest force," says Keketso.





STOP SPENDING & START SAVING

Your future self will thank you

Thandeka's Story

Every year for the past two years Thandeka has had a job during school holidays. She has always liked the idea of being financially independent and not asking her mother for money to buy the things that she liked. But her financial independence last only for a few days and by the time she went back to school her money had all but disappeared and she had nothing much to show for it.

As usual during the December holidays she worked and made quite a bit of money. Thandeka wants to do things

differently this year because she wants to start preparing for the future. She's in grade 10 and she wants to be financially independent when she starts varsity. She wants to learn how to enjoy her money responsibly.

Earning money is great, but spending it properly is even more important.

Budgeting your money, no matter how much or how little you have, is one of the most important skills you can learn. In today's world, one of the most important things a young womxn can do is start to learn how to manage their money wisely.

5 TIPS TO GET YOU ON THE RIGHT TRACK

Understand the power of time

You probably aren't making a ton of money right now, but that doesn't matter. What matters is time. And your money has a lot of it. Let's look at an example:

1

Let's say you had a number of odd jobs over the December holidays and you have R1000 beginning of January. You invest it at a rate of return of 5%. You don't contribute another cent for 50 years. At the end of those 50 years, you will have R11,467.49.

If you did the same but only had 30 years for that money to grow, you would just have R4,321.99 at the end of those 30 years.

Of course, you will be investing much more over those years than just that initial R1000 so imagine how fast your money will grow if you start early.

Time is rarely on our side but it's on your side if you start now.



Start a money saving habit

2

If you start the habit of saving money now, that habit will always be with you. Every rand you get, whether it's a gift, an allowance, or pay from a job, get into the habit of saving a portion of it.

Half of it would be ideal and now is the time to start because you don't have a lot of expenses. The older you get, the harder it can seem to save even 10% of your money, but if you started saving much more than that at an early age, it wouldn't seem hard to you because it's just a habit.



It's very important to have a savings account for emergencies. Most times it's hard to just stash that much money away all at once, but a little money here and there can really add

Track Your Spending

3

This can be hard because as a young womxn you might be earning money by doing odd jobs like babysitting and those kinds of jobs are usually paid in cash. And cash is the hardest thing to track. Cash also tends to burn a hole in our pockets, so it's better to have it stashed away somewhere, so it's less tempting.

It's a good idea to establish a relationship with a bank when you're young by opening a bank accounts. In fifteen years when you want a loan to buy a house, a long track record with a bank can be helpful. Be sure to research the various types of accounts banks offer. Some will charge fees if you don't keep a minimum balance and some won't. Do your research, you should never pay a penny in fees to a bank for any reason.

Take your cash and open two accounts, a checking and a savings account. Remember, you're saving half of every rand you get so half goes into check and half into savings. It's important to separate your money. Money that should be saved tends to disappear when it's mixed with money that gets spent.

You can get a debit card for the check account. You can now spend money via your debit card rather than cash so you can easily track your spending. The card will also allow you to deposit cash into your accounts at the ATM rather than having to go to a teller every time.

Get Educated

4

You probably aren't getting much education about personal finance in school, maybe none at all. Remember, the more you know about money, the less you are tied to a job for decades making someone else money and the less consumer crap you buy.

So you can see what it's in the interest of certain groups to keep you in the dark when it comes to handling money. If you have access to it, the internet is the best place to start. There are many websites that can give you information on how to handling your money smarter.

Talk to your parents about money. Some families don't like to talk about money, they think it's rude or vulgar, or just none of your business. But they're wrong, and those attitudes are why so many people leave home without the first clue about how to



handle money or anything related to it.

You don't have to poke around in your parent's bank balances to have a discussion about money. You can speak and ask questions, in general, terms.

One of the best ways to open the conversation is to ask what is the most important piece of money advice they can give you. Parents love to give advice and asking such an open-ended question can help to start a deeper conversation.

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Avoid FOMO

FOMO is fear of missing out. It's easy to think everyone is having more fun than you are when you're a teenager. And sometimes, people ARE having more fun than you. That's true no matter how young or old you are. It's important, though, to not give up what you want most for what you want now.

What you want now is to take the money you made at your holiday/weekend job and go on shopping. What you want most is to be financially independent. Or to retire at 50 instead of 65. It might not seem like it when you're eighteen or nineteen, but all of that will be true in time.

If you ask people older than you what their biggest financial regret is, a lot of them will tell you that they wished they had started getting serious about money much earlier than they did. Because doing it only gets harder the older you get. Start now so you don't have that same regret a few decades down the road.



STUDYING DURING THE LOCKDOWN

Studying at home may be difficult to do during this time of uncertainty, but you can try your best to take care of matters that are in your control.

Even though you cannot attend classes daily, it's important to remind yourself that there is work to be done.

Planning out your days can help you stay on top of things and can go a long way in helping you get the results you want.

To succeed in studying at home, you need to be prepared and become actively involved in your studies. Here are just a few things that you can include in your planning:

CREATE A DEDICATED STUDY SPACE

Your study space needs to be as private and secluded as possible. Switch off devices that can distract you and ask family members not to bother you when you are in your study space.

It should be a comfortable and inviting space – so that it can become your “happy space”. You can even test different locations to determine what suits you

best. Having a dedicated study space will help you focus. Try not to study on your bed or other areas that you associate with relaxation and entertainment as you have trained your brain to expect these things in this environment.

PLAN YOUR TIME

Everyone has a different study schedule. Some learners want to get a head start and start studying early in the morning while others function better later in the day. Determine YOUR best time to work and study.

You don't have to follow a strict timetable but to cope, it might help to have some sort of plan in place. Here's how:

Work out a timetable and try to stick to it as far as possible

Account for extra time for subjects that you know requires additional attention

- Schedule 15-minute breaks every hour or hour-and-a-half
- Provide for time to exercise and relax (this will ensure that you don't feel guilty when doing so)
- Do not procrastinate

BE ORGANISED

Being organised means setting up a planner with reminders on what should be completed and when. Ensure that you give yourself ample time to reach your deadlines. If you miss a deadline, give yourself a penalty and put in extra time over weekends.

This will ensure that you don't fall behind with your studies. But don't forget to reward yourself for sticking to your deadlines or finishing a task before the deadline. Reward yourself with something you like doing. This will keep you motivated!

Keep your books and material orderly, so that you don't waste time trying to find your books or study notes. You can use sticky notes to easily track where you left off or where to find important information (like formulas or definitions).

USE COMMUNICATION TOOLS TO YOUR ADVANTAGE

Not only can you use technology to stay in touch with friends, but you can also use it to study from home. Stay in contact with your peers and facilitators with the help of technology.

- Join or create WhatsApp subject groups with your classmates
- Access the Department of Basic Education's website for additional notes and past examination papers

STAY ACTIVELY INVOLVED IN YOUR STUDIES

Stay actively involved in your studies by setting goals for each day/session. Put a time limit on mastering a piece of work and make sure to take breaks when you need them. Also, try one of the following:

Make flashcards to be used for refreshing your memory (e.g. formulae, definitions, core concepts, etc.)

Test yourself (ask questions such as: what are the core concepts I need to remember, do I understand how this part fits into the bigger context, can I explain this in my own words, what do I need to review again?)

Draw mind maps

COMMUNICATE

Communicate with those living in the same space as you during the lockdown period if you are in need of assistance. Talk them through your schedule so they know when they need to be less disruptive and more considerate.

TAKE CARE OF YOURSELF

Staying healthy and taking care of yourself is now more important than ever.

- Drink water
- Eat healthy nutritious food
- Sleep 8 hours every night
- Exercise



WHAT FEMINISM ISN'T

There's are some misconceptions about feminism that we need to clear up.

Feminism is NOT a movement aimed at destroying men, but at destroying the patriarchal ideas that are cemented in society.

Feminism is NOT aimed at making men lesser than womxn, but at improving the status of being a womxn so that it's equal to that of being a man.

