

Your 18th edition



Staying healthy!



Keeping fit

Have fun with your friends

Dieting

How to lose weight safely

Mental health

Knowing when to seek help

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Welcome to your magazine!

This edition is all about being healthy and making healthy choices. What is your idea of being healthy? Is it about losing weight and having healthy skin? Or is it about being happy?

We have asked some of our club members from the North West Province what being healthy means to them.

As women, we find ourselves under a lot of pressure to lose weight. But dieting can be physically and emotionally harmful. On page 14 we look at the good and the bad of dieting.

Smoking is harmful and is particularly dangerous for your health and those around you. Many young people start smoking because they believe that it will help them lose weight, this is not true at all. Find out more on page 24.

Cancer is real. We have put together an informative article that will help you understand more about cancer and what check-ups can help women stay healthy on page 20.

Being healthy takes a lot of discipline, mental fitness and courage. Choose happiness, make healthier choices, choose a lifestyle suitable for a powerful, strong and successful woman.

Choose YOU so that you can have a longer life! Choose YOU because there is no spare you tucked away in a box somewhere!

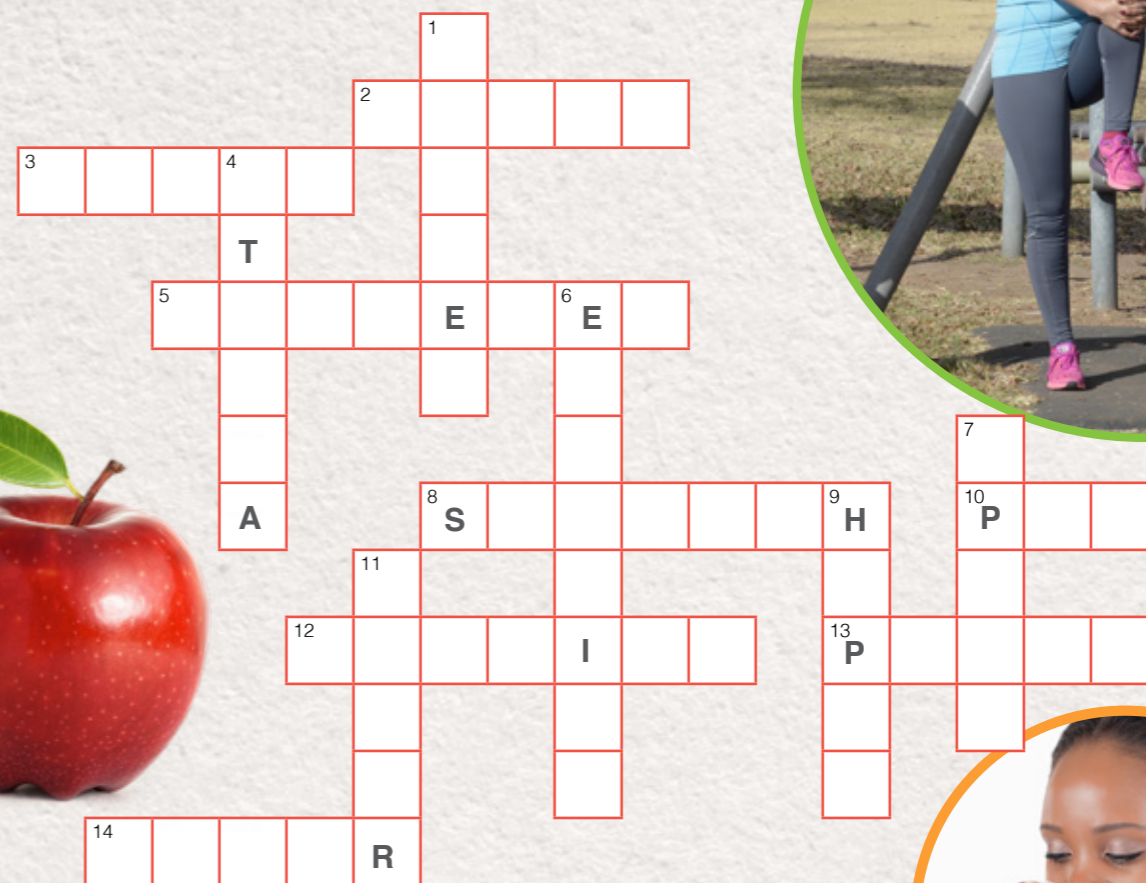
Health is Wealth

Dee
 xoxo

Rise was launched in 2014 and it's been an amazing journey! Did you miss an issue? Send an email to rise@soulcity.org.za to see if your club qualifies for back-dated magazines.

Health Quiz

Test your knowledge about how to stay healthy!
 Clue: Find the answers in this magazine!



Across

2. An organisation that helps people who are depressed?
3. There is no cure for TB – True or False?
5. Trouble with sugar regulation is called ____?
8. What you should do before you run.
10. A test for cervical cancer: ____ smear.
12. What is a very cheap form of exercise?
13. What should you not take when you are on a diet?
14. What is the healthiest drink on earth?

Down

1. Cells that grow out of control are called ____ cells.
4. Thinking bad about people based on their appearances or identity.
6. Obesity can be caused by a lack of ____.
7. An ____ a day keeps the doctor away!
9. Being healthy can make you feel ____.
11. What is very bad for children's teeth?

Answers: 1. Cancer; 2. SADAG; 3. Falses; 4. Stigma; 5. Diabetes; 6. Exercise; 7. Apple; 8. Stretch; 9. Happy; 10. Pap; 11. Sugar; 12. Running; 13. Pills; 14. Water.



KWAZULU-NATAL

Ugu District Rise clubs

At the end of June the Ugu District in KwaZulu-Natal held a congress. 100 Rise members were introduced to the Rise App and shared their challenges and successes. Also present were the South African Association of Youth Clubs and LoveLife. A representative of the Department of Education spoke about the scholarships and bursaries available to young women.



