

GRAHAMSTOWN

Health, Wellness & Social Services Guide

EMERGENCY NUMBERS

Ambulance Emergency	10177
Ambulance Non- Emergency	(046)622 7847
Crime Stop	086001 0111
Electricity	(046)603 6036
	A/H (046)603 6000
Eskom	086 014 0014
Fire Brigade	(046)622 4444
	Toll-Free 080111 4444
Fort England	(046) 622 7003
Locksmith	(046) 622 4592
	082 556 9975
SAPS	10111
SAPS Grahamstown	(046)603 9111
	(046)603 9147
SPCA	(046)622 3233
Traffic Services	(046)603 6067
Water	(046)603 6136

TO RHODES UNIVERSITY STAFF AND THE BROADER GRAHAMSTOWN COMMUNITY

Good health and well-being are important aspects of people leading rich, rewarding and productive lives.

The Grahamstown Health Wellness and Social Services Guide is a resource that provides information on professionals, institutions and organisations that promote health and well-being and provide a range of social services in the Grahamstown community. It is hoped that such a guide will make it easier for the residents of Grahamstown to locate and access resources and services available to them.

In compiling this resource guide, much effort has gone into identifying various bodies and practitioners working in the health and wellness arena, and to including up-to-date, relevant and available information. The guide is, however, a work in progress and will be updated as and when necessary.

Departments and individuals at Rhodes and organisations and individuals in Grahamstown are encouraged to use the resources and services that are available at Rhodes and in our town and region. I also invite organisations and individuals to add to the information contained in this guide so as to extend and enhance its value.

My sincere thanks to those who put forward the idea of a guide, as a valuable health and wellness resource, and to all those who have laboured to produce it.

Dr Saleem Badat
Vice-Chancellor

Information in this guide will keep being updated. Many stakeholders have to be accessed to ensure accuracy of information. At times it is not possible to receive feedback from everyone. Should you have corrections, changes or information to include in an updated version of this guide in the future, please contact hr@ru.ac.za.

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RELEVANT CONTACTS

Cancer Association of South Africa (CANSA)

(041)373 5157
jduarte@cancer.org.za

Health Care Practitioners

See a comprehensive list in the relevant chapter featured in this guide.

Hospice

15 Milner Street
(046)622 9661
Hospice_admin@telkomsa.net

[Information available online at <http://www.cancer.gov/cancertopics/factsheet/Sites-Types/general>]

CANCER

“Cancer is a word, not a sentence.” – John Diamond

1. What is cancer?

Cancer is an umbrella term for over 100 diseases, all of which are caused by cells growing out of control. This may result in a malignant tumour.

2. How does one get cancer?

Anybody, despite how healthy he or she lives, can get cancer. Scientists have learned that cancer is caused by changes in genes that normally control the growth and death of cells. Certain lifestyle and environmental factors can change some normal genes into genes that allow the growth of cancer. Many gene changes that lead to cancer are the result of tobacco use, diet, exposure to ultraviolet (UV) radiation from the sun, or exposure to carcinogens (cancer-causing substances) in the workplace or in the environment. Cancer itself is not contagious. A person cannot catch cancer from someone who has this disease.

**Municipal
Clinics (For more
information
contact (046) 622
4901)**

Anglo African Clinic
(046) 603 6110

Extension 7 Clinic
(046) 603 6089

Joza Clinic
(046) 603 6026 /
6152

Middle Terrace Clinic
(046) 603 6102

Mobile Clinic
(046) 622 3430

Raglan Road Clinic
(046) 603 6084 /5

Tantyi Clinic
(046) 603 6153

**Settlers Hospital
Palliative Care
Ward**

(046)602 5000
Past bridge up
Milner Street

3. What are the signs and symptoms of cancer?

Cancer can cause a variety of symptoms. Possible signs of cancer include the following:

- new thickening or lump in the breast or any other part of the body;
- new mole or an obvious change in the appearance of an existing wart or mole;
- a sore that does not heal;
- nagging cough or hoarseness;
- changes in bowel or bladder habits;
- persistent indigestion or difficulty swallowing;
- unexplained changes in weight or
- unusual bleeding or discharge.

When these or other symptoms occur, they are **not** always caused by cancer. They can be caused by infections, benign tumours, or other problems. It is important to see a doctor about any of these symptoms or about other physical changes. Only a doctor can make a diagnosis. A person with these or other symptoms should **not** wait to feel pain because early cancer usually does not cause pain.

4. What are the different types of Cancer?

The various types of cancer are categorised according to their cell of origin:

- Breast;
- Cervical;
- Colon and Rectal (colorectal);
- Leukaemia (cancer of the blood);
- Lymphoma (cancer of the bone marrow);
- Lung;
- Multiple Myeloma (cancer involving the white blood cells which are responsible for producing anti-

- bodies);
- Pancreatic;
- Prostate;
- Skin;
- Stomach (gastric).

5. How is cancer treated?

Cancer can be treated by using various methods depending on the type and extent of the cancer. Listed below are the different types of treatment available for cancer patients:

- a. **Surgery** is an operation to remove cancer cells;
- b. **Radiation therapy** (also called radiotherapy) uses high-energy rays to kill cancer cells in a targeted area;
- c. **Chemotherapy** is the use of drugs that kill cancer cells throughout the body;
- d. **Hormone therapy** is used to treat certain cancers that depend on hormones for their growth. It works by preventing cancer cells from growing;
- e. **Biological therapy** uses the body's immune system, directly or indirectly, to fight disease and to lessen some of the side-effects of cancer treatment.

RELEVANT CONTACTS

Childline South Africa

0800 055 555

Child Welfare

(046)636 1355

1 Coles Lane

childwelfareght@

telkomsa.net

(For children under 10 years of age)

Commissioner of Child Welfare

(046)622 7303

Magistrates Court

119a High Street

Department of Justice Master of the High Court

(046)603 4000

5 Bathurst Street

Department of Labour

(046)622 2104

20 High Street

Department of Social Development

(046)636 1484

Corner of African

and Hill Streets

(For children over

10 years of age or

under the age of

10 from an outlying

area)

CHILDREN

“Children are one third of our population and all of our future.”

– Select Panel for the Promotion of Child Health, 1981

Definition of a child: According to the Child Justice Act No. 75 of 2008, a child is any person under the age of 18 years.

I. List of schools in Grahamstown

PUBLIC SCHOOLS

High Schools

Benjamin Mahlasela Secondary School, (046)637 1254

Graeme College, (046)622 7227

Khutliso Daniels Secondary School, (046)622 9754

Mary Water’s High School, (046)622 2640

Nathaniel Nyaluza Public Secondary School, (046)622 2847

Nombulelo Senior Secondary School, (046)637 0411

Ntaba Maria Secondary School, (046)636 2937

Ntsika Senior Secondary School, (046)637 0401

PJ Olivier Hoerskool, (046)622 3322

T.E.M. Mrwetyana School, no contact details available

Victoria Girl’s High, (046) 636 1550

**Eluxolweni
Children's Shelter**
(046)622 2537
Off Anderson Street
[eluxolweni@
imagnet.co.za](mailto:eluxolweni@imagnet.co.za)
(For children
between 6 and 14
years of age)

FAMSA
(046)622 2580
63a High Street
[famsa@imagnet.
co.za](mailto:famsa@imagnet.co.za)

**Fort England
Hospital**
(046)622 7003
Bottom of York
Street

GADRA
(046)636 1744
Day Hospital
Grounds, Cobden
Street
[gadraadvice@
imagnet.co.za](mailto:gadraadvice@imagnet.co.za)

**Grahamstown
Foster Parent and
Child Forum**
(046)636 1355

**Grahamstown
Parents' Network**
[powers@
smokesignal.co.za](mailto:powers@smokesignal.co.za).
[gpnetwork@
googlegroups.com](mailto:gpnetwork@googlegroups.com)

Primary Schools

Amasango Careers School, (046)622 5280
Andrew Moyake Primary, (046)622 2546
Archie Mbolekwa Public School, (046)637 1660
C.M. Vellem Lower Primary School, (046)637 0573
DD Siswa Primary School, (046)636 1940
Fikizolo Primary Public School, (046)622 9793
George Dickerson Primary School, (046)622 5023
Good Shepherd, (046)622 8998
Graeme College, (046)622 7227
Makana Public School, (046)637 0912
N.V. Cewu Higher Primary School, (046)637 0413
Ntaba Maria Primary School, (046)636 2937
Oatlands Preparatory School, (046)622 2935
PJ Olivier, (046)622 3322
Samuel Ntlebi School, (046)637 0400
Samuel Ntsiko Primary School, (046)622 4190
St Mary's, (046)622 5187
Tantyi Public School, (046)637 1570
Victoria Primary School, (046)622 4850

Pre-primary

Amakhaya Pre Primary, (046)622 4408
Barnyard Pre Primary School, 083 329 4521
Bethlehem Pre Primary, (046)622 3543
Bulumko Pre Primary School, 072 386 9754
Busy Bees Pre Primary School, (046)622 7865
Clever Kids, 082 899 9966
C.M. Vellem Pre Primary School, no contact details available
Cradock Heights Christian School, (046)622 5755
Dinga Mahlope Pre Primary School, no contact details available

Health Care Practitioners

See a comprehensive list in the relevant chapter featured in this guide.

