

ASINATHISANENI

"Women realizing their full potential"



Women take action to influence policy and secure rights through lobby, advocacy, and strategic litigation in Insiza District

Advocacy women from Inzisa have taken the lead to lobby and advocate for their rights in their communities. The women have taken the lead in owning productive assets and properties in their communities. Traditionally women were discouraged from securing properties and own assets, as such Emthonjeni Women's Forum has stepped in to help realise the importance of securing assets and registering them in their names.

Siphiwe Mlotshwa* aged 52 from Inyozane village got married at a very young age and was of the view that her partner will take care of all of her needs. She was not allowed to work or gain any source of income. The income the husband realised was managed only by him and was mostly misused.

"The property rights training awakened in me a realization of the need to be self sufficient to better able to help in improving our lives" she said

After subsequent trainings Siphiwe Mlotshwa has managed to purchase livestock registered in her name. This has contributed to a change in her lifestyle as before she would fail to pay fees for her children but with these cows, she is able to let them for hire to plough and that money helps pay school fees for her children. During the ploughing season she realises more income, and that has led to improved lifestyle.



"My life has changed drastically. Firstly, I feel more financially secure for my children and my family's welfare. I want to tell all women that they should fight for themselves, use all the opportunities that are given to them, become independent and improve their financial situation." she concluded.

*Not her real name



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**ARE YOU A VICTIM OF GENDER BASED VIOLENCE?
DON'T SUFFER IN SILENCE. Talk to one of our counsellors in a safe and
confidential environment to heal and empower**



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Emthonjeni Women's Forum

What is Counselling?

It is a means where one person helps another through purposeful conversation in an atmosphere of understanding. Two or more people meet to explore personal problems and to identify solutions

Who can help you?

Emthonjeni Women's Forum has a professionally trained counsellor who offers free and confidential counselling sessions in a structured environment, via a toll free line or in person

Why counselling?

- It helps gain insight to the real problem
- Counselling helps people to heal emotionally.
- It improves relationships
- It improves confidence and self-esteem.



Breast Cancer

AWARENESS MONTH

Know the symptoms.

Breast Cancer is the most common cancer in women, worldwide. You can detect breast cancer in time and start appropriate treatment

Early detection can save your life.

Restoring Women's dignity through distribution of sanitary pads

In response to the harsh realities encountered during Covid-19 pandemic including its disruption of businesses due to lockdown restrictions, Emthonjeni Women's Forum distributed dignity kits to women programme beneficiaries in four wards of Insiza. COVID 19 lockdown restrictions inhibited women from carrying out their income generating projects and most of the little resources realized went towards feeding the family.

So far Emthonjeni Women's Forum under the Trocaire supported SASA FAITH program has distributed 1500 kits to 1500 women. The package comprised disposable sanitary pads, washing and bathing soap, toothpaste, and toothbrush as well as a bathing towel.

Did you know? In Zimbabwe, about 1 in 3 women aged 15 to 49 have experienced physical violence and about 1 in 4 women have experienced sexual violence since the age of 15

WHAT THEY SAID

"The dignity kits assisted me with budget substitution to purchase more important items like basic food stuffs. It also lessened the burden on my husband as the household head and primary breadwinner, something which may have caused a strain in our relationship." Elizabeth Mathuthu

"We received dignity kits at a time where we needed them the most, things were difficult for all of us" Lister Sibanda

"Thank you, Emthonjeni Women's Forum for the big role you played in our communities. Sanitary wear is not considered an important part of the grocery list in our families but you made you have helped restore our dignity. For that we thank you EWF." Babra Sibanda

"Our dignity was restored after we received the dignity kits. We felt like women and we were proud that our daughters will experience the use of pads as most use clothes during their menstruation cycles." Pretty Mtida

HOW CAN I PROTECT MYSELF AGAINST COVID19?

Wash your hands frequently

Avoid touching your eyes, nose, and mouth

Avoid crowded places and put space between yourself and others

Cough or sneeze into your bent elbow or a tissue

If you have fever, cough, or difficulty breathing, **seek care early.** Call beforehand and follow medical advice.



In Pictures