Does your club have any news? Let us know! WhatsApp Dee on 081 017 8769



MPUMALANGA

Rise congress

Mpumalanga Rise clubs held a congress at the end of June. They invited Sister Lorraine Fakude who spoke about HIV and TB. They also did aerobics and team-building games.



FREE STATE

QwaQwa Rise clubs

Rise clubs in QwaQwa partnered with the SOS Children's Village in Makeneng for a mass march and community dialogue. They discussed abuse against women and children and the importance of communication between parents and their children.

A number of stakeholders were present, including the community's chief, Morena Leabua Mopeli. Our mentor, Tshedi Likate was a speaker, making the community aware of the importance of NPOs.



I rise above

written by Lerato Maritela from Sisonke Rise club.

Think how you can rise above the rest
 Think how you can pass every test
 Think and you will find your role
 Where there's passion, there's a goal
 Ways are different and means are there
 So out there and bear
 Don't hold back on things you like
 Coz it's your way and it's your life!
RISE ABOVE THE REST



Rising Star



Katlego Matsego was born and raised in Wonderkop, North West Province.

She comes from a family of photographers – first her grandfather was a photographer, then her uncle and now Katlego. She studied photography at the Oxford College in Pretoria and now she photographs events, weddings and portfolios for models.

Photography suits Katlego because she loves people. "I love to make people feel beautiful," she says.

Last year a friend invited her to join the Mighty Ladies Rise Club. She has been on a few camps and really enjoyed getting to know herself better.

"We got a lot of knowledge about HIV. We all went to the clinic together. I am finding out about being a woman. Rise has helped me through a lot of stuff."

Katlego's ambition is to be a professional photographer. She dreams of having her own big studio in Johannesburg.

"I want my photographs to be published in Cosmopolitan magazine!"

Sisonke Rise Club

Celebrating life!



When you spend time with the young women from Lethlabile in the North West Province, you realise that these are strong and determined personalities. They laugh a lot and cry a lot. And they get a lot done. They have marched against violence and walked to stay fit. They meet regularly and in full numbers.



Part of their success is their chairperson, Charmaine Oria. A quiet and motherly person, Charmaine is very strict. If anyone is late or doesn't attend they have to pay R2. The group also makes sure that they don't gossip about each other and that they show respect for each other. These women try to be there for each other.

The club meetings allow the women to be themselves. It is a space where they can bring their strengths and weaknesses. It is where they can get some guidance in difficult circumstances.

Life is not always easy, so having a lot of fun together is also important.

"I joined this club because I knew it would help me a lot. It gives me information and knowledge that I can pass on to my friends. I even got my friends to join. The club has helped me to put my life before boys. I believe strongly that if you don't speak out, you can't get help or be healed."

- Bathabile Motlhamme (20)

"I was raped when I was 13. I didn't know who the guys were and my case didn't go further. Then when I was 17 my mother died. My father married another woman and I had to live with my aunts. My family did not treat me well and my uncle is mentally ill. So I started living a life without meaning, drinking beers and smoking cigarettes. I started to depend on boys. Last year I started coming to Rise meetings. And now I feel as if I have sisters who are there for me. Last year in December we had an event about GBV and I was able to talk about my experience on television."

- Lerato Maritela (20)

"I was raised by a single mom. I am number 5. We all live with our grandmother. Life is hard. I wish I had a daddy. But I really appreciate my mother. She managed to put us all through school. She does not work, but she makes sure we don't go to sleep hungry. She tries everything. She volunteers in schools. She is on the school governing body. She never lets life get her down. She inspires me to be independent. I did very well in matric, but now I have nothing. But one day I am going to graduate. I am going to make myself and my mom proud!"

- Mabel Phiri (19)



“I live with my mother, my brother and my granny. My sister passed on. Every day when I want to do my homework my mother says I am not allowed to go next door. I start crying. We fight a lot. Rise is very important to me because of the advice I get. My mother now thinks it is wonderful that I am in the club. So Rise has improved our relationship.”

– Charlotte Mamo (20)

“I live with my granny and my 3 cousins. For me life is okay. I went to school but I didn’t have money to carry on studying. The club is helping me because I can attend some courses. I have more knowledge. I can see that life is not easy, but that I have to be patient because my time will come. When I am with these girls I am free and happy. I can’t wait to see them again.”

– Joyce Malemela (24)

“I came to Lethlabile when I was very young. I am from a big family. I find the club interesting because we talk about interesting things. I take them as my family.”

– Mavis Pilane (20)

“I was raised by my mother. After I finished my matric I went to a nursing college. Then my mother passed away. She was the only one who was earning money. Life was hell. I lost all my dreams. It was like the walls came crashing down. When I heard about Rise club I was a bit sceptical. I don’t share easily. But I have learnt quite a lot here. I learnt that I am not alone in this world – everyone has their past. It has made me feel a lot better. The girls have helped me in ways that they don’t even realise. Suffering makes you feel lonely and bitter. But now I have met all kinds of other people who have the same problems.”

– Lucy Ndhlovu (24)

“I finished my matric in 2013. I stay with my grandmother only. I have no siblings. My mother passed away in 2011. I joined Rise because I need some sisters. They guide me and motivate me. I tell them my problems. They love me. They know that I am positive and that I am crazy and they accept me!”

– Kgagamatso Beula Ngobeni (22)

“I live with my sister, our little brother and my mother. She is fantastic. When I fell apart she was so strong. My brother is sick. Last year I missed school and the club inspired me to go back. Now I am studying law. They inspire me and are crazy with me. These are all my friends.”

– Kefilwe Baloyi (23)



The Exercise Lifestyle

Exercise is an important part of our health. It strengthens our muscles, burns fat and makes us feel better emotionally and physically. It can give you energy! Some of us don’t really enjoy exercises. It can feel uncomfortable. Or we struggle to stay motivated.

Exercising works best if it is part of your lifestyle.

Here are some easy exercises you can try out. You can check YouTube for more like this:



Stand back to back. Bend your legs slightly. Pull your partner onto your back. Take turns.



