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Ukusuka Ekuqwasheni Kuye Ezenzweni: Ukunika Imiphakathi Amandla Okuvikela Izingane

ENingizimu Afrika, lapho izingane eziningi zibhekana khona nezingozi zansuku zonke njengokuhlukunyezwa, ukunganakwa, nokuxhashazwa, umthwalo wokuzivikela awukwazi ukuhlala kuphela kosonhlalakahle noma eminyangweni kahulumeni. Kumelwe kube umzamo ohlanganyelwayo, oqala kuyo kanye imiphakathi lapho izingane zihlala khona, zidlala khona, futhi zifunda khona. Ukusuka ekuqwasheni uye ezenzweni kusho ukunika abantu abavamile amandla okuba ngabanakekeli bamalungelo ezingane ngezindlela ezingokoqobo, eziqhubekayo.

Nakuba imikhankaso kazwelonke efana neSonto Lokuvikelwa Kwezingane (ebanjwa minyaka yonke kusukela ngasekupheleni kuka-Meyi kuya ekuqaleni kuka-Juni) isiza ekuqwashiseni okudingeka kakhulu, umsebenzi wangempela wenziwa ngamavolontiya endawo, othisha, abanakekeli, amaqembu enkolo, nama-NGO. Le mizamo yamazanga aphantsi emiphakathi ivamise ukuba yizinga lokuvika lokuqala futhi elisemqoka kakhulu ekuhlonzeni izingane ezisengozini nokuqinisekisa ukuthi zithola usizo kusenesikhathi.

EGoli: Ukwakha izindawo eziphephile emalokishini

Lapha eGoli, ikhaya Lethemba, yisikhungo esixhaswe nguhulumeni esise-Braamfontein, esisebenza nezingane ezithintwe udlame lwasekhaya nokuhlukunyezwa ngokocansi. Lesi sikhungo sinikeza ukwelulekwa ngosizi, amasevisi okulungiselela inkantolo, nendawo yokwelapha esekelwe ekudlaleni yezingane.

Ezindaweni ezinjenge-Diepsloot ne-Alexandra, inhlango ebizwa ngokuthi i-Teddy Bear Foundation idlala indima ebalulekile ekuvimbeleni ukuhlukunyezwa kwezingane. Izinze e-Charlotte Maxeke Academic Hospital, kanti lenhlango

yenza izinkulumo ezikoleni, iqequeshe othisha ukuba babone izimpawu zokuhlukunyezwa, futhi ihlinzeka ngezivivinyo zezokwelapha ezincike emthethweni kanye nokwelashwa kwezingane eziye zabhekana nodlame.

Esinye isinyathelo esiphawulekayo yi-MES (Mold, Empower, Serve) e-Hillbrow, eqhuba izinhlelo zokunikeza intsha amandla nezinhlelo zangemva kokunakekelwa. I-MES inikeza ukudla, ukusekela umsebenzi wesikole owenziwa emakhaya, kanye nemisebenzi ephephile yangemva kwesikole ukuze kugcinwe izingane zingekho emigwaqweni futhi zingekho ezindaweni eziyingozi.

EPitoli: Ukwesekwa kwamazinga aphantsi emiphakathi

Isikhungo esibizwa ngokuthi i-University of Pretoria's Centre for Child Law sigxile ekumelweni kwezomthetho futhi ivame ukusekela amacala asemazingeni aphantsi lapho amalungelo ezingane ephulwa khona. Umsebenzi wabo uqinisekisa ukuthi ngisho nezingane ezisengozini kakhulu ziyakwazi ukuthola ubulungiswa.

Okwamanje, isikhungo i-Saartjie Baartman Centre esiseNyakatho nePitoli sibambisene nezisebenzi zomphakathi ukuze zifundise abazali ngesiyalo esihle nokungenelela kusenesikhathi, kusize ekunciphiseni udlame olwenzeka ekhaya, lapho kuvela khona izehlakalo eziningi zokuhlukunyezwa.

Ukunika abantu abadala amandla ngolwazi

Esinye semigoqo emikhulu ekuvikelweni kwezingane ukuntuleka kolwazi. Abantu abadala abaningi abaqiniseki ukuthi bangakubona kanjani ukuhlukunyezwa noma yiziphi izinyathelo okufanele zithathwe lapho ingane ibathululela

isifuba. Yingakho izinhlangano ezinjenge-SADAG ne-Children's Institute SA zinikeza izinsiza zamahhala ku-inthanethi namathuluzi okuqeqesha ukusiza othisha, abahlengikazi, nabaholi bomphakathi ukuba bazethembe kakhudlwana ekuphenduleni ngendlela efanele.

Ngaphezu kwalokho, imitholampilo yasendaweni nezikole zivame ukugubha imicimbi Yesonto Lokuvikelwa Kwezingane, ehlanganisa imidlalo, imibukiso yonodoli, nezinkulumo zomphakathi ezakhelwe ukufundisa izingane ngamalungelo azo ngezindlela ezingakwazi ukuziqonda.

Lokho ongakwenza?

- Funda izimpawu zokuhlukunyezwa nezokuphathwa budedengu
- Khuluma uma usola ukuthi kukhona okungahambi kahle

- Volontiya noma unikele ezinhlanganweni zendawo zenhlalakahle yezingane
- Siza ukuqala noma ukusekela indawo ephephile noma uhlelo lwangemva kwesikole endaweni yangakini
- Khuthaza ukuba ngumzali omuhle nezingxoxo zenhlalakahle yengqondo phakathi kontanga.

