

RISE

YOUNG WOMEN'S CLUBS



Your 27th Edition



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THIS WAY TO

Youth Zone

Ingosi Yentsha
Thakaneng
Tshivenda
Sikhatsi Selusha
Nkarhi wa Lavantshwa

Ixesha Lolutsha
Sikhathi SabaTjha
Nako ya Basha
Sepedi
Jeugsessie

A time at the clinic just for young people

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IF WE ARE GOING TO HEAL LET IT BE GLORIOUS

Growing up as a young girl I realised that we have all this education but nobody ever teaches us how to love ourselves and why that is so important. We have been told that loving ourselves is the most powerful tool we can use to achieving our dreams and living a fulfilled life.

The challenge I want to leave for you is to start thinking about what black girl joy looks like. We carry so much pain and are always told to be the strong imbokodo as women. Now it is time to change this. By leading with love we can start to give ourselves room to feel all our emotions and heal any wounds that were carried by the generations before. You deserve to feel happy, smart, beautiful and free at all times. Most importantly you deserve to feel joy as a black girl.

This issue is the love letter we never received as girl children. It is an invitation to visit our inner child and tell ourselves all the things we need to hear as we grow into womanhood. It helps us start to change the relationship we have with our bodies and how to accept it as it changes.

I can't wait to see what you do with your life. I know that you are capable of anything as long as you work hard at it. With love for yourself, your community and humanity, greatness things are possible.

Keep rising in love.

Palesa



Sisterhood

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

@RiseTalkShow f RiseYoungWomensClubs

Commissioning Editor: Kgalalelo Kedijang
Designer: Izinga Creatives
Publisher: Soul City Institute
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Definitions

ADHERENCE - sticking to a program. Taking medication properly and at the right time.

PrEP - Pre exposure prophylaxis, which means you take it BEFORE you are exposed to HIV infection.

SRHR - Sexual Reproductive Health and Rights.

PEP - Post exposure prophylaxis, which means you take it AFTER you think you may have been exposed to HIV.

STIGMA - a set of negative or unfair beliefs that a group of people have about something.

IUD - Intrauterine device, which means it is inserted inside the uterus (womb)



" IF I WERE President , I WOULD..."

LITHEMBA, 16

If I were President, I would end discrimination against the LGBTQIA+ community because people think it is a sin. I believe there must be consequences to violence and bad treatment. I would make it legal to sue, pay fines or go to jail for discrimination because I don't want any body's feelings to be hurt.



SINOKANYO SAGWITYI 18

If I were President I would build people decent houses because it is not healthy and safe for people to live in shacks. I would also make sanitary pads available for free.



YONELA, 17

If I was President, I would spend time teaching communities about loving and understanding the LGBTQIA+ community. I am proud to be in a lesbian body but I believe that there is not enough in the media on lesbian bodies. If more TV shows showed same sex relationships, parents would see positives images and this would help them understand and make their children's lives easier.



THIMNA MPEHLE 16

If I were President I would make sure that sanitary pads are free and that there are safer spaces for LGBTQI+ community.

LUNGI GODOLA 16

If I President I would set up programmes to teach people, especially our grandmothers and parents on issues faced by people in the LBGTI



THULISWA PINDANI 17

Mna esam sasisithi "I would create programs where we teach people about LGBTQ and that anyone against it should be fined and anyone who kills a woman for her sexuality or just because should be given a death sentence! I would create a country where a woman can walk freely in the streets without being afraid just because she is inlove with a "she" and not "he"



ESINLE, 17

If I were President, I would end rape especially against lesbian women. I would do this by bringing back the death penalty for these crimes because I think people should have to face and see their abusers.



My Body

The goal of this section is to start changing the way we think and speak about our bodies. It is about developing a healthy and life long relationship with the woman's body.

“and I said to my body. softly.

I want to be your friend. It took a long breath and replied:

I have been waiting my whole life for this”

-Nayyirah waheed

KNOW YOUR BODY



DR TLALENG MOFOKENG

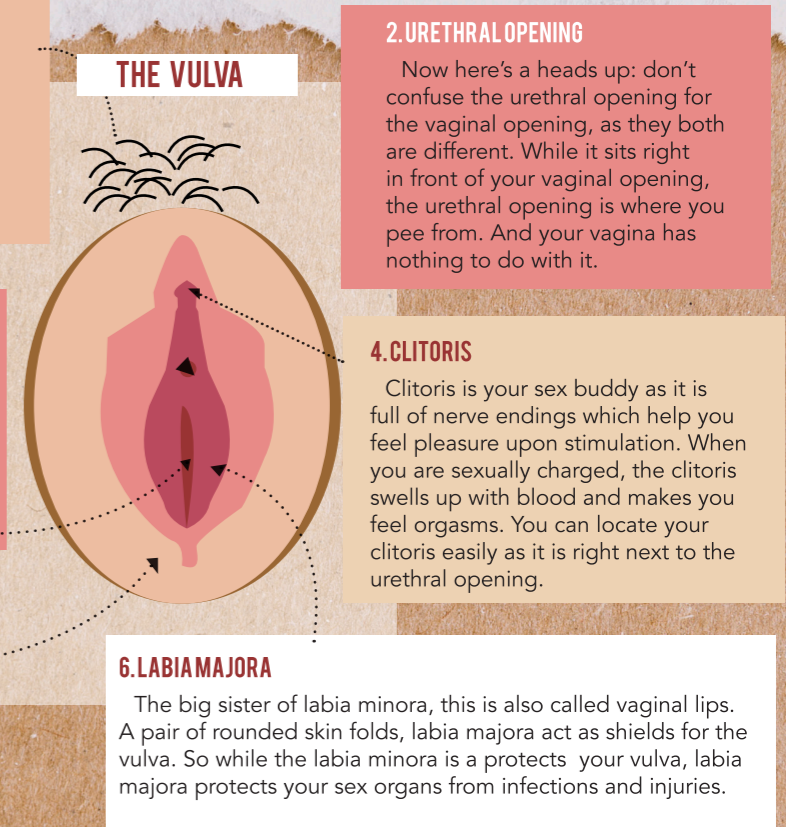
Many women do not know how to identify their own body parts. A good first step in taking charge of your sexual health is to know your body and know how it works.

Learning about a woman's sexual responses may also make you more comfortable with your body. If you understand what happens to your body when you are sexually excited, you may be able to improve your sexual experiences.

Dr Tlaleng Mofokeng wants every girl to know that she has a right to pleasure during sex. She says

“EVERYONE IS FOCUSED ON PREVENTING DISEASES, WITHOUT AFFIRMING THAT PLEASURE IS WHAT ACTUALLY DRIVES PEOPLE TO SEX” - Dr Tlaleng Mofokeng

Acknowledging the importance of pleasure for women, Mofokeng explains, is a way to protect women's sexual rights, as it reframes the conversation. Right now, she says, “women are expected to have sex when men want to” But when it is acknowledged and openly discussed that they, too, have the same appetite for pleasure as men, it becomes easier to talk about consent, and contraception.”



1. PUBIC HAIR

You know it hurts to wax it off, but if you think your pubic hair is unnecessary, then let us tell you: they have a purpose. These hairs act like a cushion and protect your skin from abrasion. Plus, they also work as a protection shield and guard your vagina from the attack of bacteria and other pathogens.