Lie on the ground. Lift up your legs towards your partner. They push them down – use your tummy muscles to resist the push. Move legs down to just above the ground. Repeat.



Star jumps: Feet together. Jump up. Lift arms, spread legs. Come down again with feet apart. Repeat.



Cross stretch: Move left elbow to right knee. Then right elbow to left knee. Repeat.



Side stretch: stand with legs apart. Stretch your arm over your head and feel a side stretch.

Myths & facts about TB

Myths	Facts
1 TB runs in the family; it is a genetic / hereditary ailment.	TB is a germ, which can attack simply anyone. Heredity or genes have simply no role.
2 Each and every TB patient spreads disease.	About a third of TB patients are infective – mainly those lung cases who, while coughing, emit germs into the air... if the patient doesn't have a cough, there is no risk of infection.
3 TB patient must at once be sent away – to TB hospital / sanatorium.	Once effective treatment begins, even a sputum positive (infective) patient quickly turns germ free (non-infective). So if the patient religiously takes proper treatment and observes precautions while staying at home, he poses no additional risk of infection to his family members. That is why now-a-days home-treatment is the norm and hospitalisation an exception. The concept of a TB sanatorium is a thing of the past.
4 There is no cure for TB; it means sure death	TB is curable. Effective anti-TB medicines have been available since 1950's. However, there is one problem – Treatment of TB is pretty long. Medicines must be taken for a minimum of 6 to 8 months for complete cure.
5 TB treatment is very expensive.	Treatment of TB is not expensive.
6 TB only occurs in the lungs	TB mostly (80%) occurs in the lungs. TB can occur anywhere in the human body – from head to toe.
7 Exposure to a TB patient leads to infection and infection means sure disease.	Being infected is not synonymous with falling sick with TB.
8 After a couple of months of proper TB treatment, symptoms subside and the patient feels much better. Thereafter, the patient can safely stop anti-TB medicines	Treatment of TB is pretty long. Medicines must be taken for a minimum of 6 to 8 months for complete cure, Otherwise you risk relapse and complications.
9 TB is spread in taxis	TB is not spread through spitting or sharing crockery or cutlery. You need to be exposed to TB droplets in the air for eight hours or more to be at risk of contracting the illness – so the idea that TB is easily spread on public transport is also a myth.

Making **Clinics** more **Youth-Friendly**



Growing up brings many changes to your body and emotions. As a young woman, it is important to regularly visit your clinic.

Especially when you are sexually active you need to have access and advice to contraception. Regular testing for HIV is also important. A clinic can also advise you on mental health or any other health problems you might have.

Going to the clinic for private matters may feel awkward or uncomfortable. This is why it is important to know your rights.

If you encounter problems speak to the clinic manger. Otherwise contact the Department of Health in your province.

Did you know?

To make sure that clinics and hospitals serve their customers well, the Department of Health has drawn up a Patient's Rights Charter.

The patient's rights charter

As a patient you have the right to:

Positive caring

- Clinic staff should introduce themselves to you and talk with you in a language you understand
- Be treated with respect and dignity by the staff
- Access to private rooms for confidential medical discussion and counselling on sexual health, cancer and HIV/AIDS
- **Patients must be shown where they can complain about bad treatment!**

Quality service

- Clean and neat waiting area
- Emergency care regardless of your ability to pay
- Equipment for basic health screening such as HIV testing, and general check ups
- Special care for pregnant women, pensioners, people with disability, patients with chronic pain, and people living with HIV (PLWHIV)
- **The maximum time you should wait is 2 hours**

Safety and security

- The clinic should be safe, clean and have good ventilation

Clean and healthy environment

- Staff wear clean uniform and use new gloves and masks
- No hazardous waste - such as blood or human waste - is visible
- Clean toilets and water available
- **Waste and bins are regularly removed**

Drugs and medical supplies

- No patient should be short of medicine
- Pharmacy operating times are clear and kept to

Being healthy

We asked some Rise club members from Wonderkop in the North West what being healthy means to them.

Luciano Mabileza (20)

A healthy person eats fruit and veggies, and drinks water. I jog, play netball and tennis. I don't eat too much. Sometimes I eat junk even though I know it is bad. One should never eat junk food. Spinach and cabbage are very good for you.

Fancy Motshidisi (22)

I feel healthy when I am happy. When I am sad I know that I am not well. I do yoga every morning. I Googled some exercises and now I do them every day. It makes me start the day with a fresh mind and then my body can also be healthy.

Bonolo Gaberone (25)

You have to eat healthy – like fruit and vegetables. My favourite is mangoes. Exercise is very good. I like running because it clears my mind.

Yonela Ganjana (20)

To be healthy you have to exercise and eat well. But I don't exercise, and I just eat whatever I want. I would love to exercise but I need someone to motivate me because I am very lazy.

Carol Mabuleza (24)

Healthy means that when I wake up I feel excited and strong. I eat healthy and do netball every Wednesday. I am a healthy person.

Innocentia Ramaboa (23)

Being healthy is when I don't have stress. Talking to my friends and taking stress out of my heart keeps me healthy. Crying also helps. Talking to my mother and telling her everything also keeps me healthy. When I'm happy inside I am fine.

Nolunthando Mfana (20)

You have to eat well. Vegetables are better than meat because meat has a lot of fat. This can make you fat and it can affect your heart. If you are too fat you cannot move well. I don't eat meat every day. I love spinach, cabbage, carrots. My baby eats pumpkin, potatoes and spinach. It's important that babies eat well.

Zimkhita Khanzi (20)

Being healthy means being fit. I exercise. I love netball. I also exercise my mind by staying positive. You can also exercise around the house. Cleaning is part of exercise. I like fruit a lot. Apples are my favourite. I like uncooked vegetables like carrots.

Katlego Mokosi (23)

I exercise in the morning. I run at the stadium and then I do a couple of sit ups because I am trying to lose weight. I drink water with lemon or cucumber. I exercise with 20 others. We motivate each other. When you feel healthy you never get sick. Drinking water is also good. If you can't exercise every day, take a jog twice a week. It is good to take care of ourselves when we are still young.