Hospice

(046)622 9661
15 Milner Street
Hospice_admin@telkomsa.net

Psychologists and Social Workers

See a comprehensive list in the relevant chapter featured in this guide.

Rhodes University Psychology Clinic

(046)603 8502
Rhodes Avenue,
Rhodes University
Campus
y.scheepers@ru.ac.za

SAPS EMERGENCY 10111

SAPS – Grahamstown
(046)603 9111
16 Beaufort Street

Funduzenzele Pre Primary School, (046)637 1711
Gladys William Pre Primary, no contact details available
Heavenly Kids Pre Primary, 082 376 4814
Heidi Kleuterskool, (046)622 6758
Jack & Jill Pre Primary School, (046)622 2900
Kingsflats Pre Primary, (046)637 1940
Kleuterland Pre Primary, (046)622 2804
Little Angles Learning Centre, 084 522 5079
Luzuko Methodist Pre Primary, 083 773 2429
Luzuko-Lwakhe Pre-primary, (046)622 4208
Makana Pre Primary, (046) 637 0912
Matinise's Pre Primary, no contact details available
Mother Hen Pre Primary, (046)622 9766
Noah's Ark Play School, 074 172 8455
PJ Olivier, (046) 622 3322
Rhodes Day Care, (046) 603 8585
Shooting Stars, 083 440 1033
St Barts, 082 730 8555
Stepping Stones, (046)622 4518
Timlin Montessori, (046)622 3428
Wendy House Playschool, (046)636 2001

PRIVATE SCHOOLS

High Schools

Diocesan School for Girls (DSG Senior School),
(046)622 7236
GADRA Matric School, (046)622 2347
Kingswood College, (046)622 4351
St Andrew's College, (046)622 7214

Municipal Clinics (For more information contact (046)622 4901)

Anglo African Clinic
(046)603 6110

Extension 7 Clinic
(046)603 6089

Joza Clinic
(046)603 6026 /6152

Middle Terrace Clinic
(046)603 6102

Mobile Clinic
(046)622 3430

Raglan Road Clinic
(046)603 6084 /5

Tantyi Clinic
(046)603 6153

Report Child Abuse

childprotect@saps.org.za

Settlers Hospital

Ms Mfono (Dietician)
(046)602 5000
Past bridge up
Milner Street

Settlers Hospital

Dr Marlon Starr
(Pediatrician)
083 249 1148
(046)602 5000
Past bridge up
Milner Street

Primary Schools

Diocesan School for Girls (DSG Junior School)

(046)622 7236

Grahamstown Seventh Day Adventist School, (046)622 4208

Kingswood Junior, (046)622 8300

St Andrew's Preparatory, (046)622 2922

Pre Primary

Khanya Play Unit, 082 458 4695

Kingswood Pre Primary, (046)603 6627

St Andrew's Pre Primary, (046)603 2400

2. Issues relating to a child's well-being

The problems relating to children are numerous and a few have been outlined here in order to give guidance on what to do in a situation that involves a child. Remember that although the tasks of the social workers and police officers have been outlined, there are many other professionals who are involved in child welfare such as teachers, nurses, doctors and legal professionals who should all network with the child, the child's parents and the family.

2.1 Absconders

When someone absconds from an institution they leave it hurriedly and secretly, with the intention to escape.

Who to contact

- a. SAPS;
- b. Child Welfare;
- c. Department of Social Development.

Settlers Hospital

Ms Stephanie Penkler (Speech-language Therapy)
(046)602 5000
Past bridge up
Milner Street

Settlers Hospital

Ms Tarr, Ms Ashbolt (Occupational Therapy)
(046)602 5000
Past bridge up
Milner Street

Up Start the paper for youth by youth

Ms Badat Upstart
Project Manager
(046)622 7222
upstart@grocotts.co.za

2.2 Child with challenging behaviour

Challenging behaviour can include experimentation or addiction to a substance, involvement in criminal activities, domestic violence and school absenteeism.

Here are a few signs that may indicate that a child is addicted to a substance:

- any sudden change in behaviour (for example, failure to meet social engagements);
- sleeping too much or too little;
- sudden change in appetite;
- sudden disappearance of valuable goods in the home that could be sold for drugs;
- bloodshot eyes.

Who to contact:

- a. Child Welfare: counselling and possible statutory intervention;
- b. Department of Social Development: for counselling and possible statutory intervention;
- c. FAMSA: relationship counselling to the child and family involved;
- d. Fort England Hospital: counselling and therapy;
- e. Rhodes University Psychology Clinic: counselling and therapy;
- f. See list of Psychologists and Social Workers in the relevant chapter.

2.3 Child labour

“Children do not constitute anyone’s property: they are neither the property of their parents nor even of society. They belong only to their own future freedom.” – Mikhail Bakunin

According to the Basic Conditions of Employment Act, enforced by the Department of Labour, a child under the age of 15 years is not allowed to be employed in any form. Any child between the ages of 16 and 18 years may be employed, but various conditions apply: the work must be age-appropriate; the work must be voluntary; the work must be beneficial for the child concerned; the work must teach the child certain skills; the work must in no way harm the child or affect his/her education.

If you are aware of any child who is illegally employed or who is vulnerable in their workplace to any form of abuse such as physical, emotional, sexual or educational abuse, then the matter should be reported to:

- a. Department of Labour;
- b. SAPS;
- c. Child Welfare;
- d. Department of Social Development.

2.4 Missing child or child theft

A missing child or child theft means that a child has gone missing, whether she/he has been kidnapped or run away.

Who to contact:

- a. SAPS: to report a missing child so as to open a criminal case, and investigate;
- b. FAMSA: trauma debriefing for parents.

As soon as the child is found, a social worker should be contacted for follow up counselling:

- c. Child Welfare;
- d. Department of Social Development.

2.5 Street child

A street child is a child who, of his/her own free will, and due to home circumstances, chooses to lead a nomadic lifestyle of the streets.

Who to contact:

- a. Child Welfare;
- b. Department of Social Development;
- c. Eluxolweni Children's Shelter.

2.6 Undernourished or malnourished child

Symptoms of an undernourished or malnourished child

- Dry and flaking skin with scales;
- Swollen and painful joints;
- Weakness in the muscle and trembling;
- Osteoporosis, where the bones can break easily;
- Dizziness and slowed reflexes;
- Fatigue and loss of energy;
- Loss of appetite and weight;
- Growth retardation;
- Low organ function and bloated stomach;
- Bleeding gums and decayed teeth;
- Weak immune system;
- Low memory power;
- Deficiencies of Vitamin A that can cause loss of vision;
- Diarrhea.

Who to contact:

- a. Child Welfare;
- b. Department of Social Development;
- c. GADRA: for emergency food parcels.
- d. Municipal Clinic: possible referral to hospital or feeding scheme.

2.7 Abandoned child

An abandoned child is a child who has been deliberately abandoned at a place or with a person, without the parents/guardians leaving contact particulars regarding his/her movements or address, with the purpose of not being traced.