Ukuvikelwa kuqala ngathi

INingizimu Afrika inemithetho enamandla evikela izingane, kodwa imithetho iyodwa ayanele. Ushintsho lwangempela lwenzeka lapho imiphakathi ihlangana ndawonye, yaqwashwa, yahloma, futhi yazimisela ukuthatha isinyathelo. Ngokushintsha usuke ekuqwasheni buthule kuye ekuzibandakanyeni okusebenzayo, umuntu ngamunye wethu angabamba iqhaza ekwakheni indawo ephephile, enothando kakhudlwana ukuze zonke izingane zikhule, zifunde, futhi zichume.



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Next Edition (11 June 2025) Sneak Peek: Voices of a New Generation - Youth Leading Change in Mzansi

HSDF Empowering Soweto's Youth

Established in July 2019 by Neo Lepheane, The House of Sports and Development Foundation (HSDF) is a Soweto-based non-profit organisation dedicated to uplifting children and youth in underprivileged communities. Through a combination of sports, education, and life skills training, HSDF aims to foster physical well-being, leadership, and community engagement among young individuals.

A vision born from experience

Mr Lepheane, drawing from his personal experiences in sports and the challenges faced by under-resourced communities, founded HSDF with the goal of bridging the gap between suburban and underprivileged areas in South Africa. Recognising the disparities in mentorship and professional development opportunities, especially in sports, HSDF is committed to providing children in under-resourced schools with the same developmental opportunities as those in more affluent institutions.

Programmes and initiatives

HSDF focuses on empowering children and youth in Early Childhood Development (ECD) centres and primary schools. Their initiatives range from sports development programmes

to life skills training, all designed to overcome socio-economic barriers that hinder the potential of underprivileged youth both on and off the sports field.

Sustainable funding and partnerships

Currently operating without major sponsors, HSDF sustains its programmes through fee-based physical education and coaching services offered to local ECD centres. Additionally, the foundation secures funding by obtaining grants from various funders and governmental organisations. Collaborations with corporate entities also play a crucial role, enabling HSDF to launch impactful corporate social responsibility (CSR) initiatives that benefit the community.

Commitment to child protection

HSDF is a staunch supporter of Child Protection Week, emphasising the importance of creating safe environments for children. Their commitment includes:

- Raising awareness about child safety, rights, and well-being.
- Establishing safe spaces through sports and developmental programmes where children feel secure and respected.
- Collaborating with schools, communities,

and organisations to promote child safety policies and effective reporting mechanisms.

- "Child Protection Week is a crucial reminder that every child deserves safety, care, and opportunity—values at the core of our foundation's mission," says Mr Lepheane.

Upcoming events

Looking ahead, HSDF is organising a Mini

Olympics event scheduled for October 2025, targeting 16 ECD centres. This event aims to promote physical activity, teamwork, and community spirit among young children, furthering the foundation's mission to empower youth through sports and development.

For more information about HSDF's programmes or to get involved, please contact the foundation directly on 078 277 0839 or houseofsport.npo@outlook.com.



Understanding Post-Partum Depression



Bringing a baby into the world is often portrayed as a joyful and fulfilling experience. But for many new mothers, the reality can feel very different. Post-partum depression (PPD) is a serious mental health condition that affects thousands of women in South Africa every year, yet it remains widely misunderstood and deeply stigmatised.

Post-partum depression can develop any time within the first year after childbirth. Unlike the short-lived "baby blues," which typically resolve within two weeks, PPD lasts longer and is more intense. It can affect a mother's ability to bond with her baby, take care of herself, and perform daily tasks.

Recognising the signs

- PPD doesn't look the same in every woman, but common symptoms include:
- Persistent sadness, hopelessness, or frequent crying
- Fatigue or loss of energy
- Anxiety or panic attacks
- Difficulty bonding with the baby
- Changes in appetite or sleep patterns
- Feelings of guilt or worthlessness
- Thoughts of self-harm or harming the baby (in severe cases).

Mothers may feel ashamed or fear being judged as "bad" parents, which prevents many from seeking help. Cultural expectations, lack of support, and limited awareness also contribute

to the silence around PPD, especially in communities where mental health is not openly discussed.

Where to get help

In South Africa, several resources are available for mothers who may be struggling:

- Public clinics and community health centres offer mental health screening and counselling services. Don't be afraid to ask your nurse or midwife for a referral.
- The South African Depression and Anxiety Group (SADAG) runs a toll-free helpline (0800 456 789) and WhatsApp support (076 882 2775). They provide support specifically for post-natal depression.
- Moms Support Groups in cities like Johannesburg, Cape Town and Durban offer a safe space for mothers to share experiences and find encouragement.
- Online platforms like B-Wise and Parent Sense also provide mental health tips and check-in tools for new parents.

You are not alone

Post-partum depression is not a weakness or a failure, it is a medical condition, and help is available. Talking about it is the first step toward healing. If you or someone you know may be suffering, reach out. The sooner support is accessed, the sooner recovery begins, for both mother and child.

Have You Seen The Popi Show?



Image Source: www.popisibiya.com

Siphelele "Popi" Sibiya is redefining travel content with her vibrant and unfiltered digital series, The Popi Show. Through immersive "day-in-the-life" videos, Popi offers audiences a front-row seat to the everyday realities of South Africans, from navigating the bustling streets as a taxi driver in Johannesburg CBD to experiencing the communal life of women in Durban's Thokoza Hostel.

What sets Popi apart is her commitment to authenticity. She doesn't just observe; she participates. Whether she's behind the wheel of a minibus taxi or sharing meals in a hostel, Popi immerses herself fully, capturing the nuances of South African life that often go unnoticed. Her

storytelling is both informative and engaging, shedding light on social issues while celebrating the resilience and diversity of the communities she features.