2. URETHRAL OPENING

Now here's a heads up: don't confuse the urethral opening for the vaginal opening, as they both are different. While it sits right in front of your vaginal opening, the urethral opening is where you pee from. And your vagina has nothing to do with it.

3. VAGINAL OPENING

Now take a mirror and look at your vagina. You will see the hole from where your menstrual blood is secreted and where babies come from. Not to mention, the vaginal opening is used for penetration during sexual intercourse. This is also where tampons and menstrual cups go.

4. CLITORIS

Clitoris is your sex buddy as it is full of nerve endings which help you feel pleasure upon stimulation. When you are sexually charged, the clitoris swells up with blood and makes you feel orgasms. You can locate your clitoris easily as it is right next to the urethral opening.

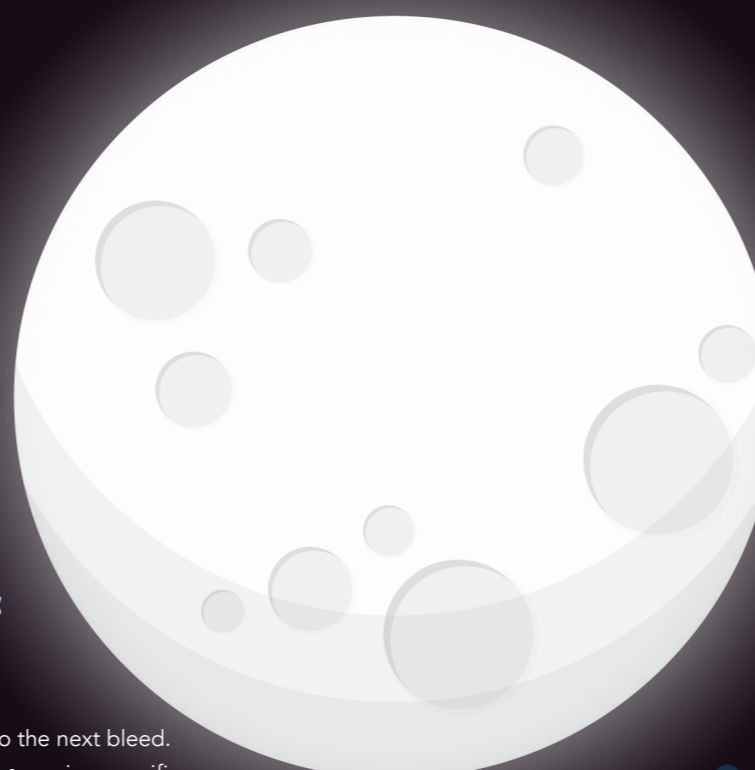
5. LABIA MINORA

Labia minora are the folds of skin which protect the clitoris, urinary opening, and vaginal opening. It is believed that it facilitates female ejaculation.

6. LABIA MAJORA

The big sister of labia minora, this is also called vaginal lips. A pair of rounded skin folds, labia majora act as shields for the vulva. So while the labia minora is a protects your vulva, labia majora protects your sex organs from infections and injuries.

Children of the MOON



I have always wondered why in African languages, women having their menstrual cycle were referred to as being on their moon. Firstly, I guess it is the most basic cycle we have but also Dr Christine Northrup says that the monthly ripening of an egg and release of menstrual blood or pregnancy is just the same as the process of creation.

Scientific research shows that the moon controls all water on earth including the water in our body – therefore our grandmothers must have been scientists when they called us children of the moon.

This makes me wonder what other beautiful things there are to discover about our menstrual cycles. The menstrual cycle and the female body was seen as valuable until five thousand years ago. First menstruations were celebrated as a right of passage by mothers, aunts and other initiated women. These days we have been made to feel shame when it comes to our bodies.

I know celebrating our menstrual cycles can be difficult when as many as 60 % of all women suffer from menstrual cramps. But it seems that our cycles are much more than the days we release menstrual blood and we should start getting to know what is happening in our bodies on the other days.

Here are a few tips how to connect with your moon!



1 KEEPING A MENSTRUAL DIARY

To get to know your cycle you can keep a menstrual diary. This is done by noting the date you start

bleeding and counting the days to the next bleed.

Write down any symptoms such as: • craving specific foods • feeling down • feeling bloated • a breakout of pimples.

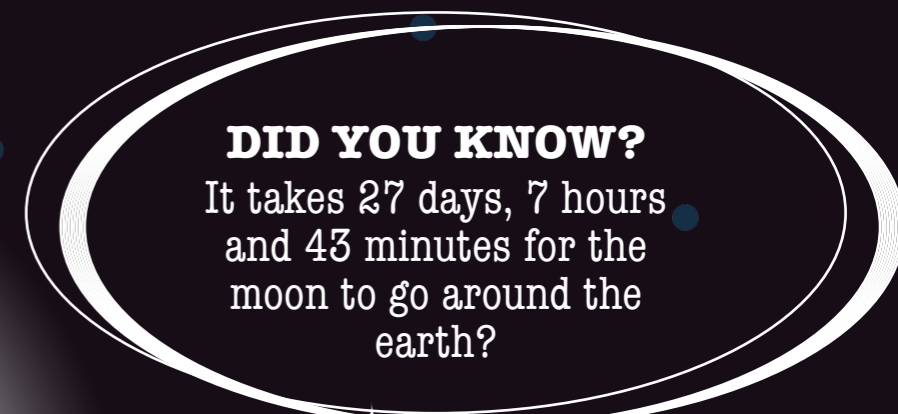
The main purpose of a menstrual diary is to help you predict your periods. Also, it can warn you when you are ovulating. A missed or irregular period can also be the first clue that something needs attention.

2 FIND SOME QUIET TIME

By connecting each month to your everchanging cycle, you connect to yourself as a woman and make friends with your body. Having your periods is an invitation to have time for yourself. You can curl up with a book, go for a walk, write in your diary, close your eyes and daydream, or simply rest.

3 GET CREATIVE

The menstrual cycle controls our flow of information and creativity. We receive and process information differently at different times of our cycle. It has been said that the first half of the cycle is also a very good time to start new projects because of the natural boost of confidence we release. Ovulation, which happens in the middle of our cycle, represents creativity at its best because this is the perfect time to create life. It



DID YOU KNOW?

It takes 27 days, 7 hours and 43 minutes for the moon to go around the earth?

Did you know?

It takes 27 days, 7 hours and 43 minutes for the moon to go



is important to remember that there is more to womanhood than being a mother so all womxn can tap into this creative power.

4 SHARE THE GIFT OF SISTERHOOD

Sharing information, personal experiences and offering support can send out positive messages about women's bodies, sexuality and menstruation. In your club, organise a simple event to welcome the beginning of menstruation for the younger members. This can be something simple like singing a song.

By using the tips listed above we can start forming a new relationship and heal all the negative thoughts we have been taught as girl children about our menstrual cycle. There is a lot to discover about our beautiful bodies and I hope you enjoy the journey.

To get to know your cycle

you can keep a menstrual

diary. This is done by

noting the date you start

bleeding and counting the

days to the next bleed.

Happy Bleeding. Happy Healing. Happy Creating

EATING YOUR WAY TO A *Healthy body*

We all want to feel healthy, full of energy and looking great. Exercise is part of it but the biggest part of it has to do with what you put in your mouth.