Who to contact:

- a. SAPS;
- b. Child Welfare;
- c. Department of Social Development.

2.8 Child in conflict with the law

A child in conflict with the law is a child/young offender (7 to 18 years of age) who is suspected of committing a criminal offence or found guilty of having committed a criminal offence.

Who to contact:

- a. SAPS;
- b. Department of Social Development;
- c. Department of Justice.

Important:

A police officer who has arrested a child must, within 24 hours after the arrest, notify the Department of Social Development of such an arrest. Any child who has been arrested must be taken by a police officer to appear at a preliminary inquiry within 48 hours of the arrest, or, if the 48 hours expire outside of court hours, no later than the end of the first court day after the expiry of the 48 hours.

2.9 Neglected child

Neglect is any act or failure to act by a parent or caregiver

which results in impaired physical functioning of, development of, or injury to, a child. Neglect includes, but is not restricted to: physical neglect; poor supervision; medical neglect; abandonment and refusal to assume parental responsibility.

Who to contact:

- a. SAPS;
- b. Child Welfare;
- c. Department of Social Development.

2.10 Physically abused child

Physical abuse is any act which results in inflicted injury or death of the child. The injuries may include but are not restricted to bruises, welts, cuts and abrasions. It may also include fractures or sprains, poisoning, burns or any repeated injury from which explanations are inadequate or inconsistent. In such a case it is important to take full details of the allegations.

Who to contact:

- a. Child Welfare;
- b. Department of Social Development;
- c. Municipal Clinic: for a medical examination, treatment and referral;
- d. SAPS;
- e. Settlers Hospital: for treatment of wounds and they can also be used as an emergency place of safety.

2.11 Psychological abuse and emotional neglect

Psychological abuse or emotional neglect is an act or failure to act, which results in impaired psychological and/or emotional functioning and delayed development of a child. Amongst other symptoms this may manifest as anxiety, withdrawal, aggression, depression and delayed development.

Psychological abuse can take the form of rejection, isolation, deprivation of affection and inappropriate criticism, threats and humiliation. In some cases it can also take the shape of exposure to family violence which will affect the child's emotional stability and psychological development. Exposing the child to illegal activities or even involving them in illegal activities is also a form of psychological abuse. Although some cases are not criminal in nature, they do require attention and possible intervention.

Who to contact:

- a. Child Welfare;
- b. Department of Social Development;
- c. Fort England Hospital;
- d. Rhodes University Psychology Clinic;
- e. See list of Psychologists and Social Workers in the relevant chapter.

2.12 Sexually abused child

Sexual abuse is any indecent act performed towards a child which is for the purpose of sexual or erotic gratification which results in the exploitation of a child either with the child's consent or not, whether forced or not. Sexual abuse may be committed by adults or other children. Sexual abuse can be divided into non-contact abuse which includes exhibitionism, voyeurism (peeping) and suggestive behaviour or comments and contact abuse which includes indecent assault, rape and sodomy.

Who to contact:

- a. Child Welfare;
- b. Department of Social Development;
- c. Municipal Clinic: medical examination, treatment and referral;

- d. SAPS;
- e. Settlers Hospital: for treatment and it can also serve as an emergency place of safety.

3. Services offered by the Eluxolweni Children's Shelter

- 3.1 Provision of residential care which provides basic services like feeding, clothing, caring, primary health care, schooling and is a 24 hour facility.
- 3.2 Offers therapeutic programs designed for the residential care of children outside the family environment, which include a program designed for:
 - a. The reception, care and development of children on a share-basis with the parent;
 - b. The reception and temporary safe care of children pending their placement;
 - c. The reception and temporary safe care of children to protect them from abuse or neglect;
 - d. The reception and temporary safe care of trafficked or commercially sexually exploited children;
 - e. The reception and temporary safe care of children for the purpose of:
 - i. observing and assessing those children (assessment could be from –three to nine months as some children have developed intense mistrust and the total stay could be up to two years or more);
 - ii. providing counselling and other treatment to them;
 - iii. assisting them to reintegrate with their families and the community.
 - f. the reception, development and secure care of children with behavioural and emotional difficulties.

- 3.3 In addition to their residential care program, Eluxolweni Children's Centre offers:
- a. the treatment of children for addiction to dependence-producing substances; or
 - b. any other service that may be prescribed by regulation.

RELEVANT CONTACTS

The Association for the Physically Disabled

(046)622 5359
GADRA Building,
Day Hospital
Grounds, Cobden
Street
[agata.runowicz@
impilo.ecprov.gov.za](mailto:agata.runowicz@impilo.ecprov.gov.za)

FAMSA

(046)622 2580
63a High Street
[famsa@imaginet.
co.za](mailto:famsa@imaginet.co.za)

Fort England Hospital

(046)622 7003
Bottom of York
Street

GADRA

(046)636 1744
Day Hospital
Grounds, Cobden
Street
[gadraadvice@
imaginet.co.za](mailto:gadraadvice@imaginet.co.za)

Kuyasa Special School

(046)622 6750
Cnr Johnson and
Evatt Streets

Library for the Blind

(046)622 7226
112b High Street

DISABILITY

“Do all you can with what you have in the time you have in the place you are.” – Nkosi Johnson

1. Visual impairment

Visual impairment is divided into two different categories: blindness and low vision. Blindness is the condition of lacking visual perception due to neurological or physiological factors. Low vision is the condition where the visual capacity is diminished or minimal. This may require that a person wears spectacles or visual aids in order to rectify the problem.

Where to go for help: see Relevant Contacts.

2. Hearing impairment

Hearing impairment or being hard of hearing or deafness refers to conditions in which individuals are fully or partially unable to detect or perceive at least some frequencies of sound which can typically be heard by other people.

Where to go for help: see Relevant Contacts.

3. Mobility disability

Mobility disability means that a person is unable to use all or certain parts of their body.

Psychologists and Social Workers

See a comprehensive list in the relevant chapter featured in this guide.

Rhodes University Psychology Clinic

(046)603 8502
Rhodes Avenue,
Rhodes University
Campus
y.scheepers@
ru.ac.za

SAPS EMERGENCY

10111

Settlers Hospital

Dr van der Meer
(Ear, Nose and
Throat Specialist)
(046)602 5000
Past bridge up
Milner Street

Settlers Hospital

Ms Mudondo
(Audiologist)
(046)602 5000
Past bridge up
Milner Street

Settlers Hospital

Ms Tarr, Ms Ashbolt
(Occupational
Therapy)
(046)602 5000
Past bridge up
Milner Street

Where to go for help: see Relevant Contacts.

4. Mental impairment

Mental impairment includes any issue that leads to distress for a child or adult and/or to their family or friends.

Where to go for help: see Relevant Contacts

5. Association for the Physically Disabled

The Association for the Physically Disabled:

- offer counselling and support;
- provide grant information with regard to people living with disabilities;
- run a developmental clinic for children with developmental delays in partnership with Settlers Hospital;
- manage Khanya Day Care Centre for children with disabilities;
- run a monthly support group for care-givers and mothers of disabled children;
- run training for mothers of children living with disabilities (e.g. sewing, hairdressing, etc.) and
- facilitate all the procedures of getting supportive devices (wheelchairs, walking frame etc.).

Settlers Hospital

Ms Stephanie
Penkler (Speech-
language Therapy)
(046)602 5000
Past bridge up
Milner Street

***St John's
Ambulance***

(046)636-1650
24 Hill Street
centre@ghms.
stjohnambulance.
co.za

RELEVANT CONTACTS

Department of Justice Master of the High Court
(046)603 4000
5 Bathurst Street

Department of Social Development
(046)636 1484
Corner of African and Hill Streets

FAMSA
(046)622 2580
63a High Street
famsa@imagnet.co.za

Fort England Hospital
(046)622 7003
Bottom of York Street

GADRA
(046)636 1744
Day Hospital Grounds, Cobden Street
gadraadvice@imagnet.co.za

Grahamstown Black Sash Advice Office
(046)622 8091
6 Bathurst Street

DOMESTIC VIOLENCE

“Domestic violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and think loves you in return.” – Diane Feinstein

This section includes information on Domestic Violence as well as maintenance problems. Previously women were seen as the only potential victims of domestic violence, whereas now it is recognised that men also can be victims of domestic violence.

