On the 20th August 2011 the DFL young women from Durban hosted a Wellness Day for young employed and unemployed women at the Dia- konia Centre in Durban.

Members of 8 Trade Unions participated in the event: SACCWU, SACTWU, CEPPWAWU, CONSAWU, CWU, SAMWU, NUMSA, NUPSWA.

The DFL is a Trade union Campaign that empowers young women to make informed decisions in their lives. The Campaign is funded by ITUC (International Trade Union Confederation) and operates through social networks, community radio, workshop, meetings, focus groups, discussions and everyday interactions in the workplace and comm- munity.

Our objective for the Wellness Day was to highlight young women’s access to healthcare facilities for HIV & AIDS, cervical cancer and other health issues. All the speakers focused on the rights young women have to appropriate health care.

**The days agenda**

The day started with registration and tea.

The young women at the registration table form part of the Decisions For Life Campaign Team, a team bringing together young women from Trade Unions affiliated to COSATU, FEDUSA, NACTU, and CONSAWU.
The delegates were introduced and welcomed to the DFL wellness day. An exciting start to the day.

Tai Chi is sometimes described as “meditation in motion”

“Dealing with our daily stress”

The Tai Chi Exercise

Led by Nina Benjamin

Tai Chi is a slow-motion, moving meditative exercise for relaxation, health and self-defence. Tai chi has great health benefits and may be practiced by young and old. The young delegates had a great deal of fun learning these exercises.
“Taking control of our bodies”

**Thulile**

Thulile an HIV positive young women from the Hospitality sector spoke about how the Campaign has made a great difference in her work and in her life. “The Campaign helps build our self-confidence. It also helps to make sure that our voices are heard within the Collective Bargaining Process”

She spoke about women working together and not bringing each other down. Yes, we women do that, but it is about time to start caring. She added, “our message to woman is, make your own decisions, be it about moving house, starting a family, having sexual relations, getting married or not, etc…” When we take control of our lives, we are able to accomplish so much more.
**Emotional Freedom Therapy**

EFT (Emotional freedom Techniques) is simple yet remarkable healing system, that reduces the stress that underlies much disease.

**Effects of not loving ourselves.**

When we feel not good enough, we tend to punish ourselves by finding ways to make ourselves miserable.

- We procrastinate about things that would benefit us.
- We create illness and pain within our bodies
- We mistreat our bodies with food, alcohol, drugs and/or lack of sleep
- We feel that we have to be perfect.

So how do I love myself so that I can feel good enough? You ask. The path of how to love yourself has many avenues. Here is one:

Repeat the following affirmation while tapping on the points indicated on the sketch.

“even though I have this……(insert problem) …. I deeply and profoundly accept myself.”

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**SACTWU Worker Health Project**

Ms. Zethu from SACTWU spoke to the young women about getting tested for HIV. SACWTU health workers also set up a mobile clinic at the Diakonia Centre. Almost 50 young woman were tested and counseled on the day.

As a trade union SACTWU recognizes that HIV/AIDS is a major challenge in our society. They have launched an education and treatment programme to contribute to reducing and preventing the spread of HIV and AIDS and provide counseling to members who are HIV positive.
Support’s Training Manager, Maya Gokul provided training on the Barrier Method and demonstrated the use of the femidom (female condom) and its effectiveness to prevent infection.

This training is vital as it equips trainees with knowledge, skills and a positive attitude needed to assist patients and clients to make healthier choices to protect themselves.

Support Worldwide—Maya Gokul

ROSE FROM CANSA

Rose spoke about cervical cancer and said that all women who are sexually active should regularly go for a PAP Smear.

Woman can start with a PAP Smear after being sexually active for a few years, and then have it repeated at least every ten years, but preferably every three to five years. All women who are HIV positive should have a PAP Smear every year!

With a PAP Smear they can detect abnormalities on the cervix. Should abnormal cells be detected, the women will be referred for treatment to prevent development of cancer of the cervix. However, PAP Smears do not prevent cancer of the cervix. The best way to prevent cancer of the cervix is by using a condom, because cancer of the cervix is caused by a virus that one can get via sexual contact.

Important to remember:

- Use a male or female condom for protection
Department of Health—Ms. Selvie Munsamy

The health department was brought on board to inform the delegates that the government has health care facilities in place. Government is implementing a comprehensive plan to deal with HIV and AIDS, which combines prevention, to ensure that those who are not infected remain so, with treatment, care and support for those infected or affected.

These are the services that were discussed:

- Free services for children under 6 years old
- Pregnant and lactating women
- Immunization
- Communicable and endemic disease prevention
- Maternity care
- Screening of children
- Integrated management of childhood disease
- Diseases of older persons
- Rehabilitation
- Accident and emergency services
- Family planning etc.....
Ayurveda or ayurvedic medicine is a system of traditional medicine native to India and a form of alternative medicine.

OPEN MIC

During this time young women were free to air their views.

“We need to make wellness part of the issues we take up in the workshop”

“As young women today helped us make important decisions about getting tested but also about living positively with HIV”

“I felt so inspired by the discussions on HIV and now I feel I am more prepared to deal with it.

An Indian dance by Darshana was most enjoyable.
We at Decisions for Life would like to acknowledge and thank all the speakers and participants for sharing the day with us. THANK YOU!

LUNCH