Feminism is NOT about treating men as trash, but rather pointing out the 'trash' things that some men do that increase the degradation of womxn.

Feminism is NOT about reversing the status quo and oppressing men, but about challenging the status quo to stop oppressing womxn.

Feminism is not about hating men. Not at all. Even the most militant feminist might love men. That doesn't mean we won't shatter the patriarchy at the first possible opportunity because we recognize that "men" and "the patriarchy" are not one and the same.

Feminists aren't necessarily lesbians or bisexual, although some are. Feminism isn't a term defining one's sexuality. Feminism is not about hating chivalry. Want to open doors or pay for the check? Many feminists have no problem with chivalry, but chivalry and chauvinism are not the same thing. We appreciate one (chivalry) and despise the other (chauvinism).

Feminism hasn't taken anything from womxn. We haven't robbed womxn of chivalry or the right to be stay at home mothers. But you're welcome for being able to vote and having property rights. Use birth control? Thank a feminist. Enjoy being able to work outside of the home if that's your thing? A feminist made that possible.

Feminism has nothing whatsoever to do with tearing down other womxn. Womxn giving each other mad props for a job well done, for being successful, and for making a difference? That's real feminism in action.

Feminism isn't about trying to be superior to men. If I've heard that once, I've heard that a thousand times. It has nothing to do with superiority and everything to do with equitable treatment. Men just seem to have this fear that we womxn will treat men the way they've treated us if we ever obtain equality. That should scare them but not because it's true.

Feminism has no beef with stay-at-home mothers or womxn who want to have a houseful of babies. We just happen to believe that it's okay for womxn to choose to work outside of the home, never marry, and opt not to have children—if that's their thing.

Feminism doesn't mean that we agree with abortion. Feminism means that we support other womxn's right to choose what to do with their own bodies. Many feminists who identify as pro-choice would personally never have an abortion, but pro-choice doesn't mean agreement. It means understanding that it might be someone else's choice for a variety of reasons. Some of those might include: danger of the mother, rape, and incest. It means that we don't think that a largely male government should ever dictate reproductive health when they've shown so little respect for it with legislation related to rape and assault and a justice system that generally favors the perpetrator over the victim.

Feminism is about recognizing that "womxn's rights are human rights".

Feminism that doesn't include Black people, the transgender community, the gay community, or other minority groups, is typically considered "white feminism" and has fallen out of favour.

Feminism isn't out to take anything away from men, or from other womxn for that matter. It's not about taking something from anyone else. It's about being recognized as fully human and equally deserving of a life that doesn't include a sexual assault just because we're born (or identify as) womxn. It's about having an equal say in government because we're represented there. It's about wanting to live in a place where if anyone can be president of a country or CEO of a company.





THE ROLE OF MEN & BOYS IN

The feminist movement

'Boys don't cry', 'don't be weak', 'don't act like a girl', these unhealthy and unsafe gender norms continue to shape the lives of men and boys today. These norms provide the scaffolding for a gender order which privileges men – especially powerful elites. Male privilege is so ingrained in social relations and structures that it appears normal and natural, and remains free from scrutiny. But if men are still the prime beneficiaries of gender inequality, then dismantling male privilege is, at least in part, men's work.

Feminism is not just about improving the position and status of womxn, but also about freeing men (and womxn) from the restrictive codes that hold them back. For men and boys, feminism can provide the inspiration for shifting towards more cooperative and equal relationships and friendships, greater sharing of care and work responsibilities, and working to reduce organised and individual violence. Many men and boys don't routinely exhibit sexist behaviour or enact violence. But men need to consider how they can play an active part in promoting change and in encouraging other men to do so. Becoming aware of the privilege they hold is a major first step for men in working for equity and justice. Furthermore, men need to learn to pay attention to the ways masculinity impacts their worldview. Even though the world may seem normal, understanding the fact that men have a very specific perspective on things—due to a position of relative privilege—is a way of both being humble and being open and curious to other people's experiences, especially womxn.

For men who are curious about shifting from supporting feminism in theory to transforming their behaviour, it can start with internal work to notice where society's ideas of masculinity have hurt them. While patriarchy is certainly most directly damaging to womxn, gender non-conforming people, and trans people in a variety of acute and structural ways, it creates values and norms that are limiting and restricting for cisgender men as well. The societal norm of men not being emotional can lead to self-harming behavior and addiction.

The Western standard of men being breadwinners can result in the lifetime prioritising work over relationships

with family and children. The idealised image of a tough man can prevent the formation of meaningful friendships with other men.

The idea that womxn's rights are gained at the expense of men's is actually the opposite of the truth: there's now a stack of evidence that men benefit from living in more gender-equal societies and that policies promoting gender equality improve the quality of life of everyone, not just for womxn. In more gender-equal societies, like Switzerland, Denmark, Sweden, Belgium and the Netherlands, men are half as likely to be depressed, less likely to commit suicide, have around a 40% smaller risk of dying a violent death and even suffer less from chronic back pain. Adolescent boys in those countries have fewer psychosomatic complaints and are more likely to use contraceptives.

Men's participation in gender justice movements could strengthen feminist efforts. Some forms of participation could include:

- taking action online to defend womxn's rights;
- supporting national and local campaigns opposing violence against womxn;
- raising awareness about sexism;
- educating young people in schools; and
- joining organisations working for gender justice.

In particular, men can play an important role in challenging other men over their sexism, misogyny, and violence by calling it out, supporting victims, or bearing witness.

Gender equality is not an option, but the only desirable version of society. A world without equality of sexes is a medieval world. Throughout history men have tried to dominate womxn to the point of frightening them and exploiting them.

As Nigerian writer Chimamanda Ngozi Adichie brilliantly puts it, we should all be feminists: "we teach children to be afraid of fear, weakness and vulnerability. We teach them to hide who they really are, because they have to be, as they say in Nigeria, tough men."

AM I A Feminist?

Feminism is about respecting diverse womxn's experiences, identities, knowledge and strengths, and striving to empower all womxn to realise their full rights. It's about levelling the playing field between genders, and ensuring that diverse womxn and girls have the same opportunities in life available to boys and men. Intersectional feminism is the understanding of how women's overlapping identities — including race, class, ethnicity, religion and sexual orientation — impact the way they experience oppression and discrimination.

1. Should men and womxn be treated equally?

- a) Yes
- b) Sometimes
- c) In certain situations
- d) No

2. Men can be feminists too.

- a) No
- b) Yes

3. Do you think all people no matter their gender, age, skin colour, ethnicity, nationality and sexual orientation are equal and deserve equal, fair treatment?

- a) No
- b) Yes
- c) Everyone is equally but deserves equal treatment

4. Are women smarter than men, or are men

smarter than womxn?

- a) Men are smarter
- b) Men are somewhat smarter
- c) Intelligence has nothing to do with sex

5. Is it a womxn's own fault if she gets raped?

- a) Yes, always
- b) No, never
- c) Yes, but only if she didn't clearly say no
- d) Yes, if she wears skimpy clothing

6. Should men be allowed to be sensitive, vulnerable, and/or weak without fear of judgment?

- a) Yes, always
- b) No, men aren't weak, vulnerable, or sensitive
- c) No, he would no longer be a man
- d) Yes, but not in public

7. Do you think feminine men are any less men than masculine men?

- a) No, all men are real men
- b) Yes, real men aren't feminine
- c) Yes, but with a few exceptions
- d) No, but I don't like it

8. Should womxn be allowed to wear what they want, when they want?

- a) No, only if I want them to
- b) Yes, mostly
- c) No, not in public
- d) Yes, always

9. Do you think fat people are worth less than thin people, or do you subscribe to the idea that fat people aren't worth anything at all?