If you don't heathy you're your exercise efforts will not show any results. Healthy eating starts with learning new ways to eat - learning about balance, variety and moderation.

The foods you eat and the lifestyle choices you make play a major role in your health. Healthy choices can:

- ➔ Lower your risk for developing chronic diseases, such as high blood pressure, diabetes, heart disease, and some cancers.
- ➔ Control symptoms of medical conditions, such as high blood pressure, high blood sugar, and high cholesterol.

To make healthy eating a habit you need to start slow. This is not a sprint, it's a marathon. Make small changes to allow your body to get used to the new way of eating. Remember, we are not talking about a diet, we are taking about a lifestyle.

One night a week, make a soup loaded with vegetables and beans and leave meat out. You'll find you are satisfied with fewer calories and less saturated fat. Your heart will love the cholesterol-lowering fibre in the beans and the nutrients in the vegetables. Beans are also very filling. Start your day with oats. Oats are high in soluble fibre. Soluble fibre helps remove harmful cholesterol from the body. If you have fruit top your oats with some fresh fruit such as sliced bananas or apples.

Switch from white bread to wholewheat bread. Wholewheat bread is high in fibre healthy fats and it makes you feel full for longer. Make eating one fruit a day a habit.

Try a different fruit every week - bananas, pineapple, orange, peaches, papaya, nectarines. Replace sweets with fruit.

Eat foods like potatoes, rice and pap in moderation. Now and again instead of rice or pap serve your meat with roasted vegetables instead.

The array of nutrients found in vegetables helps lower blood pressure and reduce the risk of heart disease, stroke, and some types of cancers.

Munch on nuts instead of chips. Nuts contain the hunger-control trinity: good fat, fibre, and protein. Fats signal your brain that you're full.

Fibre makes you feel full right away. Protein helps keep you feeling satisfied for a longer period of time than sugar or carbohydrates do.

We can all benefit from cutting back on unhealthy fat. If you currently eat a lot of fat, commit to cutting back and changing your habits. Ways to cut back on unhealthy fats include:

- ➔ Bake, grill, or roast meat instead of frying it. Remove the skin before cooking chicken.
- ➔ Reduce extra fat. This includes butter on bread and salad dressings.
- ➔ Eat plenty of fruits and vegetables with your meals and as snacks.
- ➔ When you eat out, be aware of hidden fats and larger portion sizes.
- ➔ Staying hydrated is important for good health. Drink lots of water. Sweetened drinks add lots of sugar and calories to your diet. This includes fruit juice, sweetened fizzy drinks, sports and energy drinks.

Balanced nutrition and regular exercise are good for your health. These habits will not only help you feel good and full of life, they can help you lose or maintain weight.

Oats are high in soluble fibre. Soluble fibre helps remove harmful cholesterol from the body. If you have fruit top your oats with some fresh fruit such as sliced bananas or apples.

Your heart will love the cholesterol-lowering fibre in the beans and the nutrients in the vegetables.



A GIRL'S GUIDE TO *Healthy Breasts*

Breasts come in all shapes and sizes and will change from adolescence to menopause”

NORMAL BREAST CHANGES DURING LIFE

From adolescence to menopause, breasts are affected by the hormonal changes with the menstrual cycle, pregnancy and breast feeding. Breast tissue can become more tender and lumpy just before a menstrual period, and less tender and lumpy after a period.

It is normal and quite common for breasts to have lumps.

WHAT IS BREAST CANCER?

Breast cancer is a growth that develops in a person's breast. Your body is made up of millions of cells. Every day these cells divide and make new cells. Sometimes the cells become damaged (for example by smoking tobacco) and they multiply too much. This makes a growth that can spread to other parts of the body. This is called cancer. Cancer can start in any part of the body but is most common in the lungs, the breasts, the cervix (in women), and the prostate (in men).

Examine your breasts once a month Every month just after you have finished your period, place your flat hand on your breast and move it all around. Feel for any lumps. Also feel your armpit with your other arm up. If you find a lump in your breast go to the clinic to have it checked. If the skin around your breast is itchy, scaly or dry, it could be that you have sensitive skin. Try changing the bath soap, washing powder or lotion you use. A hot, sore lump is not uncommon during the early days of breastfeeding. It needs attention but it is not cancer.

WHAT TO DO:

1. Stand in front of a mirror with your hands on your hips and shoulders straight. Look at the shape, colour and size of your breasts and nipples.
2. Next, while still looking in the mirror, raise your arms in the air and look for the same things – shape, colour and size of your breasts and nipples.

WHEN TO SEE YOUR DOCTOR

It is important to know your own breasts so you can tell if any changes occur.

You should see your doctor about:

- new lumps
- new lumpiness
- changes in the shape of your breast
- changes in the colour of your breast
- changes in the nipple
- discharge from the nipple
- any breast pain that won't go away
- any nipple or breast itching or rash that won't go away .

How do I know if I have breast cancer? You can't tell by feeling if you have breast cancer. The main signs of breast cancer are abnormal lumps or bleeding or discharge from the nipple (when you aren't breastfeeding).

A mammogram is an x-ray of your breast. It can show if you have cancer. After the age of 40, you should have regular mammograms to check for cancer.

CHOOSING THE RIGHT BRA

Another important part of breast care is wearing a bra that is comfortable and gives you the support you need, particularly if you have medium- to large-size breasts or if you play sports. Shopping for the right bra could be a fun trip for you and your mother or another woman in your life - a bonding experience that is also about your daily comfort.

Always remember that wearing a bra is also your choice. Do not let anyone force you into believing that you need to wear one because we all know how uncomfortable bras can be. Women should be free to do what they want with their bodies.

LET US FREE THE NIPPLE

“*Look and touch your breasts, so you know what they're normally like, to help you notice any changes*”

Sexy

Sexy isn't a one-size fits all

Sometimes it feels like you can't turn off the noise. Every magazine, TV show, music video and billboard throughout history has decided how and what women should look like. They made it seem that only one body shape and race is worthy of being sexy. It did not help that many young women grew up in communities that reinforced these images. Without being aware, our grandmothers and aunts have become tools used by the system to remind us about our weight at every family gathering.

Women and girl children's bodies have always been sexualized. From when we are young, we are told to cover our bodies when there are male adults around. Girls are made to feel that their value is based on how they look on the outside. We need to be intentional about teaching girls that what makes them attractive and sexy is about your attitude and acceptance of your body and how you chose to work on the areas which you want to change to ensure you live a healthy and fulfilling life.

HERE ARE SOME IDEAS ON HOW WE CAN SUPPORT EACH OTHER TO ACCEPT AND LOVE OUR BODIES:

Celebrate that everyone is different

Not everyone's body is the same and we all develop differently and at our own pace. During our teenage years, our breasts continue to grow and the pubic and underarm hair becomes thicker. How much body hair we have and our breast size is inherited from our ancestors. At some point – usually if it becomes uncomfortable to run or you have the choice wearing a bra for extra support. Your narrow hips may widen. You will also experience growth spurts and may put on weight. And even if you don't experience all these changes, just remember you are enough and beautiful just as you are.