Nomathemba Mayizale (20)

You must eat healthy food like fruit and vegetables. I love bananas. I also love cucumbers. When I exercise I feel flexible and strong and energised.

Masego Mogwaile (21)

Being healthy can be many things. Some people don't do exercise and they are still healthy. Others exercise and are sick. I do not eat healthy food, I like meat and spices. I don't exercise. But I am happy the way I am. I don't feel unhealthy. Health means being happy with who you are.

Running for life and friendship

Running is the most natural way of exercising. You don't need any equipment. You just put on your shoes and go.

Reasons to run?

- Running is one of the easiest ways to exercise.
- It's good for your heart, strengthens your bones and muscles.
- Running helps release stress and anxiety.
- It increases your energy levels.

It is also a wonderful way of spending time with other people. Running groups are a great way to meet up with friends every week and to make new friends.

You can also walk

If you're new to running you might find it hard and be out of breath easily. That's normal. It is better to start with running a little bit and then walk when you need to. Walking uses the same muscles that running does. This way you can build up your strength.

The competition is only
with yourself

Our bodies are all different and have different abilities. Start with what is comfortable for you. Don't compare yourself with others who are faster, just with how you did last time.

Listen to your body

If it really hurts, stop running and walk. It's normal to have some pain in your muscles if you are not used to running. You are likely to have some pain in your muscles the next day – this is called feeling stiff.

If you have repeated pain, especially in your knees and shins, take a break from running. Many injuries that come from running can be avoided if we listen to our bodies.

Running should be
exercise, not torture.

What do I need to run?

You can run with whatever you have.

If you have some money to spend, you can buy a pair of comfortable running shoes and a sports bra.



Running with what you have

Tirunesh Dibaba is a long distance runner from Ethiopia. She has won 3 Olympic gold medals, 5 World Championship gold medals, and 5 World Cross Country titles. Her nickname is the "Baby Faced Destroyer". She grew up in a village and ran barefoot until the age of 16.

Sisterhood

Start a running or walking group

About 8–10 people is a good number to start your running club. That way if a few people don't come you'll still be a group. Find a safe place with no traffic. A big park or grass area is perfect.

Set a comfortable distance. This could be a certain number of laps around the park. Start with about 2 km. Choose a time and day when you'll meet every week. **Encourage each other to show up.**

Support each other to finish. Girls who are more fit could keep the slower ones company when they are finished.

Agree on rules or guidelines.

Expand your group

When you've been running for a while, invite other girls and older women to join: from your school, church and family.

Find running events nearby and
participate as a group.

Host a fun run for others in your community. Make posters, send out invitations and have a special 1-day event.

Taking back the streets

As women and girls, streets and parks are often unsafe places. Running and walking in groups is a way of "taking back" these spaces, feeling safer in them and making them ours.

parkrun



What is parkrun?

parkruns are **free** 5 km running events that happen **all over the world** at 8 a.m. on Saturday mornings. They bring together all kinds of runners, from professional athletes to older people who walk it.

parkrun SA was started by Bruce Fordyce, a South African runner who won the Comrades Marathon 8 times in a row.

What makes *parkrun* special is the people:

"We create a community, people cannot wait to get together on a Saturday morning. And the excuse is to have a run. It's very welcoming. We don't care how fat or large or out of shape you are. Nobody's going to laugh at you and we don't care if you are a slow walker. There are no medals, no prize money no greater status to the person that's first. If I had to use one word to describe parkrun I'd say 'happy'. People are just so happy, they get so excited on Friday. They can't wait to see their people."

Each *parkrun* is organised by volunteers, who do the timing, marshalling and set up the start and finishing tent. One of the volunteer roles is the "tail runner". The tail runner walks at the back to make sure no one has hurt themselves and keeps the slowest person company so they don't feel bad.

parkrun events happen every Saturday at hundreds of locations across South Africa. **You can also get together and set up a parkrun in your community.** Find out more on their website: www.parkrun.co.za.



Bruce Fordyce

Going on a diet?

Many people feel that they have to lose weight. They try all kinds of diets. There are so many different types of diets. Sometimes it is hard to know what is healthy and what is not!



Why do people diet?

1. Some are at an unhealthy weight and need to look at their exercise and eating habits. Some people play sports and want to be in top physical condition.
2. Many people think that they will look and feel better if they lost a few kilos. Some believe that if they lose weight they will solve their relationship problems or find a boyfriend.
3. Looking at the models and celebrities on TV and in magazines makes people diet.
4. At the age of 12 or 13 girls go through body changes. Their hips broaden, their breasts develop. These are a normal part of development. But sometimes it makes us feel uncomfortable, so we try to lose weight.
5. Sometimes people have problems in their life that they have no control over. For example, they may have a parent who drinks. So, they focus on something that they can control – exercise and food intake.

Banting! The fresh air diet!
The no-carb diet!
Low-fat diet!
High-protein diet!
The high-fat diet!
The water diet!

Great ways to find good health

Tips that might help you change your health habits:

- **Exercise!** Find a sport you like, walk to places or go for a run.
- **Eat breakfast.** Studies show that people who eat breakfast do better in school, eat less throughout the day, and are less likely to be overweight.
- **Get enough sleep.** When you are tired your brain tells you to eat more.
- **Eat a variety of foods,** including plenty of fruits and veggies.
- **Drink lots of water** rather than cool drinks. A glass of water has no calories and will help you to stay hydrated.
- **Choose smaller portions.**
- **Eat slower.**

Did you know?

- Simple, **home-made food** is cheaper and healthier than junk food.
- **Porridge** is healthier than cereals!
- **Home made sauce,** like sheshebo, is healthier than tomato sauce!
- **Home made chicken stew** is healthier than take-aways!
- **Fruit** is healthier than fruit juice!

Can diets be unhealthy?