- a) Yes, fat people are worth less, but not worthless
- b) No, fat people are worth just as much as thin people
- c) No, but I wish I didn't have to see them

10. What do you consider sexual harassment out of these?

- a) Touching someone without their consent
- b) Forcing someone to kiss
- c) Pressing your genitalia against someone without their consent

Asking someone questions about sex-related things when they are clearly uncomfortable

- a) All but one
- b) None of the above
- c) All of them
- d) Only one or two of them

11. Do you ever think being rude, insensitive, offensive, cruel, or disrespectful is justified?

- a) Yes, but only if the person I am being that way with is any of the above first
- b) No, rarely
- c) No, never
- d) Yes, always

12. Do you think womxn who dress in skimpy clothing are "asking for it" with regards to rape, catcalling, and sexual harassment?

- a) Yes, but not always
- b) No, never
- c) Yes

- d) No, rarely

13. Should same sex marriage be legalized everywhere?

- a) Yes
- b) Yes, in most places
- c) No, same sex marriage is wrong
- d) No, but same sex relationships are OK

14. Is rape wrong?

- a) Yes, in all cases
- b) Not if the person claiming to be raped did something to attract the accused
- c) Yes, in most cases
- d) Yes, but husbands and boyfriends can't be accused

15. If a man is nice to a womxn, do you think she owes him sex?

- a) No
- b) Yes, mostly
- c) Yes
- d) Yes, somewhat

16. Do you think feminism is about womxn ruling the world and hating men?

- a) No, never
- b) Yes
- c) No, rarely
- d) Yes, mostly

17. Do you think people you find less attractive are worthless, ugly, and useless, or do you think treating them badly is justified because you don't find them as attractive as others, or at all?

- a) They are only ugly
- b) I think they're useless and ugly, but I don't think they deserve bad treatment
- c) No to all
- d) Yes to all

“These pills come in a packet of 28 and you should take them once daily at the same time.”



ALL YOU NEED TO KNOW ABOUT CONTRACEPTIVES

Contraceptives are a good start at planning your future because they help you prevent unwanted pregnancies and the use of condoms can help you prevent sexually transmitted infections.

When it comes to choosing a method of contraception, understanding the pros and cons of each method is important.

While you may have many options to choose from, you should choose a method that best suits your health.

Here are the answers to some of the questions you may have...



MALE AND FEMALE CONDOMS

Condoms are the only single method that offers dual protection. Condoms are free of charge at clinics and are affordable at some pharmacies and shops.

PROS

- Condoms can protect you against STIs.
- It prevents unwanted pregnancies.
- Condoms are free and easily accessible.

CONS

- Condoms can break.
- You may have an allergic reaction to latex condoms.
- You need to find the right size as a bigger size can slip off.

HORMONE PATCHES

This contraceptive is a sticker with 3 layers. It thickens your cervical mucus and prevents sperm from entering your womb. You can apply it to your lower and upper body, but not around



your breasts.

PROS

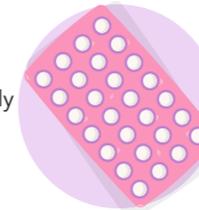
- It can prevent menstrual cramps.
- It helps prevent acne.
- It's easy to use.

CONS

- It doesn't protect against STIs.
- If your patch is exposed to a lot of light, it may not be as effective.
- You may get blood clots, but there's very little chance of that happening.

ORAL CONTRACEPTION FOR WOMEN (THE PILL)

These pills come in a packet of 28 and you should take them once daily at the same time. There are 2 main types: combined oral contraceptive (COC) pills and progestogen-only contraceptive (POP) pills.



PROS

- The pill can offer relief from painful menstrual cramps.
- It can reduce acne.
- It's also free of charge at most clinics.

CONS

- It doesn't protect against STIs.
- You may experience migraines and gain weight.
- It also increases your risk of suffering a stroke.

CONTRACEPTIVE INJECTION FOR WOMEN

There are 2 types: Nur-Isterate, which is given every 2 months (eight weeks) and Depo Provera or Petogen (DMPA) which is given every 3 months (12 weeks).

PROS

- You don't need to remember to take it every day.
- It's effective in preventing pregnancy.
- It gives protection against womb cancer.

CONS

- You may have an irregular menstrual cycle.
- Fertility may only return a few weeks after you stop the injection.
- You can gain weight.

INTRAUTERINE DEVICE (IUD)

An IUD is a small device that is put into a women's uterus (womb) by a



specialist trained health worker.

PROS

- The IUD can prevent pregnancy for at least five years.
- The device can be removed at any time.
- It can reduce menstrual bleeding.
- Copper IUDs are also used for emergency contraception.

CONS

- It can increase pain when you're menstruating.
- You may experience painful headaches and backaches.
- It doesn't protect against STIs.

EMERGENCY CONTRACEPTION A.K.A THE MORNING AFTER PILL

You can use this to prevent pregnancy after unprotected and unconsensual sex. If you suspect that the contraception used during sexual intercourse didn't work properly, you should also use it.



PROS

- It's available at most pharmacies.
- You don't need a prescription.
- It's highly effective.

CONS

- You may experience nausea, headaches and fatigue after using the pill.
- It doesn't protect against STIs.
- You may have abdominal pain after using it.

SUBDERMAL IMPLANTS

A subdermal implant is a small plastic rod (matchstick size) that's placed under the skin of the upper arm by a trained healthcare provider.

PROS

- A single rod implant is used for 3 years and a 2 rod implant for 5 years.
- You can use it while breastfeeding.
- It's highly effective.

CONS

- You may experience nausea, headaches, dizziness, breast tenderness and mood changes.
- It doesn't protect against STIs.
- You may have an irregular menstrual cycle.



HIGH BLOOD PRESSURE

THE SILENT KILLER

High blood pressure (hypertension) is often called “the silent killer” because it typically has no symptoms until after it has done significant damage to the heart and arteries.

High blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

Blood pressure readings are recorded with two numbers, listed as a ratio, with one number over another number. The top number, or systolic pressure, is the force of blood when your heartbeats, and the bottom number,

or diastolic pressure, is the force of your blood against the artery walls when your heart rests.

A normal blood pressure reading is under 120/80 millimeters of mercury (mmHg).

You can have high blood pressure for years without any symptoms. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. Fortunately, high blood pressure can be

easily detected. And once you know you have high blood pressure, you can work with your doctor to control it.

Symptoms

Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels.

A few people with high blood pressure may have headaches, shortness of breath, or nosebleeds, but these signs and symptoms aren't specific and usually don't occur until high blood pressure has reached a severe or life-threatening stage.

THERE ARE TWO TYPES OF HIGH BLOOD PRESSURE

Primary (essential) hypertension

For most adults, there's no identifiable cause of high blood pressure. This type of high blood pressure, called primary (essential) hypertension, tends to develop gradually over many years.

Secondary hypertension

Some people have high blood pressure caused by an underlying condition. This type of high blood pressure, called secondary hypertension, tends to appear suddenly and cause higher blood pressure than does primary hypertension. Various conditions and medications can lead to secondary hypertension, including:

- Obstructive sleep apnea
- Kidney disease
- Adrenal gland tumours
- Thyroid problems
- Certain defects you're born with (congenital) in blood vessels
- Certain medications, such as birth control pills, cold remedies, decongestants, over-the-counter pain relievers, and some prescription drugs
- Illegal drugs, such as cocaine and amphetamines

Risk factors

High blood pressure has many risk factors, including:

- Age. The risk of high blood pressure increases as you age. Until about age 64, high blood pressure is more common in men. Women are more likely to develop high blood pressure after age 65.
- Race. High blood pressure is particularly common among people of African heritage, often developing at an earlier age than it does in whites. Serious complications, such as stroke, heart attack, and kidney failure, also are more common in people of African heritage.
- Family history. High blood pressure tends to run in families.
- Being overweight or obese. The more you weigh,



FOODS TO AVOID

the more blood you need to supply oxygen and nutrients to your tissues. As the amount of blood flows through your blood vessels increases, so does the pressure on your artery walls.