Domestic violence is often thought to only include physical violence, but the conduct that constitutes domestic violence varies in nature and frequency. Domestic violence can include physical abuse, emotional, verbal and sexual abuse. Sexual abuse can take the form of being forced to engage in sexual activities within a relationship. Other forms of domestic violence include economic abuse (for example, selling shared property without the victim’s consent and withdrawing funds from a joint bank account without the knowledge or consent of the victim.) Also included in domestic violence is stalking, damage to property, intimidation, harassment and any other form of controlling behaviour that may endanger the victim’s

**Grahamstown
High Court**
(046)603 5000
104-106 High Street

Magistrate's Court
(046)622 7303
119a High Street

**Rhodes University
Law Clinic**
(046)622 9301
41 New Street

**SAPS
EMERGENCY**
10111

**SAPS –
Grahamstown**
(046) 603 9111 /
(046) 603 9147
16 Beaufort Street

**Sheriff of the
Court**
(046)6226202
115 High Street

safety or well-being.

1. What is a domestic relationship?

A domestic relationship refers to the relationship between two people where they are either married (in law, custom or religion); living together or have lived together; are the parents of a child or children; family members by blood, marriage or adoption; are or were engaged in any customary relationship or share a residence. In the event of two people sharing a residence, this includes living in a residence or a commune, and these two people need not be romantically involved or in a relationship.

2. What is a protection order and how will it help?

The Domestic Violence Act gives a person the right to obtain a protection order against the perpetrator. Many acts of domestic violence are a criminal offence (for example assault). The victim can lay a charge at the police station at any time without first obtaining a protection order.

The court can order any person to stop abusing the victim and can also prevent that person from getting help from another person to commit any act(s) of domestic violence against the victim. The court can also add any other conditions to the order that the victim may wish, such as the removal of the perpetrator's gun or dangerous weapon or limited or no contact with the children involved, providing it is in the best interests of the child or children.

3. Who may apply for a protection order?

Any victim of domestic violence may apply for a protection order. Children may also apply for the order on their own;

they do not require permission from any parent. If someone you care for is experiencing domestic violence, you may apply for a protection order on their behalf, providing you have their permission.

4. How to get a protection order

At one of these places, the person will be helped to fill in a form stating that he/she is being abused and that they will suffer or be in more danger if the order is not made immediately:

- a. The family law unit at the Rhodes Law Clinic;
- b. Clerk of the Court in the Magistrate's Office; or
- c. if after hours, contact the SAPS.

Documents required for an application for a protection order:

- ID book;
- Address and telephone number;
- Abuser's name, telephone number and address;
- Abuser's ID number or date of birth;
- Abuser's work address and telephone number;
- Name and date of birth of children;
- Doctor's report of injuries, if necessary;
- Name and address of anybody who can support the affidavit;
- Any other relevant documentation that may assist the case.

This form must be taken to the Clerk of the Court, or if after hours, to the police who will help the person go directly to the duty Magistrate (who is available 24 hours a day.)

The Magistrate will then issue an Interim Protection Order which applies until the person and the abuser return to court at a later date. Note: the Interim Protection Order will only protect the victim once the abuser gets it and until the next court date.

The applicant must then take the Interim Protection Order to the Sheriff of the Court at High Street, Grahamstown (046 622 6202). The Sheriff will then deliver the Interim Protection Order to the “alleged” abuser. The Sheriff will charge a minimal (no more than R50.00) fee for this service. Note: The order can also be sent to the police who will serve the order at no cost.

Once the Sheriff has served the order on the abuser, the victim must return to the Clerk of the Court who will give the person a Warrant of Arrest (which can later be used to have the abuser arrested if necessary.) Note: the victim must be sure to keep the Warrant of Arrest in a safe place as it is a very important document.

If a person loses the Warrant of Arrest, he/she should go to the Clerk of the Court and apply for another Warrant of arrest. A person will never know when it might be needed.

On the next court date, both the person applying for the order and the other person will appear in court in order for the Magistrate to hear both sides of the story. The victim will have to show the court that the other person has committed an act of domestic violence. The magistrate can then grant a Final Protection Order.

5. What happens if the abuser disobeys the order?

If the abuser disobeys the Interim or Final Protection Order at any time after he/she receives it the victim can take the Warrant of Arrest to the police station or the Rhodes Law Clinic. The victim will then be helped to complete a statement in which he/she says in what way the abuser disobeyed the order. The police will then arrest the abuser and take him/her to court. If the court finds that the abuser has disobeyed the order, it will convict the abuser and sentence him/her to a fine or imprisonment.

6. Counselling services for victims and perpetrators of domestic violence

There are numerous services available to victims and perpetrators of domestic violence. Listed below are organisations which are able to help in terms of counselling and therapy:

- a. SAPS: able to provide shelter, medical treatment, criminal complaint and application forms in order to obtain a protection order;
- b. FAMSA: provides relationship counselling, trauma debriefing and therapy;
- c. Department of Social Development: provides counselling;
- d. Rhodes University Law Clinic: for help in obtaining a protection order;
- e. Fort England Hospital and various other private psychologists;
- f. Family violence court: help in obtaining a protection order.

Note: There is provision in terms of Section 7 (4) of the Domestic Violence Act 116 of 1998, for the Magistrate to order the respondent to pay the emergency monetary relief to the applicant who applies for a protection order in cases of domestic violence. See section on Maintenance.

**Grahamstown
Feeding Scheme**

Ms Joan Kaye
(046)622 9717
p.kaye@ru.ac.za

FEEDING SCHEMES

I. Aim of the Grahamstown Feeding Association

The aim is to provide food to the hungry poor in Grahamstown. The Scheme operates 5 days a week and serves three places in Grahamstown:

- City Hall at 9h15 for about 30 minutes then;
- Vukani Location (Community Centre) for 30 minutes and then up to
- Joza (Sports Centre).

The Scheme feeds about 250 people a day. The Scheme provides soup and bread.

2. How to get Soup and Bread

Each person has to give a plastic shopping bag (Checkers/ Pick a Pay) or a voucher. This type of “payment” is applicable for Joza and City Hall. At Vukani Location people have to bring a piece of garbage and put it in the container. There is water available to wash hands before getting the soup. This whole project aims to feed and to help people to keep their environment clean.

3. Booklets of soup vouchers are available at:

- a. The Mustard Seed (African Street);
- b. Videotronic (High Street) and
- c. Public Library (Hill Street).

There are 5 vouchers in a booklet.

4. Other feeding schemes:

- a. The Municipality has a soup kitchen in Hoogenoeg;
- b. Churches and other organisations are also feeding people on a daily basis;
- c. Hospice provides food parcels (I-Pap, Ensure, Nutritional support and poverty relief).

HEALTH CARE PRACTITIONERS

Listing the following practitioners does not indicate that they are recommended by Rhodes University. This is information to assist people in accessing appropriate health care.