Beyond her local explorations, Popi has taken her audience on global journeys, documenting experiences from China to the Congo Basin. Her content is accessible to all, with exclusive behind-the-scenes footage available to subscribers on her Instagram Close Friends list.

For those seeking genuine, grassroots perspectives on South African life, The Popi Show is a must-watch. Follow her adventures on TikTok and Instagram on [@popi_sibiya](https://www.instagram.com/popi_sibiya).



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Uhlelo ngalunye lwe-Asambeni Times ludala amathuba emisebenzi emiphakathini yendawo.

Childline South Africa: Standing Up for Children Every Day

In a country where many children face daily threats to their safety and well-being, Childline South Africa stands as a vital support system for young people. Established in 1986, the organisation has grown into a trusted national network that provides free, confidential assistance to children and families experiencing abuse, neglect, or emotional distress.

At the heart of Childline's work is the 24-hour toll-free helpline (116) which is accessible from anywhere in South Africa, including rural areas. This line offers immediate emotional support, counselling, and referral services. Trained counsellors are available around the clock to help children in crisis, and also assist concerned parents, teachers, and community members. But Childline's role goes far beyond answering phone calls.

What Childline does

- **Counselling and support services:** Childline provides professional counselling for children and adolescents affected by physical, emotional, or sexual abuse, neglect, and bullying. Services are available via phone, online chat, or in-person sessions at provincial offices.
- **Therapeutic programmes:** Through play therapy, trauma debriefing, and support groups, Childline helps children work through the emotional aftermath of abuse or violence.
- **Community outreach and education:** Childline's education teams visit schools, clinics, and community centres to raise awareness about children's rights and how to report abuse. Their aim is to empower children with knowledge and give communities the tools to protect them.
- **Legal and social advocacy:** The organisation works closely with social workers, SAPS, and the Department of Social Development to ensure that children's cases are followed up and that justice and care are prioritised.

Child Protection Week (29 May – 5 June 2025)
Every year, South Africa observes National Child Protection Week – a campaign led by the Department of Social Development to promote the

protection, care, and development of children. In 2025, the theme is: "Every Conversation Matters: Every Child in Every Community Needs a Fair Go".

During this week, Childline plays a prominent role by:

- Hosting awareness events and school visits.
- Offering free workshops to parents and caregivers on recognising signs of abuse.
- Collaborating with NGOs, churches, and schools to distribute materials on children's rights and safety.
- Encouraging children to speak out through campaigns like "Let's Talk", which promotes safe and open communication between adults and children.

Childline also uses this week to highlight the importance of prevention, not just intervention. Early conversations about consent, safety, and emotions can help children avoid or escape harmful situations.

How you can help?

- Save and share the number 116, a simple act that could save a life.
- Support Childline through donations of toys, food parcels, or hygiene packs.
- Volunteer your time or professional skills (especially for educators, social workers, or marketers).
- Raise awareness during Child Protection Week by wearing green, the official colour of the campaign, and spreading the message in your community.

For more, visit: www.childlinesa.org.za or follow @ChildlineSA on social media.



Championing Child Protection in Tshwane

As South Africa observes National Child Protection Week from **May 29 to June 5, 2025**, Child Welfare Tshwane (CWT) stands at the forefront of safeguarding vulnerable children in Pretoria and its surrounding areas. With a legacy dating back to 1918, CWT has been unwavering in its commitment to protect, care for, and uplift abused, neglected, exploited, orphaned, and abandoned children.

Comprehensive services

CWT offers a holistic range of services aimed at ensuring the well-being of children aged 0 to 18.

These services include:

- **Risk assessment and family preservation:** Providing safety and risk assessment services across Tshwane to secure better lives for children through various intervention strategies.
- **Therapy and assessment:** Offering individual counselling for bereavement, parenting, trauma, child therapy, and socio-emotional assessments to build resilience in individuals and families facing adversities.
- **Foster care and adoption services:** Facilitating temporary living arrangements for children in need and providing stable family life through adoption services, ensuring children have the opportunity to develop to their full potential.
- **Bramley Child and Youth Care Centre:** A residential care facility in Groenkloof for traumatised, abused, and neglected children, offering a safe haven and holistic services to help them develop into responsible citizens.

Community involvement and support

- CWT believes that community involvement is crucial in protecting children. There are several ways individuals and organisations can contribute:

- **Volunteering:** Opportunities are available for homework tutors, mentors, and administrative assistants. Interested individuals are encouraged to complete the volunteer form and submit it to info@childwelfare.co.za. All volunteers are required to submit a Police Clearance Certificate and undergo screening and evaluation.
- **Donations:** CWT welcomes donations of clothing, furniture, consumables, and financial contributions. For instance, a donation of R300 can provide a child with essential personal care items, including body spray, toothpaste, a toothbrush, body cream, a hairbrush, shampoo, and soap.
- **Hosting events:** Organising events is a powerful way to engage with stakeholders and communities. CWT encourages the public to keep an eye on their events calendar throughout the year to participate in events that support child protection.

Contact information

CWT has service points across Tshwane, including Groenkloof, Atteridgeville, Elandsport, Mamelodi, and Sunnyside.

During Child Protection Week and beyond, CWT exemplifies the impact that dedicated organisations and community involvement can have in creating a safer and more compassionate society for all children. For more information or to get involved, visit www.childwelfare.co.za or contact the head office at 012 460 9236.



Child Welfare Tshwane
NPO Reg No 001-612

Child Protection Week

Let's Learn About Staying Safe!

DID YOU KNOW!

You have the right to feel safe at home, school and everywhere you go?