Any diet that makes you eat fewer calories than you need, can be dangerous. Some diets cause you to get the wrong nutrition.

Diets that tell you not to eat certain groups of food can be unhealthy. For example, diets that won't let you eat fat or starch are not balanced. You may lose weight, but you will probably gain it back once you start eating normally. They don't help you to create a healthy lifestyle.

For some people, controlling what they eat is difficult. They do extreme dieting and then eat a lot of food. They repeat this over and over. This makes them feel guilty. Some vomit or use laxatives to feel better.

Eating disorders

People who eat and then vomit it up suffer from **bulimia**. Eating too little to stay thin is called **anorexia**. These are eating disorders. Someone with an eating disorder needs to see a doctor or a nurse to discuss these issues.



- Read this article together. Do you agree with what it says?
- How can you stop making each other feel bad about how your body looks?
- How can you support each other in staying healthy?

What some Rise members say:



"My clothes were not fitting and I was eating junk and not exercising. I think that people who are fat look older."

- Matshidiso (22)



"After matric I gained weight. I just sat and watched TV and ate. It can make you depressed and anxious. Now I eat vegetables and jog twice a week. Having a routine helps me."

- Reratile (23)



"When I had a baby I was so hungry I ate everything. I have been on a diet 3 times. Now I have done some research and drew up a diet plan."

- Puseletso (23)



"I am always hungry. I love food. I don't feel healthy in this body. I am angry with myself. I am on a diet now. I only eat once a day."

- Victoria (20)

So how can you lose weight safely?

As a teenager, dieting can be dangerous. You may not get the right nutrients. This can stop you from growing properly. It can also cause health problems later.

Eating healthy meals and snacks, combined with exercise, can help you lose weight and develop properly at the same time. Just being more active can help you lose weight. Regular exercise also helps us to feel healthier and better about ourselves.

If you are concerned about your body's size or think you need to lose weight, talk to a nurse, doctor or dietitian.



FIRST LOVE

Linda was sitting in the bathroom trying to hold back her tears. But she couldn't stop herself. Just a few minutes ago she was dancing, free and happy. Then she saw something that made her go limp. Mpho, her one and only love, was kissing Puseletso. She ran from the room.



Share the stories of your first love. Did it end happy or sad? Write down your story and send it to RISE.

Locked in Zanele's bathroom, Linda's mind raced back to when it all started.

Mpho had arrived at her school after the Easter holidays. She immediately noticed him. He was so sweet and quiet. He was sitting in front of her and Zanele in maths class and soon they were laughing together. The 3 of them became a crew.

In the July holidays, they spent some time hanging out at Zanele's place, watching

a movie. Zanele was next to the heater and Mpho and Linda were on the couch sharing a blanket. Their knees were almost touching. She remembered how she could almost feel him. And then his hand was on her knee. First she froze with surprise, but as she got used to the feeling, she relaxed. A warm, soft, lovely feeling moved through her. She put her hand under the blanket close to his and he held it. They sat like this till the movie was over. She was smiling.

Later they stood outside Zanele's house.

"What happens now?" she asked Mpho.

"I walk you home," he said.

They spoke a little about the movie and homework but mostly walked in silence. Then on a quiet street, with no one else around, he kissed her. It was like drinking the sweetest water in the world.

They became a unit, hanging out every day. They had so much in common, music, ideas. They could talk easily. Even her family liked Mpho. She told him about her father dying and how she still missed him. He told her that his family was moving all the time because of his father's job.

She loved the way he felt and smelled. The way he looked at her made her heart smile. Zanele teased her: **"You are in love!"**

But then it all changed. It started that weekend when Mpho's cousin visited. He was a rapper. Soon the word got around that Mpho had a famous cousin. And then Bongani's crew, the "cool" guys, started to be interested in him.

"Yoh Mpho, I didn't know he was your cousin! Who else do you know?"

They spoke about all the other rappers Mpho had met through his cousin.

Even though she didn't like Bongani, Linda was happy that Mpho was making friends. But then he started to hang out with them all the time.

"Yo, Mpho come with us. You are always hanging out at your chick's place," Bongani said one day.

"I'm not his 'chick', I'm his girlfriend," Linda glared at him.

Mpho took Linda's hand and pulled her away. **"Hey Bongani, let me walk Linda home and I'll catch up with you guys."**

"But I thought you were coming over to my place today," Linda said. Her voice was shaking.

"Aaah baby, didn't I tell you that the guys are hanging out at Siphos's place?"

"You're even starting to sound like Bongani," she snapped back.

"Bongani was right about you. You want to control me."

"Control you? You used to want to spend time with me."

Mpho looked down. For a while they walked quietly. Then he sighed and looked up at her.

"I want to be with you. But I also need my friends."

"I don't know why that's so important to you," she said. Her voice was cold with hurt.

"Ey, I don't have time for this. I'm off," he said, and walked away.

Watching Mpho walk away, Linda felt so lonely.

Soon she demanded that he spend more time with her. She complained about him always being with "the guys". She felt like a child again, desperate for his attention.

"You are so boring," Zanele told her one day. **"Stop complaining about Mpho. He's just a guy."**

The day she told Mpho that she thought it wasn't working anymore. He just agreed and walked away.

And now, just a month later, he was kissing someone else like she wasn't even in the room. Linda felt so sore.

She closed her eyes and went back to that one special moment she would always remember. It was a weekday at break time. He was sitting on a desk in an empty classroom. She was standing in front of him. He looked at her like she was something new he had just discovered.

"I love you," he had said.

"I love you too," she had smiled.

And now it was all over.

Mental health

What is mental health?

People who are mentally healthy feel good. They can cope with the normal ups and downs of life, can work and feel that they can make a contribution to their community.

What is mental illness?

Mental illness is a disease much like diabetes or heart disease. Mental illness affects how you think, feel and behave. Like physical illness, it can be treated with medicine. It is also treated through counseling. With the right treatment, people with mental illness can live normal lives.