Stay away from objectification

Judging and looking at women as if they are a thing – like a car, or a cup, or a chair – is called objectification. Objectification starts when we are little girls. Have you ever noticed that when people speak to little girls they comment a lot about their appearances? "Oh, you look so pretty!" they will say. Or, "Your dress is pretty." In this way we turn a unique person, with her own talents, into someone whose role will be to be beautiful and to please men.

Next time you see another woman, try identify things about their personality that you find beautiful and tell them. We are much more than what we look like.



Don't Body shame

Many times a girl is shamed by the people who are close to her – like her mother or her father. Some families give their children a nickname that teases their appearances.

Some girls are even shamed for having their periods. Some families shame members whose skin is darker than others. Usually they do not know that this has a strong impact on the child.

So next time you go to a family function call out family members who body shame and do not comment on somebody else's weight.

Embrace African beauty

As African women we have an even more difficult situation. For many centuries being black was looked down on.

To make us look more like white people, companies tried to sell us harmful skin lighteners and harsh perms to straighten our hair. It is up to us to start celebrating our unique beauty and body.

It is time that our black girl magic shines in all its glory.



1. WRITE THREE THINGS YOU LOVE ABOUT YOURSELF AND YOUR BODY

2. WRITE ONE THING THAT YOU WANT TO IMPROVE ABOUT YOURSELF THAT WILL CONTRIBUTE TO A HEALTHIER BODY AND LIFESTYLE.

3. STICK THEM ON YOUR MIRROR SO THAT YOU CAN CELEBRATE YOURSELF EVERYDAY.

YOU ARE BEAUTIFUL, JUST THE WAY YOU ARE



Not everyone's body is the same and we all develop differently and at our own pace

TEEN MOTHERS & POST NATAL DEPRESSION

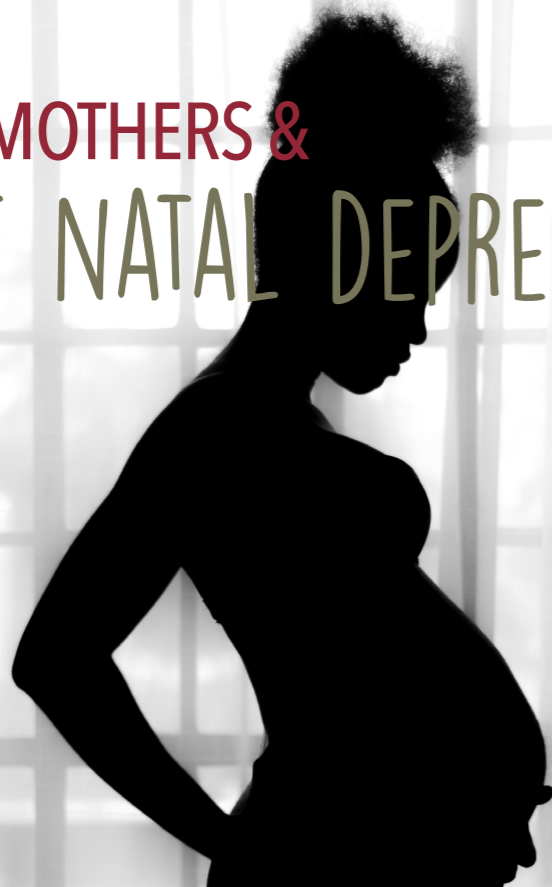


Photo by Mustafa Omar

The process of becoming attached to a new baby begins long before the actual birth but the birth of a child can have a very powerful effect in a mother's feelings about her new baby. Although most women do not think about or plan for the first six to eight weeks following the birth of the baby. This is often the time when women go through physical, emotional and psychological changes without support.

Teen moms face plenty of challenges, from dealing with the shame and stigma of an unplanned pregnancy to finishing school and finding employment. But many must also deal with the challenges of mental illness. Researchers have found that twice as many teen moms are at risk of developing post natal or postpartum depression (PPD) as the older women. And nearly three times as many teens with mental illness get pregnant as adolescents without a disorder.

Gloria Malone, a writer, activist, and consultant, who

was 15 when she had her daughter said:

"I was happy but I was tired, overwhelmed, and felt like I had no one to talk to because everyone seemed too busy putting me down... "I needed someone to talk to and the extreme loneliness I felt due to society and people pushing me away and down kept me from finding someone to speak to."

Malone, for example, was depressed before she became pregnant, although she "didn't have the words for [her] condition," she says. "Pregnancy and parenting only made it worse." Lastly, when

teens do become parents, these challenges are further compounded by the stress of parenting and the stigma of early childbearing.

POSTPARTUM DEPRESSION SYMPTOMS

Postpartum depression may be mistaken for baby blues at first — but the signs and symptoms are more intense and last longer, and may eventually interfere with your ability to care for your baby and handle other daily tasks. Symptoms usually develop within the first few weeks after giving birth, but may begin earlier during pregnancy or later — up to a year after birth.

POSTPARTUM DEPRESSION SIGNS AND SYMPTOMS MAY INCLUDE:

- Depressed mood or severe mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep (insomnia) or sleeping too much
- Overwhelming fatigue or loss of energy
- Reduced interest and pleasure in activities you used to enjoy
- Intense irritability and anger
- Fear that you're not a good mother
- Hopelessness
- Feelings of worthlessness, shame, guilt or inadequacy
- Diminished ability to think clearly, concentrate or make decisions
- Restlessness
- Severe anxiety and panic attacks
- Thoughts of harming yourself or your baby
- Recurrent thoughts of death or suicide

Untreated, postpartum depression may last for many months or longer.

WHAT CAUSES POSTNATAL DEPRESSION?

There is no single cause. Instead, it is generally the result of a many factors, including:

- a history of mental health problems, particularly depression, earlier in life
- a history of mental health problems during pregnancy
- having no close family or friends to support you
- a poor relationship with your partner
- having an unwanted child
- recent stressful life events, such as a bereavement

- hormonal changes caused by pregnancy

Even if you don't have any of these symptoms, having a baby is a life-changing event that can sometimes trigger depression.

WHEN TO SEE A DOCTOR

If you're feeling depressed after your baby's birth, you may be reluctant or embarrassed to admit it. But it's important to call your doctor as soon as possible if the signs and symptoms of depression have any of these features:

- Don't go away after two weeks
- Are getting worse
- Make it hard for you to care for your baby
- Make it hard to complete everyday tasks
- Include thoughts of harming yourself or your baby

IF YOU HAVE SUICIDAL THOUGHTS

If at any point you have thoughts of harming yourself or your baby, immediately seek help from your partner or loved ones in taking care of your baby and call the South African Depression and Anxiety Group on 0800 567 567 or your local emergency assistance number to get help.

ALSO CONSIDER THESE OPTIONS IF YOU'RE HAVING SUICIDAL THOUGHTS:

- Seek help from your primary care provider or other health care professional.
- Call a mental health professional.
- Call a suicide hotline provided above.
- Reach out to a close friend or loved one.



Nthati's Mental Health Journey

Mental Health is a topic that is not openly discussed and understood in African families. Many children grow up with a mental illness and cannot talk to their families about how they feel. It is important for all of us to start talking about these issues so that our family members who suffer from mental illnesses can get the help that they need.

Meet Nthati Phakoe, an advocate raising awareness on mental health. She is currently living with a mental illness but is taking her medication and maintaining a healthy lifestyle, while also being a single mother of two young boys. This is her story.