- Not being physically active. Inactive people tend to have higher heart rates. The higher your heart rate, the harder your heart must work with each contraction and the stronger the force on your arteries. Lack of physical activity also increases the risk of being overweight.
- Using tobacco. Not only does smoking or chewing tobacco immediately raise your blood pressure temporarily, but the chemicals in tobacco can damage the lining of your artery walls. This can cause your arteries to narrow and increase your risk of heart disease. Secondhand smoke also can

increase your heart disease risk.

- Too much salt (sodium) in your diet. Too much sodium in your diet can cause your body to retain fluid, which increases blood pressure.
- Too little potassium in your diet. Potassium helps balance the amount of sodium in your cells. A proper balance of potassium is critical for good heart health. If you don't get enough potassium in your diet, or you lose too much potassium due to dehydration or other health conditions, sodium can build up in your blood.
- Drinking too much alcohol. Over time, heavy drinking can damage your heart. Having more than one drink a day for women and more than two drinks a day for men may affect your blood pressure. If you drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women and two drinks a day for men. One drink equals 355ml of beer, 145ml of wine, or 44ml of liquor such as vodka or spirits.
- Stress. High levels of stress can lead to a temporary increase in blood pressure. Stress-related habits such as eating more, using tobacco, or drinking alcohol can lead to further increases in blood pressure.
- Certain chronic conditions. Certain chronic conditions also may increase your risk of high blood pressure, including kidney disease, diabetes, and sleep apnea.

Sometimes pregnancy contributes to high blood pressure as well.

Although high blood pressure is most common in adults, children may be at risk, too. For some children, high blood pressure is caused by problems with the kidneys or heart. But for a growing number of kids, poor lifestyle habits — such as an unhealthy diet and lack of exercise — contribute to high blood pressure.

Managing your blood Pressure

If you are diagnosed with high blood pressure, your healthcare provider can help you bring your blood pressure under control and reduce damage to your cardiovascular system. Treatment usually consists of a combination of the following:

- Monitoring. You will need to have your blood pressure tested periodically to make sure that treatment is keeping it in a healthy range.
- Lifestyle changes. Exercise, weight loss, salt reduction, quitting smoking and stress reduction all can help lower blood pressure. Your healthcare provider can refer you to resources that can support your efforts to make lifestyle changes.
- Medications. Your physician may prescribe medications, such as diuretics and beta blockers. The medications work in various ways to reduce the pressure of blood against artery walls and the workload of the heart.

The Importance of healthy cooking

Our choices of food and recipes have a huge impact on our health and wellness. A good starting point for better health and fitness is the way you cook. If you are interested in eating healthy as a part of your lifestyle changes, healthy cooking is something you should prioritize.

HEALTHY COOKING

- Frying food is not healthy. It is better to steam, boil, bake, grill or braai.
- Use water instead of oil to cook vegetables.
- Cook vegetables for a very short time. Use only a little water or steam them. This helps to keep the goodness in.
- If you use oil, use very little.
- Don't add oil, butter or margarine to cooked food.
- Cut the fat off meat and the skin off chicken before you cook it.



For more information contact your nearest clinic or visit www.doh.gov.za



COVID-19 VACCINE MYTH VS FACT

Unfortunately, there has been a lot of misinformation surrounding the vaccines and their development. When deciding whether to get the vaccine, it's important to separate myths from facts. Let's set the record straight on some of the myths circulating about COVID-19 vaccines.

Myth: The COVID-19 vaccine is unsafe because it was developed so quickly.

Fact: The fast development and approval of vaccines is a great human feat worthy of celebration. This has been possible because we have learnt over many decades how to make and test vaccines and we were able to take those lessons and challenge ourselves to produce a vaccine much quicker. No step in the development, testing or ratification of the COVID-19 vaccines has been skipped. The world was able to develop vaccines fast because scientists and governments around the world collaborated in a manner that has never been achieved before and pooled resources and information to ensure that

everyone can contribute to the knowledge.

Myth: The COVID-19 vaccine will alter my DNA.

Fact: The first vaccines granted emergency use authorization contain messenger RNA (mRNA), which instructs cells to make the "spike protein" found on the new coronavirus. When the immune system recognizes this protein, it builds an immune response by creating antibodies — teaching the body how to protect against future infection. The mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. The body gets rid of the mRNA soon after it's finished using the instructions.



Myth: The COVID-19 vaccine includes a tracking device.

Fact: There is no vaccine "microchip" and there is no evidence to support claims that such a move is planned. Receiving a vaccine will not allow people to be tracked and personal information would not be entered into a database.

Myth: The COVID-19 vaccine has severe side effects such as allergic reactions.

Fact: Some participants in the vaccine clinical trials did report side effects similar to those experienced with other vaccines, including muscle pain, chills and headache. And although extremely rare, people can have severe allergic reactions to ingredients used in a vaccine. That's why experts recommend people with a history of severe allergic reactions — such as anaphylaxis — to the ingredients of the vaccine should not get the vaccination.

Myth: The COVID-19 vaccine causes infertility in women.

Fact: Misinformation on social media suggests the vaccine trains the body to attack syncytin-1, a protein in the placenta, which could lead to infertility in women. The truth is, there's an amino acid sequence shared between the spike protein and a placental protein; however, experts say it's too short to trigger an immune response and therefore doesn't affect fertility.

Myth: I've already been diagnosed with COVID-19, so I don't need to receive the vaccine.

Fact: If you have already had COVID-19, there's evidence that you can still benefit from the vaccine. At this time, experts don't know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

Myth: Once I receive the COVID-19 vaccine, I no longer need to wear a mask.

Fact: Masking, handwashing and physical distancing remain necessary until a sufficient number of people are immune. The best protection we can offer each other right now is to continue to follow current guidelines. As more people are vaccinated and experts have a better idea of how long natural and vaccine immunity last, public health experts will update their guidance as necessary.

Myth: You can get COVID-19 from the vaccine.

Fact: You cannot get COVID-19 from the vaccine



because it doesn't contain the live virus.

Myth: Once I receive the vaccine, I will test positive for COVID-19.

Fact: Viral tests used to diagnose COVID-19 check samples from the respiratory system for the presence of the virus that causes COVID-19. Since there is no live virus in the vaccines, the vaccines will not affect your test result. It is possible to get infected with the virus before the vaccine has had time to fully protect your body.

Myth: I'm not at risk for severe complications of COVID-19 so I don't need the vaccine.

Fact: Regardless of your risk, you can still contract the infection and spread it to others, so it's important you get vaccinated. Once the vaccine is widely available, it's recommended that as many eligible adults as possible get the vaccine. It's not only to protect you but your family and community as well.

Myth: If I receive the COVID-19 vaccine, I am at a greater risk to become sick from another illness.

Fact: There is no evidence to suggest that getting the vaccine heightens your risk to become sick from another infection such as the flu.

Myth: Certain blood types have less severe COVID-19 infections, so getting a vaccine isn't necessary.

Truth: Research has shown there is no reason to believe being a certain blood type will lead to increased severity of COVID-19. By choosing to get vaccinated, you are protecting not only yourself and your family but your community as well.

Myth: 5G mobile networks spread COVID-19

Fact: Viruses cannot travel on radio waves/mobile networks. COVID-19 is spread in many countries that do not have 5G mobile networks.

