

COUNSELINK

CELEBRATING WOMEN'S MONTH

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DEPARTMENT OF
**STUDENT
 COUNSELLING
 AND HEALTH**

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WOMEN'S MONTH DIALOGUE

In the spirit of women's month, the Student Counselling Centre embarked on a journey to celebrate and embrace women for the significant role they play in society. We hosted a women's month Dialogue on the 11th of August 2020 that spoke about women empowerment, women in leadership, women owning their voices and finally fighting GBV.

Our Dialogue started with a phenomenal speech by our guest speaker Miss Musa Mbonambi who was the SRC Treasurer at DUT in 2019. Miss Mbonambi spoke profoundly about her journey in leadership and what she thought needs to be done to empower women and create a safe space for women to assume positions of power.

The dialogue was a very insightful and shed light on many issues that women face when in leadership positions and the progress our country has made insofar as women empowerment is concerned. One common point that came across from the facilitators, our guest speaker and the dialogue attendees was that women need to start educating, embracing, appreciating and empowering each other and stand in unity if they truly want to fight a genuine cause to empower themselves.

Although society's expectations and cultural norms have suppressed women's voices for the longest of time, it was truly beautiful to see young women stand up and come up with brilliant ideas on the direction young women should start taking in order to empower themselves and others.

We Are Stronger Together



STUDENT COUNSELLING DROP & GO DONATION INITIATIVE



The student Counselling Centre had a Drop and Go Donation initiative from the 12th till the 14th of August 2020. The aim of the donation initiative was to collect non- perishable food items and clothing from staff and students in the spirit of celebrating women's month. The items were to be taken to a Women's Shelter as part of our contribution as a department to women that are less fortunate.

We wanted to do something that would remind them that they are important, and they also deserve to be appreciated and celebrated during women's month. The department of Student Housing wasted no time in supporting this great initiative by allowing us to host the donation initiative at selected residences to make the donation process easier for students that are currently not attending on campus.

Donation boxes were delivered to various residences such as Sterling House, Hugo, Renaissance, Hlelo Property, Rosean, Stratford, Student Village and Upton residences. The boxes were warmly accepted by the Residence Advisors and Residence Student Advisors who also worked hand in hand with the Student Counselling Centre's Public Relations interns, Kgotlelelo Mnisi and Ntobeko Zondo in informing and educating students about this initiative and its significance as well as the importance of the participation of the student body.

Although the donation initiative started off a bit slow, we are glad to report that the response to our call was truly positive. We received a lot of donations from both students and staff members of DUT, with all the donations received being in good condition. As a result of the many donations we received, we decided to donate these items to two shelters instead of just one.

We would like to express our greatest appreciation to all students and staff members who contributed to the donation initiative. As a rainbow nation we have always been taught to live by the principle of Ubuntu which means Humanity and showing kindness to one another and this was a true display of such.

Furthermore, we would like to express our gratitude to the Department of Protection

Services that assisted in the placement of donation boxes on campus and also tirelessly worked to insure that all donations were safe and insured that everyone that wished to donate adhered to the rules of social distancing and insured that all precautionary measures were taken to prevent the spread of COVID-19 throughout the donation initiative.



UMGENI COMMUNITY EMPOWERMENT CENTRE & DURBAN HOSPICE FOR WOMEN (KERR HOUSE)

As part of the Women's Day Drop and Go donation initiative, all the donated items were taken to two shelters in the Durban area, Umgeni Community Empowerment Centre, and the Durban Hospice for Women: Kerr House.

The **Umgeni Community Empowerment Centre** is a Non-Profit Organization (NPO) which aims to benefit and uplift society by offering a range of services such as counselling, skills development, collection and distribution of food to the underprivileged as well as temporary relief crisis centre for abused women and children. Their primary focus is on the care, counselling and rehabilitation of: Victims of domestic violence, physical & emotional abuse; victims of human trafficking & of sexual abuse; commercial sex workers; orphaned, abused, or neglected children; marginalized communities; persons infected and affected by HIV / AIDS; underprivileged families & unemployed individuals; indigent persons over the age of 60; the sick, suicidal, imprisoned & the destitute.



The **Durban Hospice for Women (Kerr House)** is also an NPO that offers a haven for abused and destitute women. Kerr House is a women's refuge which provides shelter to women in crisis. They provide clean and comfortable accommodation for up to 17 mothers and children, three meals a day, skills training, counselling by resident social workers, therapeutic group work and individual rehabilitation/Care plan. The hospice also works closely with other service providers including The Department of Social Development, Lifeline, Famsa, Sanca, Child Welfare and others to rehabilitate the residents of Kerr House. The vision of this hospice is "to provide a temporary and secure homely environment for women in crisis with a view to restore their sense of well-being and self-worth".



We would like to thank the Umgeni Community Empowerment Centre as well as the Durban Hospice for Women (Kerr House) for welcoming us with warm and open arms to their centers. We would also like to extend our appreciation to all DUT staff members and students who made this initiative a possibility by donating clothing and food items and everyone who played a role in making the Women's Day initiative a success.

On behalf on the Student Counselling Centre, we hope that all women had a lovely women's month.

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