DIAGNOSIS

Nthati started showing signs of extreme sadness as early as 14 years old and her problem was not taken serious as her family said that she was just acting out because she was becoming a teenager.

It wasn't until she started showing signs of wanting to die and self-harm, that she was given medical attention.

The need and want to die just got worse and she attempted to take her life about 5 times. She therefore joined a social club and many people who didn't even know her personally, would gossip about her. This made things worse and Nthati began to drink alcohol to try and make the pain go away. This did not help. In fact the alcohol made things worse and she was then admitted into a hospital.

The doctors were not sure what was wrong with her but suspected it might be, Bipolar mood disorder, some type of epilepsy or Acute Depression.

With the support of my family, friends and medical professionals, Nthati has managed to get her condition under control and is living a healthy balanced life. The best thing for Nthati was to open up to talk about her feelings and regularly visit her psychologist.

ADVOCACY

Nthati started a mental health awareness initiative aimed at schools, the workplace and community for people of all ages, genders and walks of life.

Her intension is to raise Mental Health awareness. A lot of people live with mental disorders and some live with those mental disorders that go by unnoticed.

It is Nthati's dream that her advocacy work reaches all of Africa. There are a lot of people who are living with disorders and there are a lot of people who are living, with people who have disorders and they don't know that they have disorders. We are the least educated continent and she would like to change this reality.

Looking after your mental health during the Covid-19 lockdown

The Covid-19 pandemic has added a lot of stress and anxiety for everyone but it is very important that people suffering for mental health conditions take extra care of themselves in this stressful time.

Here are some mental health tips during the corona virus lockdown:

1. Show compassion and love to everyone us. Everybody is going through a hard time and it is our responsibility to be kind and help where ever we can.
2. Maintain a daily routine. Routine is important as it helps us feel more in control of our personal situation. The primary thing to do during this time is to make decisions where you can. People have more time on their hands than they usually do and the way we use our time will determine how we come through this difficult time.
3. Restrict media and social media. Too much information can become too much and make you feel like you have no control over your life. Also make sure that the information you are reading is not fake news by checking that the news source is credible. You can visit www.sacoronavirus.co.za or use this Whatsapp line (0600-123456) if you need any information on the virus in South Africa.
4. Spend your time doing things that you enjoy. This can be writing, gardening, reading, listening to music or dancing.
5. Talk about your feelings. Try to make it part of your daily routine where you talk to a close friend or to family. Talking to people will help put yourself outside your own situation and feelings and make you feel less alone.



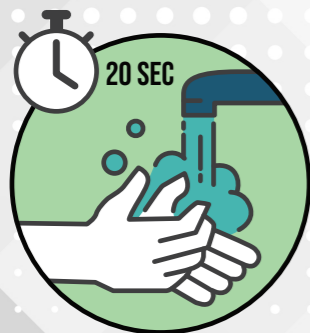
HOW TO PREVENT THE SPREAD OF CORONA VIRUS



WEAR MASK



DISINFECT CONTACT ELEMENTS



WASH YOUR HANDS AT LEAST 20 SECONDS



USE SOAP



AVOID CROWDS



AVOID HANDSHAKE

THE POWER TO BEAT COVID19 IS IN YOUR HANDS



health

Department:
Health
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**STAY
SAFE**

SAVE SOUTH AFRICA

TOGETHER WE CAN BEAT THE CORONAVIRUS

WOMEN TAKING POWER BACK

In our communities there are many ideas that give more power to men and boys. These ideas can be dangerous. They place women and girls in an inferior position. They allow men to dominate and disrespect women. Look at the myths and facts below, can you add some of your own?

MYTH: A man is the head of the household. He must be obeyed. It is important that a woman makes herself look attractive for her man.

FACT: A woman should be assertive when she needs to be

MYTH: A real man does not help with looking after children. He just has to pay

FACT: Children need both mothers and fathers to care for them

MYTH: Real men enjoy drinking lots of alcohol

FACT: How can drinking define manhood?

MYTH: A woman should not drink too much otherwise she will be raped.

FACT: It is never acceptable to rape a woman even if she is drunk

MYTH: Men need to have sex often

FACT: Men can control how often they need to have sex and like women, some need a lot and some need a little

MYTH: Women should always put the needs of others first.

FACT: Women and men need to look after themselves

MYTH: Women should always be gentle and loving.

FACT: A woman should be assertive when she needs to be

MYTH: A real man does not get involved with the cooking or cleaning in his home.

FACT: Men must share the work that needs to be done in this household as adults.

The right to safe love



South Africa has the highest rate of women killed by their intimate partner in the world. Although there are numerous campaigns to help address this problem, nothing seems to be working and our universal right to love and be loved is always violated.

In trying to reduce intimate partner violence and other forms of gender based violence, President Cyril Ramaphosa introduced 3 new bills in parliament and he believes that "through the introduction of these Bills, the government is honouring the promise it made to the protestors and to all the women of this country."



Sisterhood

Discuss in your club:

Look at the three bills discussed in this article with your club members and family. Write down suggestions on how the government can further protect women using the law.

What is a Bill?

A formal statement of a planned new law that is discussed by parliament and the public before being voted on

Let's see how these bills will help the women of this country.

1. THE CRIMINAL AND RELATED MATTERS BILL

This law will make it harder for abuser to get bail after they are arrested. This means that abusers will have to stay in jail until their court case is decided by a judge. This will help women who are abused feel safer.

2. DOMESTIC VIOLENCE BILL

This law will protect not just people who are married or in a romantic relationships but anyone who is in intimate or sexual relationships. It goes further to include the protection of older persons against abuse by family members.

Another change is that people who are abused will be able to apply for protection orders online. This is stop abusers from hiding the piece of paper that would get

them arrested.

The biggest change is that if someone knows that an act of domestic violence has been committed against a child, person with disability or an older person, that person has a duty to report it to a social worker or the police. If you do not report the abuse, you can also be arrested or pay a fine.

3. CRIMINAL LAW (SEXUAL OFFENCES AND RELATED MATTERS) BILL

This will make the list of sex offender available to the public, including you and me. If your name is on the list, you will have to communicate this every time you apply for a job, if you work with women, children, people with disabilities and the elderly.

What is a Protection Order?

A protection order is a court order that tells an abuser to stop the abuse and sets certain conditions preventing the abuser from harassing or abusing the victim again.



A TRIBUTE TO GOGO

WHY IS WOMEN'S DAY
IMPORTANT IN OUR HISTORY?

As a young living under one of the best Constitutions in the world, I often wonder how the women of 1956 organized themselves without social media. I still can't believe that on the morning of August 9, more than 20 000 women arrived at the Union Buildings with more than 100 000 signatures.

Since then every year we celebrate Women's Day on the 9th of August because our grandmothers and mothers marched for our freedom. Today we often forget what the day is about. We treat it as a public holiday where we can relax or have a party. Women's Day is an important day to remember the struggles that we still face today.

The protest was organised by the anti-apartheid group, the Federation of South African Women (FEDSAW), whose aim was to strengthen the voices and influence of women from all races in the movement towards a democratic South Africa. The protest was supported by mothers, daughters, sisters and friends who decided enough was enough and came together to initiate change. Women throughout the country had put their names to these petitions indicating their anger and frustration at having their freedom of movement restricted by the hated official passes.