TRIGGER WARNING

BY ALEXANDRA NDAWENI

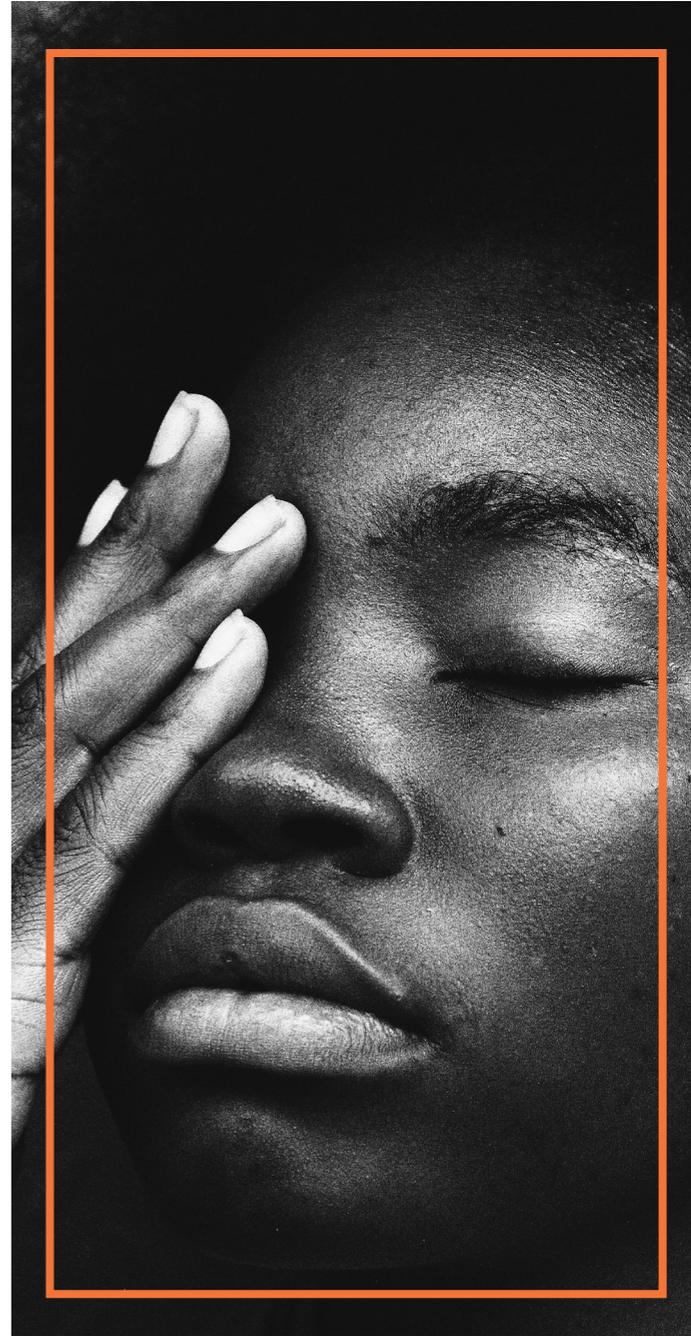
I don't think it's possible to count the number of times I've thought of ending my life. The method I always considered was overdosing on pain medication, but in the back of my mind I've always known that I'd never go through with it. It's a permanent decision for a temporary feeling. I think we're all drawn to the idea of eternal peace and just not hurting anymore. We think the only way to achieve that is just to end things. I remember when children I went to high school with started ending their lives when they reached university and instead of feeling sad, I kind of envied them. I thought "Wow, they really went through with it and I'm still here suffering."

I can remember having feelings of apathy as early as 10 years old. I also always had a feeling of impending doom. I can't say I had a bad childhood, but I definitely had bad times as a child, always pertaining to money. When I was about 8, my mom's car got repossessed for the first time. It got repossessed again when I was in grade 9. That same year we lost our home and had to move in with family. Thankfully, after a few months, my mom found a job and we were able to move into a flat that was close to my school. That lasted about two years because her contract ended and we ended up moving to an unsafe part of town, further from my school. My routine became strenuous because I had to wake up earlier in order to get to school on time, and then I would walk home and fetch my sister from preschool and look after her until my mom got home. Eventually, the little money we had ran out and we couldn't pay rent so the landlord cut our electricity. When all this was happening I was writing prelims and I ended up struggling to study because there was no light. We got kicked out and had to move in with family again.

It was a lot and I felt like things were never going to get better. Through it all, I was able to pass matric and get three distinctions.

When I reached the age of 19 my symptoms started to get worse. It became difficult to get out of bed, I'd completely lost my appetite, I struggled to concentrate and I'd completely lost interest in things that I used to enjoy.

I've always carried the weight of the world on my shoulders. Anything that happened around me or to



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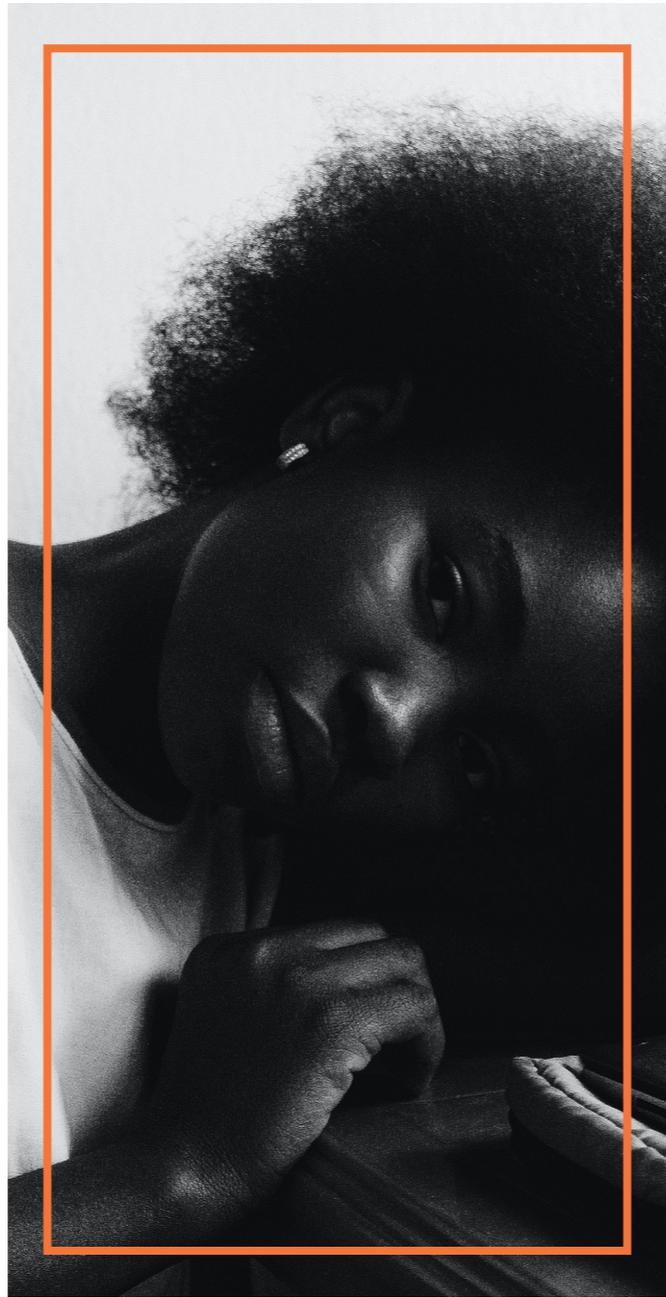
people that I loved affected me greatly. I was always taking other people's problems on and making them my own. I remember worrying about any and everything as a kid and continuing that into adulthood. I also had to grow up very fast and I've done a lot of things I'm not proud of to survive. The amalgamation of my childhood trauma and a series of traumatic events thereafter lead to me having a nervous breakdown.

At the beginning of 2021, in January, I had an overwhelming feeling of sadness. I suppose the feeling had been looming for a long time but on that day I just couldn't hold it together anymore. It felt like 19 years of sadness hit me all at once, so I ended up crying myself to sleep. That wasn't abnormal for me but by morning I'd usually feel better. I woke up on the 16th feeling all sorts of horrible and the tears just wouldn't stop. I cried all day. In the shower, in my room, everywhere. I knew I wouldn't be able to function this way anymore, so I googled "Psychiatric hospital near me". I came across a mental health clinic, I called and asked to be admitted. I can honestly say the day I was admitted was the start to me changing my life.