I AM STRONG
I AM SAFE
I CAN

COLOUR IN THIS PICTURE

I AM SAFE AND LOVED

EVERY CHILD DESERVES TO FEEL SAFE



CHILD PROTECTION WEEK



Hi Kids!

Child protection week is all about **YOU** and how important it is to feel safe, happy, and cared for. Always remember, your voice matters and if something doesn't feel right, it's okay to speak up and ask for help.

My-Safety-Plan

Fill in the blanks below:

If I feel unsafe, I will talk to _____.

My safe place is _____.

I can call _____ if I need help.

Childline Number: 116 – free and always open!

HELP ME FIND A SAFE PLACE!



Isidingo Sokwenza Okuthile Ngokuphepha Kwezingane

Njengoba iNingizimu Afrika iqopha Isonto Lokuvikelwa Kwezingane, izigameko zakamuva ezweni lonke zibeke obala isidingo esiphuthumayo sokudlula siye ngale kokuqwashisa siye oshintshweni lwangempela, oliyohlala lwendlela esizivikela ngayo izingane zethu.

E-Eastern Cape, isigameko esidabukisayo sentombazane eneminyaka eyisikhombisa eyaziwa ngokuthi "uCwecwe" sabangela intukuthelo ezweni lonke ngemva kokuthi kuthiwe yahlukunyezwa emagcekeni esikole. Lesi sigameko sabanga imibuzo ngokwenganyelwa ezinikezwe umsebenzi wokunakekela izingane. Ngaphansi kwebhena ethi- #JusticeForCwecwe, izakhamuzi ziye zacela ukuba kuthathwe isinyathelo esisheshayo, hhayi ngenxa yesisulu kuphela, kodwa ukuze kuqinisekise ukuthi ayikho ingane eyobhekana nesiphetho esifanayo. Kusanda kumenyezwa ukuthi i-National Prosecuting Authority (NPA) inqume ukungashushisi

muntu ecaleni lokudlwengulwa kuka-Cwecwe ngenxa yobufakazi obunganele, osekuholele entukuthelweni eqhubekayo.

Kanti okwamanje, nokunyamalala kuka-Joshlin Smith oneminyaka eyisithupha ubudala wase-Saldanha Bay kwadalula obala elinye iqiniso elibuhlungu. Unina uqobo, uKelly Smith, utholakale enecala lokushushumbisa indodakazi yakhe ngo-R20,000, okuthiwa kungenhloso yesiko. Ingane ayikatholakali. Usizi lwalokhu kunikelwa ngumzali kuye kwanyakazisa imiphakathi futhi kwasikhumbuza sonke ngobumnyama obukhona emindenini ethile.

Uhulumeni uye wayivuma le nkinga enkulu. UMongameli u-Cyril Ramaphosa wabiza ukuhlukunyezwa kwezingane nodlame olusekelwe ebulilini ngokuthi "ubhubhane lwesibili" eNingizimu Afrika, futhi wasungula uhlelo lwezinsuku ezingu-90 lokuqinisa ukungenelela okusekelwe emphakathini kanye namasevisi omphakathi. Noma kunjalo emindenini eminingi,

ukufinyelela kula masevisi kuhlala kungahambisani, ikakhulukazi ezindaweni zasemakhaya nasezindaweni ezingenayo imithombo yosizo eyanele.

Okubhebhethekisa lesi simo esibucayi, umbiko wakamuva wembule ukwehla okuphawulekayo kokuhlolwa i-HIV, ikakhulukazi kwabesifazane abakhulelwe nezingane, ngemva kokunqanyulwa koxhaso lwe-PEPFAR (Uhlelo lukaMongameli waseMelika Lwezimo Eziphuthumayo Zokusiza Ingculaza). Njengoba kunokuhlolwa okuncane kwezempilo futhi kunokutholakala okuncane kokunakekelwa, izinkulungwane zezingane ezisengozini zingase zishelele emifantwini.

Lezi zindaba azikho lapha nalaphaya nje, zikhombisa inselele kazwelonke ebanzi. Baphinde bagcizelele ukubaluleka kokuqwashisa umphakathi, ukuphepha esikoleni, umsebenzi wezenhlalo oqinisiwe, namasevisi ezempilo afinyelelekayo.

Ukuvikelwa kwezingane akunakubekelwa umkhawulo osuselwa osukwini lwekhalenda noma

yizingxoxo nje ezisezinkundleni zokuxhumana. Kumelwe kube ngumzamo oqhubekayo, wezwe lonke, oqala ngokulalela izingane, ukwenza izikhungo ziphendule, nokuqinisekisa ukuthi akukho mzali noma umnakekeli ongaphezu kokuhlolwa. Izingane zaseNingizimu Afrika zifanelwe okungaphezulu kwentukuthelo. Zifanelwe yizenzo.



Creative Recycling Projects for Kids

Engaging children in recycling activities not only fosters environmental consciousness but also sparks creativity and hands-on learning. In South Africa, where sustainability is increasingly emphasised, incorporating recycling into children's routines can be both educational and enjoyable. Here are some inventive ways to repurpose paper and common household items, including a step-by-step guide to creating papier-mâché crafts.

1. Toilet paper roll creations

Empty toilet paper rolls can be transformed into a variety of crafts. Children can create binoculars, animals, or even musical instruments like shakers by filling them with beads or rice and sealing the ends. Decorating these creations with paint or coloured paper adds a personal touch (Source: www.crafts4kiddos.co.za).

2. Plastic bottle planters

Used plastic bottles can be cut and decorated to serve as planters. This activity teaches children about upcycling and plant care. Adding soil and

seeds allows them to watch their plants grow, fostering a sense of responsibility and connection to nature.