I. Registration of Health Care Practitioners

If you wish to confirm that a practitioner has been registered you can use the following the details:

- Medical Practitioners, Dentists, Oral hygienists, physiotherapists etc. must be registered with the Health Professions Council of South Africa (HPCSA). A full list is available on the website: www.hpcsa.co.za. Their contact details are: Tel: (012)338 9301; Fax (012)328 5120; Email: info@hpcsa.co.za.
- Homoeopaths, chiropractors, naturopaths, therapeutic reflexologists, therapeutic aromatherapists, acupuncturists and therapeutic massage therapists, etc. must be registered with the Allied Health Professions Council of South Africa (AHPCSA). A full list of disciplines is available on the website: www.ahpcsa.co.za. Their contact details are: Tel: (012)329 4001; Fax: (012)329 2279; Email:

info@ahpcsa.co.za (account and general enquiries)

- Traditional Healers. There is a National Traditional Healers Organization – see: <http://www.traditionalhealth.org.za>. The National Traditional Healers Interim Council has not yet been established. Their contact details are: Tel: (011)337 6177; Fax: (011) 337 2589; Email: [thohealth@gmail](mailto:thohealth@gmail.com)

2. Alternative Health Care

Dr Marianne Baasch	073 997 7286
Dr Nathalie Christie (Port Alfred)	(046) 624 4867
Dr Stuart Dwyer	(046) 622 4846
St Francis Health Care Centre	(046) 625 0927
The Mustard Seed Health Shop	(046) 636 1496

3. Chiropractor

Dr Peter Benyon	(046) 622 9443
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4. Dentists

Dr C J Buchner	(046) 622 6132
Dr TL Du Toit	(046) 622 4258
Dr D E L Eichhoff	(046) 622 3789
Dr Herring	(046) 622 8503
Dr EM le Roux	(046) 622 6132
Settlers Day Hospital and Dental Care	(046) 622 3033
Dr Acacia Von Mayer	(046) 622 3871

5. Dietician

Ms Mfono (Settlers Hospital)	(046) 602 5000
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6. General Practitioners and Specialists

Dr GR Bennett	(046) 636 2063
Dr JH Black (ENT Specialist)	(041) 374 1557
Dr B Bull	(046) 636 2063
Dr S Dwyer	(046) 622 4846
Dr HCB Evans	(046) 636 2063
Dr M Gainsford	(046) 636 2063
Dr C Jameson (Specialist Physician)	(046) 622 8627
Dr Kriel (Gynaecologist)	(046) 636 2063
Dr D Lloyd	(046) 622 1732
Dr Louw (Orthopaedic Surgeon)	(046) 602 5012
Dr V Murali	(046) 636 1114
Dr GR Mutesasira	(046) 622 5858
Dr F Oosthuizen	(046) 622 6362
Dr K Peer	(046) 622 4617
Dr SC Pellissier	(046) 622 2970
Dr J Santhia	(046) 622 6648
Dr M Starr (Pediatrician)	083 249 1148
	(046) 602 5000
Dr Theron	(046) 622 5915
Dr GR van der Meer (ENT Specialist)	084 496 1800

7. Occupational Therapists

J Tarr (Settlers Hospital)	(046) 602 5000
R Ashbolt (Settlers Hospital)	Ext 1155 / 1154

8. Optometrists

Dr Davies	(046) 622 6205
Specsavers	(046) 622 2295

9. Pharmacies

Clicks Stores Pharmacy	(046) 636 1264
Grahamstown Military Health	
Centre Pharmacy	(046) 602 2000
Grahamstown Pharmacy	(046) 622 7116
RET Butler Pharmacy	(046) 622 7305
Settlers Day Hospital Pharmacy	(046) 622 3033
Settlers Hospital Pharmacy	(046) 602 5000
Wallace's Pharmacy	(046) 622 7320

10. Physiotherapists

M Anderson	(046) 603 7314
P Stone & D Palmer	(046) 622 3035
CM Henry	073 707 8189

11. Speech-Language Therapy

S Penkler (Settlers Hospital)	(046) 602 5000
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HEALTHY LIVING

“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”

– World Health Organization, 1948

Leading a balanced lifestyle

To be healthy one needs to lead a life that is balanced. Here are a few tips that may help to create balance:

DOs:

- Follow a balanced diet, which includes: carbohydrates (starch and potato); proteins (meat and fish); fats (only to be taken in small quantities); vitamins (fruit and vegetables); minerals (e.g. iron and calcium) and fibre (fruit and vegetables), in the correct quantities;
- Drink lots of water, at least six to eight glasses a day;
- Exercise regularly. There are many effective ways of exercising without going to a gym: taking the stairs instead of the lift for example;
- Take time out to relax. The modern life creates a lot of stress in our lives, making our bodies more susceptible to disease;
- Practice safe sex with one partner only;

- Do have your sugar levels, blood pressure levels and cholesterol checked regularly;
- Do visit the optician and dentist and have your eyes and teeth checked regularly.
- Do keep a positive attitude by making sure that for every negative thought or experience you have, you balance it out with 3 positive thoughts or experiences. This healthy habit will ensure that you flourish;
- Identify your strengths by asking someone who knows you and use these abilities often. Your energy levels will increase and your performance will improve.

DO NOTS:

- Do not drink excessively.
- Do not do drugs.
- Do not have concurrent sexual partners and always use protection so as to minimise the risk of getting or spreading HIV/ AIDS.
- Do not focus on your weaknesses or spend a lot of time and energy trying to fix them. Rather be aware of your strengths and use them in as many different contexts as possible.

RELEVANT CONTACTS

Please Note: Although the Rhodes University sports clubs listed below are predominantly student clubs, they welcome outside members if there is no other similar club in Grahamstown. To contact a specific club either use the numbers listed below or ring Sports Administration reception on (046) 603 8366.

AEROBICS, FITNESS & WEIGHT TRAINING

Boot Camp

Contact: Kirsty Still 074 172 8455

Curves All Women's Gym

Contact: (046)636 2981

The Health & Fitness Academy

Naomi Nel is a qualified personal fitness trainer. She runs her own gym which caters for all ages and fitness levels. She also runs the Muscle Rehab Studio which is ideal for older people, people who don't enjoy exercise but still want to get toned muscles or people who enjoy a more passive form of exercise.

Contact: Naomi Nel 083 627 4675 or

naomi.nel@gmail.com

Rhodes University Health Suite Gym

The Health Suite will wow you with new programs and ensure that with every spin, jog, jump and kick, your fitness goals will always find the back of the net. Group exercise is pumping, indoor cycling will take you into a roller-coaster fun ride, our Personal Trainers are already flexing their muscles, the weights facility is rocking and the fitness party has not even begun yet. It is happening in the Health Suite and this is your invitation!

The Rhodes Health Suite offers group exercise, indoor cycling, circuits and free weights. Group fitness classes include, yoga basics, pilates, taebo, step and other targeted classes, such as stretch and tone, hi/low impact cardio, core and cardio.

Contact: Felix Munyai (046)603 8367 f.munyai@ru.ac.za

ANGLING

Albany Angling Association

Contact: Steve Craigie 083 442 9062

Rhodes Flyfishing Club

Contact: Alex Winkler 076 717 9223

g07w1210@campus.ru.ac.za

ARCHERY

Rhodes Archery Club

Contact: Marc Jaquet 083 512 9204

g08j5056@campus.ru.ac.za

BADMINTON

Rhodes Badminton Club

Contact: Bjorn Krietsch 072 238 7859

g09k5444@campus.ru.ac.za

BASKETBALL

Rhodes Basketball Club

Contact: Leon Soko 079 926 0971

g09s3048@campus.ru.ac.za

BOWLING

Albany Bowling Club

Contact: (046)622 6633

Grahamstown Bowling Club

Contact: (046)622 3641

BOXING

Makana Boxing Organization

Contact: Bulelani Ndwayana 083 996 8657

CANOE

Rhodes Canoe Club

Contact: Alexandra Adie 084 299 5756

alexandra.adie@gmail.com

CHESS

Rhodes Chess Club

Contact: Xolani Mpolongwana g07ml029@campus.ru.ac.za

CRICKET

Grahamstown & District Cricket Board

Contact: Leon Coetzee 083 4253061 (046)622 6526

Rhodes Cricket Club

Contact: Glynn Kent 072 384 7025

g08k0750@campus.ru.ac.za

CYCLING

The Motion Shop

Contact: Johan Conradie 082 410 0154 (082)560 0193

johan@johanconradie.co.za

DANCE & MOVEMENT

Circle Dancing

Dance to traditional music from all over the world; both traditional steps and modern choreographies. Beginners can enjoy the dancing, as steps are taught each time.

Tuesdays at 7.30pm – 9.30pm at the Princess Alice Girl

Guide Hall, African Street

Contact: Anthea Ribbink (046)603 8045 or

Jeanne Berger (046)622 2588

Classical Ballet

Classical ballet taught to both adults and young children.

Contact: Lana Pretorius 083 440 1033

elancer@maxitec.co.za

Dance with ... Francois van Eck

Ballroom and Latin dance classes. Private, couples and group lessons. Wedding choreography.