My first day was by no means easy, I still felt fragile, but I also had a sense of relief knowing that I was finally getting the help I needed. The rest of the day is kind of a blur, I pretty much just ate and spent the day with my roommates.

My second day was harder than the first because the reality of my situation hit me. I met my psychiatrist. As I explained my situation to her I couldn't hold back my tears. She was honest with me, which I liked. She told me that I'd been suffering for a long time and that I'd left it too long. She diagnosed me with severe depression and put me on an antidepressant, mood stabilizers and sleeping pills. I'm not a fan of medication, so I wasn't pleased, but I decided to just surrender to the process and it was the best decision I ever made.

After a few days of being on the medication I started to feel at peace and at ease. I hadn't felt that in years. I think the last time I felt that carefree was when I was five. I was able to tell my psychologist everything I told the psychiatrist without crying. He was so easy to talk to and the talking was so helpful – it felt cathartic. I started to feel a weight lifting off my shoulders every day that I spoke to him. Over and above my sessions with the doctors I attended group sessions with other patients and the information I took in and the skills I learned have been invaluable. I learned so much about myself in three weeks and I found the strength to face certain things and begin the process of moving on. The entire time I was there I felt like my feelings were valid and that alone is helpful. I also felt like my real self again. Kind, warm and friendly. I had completely forgotten who I was and what it felt like to just enjoy people's company and have them enjoy mine. Depression is all consuming and it has the potential to change who you are. I just became unpleasant. I found myself being short with people



After a few days of being on the medication I started to feel at peace and at ease. I hadn't felt that in years.

and I was always irritable and quick to anger. A hobby I picked up there is painting and it turned out to be very therapeutic.

During my time there I met people with bipolar disorder, hypermania, schizophrenia, anxiety and you know what? They're people like you and me, they are

"normal" people who need help to cope with everyday issues. I didn't actually feel like I was in a mental institution at all, I wasn't treated like I was crazy. I slowly started to see the old me emerge again and I loved every moment of that. I started to remember what it was like to just be nice to people. The clinic really opened my eyes to a lot of things. I have a whole new respect for human beings in general. You never know what the next person is struggling with, so moving forward, I'm going to continue to be kind even if a person is unkind to me.

I'll be honest, I'm not cured and I don't think I ever will be. It's just a matter of managing my illness and making the decision every day to just be better and do better. I've found that exercise and eating good food helps quite a bit. I still have bad days here and there but I'm on the road to finding happiness.

If you find yourself in a situation similar to mine, I suggest you seek help. Mental health is so important. Your brain is in charge of everything in your body, so it's best to look after it and make sure it's alright at all times.



ARE YOU DEPRESSED?

SIGNS AND SYMPTOMS OF DEPRESSION

Depression varies from person to person, but there are some common signs and symptoms. It's important to remember that these symptoms can be part of life's normal lows. But the more symptoms you have, the stronger they are, and the longer they've lasted—the more likely it is that you're dealing with depression.

10 COMMON SYMPTOMS OF DEPRESSION

Feelings of helplessness and hopelessness. A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.

- Loss of interest in daily activities. You don't care anymore about former hobbies, pastimes and/or social activities. You've lost your ability to feel joy and pleasure.
- Appetite or weight changes. Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
- Sleep changes. Either insomnia, especially waking in the early hours of the morning, or oversleeping.
- Anger or irritability. Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.

- Loss of energy. Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
- Self-loathing. Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
- Reckless behavior. You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.
- Concentration problems. Trouble focusing, making decisions, or remembering things.
- Unexplained aches and pains. An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.

For help and information contact SANDAG
To contact a counsellor between 8am-8pm Monday to Sunday,
Call: [011 234 4837](tel:0112344837) / Fax number: [011 234 8182](tel:0112348182)
For a suicidal Emergency contact us on [0800 567 567](tel:0800567567)
24hr Helpline [0800 456 789](tel:0800456789)



UNDERSTANDING Political Manifestos

South Africa is a constitutional democracy. The South African Constitution guarantees a democracy in which:

- Every person over 18 has the right to vote
- Regular elections are held
- There is a multi-party system of government
- There are general elections every five years

There are very many political parties in South Africa. The parties all have a set of policies (things they want to do for the country when they get into power). Before a general election, in which the country chooses a president, each political party announces its manifesto. Each political party has a different manifesto.

What is a political manifesto?

A manifesto is a document sent out by a political party to the voters. Political parties issue a new manifesto before each general election. The manifesto is a group of policies that the party believes in and wants to carry out if elected to govern by the voters.

What is a political manifesto's purpose?

The manifesto's policies are what the political party

candidates talk to the voters about when they are campaigning (asking the voters to vote for their party). Manifestos have an important job to do. Manifestos are the main way a political party tells voters why they should vote for that party.

Why is it important to know what is in a political party manifesto?

- Different parties have different policies and promises.
- For example, one party may focus on job creation. Another party may say that getting rid of corruption is the most important policy.
- There is no party in South Africa that says that the rights and welfare of womxn and girls is the most important policy. No party has a feminist manifesto.
- Since 1994, South African womxn have been using the power of their vote to take part in national and provincial elections. Womxn have been the majority of voters in the past but there is not a majority of womxn in key positions in



the government structures. Since 1994 South African womxn have been voting for political parties which are led by men who say that men and men's issues are more important than womxn, even though there are more female voters than male voters. At present, there is no political party that puts the needs of girls and womxn first, even though womxn are the majority voters.

- It is important to keep checking on the promises in the manifesto and seeing if the government has delivered them.
- If the government has not kept its manifesto promises, voters in a democracy are free to change their vote to another party.

How can womxn voters hold political parties accountable for their policies?

- Check up on political party's delivery - voters need to check to see if the governing party is delivering on their promises.
- Activism - by taking action and reading up on the policies that political parties say they will put in place and then seeing where they failed. You can do this by going to your councillor's office to find about the municipal budget (money given to projects promised in the manifesto) and what it has been used for.
- Advocacy - taking a stand on behalf of yourself and your community and speaking up about the kind of change you would like to see in your community. Ask political parties what their feminist policies are, and make them aware of the importance of your vote as a young womxn.

BOX

Discuss in your club

- What feminist policies would you like to see in a political party manifesto?
- Should there be a Womxn's Party?

YOUTH AND GENDER IN THE SIXTH PARLIAMENT

Becoming a Member of Parliament (MP) can be a complex and difficult journey. In many respects, the job is viewed as one which requires experience and therefore suited to older people.

Meanwhile, women face all sorts of hurdles when running for elected office. This includes discrimination, patriarchy, violence and the ever present glass ceiling.

According to the 2018 Statistics South Africa's (Stats SA) mid-year population estimate report, more than half of the population (51%) is female and young people between the ages of 15 to 34 years old constitute 35.7% of the total population.

Given these statistics, it is worth reflecting on the age and gender composition of Parliament (the National Assembly specifically) to see how this is reflected in this body.

Looking at the Sixth Parliament, the data shows that it is still male dominated and disproportionately older. However, a comparison with previous and other parliaments show that progress is being made in both areas and in 2019, womxn account for 44.5% in both the National Assembly and the National Council of Provinces – a dramatic improvement on women representation post 1994.

Also, for the first time in South Africa's history, women now make up half of the government's cabinet under Cyril Ramaphosa's term as president.

Phumzile Mlambo-Ngcuka was the first woman to ever serve as the Deputy President from 2005 to 2008 in the history of South Africa. And since then, no other woman has occupied the position.

Numerically, the following parties have the highest amount of young MPs:

DA (20)

ANC (14)

EFF (6)

In terms of proportionality, the top ranked parties are:

FF+ (30%)

IFP (28.6%)

DA (23.8%)

At the start of the Fourth Parliament, the National Assembly table staff reported 68% new MPs. The turnover at the start of the Fifth Parliament was better with around 60% new MPs. The number of newcomers decreased further to 42% at the start of the Sixth Parliament.