Some types of mental illness

There are many types of mental illness. Some of the most common ones are:

Depression: Being depressed can make you feel so sad that daily life is hard to cope with. You lose interest and can feel very tired all the time.

Anxiety: Being anxious and fearful is a normal part of life. But if it does not go away and becomes worse, it becomes an illness.

Schizophrenia: Being schizophrenic affects a person's thoughts, feelings and behaviour. People with schizophrenia are out of touch with reality. Treatment is lifelong.

Bipolar: Bipolar is an illness where your moods move from manic (extreme feelings of excitement) to depressed. It can affect your ability to do normal day-to-day things. Treatment is lifelong.

I suffer from bipolar disorder. Some days I feel like a super hero. I feel I can achieve anything. I don't need to sleep. This is the manic phase. It feels great while it lasts. But then comes the depression. I am unable to get out of bed and life doesn't seem worth living. My family know the warning signs. When I am manic they see that I start talking too much, I make strange decisions, I buy things I don't need, I make big plans – and they have to take me to the clinic as soon as possible.

If any of the SIGNS last for a long time YOU SHOULD SEEK HELP:

- Not sleeping or sleeping too much.
- Not eating or eating too much.
- Feeling sad and irritable for a long time.
- Feeling extreme highs and lows.
- Withdrawing socially; staying at home and not going out with friends.
- Feeling very fearful, worried and anxious all the time
- Strong feelings of anger.
- Having strange thoughts or ideas.

How to live with mental illness

Talking to someone can help. If you suspect that you or your loved one may suffer from a mental illness, visit your nearest clinic. The nurse will organise an appointment with a doctor.

If you are diagnosed with a mental illness, there is a lot you can do to help yourself:

- Get to know your illness. Know what triggers you. It could be anything from stress or money to relationships.
- Take your medication, even if you don't like the side effects!
- A healthy lifestyle can help keep you stable.

Stigma around mental illness

People with mental illness often experience discrimination. This can make it more difficult to cope. It can make recovery difficult.

Here are some harmful **myths** around mental illness:

- People with mental illness are mad and dangerous and should be locked away.
- People with mental illness are possessed.
- People with schizophrenia are violent.
- People with mental illness can never get better.
- People with mental illness have done something bad.
- People with mental illness are stupid and can't work.

These are NOT TRUE!



Invite a nurse or a doctor to come and speak to your club about mental health. Or find out if there is a branch of SADAG near you who could refer to you to services near you. Ask the speaker how you can support those who suffer from mental illness.

Always take it seriously if someone threatens to kill themselves. Make sure you tell someone and get help.

Ongoing support

SADAG is the South African Depression and Anxiety Group.

They have a network of over 200 support groups throughout South Africa.

They have a monthly newsletter that you can sign up for. They also have a Facebook page: The South African Depression and Anxiety Group

Here is their website address: www.sadag.org

Helplines

SADAG Mental Health Line
011 234 4837
24hr Helpline 0800 70 80 90
SMS 31393

Suicide Crisis Line
0800 567 567

Lifeline
0861 322 322

What is cancer?

Our body is made up of millions of little cells which help us to function. The cells do different jobs. For example, brain cells help us to think.



Cancer cells are cells that have stopped working normally. They grow out of control and interfere with normal body functioning.

Cancer can start in one part of the body then travel to other parts.

Breast and cervical cancer

Every year almost 7 000 women die in South Africa from breast and cervical cancer.

In breast cancer, a lump forms in the breast tissue, but you may not notice it until it is big.

Your cervix is the opening that connects your vagina to your womb. Cervical cancer is when a sore forms on your cervix.

How do you get cancer?

We don't know exactly how cancer cells starts. Here are a few things that we do know:

- Cancer can be caused by certain viruses like HPV.
- You cannot catch cancer from another person.
- Some women are more likely to get breast or cervical cancer than others. Usually these women:
 - are over 40 years old
 - smoke cigarettes
 - have a history of cancer in the family
 - are HIV positive (for cervical cancer only)
 - drink alcohol

Symptoms of breast cancer

- lumps in your breasts
- discomfort in your breasts
- "inverted" nipples (the nipples turn inward)
- a discharge from your nipples

Having some of these symptoms does not mean you have cancer. But it is best to check it out at your clinic.



Symptoms of cervical cancer

- abnormal bleeding from the vagina in between periods, during or after sex
- discomfort or pain during sex
- a vaginal discharge with an unpleasant odour

Having some of these symptoms does not mean you have cancer. But it is best to check it out at your clinic.

Who are less likely to get cervical cancer?

Women who had the HPV vaccine at school.

Who are less likely to get breast cancer?

Women who breastfeed their children for 1 year.

Can cancer be treated?

There are three main ways to treat cancer:

Surgery: This is when doctors perform an operation to remove the cancerous lump.

Chemotherapy: Medicines are given.

Radiation: Uses high-energy rays, similar to x-rays, to kill cancer cells.

Many women who die from cancer could have been treated successfully if it was picked up earlier. If the cancerous cells are picked up early, doctors can often remove the cancer lump. If there are already painful symptoms, the cancer might have spread to other parts of your body. This makes it harder to treat.

The cervical cancer vaccine

The Human Papilloma Virus (HPV) is sexually transmitted. It can cause cervical cancer. Girls from the age of 9 to 14 should get a HPV vaccine before they have sex. You can get the vaccine up to the age of 26, but you should get it before you become sexually active. Speak to your school about whether they will offer the vaccine to your children or younger sisters.

Check-ups to stay healthy:

A pap smear

A pap smear is a test done to check if your cervix is healthy. The person doing the test uses an instrument that is inserted into the vagina to gently scrape cells from the cervix. The cells are sent to a laboratory to see if there is anything abnormal.

- Pap smears are recommended for all women over 30 years. You should have at least 3 in your life at 10-year intervals.
- HIV positive women of all ages should have a pap smear once every year.
- You should be able to get a pap smear from your local clinic. If they don't offer the service, ask for a clinic near you that does.