Contact: Francois van Eck 073 253 3070

Living Movement - Moving from Within

Expressive movement classes for adults wanting the space to move freely and experience the physical and emotional benefits of non-verbal expression. Trained facilitator with a Masters in Drama draws on traditions of dance movement therapy, Five Rythms and Biodanza.

Contact: Athina Copteros 073 405 5741

Movements Dance Studio

Ballet, tap & modern for adults and children.

Contact: Cheryl Emmerson 084 419 6450

Nia

In Swahili Nia means “with purpose” – and that is how Nia teaches people to move. It is a path to condition, heal and express yourself though movement and sensation. Nia is a fusion fitness – a dynamic blend of the dance arts, martial arts and the healing arts.

Contact: Cate Little 083 268 4340

Contact: Les Ginn 082 652 4158

Rhodes Ballroom Dancing Society

Contact: Candice Ryan 084 774 0497

g07r2763@campus.ru.ac.za ballroom@ru.ac.za

Rhodes Dance Sport Club

Contact: Candice Ryan 084 774 0497

g07r2763@campus.ru.ac.za dancesport@ru.ac.za

Rhodes Hip Hop Society

Contact: Shadreck Setti 071 605 4270

g09s5382@campus.ru.ac.za

Scottish Country Dancing

Mondays at 8pm at the St George's Hall, High Street.

Beginners welcome.

Contact: Val Hodgson (046)622 2308

GOLF

Grahamstown Golf Club

Contact: (046)636 1361 – office or (046)622 2106 – call box

Rhodes Golf Club

Contact: Sean Thackeray 082 3053 259

rhodesgolfclub@yahoo.com

HOCKEY

Rhodes Hockey Club

Contact: Greg Wilmot 072 264 1452

gregory.wilmot@ru.ac.za

HIKING & CLIMBING

Oldenburgia Hiking Club

Contact: Este Coetzee 072 128 0133 e.coetzee@ru.ac.za

Rhodes Mountain Club

Contact: Caitlin Fisher 072 908 9328

g09f0692@campus.ru.ac.za

HORSE-RIDING

Grahamstown Riding Club

Contact: Claire Faddel 084 826 9585

Assegaai Riding School

Contact: Kerry Currie 073 237 7901

MARTIAL ARTS

East Cape Shotokan-Ryu

Contact: Gary Grapentin 073 346 0059

garyg@geenet.co.za

Rhodes Aikido Club

Contact: Aidan Prinsloo 084 506 8237

aidanvp@gmail.com ru.aikido@gmail.com

Rhodes Kung Fu Club

Contact: Matthew Funcke 079 364 9615

g08f0016@campus.ru.ac.za

Rhodes Shokotan Karate Club

Contact: Kamo Bodibe 083 944 9706

kamobodibe@gmail.com

Rhodes Tae Kwon Do Club

Contact: Wade Basson 074 148 7480

g06b0756@campus.ru.ac.za

NETBALL

Makana Netball Association

Contact: Nikki 072 633 2830

Rhodes Netball Club

Contact: Asanda Sosibo 072 452 2488

g07s3281@campus.ru.ac.za

PILATES

This is an exercise system that is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind.

Contact: Cate Little 083 268 4340 catepilates@gmail.com

Contact: Lindsay Jackson 083 465 9869 (046)603 8693
lindsayjac@gmail.com

Contact: Julie Walker 072 601 3419

POOL

Rhodes Pool Club

Contact: Shaun Gordon 074 139 3279

g08g3036@campus.ru.ac.za

RIFLE

Rhodes Rifle Club

Contact: Karen Vercueil 076 387 5843

karenver9@gmail.com

ROWING

Rhodes Rowing Club

Contact: Carl de Beer 083 267 3856

l9jackal86@gmail.com

RUGBY

Brumbies Rugby Club

Contact: Maasdorp Cannon 072 263 5263

Rhodes Rugby Club

Contact: Adrian Mouton 073 6545860

g09m6918@campus.ru.ac.za

South Eastern Districts Rugby Union

Contact: Mr Baninzi 073 177 2880

RUNNING & WALKING

Albany Road Running

Contact: Andrew Slaughter 072 387 8752

albanyroadrunners@gmail.com

Makana Athletics Club

Contact: Xolani Ngcikhwe 082 723 3178 or Siya Magopeni (078)331 8186

Rhodes Athletics Club

Contact: Sean Swanepoel 083 685 0052

g08s1720@campus.ru.ac.za

Run/Walk for Life Grahamstown

SA's leading fitness and weight loss programme. The programme is for anyone wanting to lose weight or increase

fitness and is open for any fitness levels. Training starts from a very basic level and increases gradually.

Training takes place every Monday, Wednesday and Friday from the Graeme College Junior Field in Bath Road, at 5.15pm.

Contact: Terri-Lynn Penney 083 504 7940 or Stephen Penney 082 468 8384

Run/Walk for Life Athletics Club

Join the athletics club now for R210 for the year and receive your EPA licence number and a R100 voucher off a pair of New Balance running shoes. Visit www.penneyspix.co.za

Contact Terri-Lynn Penney 083 504 7940 or Stephen Penney 082 468 8384

SAILING

Rhodes Sailing Club

Contact: Daniel Danckwerts 072 766 7673

bushshrike@gmail.com

Settlers Dam Boat Club

Contact: John Lisher 083 283 0683

SKYDIVING

EP Skydivers

Located half way between East London and Port Elizabeth, the friendliest drop zone in South Africa. Experience the rush of Skydiving at EP Skydivers in Grahamstown. Come Tandem with us! Experience the thrill and excitement of a Tandem skydive in complete safety with our experienced Tandem instructors. Visit <http://www.epskydivers.co.za/home.html>

Contact: 082 829 5244 info@epskydivers.co.za

SOCCER

Makana Local Football Association

Contact: Ayanda Kota 078 625 6462 or Thandazile Madinda
073 203 3598

Rhodes Soccer Club

Contact: Anesu Chingono 078 444 9503
g07c3879@campus.ru.ac.za

SQUASH

Rhodes Squash Club

Contact: Grant Martin 084 700 6522
g03m0712@campus.ru.ac.za

Rhodes Squash Courts

Contact: Rhodes Sports Administration (046)603 8366

SURFING

Rhodes Surfing Club

Contact: Arren Simons 072 650 4998
g09s0681@campus.ru.ac.za

SWIMMING

Aquacise

Aqua aerobics, or swimming pool exercises, is a great way to get fit without the usual risks of injury and pain associated with conventional aerobic workouts done on land or in a gym. It is one of the most effective and safe ways to get into shape. Kim holds Cardio, Toning, Low Key and Circuit sessions.
Contact: Kim Price 082 457 6307 kim@bedfinder.co.za

DSG Swimming Pool

Contact: (046)603 4300

Rhodes Aquatics Club

Contact: Cari-Lee Haakonsen 071 429 0041

cl.haakonsen@gmail.com

Rhodes Swimming Pool

Contact: Rhodes Sports Administration (046)603 8366

TABLE TENNIS**Rhodes Table Tennis Club**

Contact: Andre Ah Chow ace.legendary@gmail.com

TENNIS**Grahamstown Tennis Club**

Contact: Rod Walker 072 225 6365

Rhodes Tennis Club

Contact: Taryn Purdon 083 280 1288

g08p1958@campus.ru.ac.za

Rhodes Tennis Courts

Contact: Rhodes Sports Administration (046)603 8366

UNDERWATER**Rhodes Underwater Club**

Contact: Reece Wartenburg 072 698 7775

g06w0763@campus.ru.ac.za

VOLLEYBALL

Rhodes Volleyball Club

Contact: Rujeko Kativhu 071 628 6184

gl0k5247@campus.ru.ac.za

YOGA

Grahamstown School of Yoga

Contact: Denise Pearson (046)636 1604

stay@mayfieldcottage.co.za

Contact: Jane James (046)622 7842, 084 251 4116

RELEVANT CONTACTS

Black Sash

(046)622 8091
6 Bathurst Street
grahamstown@
blacksash.org.za

Child Welfare

(046)636 1355
1 Coles Lane
childwelfaregt@
telkomsa.net

Department of Social Development

(046)636 1484
Corner of African
and Hill Streets

FAMSA

(046)622 2580
63a High Street
famsa@imagnet.
co.za

Fort England Hospital

(046)622 7003
Bottom of York
Street

GADRA

(046)636 1744
Day Hospital
Grounds, Cobden
Street
gadraadvice@
imagnet.co.za

HIV/AIDS

*“We need to band together as a unit every day, especially to conquer the strength of the AIDS virus.” – **Dustin Hoffman***

HIV stands for Human Immunodeficiency Virus. This virus causes AIDS which stands for Acquired Immune Deficiency Syndrome. HIV and AIDS attack the immune system making an infected person more susceptible to other diseases. The virus can be transmitted from an infected person to an uninfected person or a person already infected, through the contact of bodily fluids, such as blood, semen or vaginal secretions. Pregnant women with HIV or AIDS can pass it on to their children through pregnancy, the birth process or through breastfeeding and as a consequence of IV drug abuse.