During the protest, thousands of women stood silently outside Prime Minister J.G. Strijdom's door for 30 minutes before singing the protest song, "Wathint' Abafazi Wathint'imbokodo!" which translates to Now you have touched a woman, you have struck a rock.

Because of the women of 1956, all people of South Africa today enjoy the right to freedom of movement and black people do not have to carry what they used to call "dom passes" anymore.

We thank the women 1956 and promise to always remember why we celebrate the 9th of August.

ADVANCES MADE SINCE 1994

Since the start of democracy and freedom, South Africa has seen a number of women taking up leadership positions in areas previously dominated by men. One of the success stories of our democracy is that of the representation of women in political parties and other decision-making positions. Involving women in governance is one of South Africa's global success stories but is it enough if:

After 1994 until today The unequal laws are changed. But, women still experience inequality: • For every 100 men who own a business, there are only 25 women who own a business. • Per year, a woman has to work 2 months extra to get paid the same as a man. • In South Africa, 4 out of 10 women have experienced violence from their boyfriend or husband



DO YOU KNOW THE WOMEN WHO LED THE 1956 WOMEN'S MARCH?

Get to know some of South Africa's greatest women leaders and activists who fearlessly campaigned for democracy, equal rights, and uniting the people of South Africa



HELEN JOSEPH

Helen Joseph was born on 8 April 1905 in Britain and later graduated from King College in London with a degree in English. She moved to South Africa in 1931 to continue her teaching job and become one of the founding members of the Congress of Democrats, which worked with the ANC to demolish the apartheid. In 1955 Helen read out the Freedom Charter at the Congress of the People in Kliptown on June 26, 1955.

In 1962, Helen became the first person to be placed under house arrest for her fight against the government. A ban which was lifted when she was 80 years old.

She later died on 25 December 1992 but her legacy lives on as many roads and buildings are named after her, including the Helen Joseph Hospital in Johannesburg.



RADIMA MOOSA

Rahima Moosa was born in Strand just outside Cape Town in 1922. She dropped out of school with little formal education. Frustrated by the policies of the Apartheid government she and her twin sister Fatima campaigned for change.

Moosa was blacklisted by the Apartheid regime despite becoming sick after a heart attack in the 1960s. She died on 26 May 1993, a year before South Africa's first democratic elections in 1994. Her husband and her ten children remained active in the African National Congress after her death.

There is a mother and child hospital named after her in Johannesburg



SOPHIA WILLIAMS -DE BRUYN

Sophia Theresa Williams-de Bruyn was born in 1938, in Villageboard, a mixed area that had different nationalities living side by side.

She became the founder member of the South African Congress Trade of Union which later became the Congress of South African Union (COSATU).

In 1955 Sophia was appointed as a full-time organiser of the 'Coloured People's Congress' in Johannesburg.

She is the only surviving leader of the 1956 March and currently serves as a human resources manager and a commissioner at the Commission for Gender Equality. She is a member of the National Executive Committee of the ANC Women's League and is a member of the Saartjie Baartman Reference Group.

LILIAN NGOYI

Lilian Masediba Ngoyi was born in Pretoria in 1911 to a family of six children. She later enrolled for a nurses' training course, but she eventually took up work as a machine operator in a clothing factory where she worked from 1945 to 1956.

Impressed by the spirit of ANC volunteers, she joined the ANC in 1950 and was arrested for using facilities in a post office that were reserved for white people.

Within a year of joining the ANC she was elected as president of the ANC Women's league

in December 1956 along with 156 other leading figures. In the mid-1960s, she was jailed under the 90-day detention act and spent 71 days in solitary confinement.

Affectionately known as 'Ma Ngoyi', she suffered heart trouble and died on the 13th of March 1980 at the age of 69.



BLACK GIRL

Magie

Dear Self

You are so much more than your pain. I know it may feel hard to heal from the things that have broken you down and threatened your joy – but I hope you trust yourself enough to piece yourself together when you are ready. You are whole, even when you feel like your peace is missing.

My prayer is that your heart becomes full again and that you forgive yourself for whatever you did or didn't do, for whatever you knew and didn't know. May you make yourself a home of sacred belonging – you are a force. You've walked through many storms. You've been knocked down countless times. And still you're here – growing through it. Give yourself permission to rest. You will bloom again. I love you" -

Alex Elle

Most people write me off when they see me. They do not know my story. They say I am just an African. They judge me before they get to know me. What they do not know is:

The pride I have in the blood that runs through my veins;

The pride I have in my rich culture and the history of my people;

The pride I have in my strong family ties and the deep connection to the community;

The pride I have in the African music, African art and African dance;

The pride I have in my name and the meaning behind it.

Just as my name has meaning, I too will live my life with meaning.

So you think I am nothing?

Don't worry about what I am now.

For what I will be, I am gradually becoming.

I will raise my head high wherever I go

Because of my African pride

And nobody will take that away from me." -

Idowu Koyenikan

" Never let anyone tell you, your Black is not beautiful"

- Hadeeb Akande

"You are your own soulmate and someone can join in on that fun" - **Jada Pinkett Smith**

I am a force even when I'm deeply alone because being loved by yourself is enough to make joy wherever you stand- **Upile Chisala**

IT'S A FEMINIST THING

FORWARD * FEARLESS * FEMINIST

Sundays

on SABC 2 @18h30



AFRICAN WOMEN'S DEVELOPMENT FUND



SOUL CITY INSTITUTE FOR SOCIAL JUSTICE



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GENERATION *Equality*

REALIZING WOMEN'S RIGHT FOR AN EQUAL FUTURE



In 1995, world governments came together in China (the Beijing Conference) and started the biggest women's right movement and agenda for the human rights of women and girls everywhere. South Africa is one of the countries that committed that it would do everything in its power to address the following problem areas:

- Poverty;
- Education
- Health
- Violence
- Economy
- Human rights
- Media; and the environment.

25 years later, UN Women launched a campaign called Generation Equality. The Generation Equality campaign brings together the next generations of women's rights activists—many of whom may not have been born in 1995—with the gender equality advocates and visionaries who worked very hard to create the women's right movement for action more than 20 years ago, to make sure that gender equality and women's rights is a reality for all women and girls across the world.

THIS CAMPAIGN DEMANDS

- equal pay for women;
- an end to sexual harassment and violence against women and girls,
- health care services that respond to the specific needs of women and girls; and
- equal participation in political life in decision-making in all areas of life.

Speaking about the anniversary and the new campaign, UN Women Executive Director Phumzile Mlambo-Ngcuka said, "Today, nearly 25 years after the historic Beijing Conference, the reality is that not a single country can claim to have achieved gender equality. Despite some

progress, real change has been too slow for most women and girls in the world... As a result, women continue to be discriminated against and their contributions undervalued; they work more, earn less and have fewer choices about their bodies, livelihoods and futures than men; and they experience multiple forms of violence at home, at work and in public spaces. Generation Equality is a campaign for systemic change."

HOW TO GET INVOLVED IN GENERATION EQUALITY:

1. USE YOUR VOICE

The most important way to be an advocate is to speak up and join the conversations in your home, school and community. By raising your voice for women's rights and gender equality, you can spread awareness.

2. SUPPORT ONE ANOTHER

Support your club members and community in their campaigns for gender equality. The more people behind a campaign, the more chances the government will hear you and support your campaign and change the laws.