Breast examination

Check your breasts every month just after your period. Use the flat part of your hand to feel for lumps. Also feel your armpit area. If there are any lumps go to your clinic to have it checked. Remember that not all lumps are cancerous. Some lumps are non-cancerous and don't spread.

Some useful words:

Benign: A lump that doesn't have cancer cells is benign.

Malignant: A lump that does have cancer cells is malignant.

Biopsy: An operation or needle put in to take out a piece of tissue to see if there are any cancer cells in it.

Oncologist: A doctor who treats people who have cancer.

Remission: When the symptoms of cancer are no longer there.



Sisterhood

Invite your local doctor or nurse to tell your club more about cancer.

Organise an event for the women in your community to talk about cancer.



The Scientist

Ntebogeng Kgokong comes from Dlamini, in Soweto. She grew up in a happy family. Then, when she was 13, her father died suddenly. Her mother was left alone to look after the family. Wanting to make things easier for her, Ntebogeng worked extra hard at school.

“My father was such a loving man. He used to wake us up and pack our lunch. Losing him changed everything at home. I don’t know how my mother put my brother and me through school because losing my dad meant losing an important source of income.”

Schooling

Ntebogeng attended a multi-racial school in Johannesburg. This meant that she had to leave home early in the morning when it was still dark. First, she had to take a taxi and then a bus to make it on time. Despite all these challenges, she was an “A” student.

Dream

Coming from a family of nurses and paramedics, Ntebogeng’s dream was to become a doctor. She was accepted at the University of Cape Town but did not get a bursary. So she decided to do a BSc at Wits. She continued her studies, doing an Honours degree.

Struggling to find a job

After graduating she struggled to find a job. For 8 months she worked as an administrator and then registered for a Master’s degree in Forensic Science. This is where science is used to answer legal questions. For example, a forensic scientist can study a body to find out how the person was murdered.

Working in a laboratory

Now Ntebogeng works as a medical scientist at the National Institute for Occupational Health. Her job is to check samples of lungs of mine workers. This is to see if there is any asbestos in the lungs. Asbestos causes shortness of breath and coughing. It can kill people.

NTEBOGENG’S ADVICE

“Even if your journey has unplanned turns, you should always have your goals in mind. You may have to sacrifice some time, friends and activities for your goals. But it is worth it!”

Some of the samples Ntebogeng gets are from people who have died from lung damage. She finds comfort in knowing that her work can help families get compensation.

“No wonder I wanted to be a doctor – I love helping people.”

Working in an environment where most of her co-workers are white men is not easy.

“As a young black woman, it was difficult to get into this field,” she says. But working with men has taught her to celebrate being a woman. She does not try to fit in.

Ntebogeng has a 1-year-old child. Her dream is to empower other young black women by helping them through school and university.

Quit Smoking!

Tobacco products include cigarettes, snuff, tobacco leaves, water pipes and e-cigarettes. The most popular form of tobacco use in South Africa is cigarettes.



What's in a Cigarette?



Why are cigarettes so harmful?

Every year **44 000 people die** from illnesses caused by smoking. Every one of these deaths could have been prevented. The reason is that tobacco contains many harmful chemicals. About 70 of these chemicals are known to **cause cancer**.

Smoking causes heart disease and lung disease.

Addiction

Nicotine is a drug that is found in tobacco. When a person smokes, the nicotine is absorbed into the blood. About 10 seconds later it reaches the brain.

The body quickly gets used to the nicotine. If you don't get the nicotine, you feel irritable and angry, so each time you smoke it makes you feel good.

Second-hand smoke

Second-hand smoke is the smoke that is inhaled by people who don't smoke but who are near a smoker when he or she is smoking. It can cause illnesses such as asthma, bronchitis, and heart and lung disease in adults and children. When a pregnant woman is exposed to second-hand smoke, it can affect the baby's size and slow down the growth of the baby's lungs.

Diseases

It can take a long time to get ill or die from smoking, but eventually **half of all smokers will die from an illness caused by their smoking**.

Some of the diseases caused by smoking are lung cancer, heart disease, and mouth and tongue cancer. It can also cause infertility in women. Men who smoke can also become impotent.

The advantages of stopping smoking

Time since quitting	Benefit to health
6 hours	Blood pressure becomes normal and heart rate slows down.
1 day	All nicotine is out of your body.
1 week	Sense of smell and taste improves.
2-12 weeks	Circulation improves.
1 year	Risk of heart attack has halved.
10 years	Risk of lung cancer has halved.
15 years	Risk of heart attack equal to someone who has never smoked.

Tips for stopping smoking

1. Think about why you want to give up smoking – it is very important to know this because it will motivate you when it is hard to stay away from the cigarettes.
2. Decide on a date to stop smoking and throw away your cigarettes.
3. Tell your family and friends that you have decided to give up smoking and that you will need their support.
4. Decide what you will do when you feel like having a cigarette (craving). You need to have a new, healthy behaviour for the unhealthy behaviour. You could decide to have a glass of water, eat a piece of fruit, take a small walk, talk to a friend or listen to music in the time that you would normally smoke a cigarette.

For help to give up smoking, call the Quit Line: 011 7203145

ADDICTION

When we think about addiction we think about alcohol and drugs. But that is not the whole story. We can become addicted to many different things: gambling, food, even our phones.

What makes us vulnerable to addiction?

There are many things that can make us vulnerable to becoming addicted:

- We can inherit addiction from our parents. Like the shape of our eyes and face.
- Peer pressure, stress, physical and sexual abuse can cause addiction.
- Mental health problems.
- Seeing people at home drink, smoke or take drugs.

Just being a teenager is also a risk. This is because areas in the brains that control decision making and self-control are still developing.

Stigma

Some say that people who are addicted don't have moral principles or willpower. They say that they could stop their addiction just by choosing to. But, addiction is a complex disease. Having good intentions and a strong will can help you to quit. But drugs change the brain so that quitting is very hard. Even if you want to.

This is when you need help!