I. Getting tested

Knowing your HIV status is the first step. The virus does not discriminate and everyone is at risk of acquiring HIV and AIDS.

I.1 Where to get tested:

- a. Makana Municipal Community Health Care Clinics;
- b. Settlers Hospital;

Health Care Practitioners

See a comprehensive list in the relevant chapter featured in this guide.

Hospice

(046)622 9661
15 Milner Street
Hospice_admin@telkomsa.net

Jabez Centre

083 413 0252
10 Qaqa Street,
Extension 9

Lovelife

Youth line:
0800 121 900
Parent line:
0800 121 100
goGogetter line:
0800 121 500

Makana Local Aids Council

(046)603 8063

Makana Municipality HIV/AIDS co-ordinator
(046)603 8063

- c. Rhodes University Health Care Centre (for Rhodes staff and students);
- d. Raphael Centre.

1.2 The testing procedure

Depending on where the test is done the results may take between 20 minutes and 10 days to be known. All HIV/AIDS tests are accompanied by pre-counselling and post-counselling. A blood sample is taken in order to determine the status of the individual. All results are highly confidential.

1.3 Negative result

If the test yields a negative result, this means that HIV is not detected in your blood at that time. Even after a negative result, one should have another test after three months, to confirm the initial results. In order to ensure that you remain uninfected, practicing safe sex and not having multiple partners will prevent the risk of getting the virus.

1.4 Positive result

If the test yields a positive result, this means that you are infected with HIV/AIDS. The doctor or nurse will instruct you on the next steps to take, in terms of treatment. It is essential to practice safe sex when infected with the virus, so as to prevent the virus from being transmitted to someone else and to prevent reinfection of yourself.

2. Counselling and Support

The following centres provide further counselling and support for people living with HIV/AIDS:

- a. Department of Social Development

The Department of Social Development is the

Municipal Clinics (For more information contact (046) 622 4901)

Anglo African Clinic
(046) 603 6110

Extension 7 Clinic
(046) 603 6089

Joza Clinic
(046) 603 6026 /
6152

Middle Terrace Clinic
(046) 603 6102

Mobile Clinic
(046) 622 3430

Raglan Road Clinic
(046) 603 6084 /5

Tantyi Clinic
(046) 603 6153

Raphael Centre
(046)622 8831
11 Donkin Street

**Rhodes University
Counselling Centre
(Available to
Rhodes students)**

(046)603 7070

After hours
emergency number:
082 803 0177

government social services department. They provide a range of statutory services including services in terms of the Child Care Act (e.g. foster placement, family reunification etc), parole supervision, and services in terms of the Mental Health Care Act. People infected with and affected by AIDS would fall into this scope of service. The most important service they offer is that they will process grant applications (foster care, child support, disability) for people living with HIV/AIDS.

b. FAMSA

FAMSA provides general counselling services for individuals, couples and families. They offer counselling and psychological support for individuals and families infected or affected by HIV and other problems (trauma, family breakdown, domestic violence). FAMSA is also involved in life skill education in schools and community outreach to clinics, churches and community organisations on AIDS prevention. In addition they provide training to organisations and community groups on HIV/AIDS prevention and counselling.

c. GADRA

GADRA provides practical assistance to very destitute, needy clients and helps people access food parcels, clothing, school uniforms etc. GADRA will also refer where appropriate for grants and will help clients fill in application forms.

d. Raphael Centre

The Raphael Centre provides onsite testing to the community which includes pre- and post- test counselling. They provide ongoing support to clients who are infected.

**Rhodes University
Health Care
Centre (Available
to Rhodes staff
and students)**

(046)603 8523

After hours

emergency number:

082 801 1409

Rhodes Avenue,

Rhodes University

Campus

**Rhodes University
Psychology Clinic**

(046) 603 8502

Rhodes Avenue,

Rhodes University

Campus

[y.scheepers@ru.ac.](mailto:y.scheepers@ru.ac.za)

[za](http://ru.ac.za)

SAPS

EMERGENCY

10111

SAPS –

Grahamstown

(046) 603 9111 /

(046) 603 9147

16 Beaufort Street

**Settlers' Hospital
(Masonwabe Clinic
– ARV site)**

(046)602 5000

Past bridge up

Milner Street

3. Home based care

A person living with HIV/AIDS is in need of all the support available. The following centres provide home based care to people living with the virus:

- a. Hospice;
- b. St John's Ambulance.

4. Rights and responsibilities of someone living with HIV/AIDS

4.1 In the workplace

According to various Acts in the South African constitutional system, an employer cannot:

- test a person for HIV unless deemed justifiable by the Labour Court;
- demand to know a person's HIV status when applying for a job or in their employment;
- disclose an employee's HIV status to anyone without his/her consent;
- dismiss an employee arbitrarily for being HIV-positive;
- unfairly discriminate against an HIV-positive employee;
- provide an unsafe workplace where the risk of occupational exposure to HIV is not minimised.

If the employer does not respect the rights of the victim, the individual can take his/her employer to the Commission for Conciliation, Mediation and Arbitration (CCMA) if they have been dismissed unfairly (e.g. if dismissed on the basis of their HIV status).

4.2 In relationships

According to the Draft Sexual Offences Bill, the intentional

**St John's
Ambulance**
(046)636-1650
24 Hill Street
[centre@ghms.
stjohnambulance.
co.za](mailto:stjohnambulance.co.za)

Umthathi Project
(046)622 4450
info@umthathi.co.za

non-disclosure of HIV/AIDS by a person to their sexual partner is a criminal offence.

4.3 In the family

People have a constitutional right to privacy and do not have to disclose their status to their families. Because HIV/AIDS is not a notifiable disease, there is no law requiring a healthcare worker to notify an HIV-positive person's family.

5. Living healthy with HIV/ AIDS

Good nutrition is an important part of HIV/AIDS treatment. When a person is infected with HIV, their immune system is compromised and becomes increasingly vulnerable to opportunistic infections. These infections may cause conditions such as weight loss, fever and diarrhea – conditions that reduce a person's appetite or block the body's ability to absorb nutrients. The virus itself also has certain direct effects including weight loss, anemia and neurological manifestations. Maintaining a balanced diet will help the body receive all the nutrients it needs. Along with this, living a healthy lifestyle by exercising and abstaining from alcohol and taking drugs, will also help the body cope with the virus.

6. LoveLife Campaign

LoveLife is South Africa's largest national HIV prevention initiative for young people. LoveLife combines a sustained high-powered campaign with nationwide community-level outreach and support programmes to promote healthy, HIV-free living among South African teens.

LoveLife programmes are implemented by a national youth volunteer service corporation known as groundBREAKERS

in partnership with more than 200 community-based non-government organisations, 5 600 schools and 500 clinics across South Africa.

LoveLife provides training and support services, such as toll-free helplines for youth and parents, in order to provide comprehensive, factual and personalised sexual health and HIV/AIDS education to deliver on our mission to help ensure a generation of complete, creative and connected youth who have the tools to stay HIV free.