3. EDUCATE THE NEXT GENERATION

It is never too early to teach your younger brothers and sisters about the importance of gender equality. Youth activists around the world are stepping it up for gender equality. By empowering young advocates, and educating them about women's rights, we can ensure a better future for all.

4. KNOW YOUR RIGHTS

In your club meetings, you must make time to read and talk about your rights as a girl child. When you know your rights, you will feel empowered and confident to take action.



**GENERATION
EQUALITY** REALIZING
WOMEN'S
RIGHTS FOR AN
EQUAL FUTURE

Data is Expensive Keep a look-out for cheap data packages. There is a campaign to bring down the cost of data so people can have access to the internet, without spending too much on data.



USING TECHNOLOGY TO LEAD

We live in the information age where it is important to be informed and have knowledge about our world. Information can help our ideas become a reality and technology can be a great tool to gather information and build successful advocacy campaigns.

Let's look at a few information tools available to us as aspiring leaders.

Google is a search engine that is widely used for any information including news, maps, research, images and many more. Google offers services such as translation and maps. Google also offers business services like an email address (gmail), business listing and advertisements that can help benefit a start-up. Did You Know? A lot of people tend to look on Google if they are not feeling well. Be careful not to use the internet to diagnose your symptoms. Visit your nearest clinic and get help.

TWITTER is an online news and social networking service where users post and interact with messages, 'tweets', restricted to 140 characters. Twitter is great for advocacy and awareness activities on different social issues like 'GBV', 'Safe public transport', 'children's safety'. It's good because it will also link you up with people and organisations that work and share your goals.

FACEBOOK is an online platform that helps you to network with other people. You can share information, photos and videos from your phone or from a laptop. Look out for offers for free Facebook from your service provider. Having access to free WiFi can also help. You can have a personal Facebook page. It works well for campaigns and to get your community to support you.

WHATSAPP has become part of everyday communication, replacing the traditional SMS. People use it as a quick, convenient and easy form to communicate. You can share photos, music, documents (PDF), your location and videos. You can create groups that share common interests, for example, if a group of friends are studying, they can create a group and share notes, information, meeting dates, and any other information that will help the group's mission.

THINGS TO REMEMBER WHEN USING THE INTERNET

Internet Safety Social media can be a place where bullying and abuse can happen. Make sure you protect yourself from cyberbullying as it can have a negative impact on your wellbeing, dignity and mental state.

SOME TIPS:

- Set your privacy settings on Facebook so that only your friends see your posts.
- Don't post anything that might embarrass you later. Those drinking, smoking party pictures? Think twice about posting those! Especially if you are planning to apply for a job or a bursary. Future employers could look at your profile to see what kind of person you are.
- Data is Expensive Keep a look-out for cheap data packages. There is a campaign to bring down the cost of data so people can have access to the internet, without spending too much on data. It is called the #datamustfall campaign.
- Find free WiFi hotspots. Many cities in South Africa have increased the free WiFi zones. This includes restaurants, schools, universities, clinics and libraries to community centres, sports venues, hotels, shopping centres and airports.

To find out where, you can locate them in your communities by visiting www.alwayson.co.za or <http://www.findfreewifi.co.za>. If you're on Twitter, follow @FindFreeWiFi, which lists all the free WiFi hotspots in South Africa.

THE POWER OF YOUTH AS CHANGEMAKERS

Growing up, we always hear the older generation telling us that we are leaders of tomorrow but what is surprising is that they never take us seriously or include us in the decisions that affect our future. We are told that we are the lost generation, but nobody ever thinks about who raised this "reckless" and "lazy" generation.

GRETA THUNBERG

Greta was born in Sweden and is an environmental activist. At age 15, Greta won a climate change essay competition in a local newspaper. Three months later she started protesting outside the Swedish parliament building and started the "School Strike for Climate" movement.

Every Friday, Greta and her classmates would miss school to protest and she started asking students all around the world to join the movement. The protests went viral on social media.

In 2019, she travelled to New York to speak at the UN climate conference and she was named Time Magazine's Person of the Year.

So every time you doubt yourself and think you are too young to make an impact in your communities, remember these three girls. You have everything you need inside of you to change the world.

"We are the ones we have been waiting for"

In Africa nearly 1 in 3 Africans are between the ages of 10 and 24 and almost 60% of Africa's total population is below the age of 35. This tells us that young people hold the power.

The youth has a power that older people do not have. They are fearless, brave, and can be self-confident. Young people have the ideas, the creativity and great energy to shape a better world. Young people are full of hope and through innovation and imagination, they are problem solvers and have a great potential to generate a positive social change in the world. All we need is a chance to show our value to change our communities.

Here are some young girls who have changed their communities:

ZULAIKA PATEL

Zuluika is a young south African activist. She was only 13 when she stood up against her school's policy that said black hair was not neat. Her and her classmates marched against Pretoria High School when the school told them to "fix" their hairstyles.

She says that just because she is a "born-free", it does not mean that young people of south Africa live in

freedom. She believes that young women have a right to ask questions about this democracy and continue the fight against racism and sexism.

She says her heroes are Steve Biko and Winnie Mandela.

MALALA YOUSAFZAI

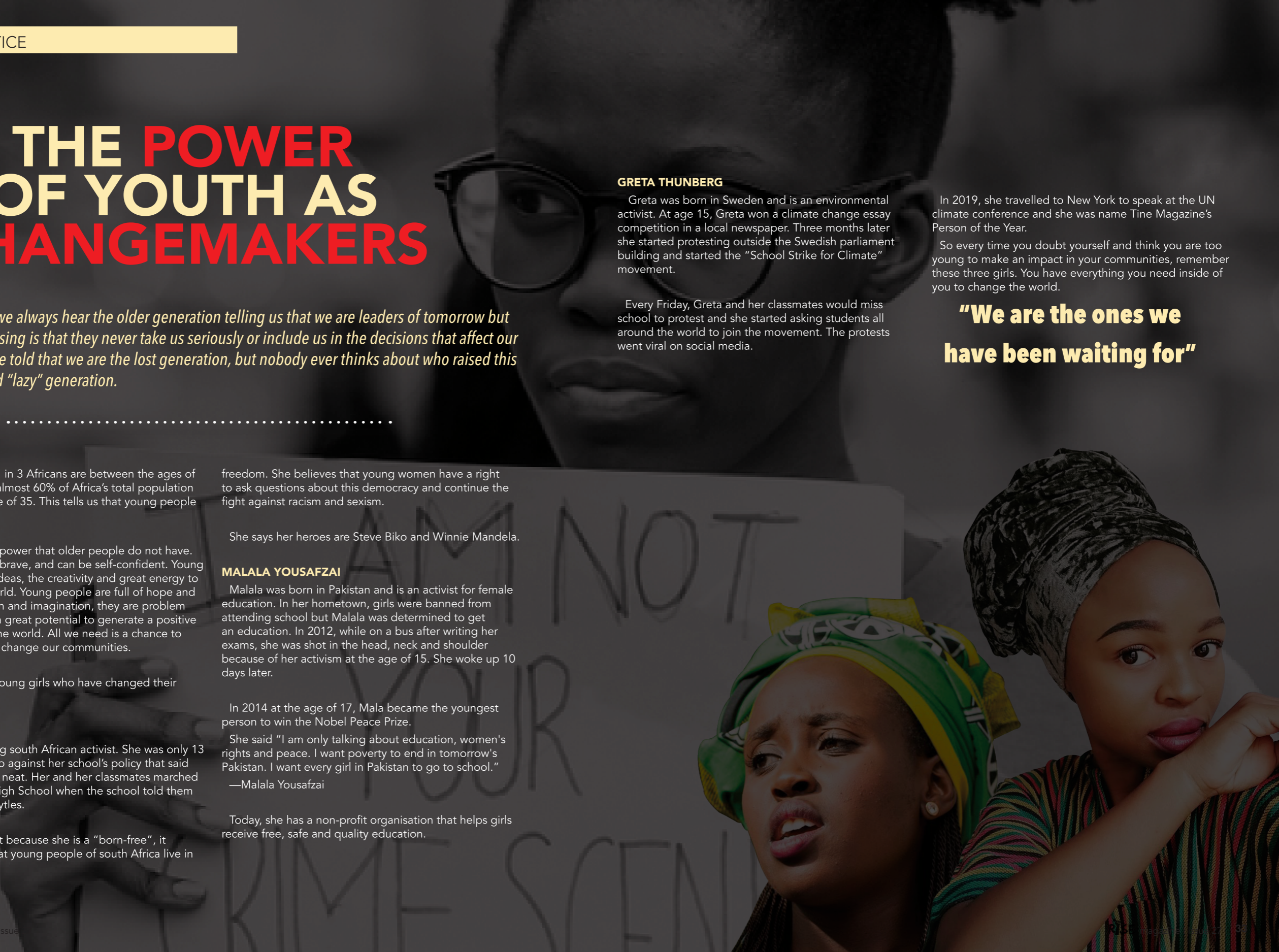
Malala was born in Pakistan and is an activist for female education. In her hometown, girls were banned from attending school but Malala was determined to get an education. In 2012, while on a bus after writing her exams, she was shot in the head, neck and shoulder because of her activism at the age of 15. She woke up 10 days later.