National Council Against Smoking_{NPC}

Parenting:

A healthy body and a healthy mind

“Help, my child eats chips and sweets and when it comes to mealtime he won’t eat anything!”

“Every time I go to the shops my little one screams and cries till I buy her sweets!”

“My child refuses to eat vegetables!”



It is the role of parents and caretakers to make healthy food choices for our children. Teaching them about healthy eating and exercise is important and sometimes difficult.

The first rule is to try to be a good role model. **Children copy adults.** Make an effort to eat healthy food yourself.

Being healthy will lead to a longer life and a feeling of wellness for yourself and your child. Keeping healthy will also help you be a better parent. You will be calmer and happier, and sleep better. And you will have more energy to meet the needs of work, play and parenting.



Did you know that giving children healthy food is cheaper than giving them junk food?

Junk food

Try to not take your small toddler to the shops. If you have to take them, try to feed them before you go, or distract them with a packet of peanuts and raisins before you get to the till. Try not to walk past the sweets and fizzy drinks. Complain to your local supermarket **not** to put sweets at the check-out.

Talk to your child about food. For example, explain why very salty, sugary or fatty food is not the best choice. Yoghurt or a piece of fruit are a better choice. Praise them when they make a healthy choice.

Never give them fizzy drinks (like coke), as they have lots of sugar. Dilute fruit juice with water as they also have lots of sugar. Better still, encourage them to drink water.

Don't keep any junk food at home. Have healthy snacks available such as fruit, nuts and raisins.



Healthy food

Make eating healthy food fun. Cut the food into unusual shapes. If your child does not like vegetables put them into a stew or soup, or mash them into potatoes.

Growing your own food is a great way to show kids where food comes from. Involve your child in watering and planting a small vegetable garden.

Make sure your child eats breakfast.

It will help them to concentrate at school. Food like porridge and fruit or eggs and toast are good. Not eating breakfast is linked to children being overweight. Watch out for some cereals as they have lots of sugar in them.

Exercise with your children

Children should exercise every day. Show them that physical activity is fun.

Take a rope and skip with your child or throw a ball to them. Or just put on some music and dance. On the weekend, instead of sitting in front of the TV too long, take your child for a relaxed walk. Leave your phone behind and have a conversation with them.

Always encourage your little one. Say things like: “You are such a fast runner I can’t keep up!” This will help them feel proud of being able to move around well.



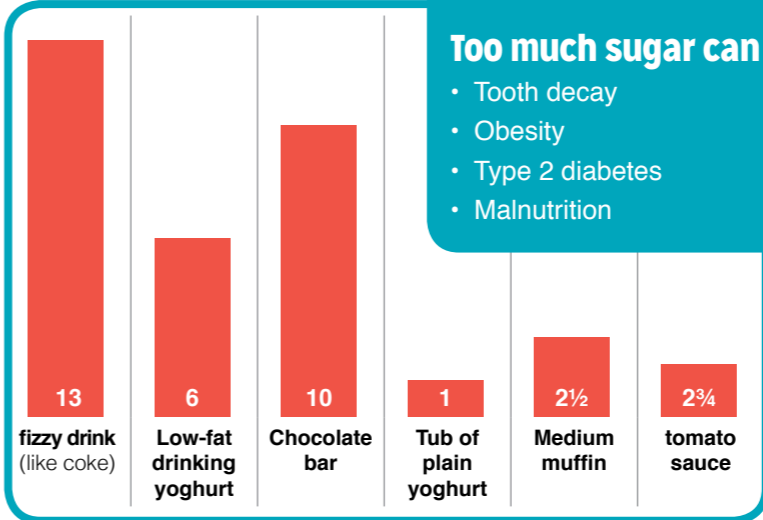
Benefits of healthy eating and exercise

- Fewer visits to the doctor or clinic
- Less medicine
- Less absenteeism at school
- Strong muscles and bones
- Healthy weight
- Healthy teeth and gums
- Improved self-esteem
- Better able to learn

Food facts

South African children consume 14–28 teaspoons of sugar each day. The recommended maximum daily limit for children is only 4 teaspoons. This table shows you how much sugar you and your child may be eating without even realising it.

How many teaspoons of sugar are in these?



Too much sugar can lead to:

- Tooth decay
- Obesity
- Type 2 diabetes
- Malnutrition



Ask the experts

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



Soul City Institute
Rise Talk Show
Rise Young Women's Clubs



@soulcity_sa
@RiseTalkShow

Dear Rise

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

Cramps

Dear Cramps

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

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

♥ Rise

pregnancy worries

Hi

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

Worried

Dear Worried.

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

♥ Rise

Thrush?

I am 23 years old and I have a little baby boy. We live with my granny. She tells me all the time that I must use a sput to clean his insides. Is this true?

Confused

Dear Confused

Please don't listen to your granny in this case. Using sput is very dangerous for babies and has caused huge problems in the past. Some babies have even died because of sput. The human body is a wonderful thing and knows very well how to clean itself. Never use anything to clean the inside of your or your baby's body as it can upset the balance of your body and make you really sick.

If you are worried at all about your baby take him for a check-up at the clinic.

♥ Rise

I have a crush on this boy. But the problem is that he has a girlfriend. He is shy and has never spoken to me. Should I stay away? I really like him.

Crush

Oh dear, it sounds like you really like this boy. But he has not shown any interest in you and he might be very committed to his girlfriend.

For now, be patient and concentrate on your life and your future. Breaking up someone else's relationship is not a good idea – it is a bad foundation to build a good and loving relationship on.

♥ Rise

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

Xx Overwhelmed

Grief

Dear Overwhelmed

It sounds as if you have gone through a lot. And now you have found someone who really wants to be with you. That is wonderful. But it is also sad that you can't share such an important experience with your mother and your grandmother.

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

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

♥ Rise

I'm 20 years old and I have 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.

All the best

♥ Rise

Financial worries



Sisonke Rise Club

based in Lethlabile, North West Province

#sisonkeriseclub