3. Egg carton art

Egg cartons can be cut and painted to create flowers, caterpillars, or other imaginative figures. This not only recycles the cartons but also enhances fine motor skills and artistic expression.

Creating fun papier-mâché items

Papier-mâché is a versatile craft that utilises recycled paper to create sturdy and artistic items. It's an excellent way to teach children about reusing materials while engaging in creative play.

Materials needed:

- Old newspapers or scrap paper
- Flour and water (for homemade paste) or white glue diluted with water
- A mixing bowl and spoon
- Paints and brushes for decoration
- Balloon or mould for shaping

Instructions:

1. Prepare the paste: Mix one part flour with two parts water until smooth. Alternatively, combine equal parts white glue and water.
2. Tear the paper: Tear the newspaper into strips.
3. Dip and apply: Dip each strip into the paste, remove excess, and layer it over the balloon or mould.
4. Layering: Continue layering until the desired thickness is achieved.
5. Drying: Allow the creation to dry completely, which may take up to 24 hours.
6. Decorate: Once dry, pop the balloon if used, and paint as desired.

Educational benefits

Incorporating recycling crafts into children's activities offers numerous benefits:

- **Environmental awareness:** Understanding the importance of recycling and sustainability.
- **Creativity and imagination:** Encouraging innovative thinking and artistic skills.

- **Fine motor skills:** Enhancing dexterity through cutting, painting, and assembling.
- **Responsibility:** Learning to care for creations, such as plant planters.

By engaging in these activities, children not only have fun but also develop a deeper appreciation for the environment and the value of repurposing everyday items.



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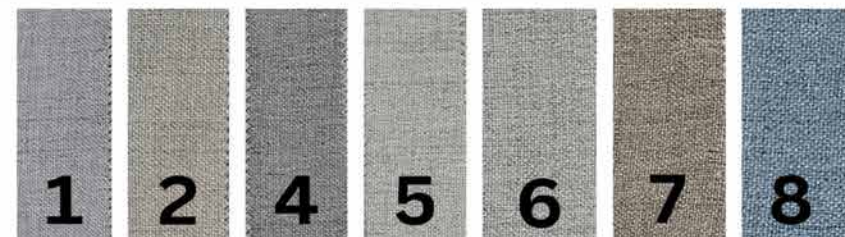
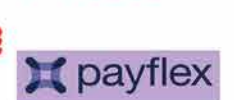
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Women's Health Matters

Every year on 28 May, the world marks the International Day of Action for Women's Health. The day serves as a reminder that women and girls everywhere deserve the right to accessible, affordable, and respectful healthcare. In South Africa, where many women face both social and financial barriers to quality health services, it's crucial to highlight what support exists and how to access it.

Access to free and low-cost services

While private gynaecological care may be unaffordable for many, there are public and community-based options available.

Government clinics and community health centres across the country offer free services including:

- **Family planning and contraceptives**
- **Antenatal and postnatal care**
- **Pap smears and breast examinations**
- **HIV and STI testing**

You can find your nearest government clinic by visiting www.health.gov.za or by calling the Department of Health's hotline at 0800 029 999.

Major pharmacy groups are also stepping in to close the healthcare gap:

- Clicks Clinics offer affordable pap smears, breast exams, and family planning consultations at selected branches. Appointments can be booked online or at the pharmacy counter.
- Dis-Chem Clinics provide similar services, often running women's health awareness campaigns during Women's Month and offering discounted rates for screenings.

Sanitary pad access and menstrual health drives

For thousands of girls and women, a lack of access to sanitary pads affects not only their health, but their dignity and education.



- The Sanitary Dignity Programme, launched by the Department of Women, Youth and Persons with Disabilities, provides free sanitary pads to learners from low-income households through schools and clinics.
- Community-based initiatives like the #Pads4Paps campaign offer an innovative way to give back-donate pads and receive a free women's health check in return.
- To support or benefit from these initiatives, enquire at your local clinic, school, or NGO hub.
- Get pap smears regularly (every 3 years from age 25 or earlier if sexually active).
- Discuss family medical history with a healthcare provider to manage risk for conditions like breast or cervical cancer.
- For free tutorials on breast self-exams, visit www.cansa.org.za.

Your health is your right

Women's health goes beyond motherhood and menstruation. It includes mental wellness, safety, sexual health, and freedom from stigma. As South Africans, let's use this day-and every day-to speak up, support others, and stay informed. Because when women are healthy, families and communities thrive too.

Know your body: simple health checks

Early detection can save lives. Women are encouraged to:

- Do monthly breast self-examinations. Look for lumps, discharge, or changes in breast shape.

Mental Health Support: Tips to Help Learners During Exams

1. Create a quiet study space

Set up a calm, clutter-free area where your child can study without distractions like TV, loud music, or household noise.

2. Help build a study schedule

Break down subjects into manageable chunks. Include short breaks to avoid burnout and encourage consistency over cramming.

3. Encourage healthy sleep habits

Aim for 7–9 hours of sleep a night. A well-rested brain is better at focusing, remembering and solving problems.

4. Provide nutritious meals and snacks

Brain food matters. Offer fresh fruit, whole grains, lean protein, and plenty of water. Avoid excess caffeine or sugar.

5. Be available and supportive

Check in regularly. Ask how they're coping and listen without pressure or judgement. Your presence alone can ease anxiety.

6. Promote short physical breaks

Encourage 10–15 minute walks, stretching or dancing to relieve tension and boost energy levels.

7. Teach simple relaxation techniques

Deep breathing, listening to calming music, or even short mindfulness exercises can reduce exam nerves.

8. Limit negative talk

Focus on effort, not just results. Praise their commitment, and avoid comparisons with other learners.