GENDER BASED VIOLENCE

MYTHS AND STEREOTYPES DE-BUNKED

Across the globe, there are varying cultural values, beliefs, and stereotypes that have significant effects on violence against women across societies. Knowledge about GBV beliefs and stereotypes is however meagre around the world.

In South Africa, the pervasiveness of GBV cases is unparalleled. A 2016 Demographic and Health Survey revealed that one in five women older than 18 has been victim to physical violence.

Society is shaped by the many myths and stereotypical attitudes around GBV, and these beliefs lead to the differing perceptions and responses that people have towards violence against women. Such myths lead people to blame women for rape, to make people doubt what survivors say, and to survivors feeling guilty and blaming themselves for rape in turn.

The following is an extract from the University of Pretoria's website regarding the most common myths about GBV:

Myth 1: GBV only includes physical abuse (hitting, punching and pushing)

Fact: Physical abuse is just one form of violence. GBV can also manifest as emotional, verbal and psychological abuse. These forms of abuse can take a variety of forms, such as patterns of degrading or humiliating conduct towards another, including repeated insults, ridiculing, or name-calling; repeated threats to cause emotional pain; or the repeated exhibition of obsessive possessiveness or jealousy, such that it causes a serious invasion of privacy, integrity or security.

Economic abuse is another form of violence. It involves:

Preventing a victim from acquiring resources (e.g. not being allowed to work);

Limiting the amount of resources available to him/her; or Exploiting the victim's economic resources (e.g. keeping or hiding the victim's bank card).

Myth 2: Women allow themselves to be abused. They could leave their partners if they really wanted to.

Fact: No one deserves to be abused. Perpetrators use tactics of control and abuse that make it very difficult for women to escape the violence. It is also important to understand that women who experience violence perpetrated by an intimate partner, and seek to leave the relationship to ensure their own and their children's safety, face an increased risk of ongoing and even escalating

violence. Research has shown that the time when a woman and/or her children leave an abusive relationship is when they are most likely to be seriously harmed or murdered by their partner. Women are also prevented from leaving violent relationships because of shame and guilt, lack of safe housing, or the stigma of divorce.

Myth 3: Men and women are equally violent to each other.

Fact: The majority of those affected by GBV, particularly intimate partner violence (IPV), are women and girls. Worldwide, almost half (47%) of all female victims of homicide are killed by their intimate partners or family members, compared to less than 6% of male homicide victims.

IPV is the most common form of violence experienced by South African women, and is the leading cause of death among South African women. On average, a woman dies every eight hours at the hands of an intimate partner in South Africa. More women are killed by their current or former intimate male partner in South Africa than in any other country in the world.

Myth 4: Domestic violence is a private family matter, in which the state has no right to intervene. How a man treats his partner is a private matter.

Fact: Violence against women is a human rights violation, regardless of whether it occurs in the family or in the public sphere.

Myth 5: A man cannot rape his wife.

Fact: Rape is defined by an action and not by the identity of the perpetrator or the survivor. Accordingly, any forced sexual intercourse is rape, irrespective of whether the survivor is married to the perpetrator or not. This statement is also grounded in international human rights law definitions, which encompasses all forms of physical, sexual, psychological or economic violence against women.

Gender-based violence cannot be stopped until women feel safe enough to break the silence. It is up to each of us to cultivate a culture within our families, communities and workplaces that allows victims of any type of abuse to feel secure enough to ask for help, and speak up when they experience any type of abuse.



BENEFITS OF READING

Reading dares you to grow.

Before you can read, you must learn how. You must push yourself to interact with meaningless lines and squiggles until they transform into stories, characters, and ideas. And once you master picture books, you move forward to children's novels. Novels without pictures. Classic literature. Books in foreign languages. Reading is an exercise in perseverance, in which you constantly challenge yourself to achieve more than you did with your last book.



Reading allows you to experience multiple realities.

We all have a uniquely valuable role in life. But many of us, even if satisfied with that role, often wonder what it would be like to live in a different place, work at a different job, or even be a completely different person. For brief moments, books release us from the constraints of our reality. They take us beyond our world and into someone else's real or imaginary one. They satisfy the curiosity of the elusive "What if?".

Reading challenges your perspective.

When you experience life through the eyes of another, you encounter diverse angles on life's most common situations. Talented authors will naturally inspire empathy for their characters, and empathizing with viewpoints different from your own can feel uncomfortable. Extremely uncomfortable. While reading doesn't mean that you'll agree with different perspectives, it does offer you the opportunity to understand them.

Reading helps you remember.

Reading isn't only about discovering the new. It's also a vehicle for reflection. Many bibliophiles can trace their love of reading back to a cherished memory, such as being read to by a parent or discovering the first book they ever loved. Re-reading those favourite books, or reading about familiar places, times and people helps us

recall the details of our own lives. It reminds us who we are, where we are, and how we came here.

Reading helps you forget.

Chronic escapism is by no means a healthy habit, but neither is dwelling on stressful life circumstances one hundred percent of the time. In short doses, allowing your mind to focus on things other than your challenges can be highly beneficial and even necessary. Reading, like exercise, offers a safe, healthy, and productive replacement for negative thinking. It gives your mind a safe place to rest until you regain the strength you need to overcome your obstacles.

We recommend the following books by powerful womxn to challenge your perspective, help you grow, and take you to places you've never been. Happy reading!



Discuss in your club:

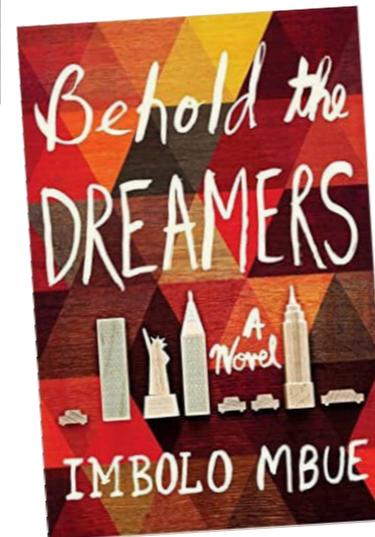
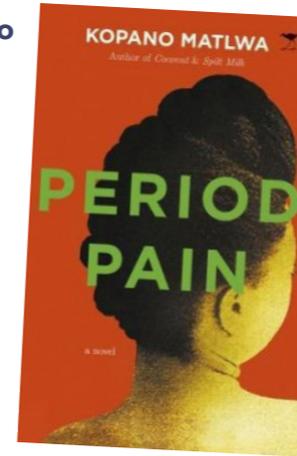
What is your favourite book and why?

Period Pain - Kopano Matlwa

Matlwa's third novel *Period Pain* honestly pulls apart the late Nelson Mandela's idea of a rainbow nation and non-racialism. Through the central character Masechaba, the reader is shown the reality of a country still stuck in the clenches of racism and inequality.

Xenophobia, crime, and the literal death sentence that is the public health system are all issues Matlwa explores in the novel. It's both a visceral account of the country from the vantage point of a Black person without the privileges and comforts of a White person as well as a heartfelt story about how even the most broken continue to survive. I

It's the story of almost every Black person in South Africa and that that story is even told to begin with, and told honestly, is important.