In 2014 at the age of 17, Mala became the youngest person to win the Nobel Peace Prize.

She said "I am only talking about education, women's rights and peace. I want poverty to end in tomorrow's Pakistan. I want every girl in Pakistan to go to school."

—Malala Yousafzai

Today, she has a non-profit organisation that helps girls receive free, safe and quality education.



EQUAL work for EQUAL Pay



Women and men are not treated the same in the workplace. On average men earn 28% more than women for the same job. If you are a mother, you are discriminated against even more after having a child and your salary is often cut down even more. To make things worse a woman is expected to be paid less for each child she has, but fathers will be paid more.

What is the motherhood penalty?

The motherhood penalty is when working moms are seen to be less capable to do their jobs because they may not be able to handle the same amount of work while taking care of their children.

An advocacy group called Women of South Africa (WoSA) is calling for the economic freedom of all women of South Africa and are pushing for laws that take away all the challenges women face in

the economy.

They want the gender pay gap to be illegal in South Africa, which will help end discrimination against women in the workplace.

What is the Gender Pay Gap ?

The gender pay gap refers to the difference in salary between men and pay

Researchers say that “ It takes women 10 more years to earn a man’s pay. If we do not close gender pay gap, a 20 year old woman starting fulltime work today stands to lose R5 million over a 40 year career compared to a man. When a man retires at the age of 60, a woman will have to work 10 more years, to age 70, to make up the difference and close this lifetime pay gap.”

Even though women work longer hours,

their contribution is not recognized especially if that work is in the household. Because of the gender unequal society, household work is seen as a woman’s job. Everyday women spend their extra time cooking, cleaning and looking after their children but are not paid for such duties. Every minute a woman spends looking after the household, is time lost where she could be spending on earning more money, investing or focusing on her education.

What is unpaid care work ?

Unpaid care work refers to all unpaid services provided within a household for its members, including care of persons, housework and voluntary community work.

UNPAID = the individual performing this activity is not paid

CARE = the activity provides what is necessary for the health, well-being, maintenance, and protection of someone or something

WORK = the activity involves mental or physical effort and is costly in terms of time resources

THE GIFT OF *Sisterhood*

BY : AMAKA ORAKWUE
ADAPTED BY: KGALI KEDIJANG

The greatest gift a girl can have is a group of girlfriends she can learn from and keep for life. The sister that always is there to remind you that you are a queen and you can do anything that you want to in this lifetime.

Sisterhood has always been an important thing in the lives of women. Without it we would never have the power of African feminism and how it has helped make our lives better today.

WHAT IS AFRICAN FEMINISM AND WHO IS AN AFRICAN FEMINIST?

African feminism is a form of feminism that is innovated by African women and specifically addresses the conditions and needs of continental African women (African women who live in Africa). In Africa where I was born and where I live, the quote, "it is a man's world" is true. I have lived through hearing what the African society deems to be my role as a woman in the home, school, church, in relationships and marriage.

So from an early age, I knew and questioned my abilities to do certain things and slowly my rebellious spirit began to form. I was blessed to come from a liberal home of educated parents. I became that opinionated and stubborn girl that questioned the African cultural laws that was often times, made for women. Those laws that justified the acts of men and turned women into slaves. Those laws that made women question their existence and true purpose in life. Those same laws that made women believe that their only role was in the kitchen, a man's bed or having babies. Do not get me wrong. There is great joy in raising a family. But an African woman should be given a choice and an option. Not everyone wants to raise a family. We are all different and want different things out of life. An African woman has been trained till present day, to believe that her validation of success can only come from marriage.

African girl children are taught that they be able to get the attention of a man. I believe in the institution of marriage, but let it be for the right reasons. Let it

be for you and not for society. The African society tells women that it is a sin to divorce your husband, as you will bring shame upon your family. This is a society that condones emotional, domestic and physical abuse against women.

A society that turns a blind eye to corporate abuse against women. I am a career woman, and it is tough building a career here. One might ask why I am an African Feminist. It's because I have to work twice as hard to prove myself in the corporate world, in a society that believes you are not smart because you are beautiful. My being an African Feminist is shaped by African contexts and my experiences.

The modern African woman is strong, smart, and resilient and has woken up to the options she has. She is no longer satisfied with the options created for her, but seeks to create new options and choices for the generation of other African women that will come after her. I am an African Feminist. I am in constant struggle with the norms in the environment I find myself. I will never be satisfied with the options my environment has given me.

I continue to seek and create other options for myself, because I want to have the same opportunities available to every HUMAN BEING. We as African Feminists must set out our priorities and agenda, as that is the only way we can empower the African woman. I pray that we as African Mothers raise SONS/MEN who continue to respect the need for gender equality and fairness, because what we are really fighting for, is to be respected and to have the same opportunities as the next person.

"She is a friend of my mind. She gather me, man. The pieces I am, she gather them and give them back to me in all the right order."

- TONI MORRISON, BELOVED



FIVE BOOKS FOR REBEL GIRLS

1. *Daughters of Africa* - Margaret Busby
2. *We should all be Feminists* – Chimanda Ngozi
3. *The Diary of a Young girl* – Anne Frank
4. *Nervous Conditions* - Tsitsi Dangarembga
5. *African Love Stories* - Ama Ata Aidoo

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						



Ensuring rights and choices for all