9. Know the warning signs

Watch for signs of extreme stress like trouble sleeping, mood changes or loss of appetite and seek help if needed.

10. Remind them that exams don't define them

Reassure your child that their value is not based solely on marks. Growth, effort and resilience matter too.

Why Therapy Matters in the Black Community



For generations, many African families have survived hardship through resilience, faith, and community support. But when it comes to mental health, silence often replaces support. Words like "therapy" or "counselling" are still met with suspicion, discomfort, or stigma, seen by some as "a white person's thing" or a sign of weakness.

The truth is, everyone experiences stress, trauma, or emotional challenges. And in a country still healing from historical and systemic trauma, combined with daily struggles like poverty, crime, and unemployment, mental health support is not a luxury. It's a necessity.

The stigma around therapy

In many households, especially in older generations, emotional pain is often minimised. You're told to pray harder, to be strong, or to keep problems within the family. Seeking therapy is sometimes viewed as airing dirty laundry or "losing your mind."

But emotional wounds, like physical ones, need care to heal. Bottling up feelings can lead to anxiety, depression, substance abuse, or even suicide. In fact, research by the South African Depression and Anxiety Group (SADAG) shows that depression and suicide rates are rising among Black youth, yet access to culturally sensitive mental health care remains limited.

Why therapy is needed?

Therapy is not just about "talking", it's about having a safe, non-judgemental space to process pain, make sense of trauma, and learn tools to cope. It's about breaking generational cycles of unspoken hurt and learning to set healthy boundaries, manage stress, and build self-worth.

Importantly, it also helps to dismantle the idea that suffering in silence is a form of strength. True strength is knowing when to ask for help.

Where to get help

1. SADAG (South African Depression and Anxiety Group)

Free 24/7 mental health helpline: 0800 456 789
WhatsApp: 076 882 2775. www.sadag.org.

2. B-Wise (Department of Health Youth Platform)

Offers mental health info via WhatsApp and online chat: 060 071 7845.

3. iThembalabantu Clinic (Gauteng)

Offers low-cost counselling in township areas.

4. Free services at public clinics and hospitals

Ask to speak to a social worker or psychologist.

Normalising therapy in the community starts with honest conversations and access to safe, culturally aware support. Seeking help doesn't mean you're broken, it means you're human and deserving of healing.

Anti-Tobacco Month Awareness

May marks Anti-Tobacco Campaign Month in South Africa, a vital period dedicated to raising awareness about the dangers of tobacco use and promoting cessation efforts. Despite widespread knowledge of the health risks, tobacco remains a significant public health challenge in the country.

The Global Adult Tobacco Survey revealed that 29.4% (about 12.7 million) South Africans were using tobacco in 2021, with just over a quarter using smoking tobacco (most commonly cigarettes, vapes or hubbly) and 4.3% using non-smoking tobacco (nicotine pouches, snuff aka "zyns" or "snus" and chewing tobacco). Tobacco use is associated with several major health conditions ranging from lung cancer to heart disease and causes over 39 000 tobacco-related deaths every year.

The health risks of tobacco use

Tobacco consumption is a leading cause of preventable diseases and deaths in South Africa. It is associated with various health issues, including lung cancer, chronic respiratory diseases, and heart disease. Research indicates that cigarettes will kill half of those who smoke, underscoring the critical need for effective tobacco control measures.

The effects of quitting tobacco use can be felt as soon as 20 minutes after smoking and the benefits will last well over 10 years after quitting. Some benefits include:

- Food tastes better.
- Your sense of smell returns to normal.
- Your breath, hair, and clothes smell better.
- Your teeth and fingernails stop yellowing from staining.
- Ordinary activities like climbing stairs use less energy.
- You can be in smoke-free environments without having to leave for a smoke.

There are several organisations actively working to combat tobacco use in South Africa, which include:

- **Protect Our Next:** A citizen-led initiative supporting the Tobacco Products and Electronic Delivery Systems Control Bill, aiming to protect public health from the harms of tobacco and e-cigarette products.
- **CANSA (Cancer Association of South Africa):**



Offers resources and programmes to help individuals quit smoking, including the eKick Butt online cessation programme.

- **Heart and Stroke Foundation South Africa:** Encourages South Africans to avoid smoking and protect themselves and their families from exposure to second-hand smoke.

Support for those seeking to quit smoking

For individuals struggling with tobacco addiction, several support services are available:

- **National Council Against Smoking (NCAS):** Provides a Quitline at 011 720 3145 and email support at quit@iafrica.com.
- **South African National Council on Alcoholism and Drug Dependence (SANCA):** Offers addiction prevention, treatment, and rehabilitation services. Contact them at 011 892 3829 or via WhatsApp at 076 535 1701.
- **South African Depression and Anxiety Group (SADAG):** Provides a 24-hour Substance Abuse Helpline at 0800 12 13 14 for assistance in fighting substance abuse.

Quitting smoking is a challenging journey, but with the right support and resources, it is achievable. Anti-Tobacco Campaign Month serves as a reminder of the importance of tobacco cessation and the collective effort required to promote a healthier, smoke-free South Africa.



Easy Queen Cakes Like Mama Used to Make



Ingredients:

- 1 cup (200g) white sugar
- 2 large eggs
- ½ cup (125ml) vegetable oil or melted butter
- 1 tsp vanilla essence
- 2 cups (250g) cake flour (you can use Snowflake, Golden Cloud or Sasko)
- 2 tsp baking powder
- ½ tsp salt
- ⅔ cup (160ml) milk

This recipe makes 12 queen cakes.