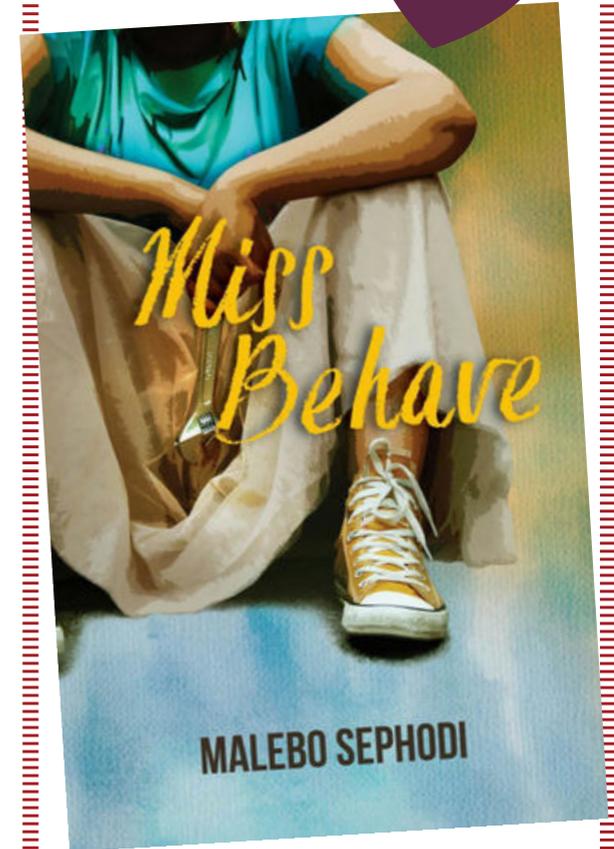


Behold The Dreamers - Imbolo Mbue

Jende Jonga, a Cameroonian immigrant living in Harlem, has come to the United States to provide a better life for himself, his wife, Neni, and their six-year-old son. In the fall of 2007, Jende can hardly believe his luck when he lands a job as a chauffeur for Clark Edwards, a senior executive at Lehman Brothers. Clark demands punctuality, discretion, and loyalty—and Jende is eager to please. Clark's wife, Cindy, even offers Neni temporary work at their summer home in the Hamptons. With these opportunities, Jende and Neni can at last gain a foothold in America and imagine a brighter future.

However, the world of great power and privilege conceals troubling secrets, and soon Jende and Neni notice cracks in their employers' facades. Then the financial world is rocked by the collapse of Lehman Brothers. Desperate to keep Jende's job, which grows more tenuous by the day, the Jongas try to protect the Edwardses from certain truths, even as their own marriage threatens to fall apart. As all four lives are dramatically upended, Jende and Neni are forced to make an impossible choice.

Rise loves



Miss Behave - Malebo Sephodi

There is a reason why Sephodi's *Miss Behave* has resonated so strongly among women across the board. Drawing inspiration from Laurel Thatcher Ulrich's adage that "well-behaved women seldom make history", *Miss Behave* documents Sephodi's journey to smashing the stereotypes peddled by society in its relentless prescriptions of what women can and cannot be; can and cannot do. Naturally, she's labeled a "misbehaving" woman and hence the title of the book. Sephodi also explores themes of identity and gender issues while allowing women the opportunity to take charge of their own identities despite societal expectations. A book that wants women to discover their bad-ass selves and exercise agency over their lives? A must-read.

Ask the experts

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



"For hundreds of years, children from all over the world were socialised to believe that all girls must be feminine; and that all girls must not 'try to be like boys'. Unfortunately, this socialisation is still a reality in South Africa....."

I WANT TO BE A MECHANIC

I would like to be a car mechanic but my mother says girls can't be mechanics. How do I convince her? I really like cars and fixing them. Please help!!

DESPERATE MECHANIC

HELLO THERE DESPERATE MECHANIC,

Firstly, I want to congratulate you on having such a wonderful dream; as well as for having the courage and the personal initiative to try and achieve it.

I also want to sincerely apologise that you, and other girls like you, have to struggle so much just so that you can exercise your basic right to be your authentic self.

It is so unfair that women and girls still have to fight just to be their authentic selves.

For hundreds of years, children from all over the world were socialised to believe that all girls must be feminine; and that all girls must not "try to be like boys". Unfortunately, this socialisation is still a reality in South Africa; and in many other parts around the world. Although South Africa has one of the best Constitutions in the world, our communities and families still tell us that women must only stay at home to cook, clean and look after the children.

To convince your mom, you can show her sections 9, 10, 11 and 22 of the South African Constitution.

According to section 9 of our Constitution, you are of equal value to any other human being. And, just like boys, you have the right to become a mechanic. No one is allowed to stop you or anyone else from being a mechanic just because of their sex, gender, sexual orientation, race, culture, disability, language, socio-economic class, religion, colour, etc. Therefore, for anyone to prohibit or discourage you to achieve your dream job based on these grounds alone, is called unfair discrimination.

According to Sections 10 and 11 of our Constitution, you have the right to be respected, treated with dignity and for you to truly achieve what you wish to achieve in life without discouragement.

According to section 22, you have the right to become anything that you want to become, as long as your work does not amount to a criminal offence or a harmful activity.

You see Desperate Mechanic, there is literally nothing that prohibits you to become a mechanic. All you need to do is to focus on passing your matric with flying colours; and enrolling yourself at a registered Auto Mechanic School in South Africa or overseas!

I am so proud of you for challenging the status quo. We need more young women and girls like you to keep striving to be their authentic selves. Remember, you only live once. Our Constitution has your back Sis. Just go for it.

Love, Rise

READY FOR SEX

My boyfriend and I want to have sex. We are both virgins and we don't know which contraceptive is the best. How do we decide?

CLUELESS

HI CLUELESS,

Thank you so much for this wonderful question.

Many people around the world do not receive comprehensive sexual education that is inclusive and empowering.

Since both of you have never had sex before, I would highly recommend that you both do these two things:

1. Please go and get tested for any sexually transmitted diseases or illnesses. While your boyfriend might claim to have never had sex before, it is important to be certain. This should not raise any anxieties. In fact, this should be seen as a special and exciting experience which elevates the levels of respect and trust in your relationship. It is very important to both be certain of your overall sexual health and status.
2. Thereafter, please both go and see a doctor that specialises in gynaecology (if you are female); and encourage your boyfriend to visit a doctor that specialises in urology (if he is a male).

It is vital that teens and youth normalise having a relationship with these doctors as soon as possible after puberty begins in order to receive vaccinations

against a very scary virus called the Human Papilloma Virus (HPV). This is a virus which is easily transmitted and can cause cervical cancer in females.

In South Africa, cervical cancer remains the leading cause of cancer deaths among women aged 15 - 44 years. Human papillomavirus (HPV) vaccines provide a safe and highly effective means to reduce cervical cancer.

Once, you have done the above, you may then consider having consensual sex.

Of course, abstaining from having sex is the best way to ensure that a couple does not have an unwanted pregnancy. However, if you would like to have sex, the next best option is the condom (for males) and femidom (for females). I highly recommend that you both use protection, so that in the event that one of the contraceptive devices break, you have another one to protect you.

However, using a condom and femidom does not go without side-effects. Some men and women have complained of allergic reactions due to the latex rubber and/or spermicides.

This is why it is so important to foster a relationship with your community doctor in so far as sexual and reproductive health is concerned. They would be best positioned to advise you on which products may cause you to have allergic reactions based on your own individual sensitivities to certain materials and agents.

Good luck Clueless and enjoy this new phase in your loving and healthy relationship.

Love, Rise

UNEMPLOYED BOYFRIEND

I'm 20 years old and I'm in a stable relationship. The problem is my boyfriend is unemployed. I feel like I should find someone who will help me instead of depending on me financially. I have a three-year-old child so it gets hard at times as I have to care for the both of them. I sometimes think of having an affair without dumping him so we could be stable. Am I unreasonable?

CONFUSED

DEAR CONFUSED,

It sounds like you are carrying too much. I wonder

if you have had an honest conversation with your boyfriend about financial issues? Maybe it is time that the two of you agree on how he can carry some of the responsibilities in your partnership. Does he help with the cooking and cleaning? Does he have some financial goals?

Being unemployed can be difficult emotionally. Does he get support from friends or do you support him emotionally as well? Remember that your first duty is to your child, not to a grown man. Stability is great but having an affair will create emotional instability and perhaps even losing the relationship with your boyfriend and put you at risk of HIV.

Love, Rise

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	Mannenburg	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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