Method:

1. Preheat oven to 180°C. Line a muffin or queen cake tin with paper cases or grease well.
2. Cream the sugar and eggs in a large bowl using a hand whisk or electric mixer until light and fluffy (about 2–3 minutes).
3. Add the oil and vanilla essence, and mix until well combined.
4. In a separate bowl, sift together the cake flour, baking powder and salt.
5. Add the dry ingredients to the egg mixture, alternating with the milk. Mix gently after each addition until you get a smooth batter. Don't overmix—just until combined.
6. Spoon the batter into the prepared tins, filling each about two-thirds full.
7. Bake for 15–20 minutes, or until golden and a skewer inserted into the centre comes out clean.
8. Cool on a wire rack and dust with icing sugar, or decorate as desired.

Tips:

- You can replace milk with amasi for extra richness and a slightly tangy flavour.
- These freeze well, just store in an airtight container for up to three months.

Chicken Stew with Herbed Dumplings

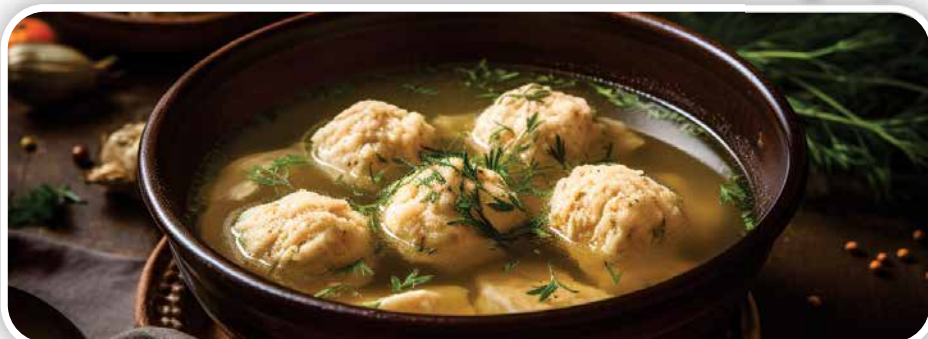
Ingredients:

For the chicken stew:

- 1 kg chicken pieces (e.g., thighs, drumsticks)
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and sliced
- 2 potatoes, peeled and cubed
- 1 teaspoon Robertsons Chicken Spice
- 1 teaspoon Robertsons Medium Rajah Curry Powder
- 1 teaspoon Robertsons Paprika
- 500 ml chicken stock
- Salt and pepper to taste

For the dumplings:

- 1 cup cake flour
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- 2 tablespoons butter or margarine
- 1 tablespoon chopped fresh herbs (e.g., parsley, thyme)
- ½ cup water



Method:

Prepare the stew:

1. Heat the oil in a large pot over medium heat.
2. Add the chopped onion and sauté until translucent.
3. Stir in the garlic, Robertsons Chicken Spice, Medium Rajah Curry Powder, and Paprika. Cook for 1–2 minutes to release the flavours.
4. Add the chicken pieces and brown on all sides.
5. Add the carrots and potatoes, stirring to combine.
6. Pour in the chicken stock, bring to a boil, then reduce heat and simmer for 30 minutes, or until the chicken is cooked through and vegetables are tender.

Prepare the dumplings:

1. In a mixing bowl, combine the cake flour, baking powder, and salt.
2. Rub in the butter until the mixture resembles breadcrumbs.
3. Stir in the chopped herbs.
4. Gradually add the milk, mixing until a soft dough forms.

Add dumplings to the stew:

Drop spoonfuls of the dumpling dough onto the simmering stew. Cover the pot with a lid and let the dumplings cook for 15–20 minutes, or until they are puffed up and cooked through. Avoid lifting the lid during this time to ensure even cooking.

Serve: Ladle the stew and dumplings into bowls and serve hot.

Malva Pudding and Custard

Ingredients:

For the pudding:

- 1 cup (200g) white sugar
- 2 large eggs
- 1 tablespoon smooth apricot jam
- 1¼ cups (150g) cake flour
- 1 teaspoon bicarbonate of soda
- Pinch of salt
- 2 tablespoons (30g) butter
- 1 teaspoon vinegar (white or apple cider)
- ½ cup (125ml) milk

For the sauce:

- 1 cup (250ml) fresh cream
- ½ cup (125ml) milk
- ½ cup (100g) white sugar
- ½ cup (115g) butter
- 1 teaspoon vanilla essence



Homemade custard

Ingredients:

- 2 cups (500ml) full cream milk
- 4 large egg yolks
- ¼ cup (50g) white sugar
- 1 tablespoon (15ml) cornflour
- 1 teaspoon vanilla essence

Method:

1. In a saucepan, heat the milk over medium heat until it just begins to boil. Remove from heat.
2. In a bowl, whisk together the egg yolks, sugar, and cornflour until smooth and pale.
3. Gradually pour the hot milk into the egg mixture, whisking constantly to prevent curdling.
4. Return the mixture to the saucepan and cook over low heat, stirring continuously until the custard thickens and coats the back of a spoon. Do not allow it to boil.
5. Remove from heat and stir in the vanilla essence.

Serve warm over slices of malva pudding.



School Sport: Nurturing Talent and Building Communities

In the heart of Johannesburg's townships, schools are buzzing with energy — not just from classrooms, but from sports fields where the future stars of South African sports are being made. From soccer and netball to athletics and rugby, school sports in the townships are not just about games; they're about hope, opportunity, and community.

A culture of sport in the townships

In townships like Soweto, Alexandra, and Diepkloof, sport is more than just a pastime. It's part of the daily rhythm of life. School sports are deeply rooted in the culture of the community, and they play a critical role in keeping children and teenagers engaged in something positive. Soccer, especially, is the beating heart of township sports. On weekends and after school, you'll find kids kicking balls around on makeshift fields, where the goals are made from sticks and the crowd is made up of friends and family cheering from the sidelines.

But it's not just soccer. Netball, athletics, and even rugby are making strides as well, with local schools taking part in regional tournaments and competing for the top spot.



Hidden talent in every school

Despite the lack of proper infrastructure, some of South Africa's biggest sports stars have come from these very communities. Names like Percy Tau, Siphiwe Tshabalala, and Caster Semenya all started their journey on local school fields.

In townships, the talent is endless, but it often goes unnoticed because of limited resources. Soweto's, Mohlakeng's, and Orange Farm's schools, for example, are often starved of proper equipment and facilities. But that hasn't stopped these young athletes from showcasing their potential.

Local coach Thabo Mkhize from Zola High School in Soweto says, "You can see the passion in their eyes. These kids have what it takes — they just need the chance and the right support to go far."

The power of school sport

School sports in the townships serve as more than just a platform for competition; they play a vital role in shaping young minds and bodies.

- **Discipline:** Students learn time management, teamwork, and focus — lessons that go far beyond the field.
- **Health and Well-being:** Physical activity helps combat issues like obesity, poor health, and depression, which are common in some township areas.
- **Social Unity:** School sports bring communities together. Rival schools become friends, and neighbourhoods unite to cheer for their local heroes.
- **Pathways to Careers:** For many, school sports are a stepping stone to professional careers, either in sports or in related fields like coaching, fitness training, and sports journalism.

The challenges facing school sports

While the spirit of sport is alive in the townships, it's not without its challenges.

1. **Limited resources:** Schools often struggle to afford proper sports equipment, uniforms, and transport to regional tournaments. Most of the time, kids practice with worn-out balls or play on uneven fields.
2. **Lack of facilities:** Township schools typically don't have the luxury of sports fields or proper gymnasiums. Some schools have to make do with whatever space they have, like community halls or church grounds.
3. **Sponsorship:** Getting sponsors for school sports teams is tough, as many brands focus on more visible and commercialized sports, leaving township athletes with fewer opportunities.

4. **Exposure:** While there is plenty of talent, it's difficult for these kids to get scouted by bigger clubs or teams because of the lack of exposure to the wider sporting community.

The growing support for township school sports

Despite these barriers, the winds of change are blowing. Local businesses, NGOs, and even former professional athletes are stepping up to provide the necessary support.

Schools like Orlando High in Soweto are beginning to receive donations of sports equipment, while programmes like the **South African Schools Football Association (SASFA)** are organising more regional competitions to give township kids a chance to show their skills.

Looking ahead: a brighter future

There is hope on the horizon for school sports in the townships. The government and various organisations are beginning to realise the importance of investing in youth sports. With increased attention and more resources, the future looks bright for young athletes in the townships.

What's clear is that these kids aren't just playing for trophies — they're playing for their futures. Whether they dream of playing professionally, coaching, or working in sports administration, the discipline and drive that come from school sports are providing young people in the townships with the tools they need to succeed.

School sports in the townships are far more than just games — they are life-changing opportunities. With the right support and resources, these young athletes can go on to achieve great things. So next time you're waiting for a taxi, or catching up with a friend, ask them about the next big soccer or netball match in the local school. You might just be hearing about the next big star in South African sport.

Mamelodi Sundowns Crowned PSL Champions – Again!



The Sundowns squad lifts the 2024–25 PSL trophy. Dominant, disciplined, and destined for greatness. (Photo credit: PSL Media)

Mamelodi Sundowns have won the 2024–25 Premier Soccer League (PSL) title, making it their eighth league win in a row and their 15th league win overall. Whether you're reading this in a taxi, a spaza shop, or waiting for tickets for their next game, know this: Sundowns are rewriting history.

A season of pure class

Coach Miguel Cardoso had the team playing like champions from day one. Each match was a

masterclass in soccer for Sundowns. Even when they were down, they came back swinging. Their teamwork, pace, and power were too much for any team in Mzansi.

Players who ran the show

- **Lucas Ribeiro Costa** – The Brazilian forward was a threat this season, constantly keeping defenders on their toes by scoring 16 goals in 27 matches.
- **Marcelo Allende** – The Chilean Attacking

Midfielder keeps the pace high with smooth touches, clever passes, and assists.

- **Iqraam Rayners** – Considered one of the best forwards in Mzansi by scoring in big games when it counted.
- **Thapelo Morena** – The Speedster defended hard and pushed forward like a machine, showing us his versatility.
- **Ronwen Williams** – The Ballon d'Or nominee was unstoppable, claiming 11 clean sheets and crucial saves in the 24/25 Season.

Big matches that sealed the deal

- **4-2 vs Sekhukhune United** – An all-out attacking masterclass!
- **3-1 Comeback vs Marumo Gallants** – From behind to brilliant. That match showed their fighting spirit.
- **2-0 vs AmaZulu** – This win confirmed their title with four games left to play.

On to Africa: CAF Champions League Final awaits

The Brazilians potentially had another championship in the books, Mamelodi Sundowns took on Egypt's Pyramids FC in the CAF Champions League final. The first leg was played at the Loftus Versfeld Stadium on 24 May, with the second leg that took place in Cairo on 1 June.

Taxi chats and football glory

From taxi ranks in Mamelodi to city streets in Jozi, fans have plenty to smile about. Sundowns aren't just playing football — they're building a dynasty. Whether you support them or not, you've got to respect their hustle.

Next time you hear someone shout "Ka bo yellow!" — don't be surprised. The champs have earned it!



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