Youth line: 0800 121 900

Parentline: 0800 121 100

goGogetter line: 0800 121 500

RELEVANT CONTACTS

Department of Correctional Services

(046)622 7007
Off Rautenbach Road

Department of Justice Master of the High Court

(046)603 4000
5 Bathurst Street

Department of Social Development

(046)636 1484
Corner of African and Hill Streets

Grahamstown Correctional Centre

(046)622 7007
Off Rautenbach Road

Grahamstown Justice Centre

(046)622 9350
69 High Street

High Court

(046)603 5000
104-106 High Street

Legal Resources Centre

(046)622 9230
118 High Street

JUSTICE SYSTEM

1. The South African criminal justice system:

- a. SAPS (South African Police Service): they prevent crime, investigate crime and catch suspected criminals. Their main job is to keep the public safe;
- b. National Prosecuting Authority (NPA): they decide whether or not to prosecute someone;
- c. Presiding Officer or Judiciary: they decide if the accused is innocent or guilty. They also decide which sentence should be given if someone is found guilty;
- d. The Department of Justice and Constitutional Development: provides accessible and quality justice for all by providing administrative support to the courts;
- e. The Department of Correctional Services: this system ensures that sentences are carried out. They also try to rehabilitate the convicted criminals in their care and detain awaiting trial prisoners;
- f. Probation Officer/ Social Worker (Department of Social Development): they provide social services for the poor and vulnerable.

2. The rights of victims and witnesses to a crime

If you have been a victim or witness to a crime, you have

Magistrate's Court
(046) 622 7303
119a High Street

**Office of the
Director of Public
Prosecutions**
(046)602 3000
94 High Street

**SAPS
EMERGENCY**
10111

**SAPS –
Grahamstown**
(046) 603 9111 /
(046) 603 9147
16 Beaufort Street

**Rhodes University
Law Clinic**
(046)622 9301
41 New Street

the following rights which the prosecutor makes sure are respected:

- to be treated fairly with respect and dignity;
- to give information;
- to receive information;
- to be protected;
- to assistance.

3. Witness protection programme

If you are a witness to a crime and you feel that your safety could be threatened, it is your right to request protection.

3.1 How to apply

You must report your fears to any of the following people, who will help you make an application:

- The officer investigating the case in which you are a witness;
- The station commander at any police station;
- The public prosecutor in the case in which you are giving evidence, or the senior public prosecutor in court.

After the application has been made, you and your family (if in danger), will be removed from the dangerous situation and placed in temporary protection. During this time a witness protection officer will investigate your application and conduct threat assessments.

Note: The rules of the programme must be followed in order to ensure safety.

4. Different types of court

4.1 Constitutional Court

This is the highest court in the country on constitutional matters. Its decisions are final and no other court can

overrule its decisions. The Constitutional Court deals with all constitutional issues in cases and makes sure the Acts of Parliament follow the Constitution, including the Bill of Rights.

4.2 Supreme Court of Appeal

This court is the final court of appeal in all matters except those which are constitutional. All courts are bound by its decisions except the Constitutional Court in so far as constitutional matters are concerned. The Supreme Court of Appeal deals with all matters, criminal and civil (i.e. matters which affect the individual e.g. murder breach of contract).

4.3 High Court

This court deals with the most serious crimes such as murder, rape, treason, serious and complex fraud and civil matters involving high amounts of money. The High Court also deals with appeals and reviews from the Lower Courts.

4.4 Magistrate's Court

This court is divided into two sections:

1. Regional court, which deals with more serious criminal matters except treason, as well as some civil matters;
2. District court, which deals with less complex and less serious criminal and civil matters.

4.5 Small Claims Court

The decisions made in this court are final and cannot be taken to a higher court. The Small Claims Court deals with claims of not more than R7 000.

RELEVANT CONTACTS

Black Sash

(046)622 8091
6 Bathurst Street
grahamstown@
blacksash.org.za

Child Welfare

(046)636 1355
1 Coles Lane
childwelfareght@
telkomsa.net

Department of Justice

(046)603 4000
5 Bathurst Street

Department of Social Development

(046)636 1484
Corner of African
and Hill Streets

FAMSA

(046)622 2580
63a High Street
famsa@imaginat.
co.za

Magistrate's Court

(046)622 7303
119a High Street

Rhodes University Law Clinic

(046)622 9301
41 New Street

MAINTENANCE

Often clients complain that one or both of the parents are not supporting the child or children. This is not usually an emergency issue, but may emerge alongside complaints of domestic violence or marital conflict.

1. The difference between maintenance and a child support grant

The repealed Maintenance Act No 23 of 1963 states that both parents have a responsibility to maintain their children. If a parent or caregiver is unable to support his/her child or children, and has tried to obtain maintenance from the other parent but to no avail, he/she may then apply for a child support grant. The Child Support Grant is a social security grant which the state pays to caregivers of children under seven years of age where there is no other visible means of support.

2. Relief in terms of the Maintenance Act No 99 of 1988

In the Maintenance Act No 99 of 1998 it is clear that both parents have a responsibility to support their children

financially. If parents do not support their children they can be ordered to do so by the Maintenance Court, by means of a maintenance order which states how much money the parent must contribute to the care of the children. The mother of the children or child whose father is working and is not contributing financially to the care of the children; or the father of the child or children whose mother is working and is not contributing financially to the care of the children or child can claim maintenance. Grandparents and caregivers of children or a child whose parents are working but not contributing financially to the care of the children or child can also apply for maintenance through the court.

3. How to apply for maintenance

People wishing to apply for relief in terms of the Maintenance Act (as mentioned above) should go in person to the maintenance officer at the Magistrate's Court in order to apply for a maintenance order. Complaints are taken on a Thursday.

What you need:

- Identity document or Identity number;
- birth certificates of the child or children;
- the non-supporting parent's identity number;
- full work address and the residential address;
- a certified copy of the divorce order if the applicant is divorced from the other parent and
- proof of own employment and salary advice.

4. Who to contact for further advice:

- a. FAMSAs: for relationship counselling
- b. Rhodes Law Clinic: family law unit
- c. Department of Social Development: for children over

the age of 13 years

d. Child welfare: for children younger than 13 years.

Remember that these organisations are there to help, but the first step towards improving your life and the life of your children needs to be taken by you.

RELEVANT CONTACT

Settlers Hospital

Ms Tarr, Ms Ashbolt
(Occupational
Therapy)
(046)602 5000
Past bridge up
Milner Street

OCCUPATIONAL THERAPY AT SETTLERS HOSPITAL

Occupational Therapy (OT) aims to help every patient achieve their highest level of function and independence. The occupational therapist assesses how the patient's condition affects them physically, mentally and socially. They are concerned with the patient's functioning in everyday life, in the areas of work, leisure and self-care and how they will function at home within these performance areas once being discharged from the hospital.

I. Conditions that an OT can offer treatment for:

Arthritis; amputations; burns; conditions associated with HIV/AIDS; hand injuries; head injuries; nerve injuries; neurological disorders; spinal cord injuries; strokes; burns; Cerebral Palsy; developmental delays; Down's Syndrome; Foetal Alcohol Syndrome and neurological injuries.

2. Services provided by the Occupational Therapy Department at Settlers Hospital:

- Facilitating independence in activities of daily living (including self-care, work and leisure or play);
- Facilitation of normal development;
- Normalisation of tone, muscle strengthening and improving range of movement;
- Transfers and bed mobility;
- Back and joint protection education;
- Fatigue management and energy conservation;
- Chronic Diseases of Lifestyle education;
- Hand therapy;
- Mobility aids (wheelchair administration, splints, assistive devices);
- Cognitive skills retraining;
- Home exercise programmes;
- Home visits;
- Seating clinic (1st Friday of every month);
- Developmental clinic in Joza (2nd Friday of every month) and Middle Terrace (3rd Friday of every month);
- Outreach to Alicedale and Riebeek East on a monthly basis.

RELEVANT CONTACTS

Department of Health

(046)622 4901
Makana Local
Service Area (LSA),
49 Beaufort Street

Halt Elder Abuse Line (HEAL)

0800 00 30 81
www.actiononelderabusesa.co.za

Settlers Hospital

(046)602 5000
Past bridge up
Milner Street

South African Social Security Agency (SASSA)

(046)603 6915/20
20 Cnr Campbell
and High Street
<http://www.sassa.gov.za>

Settlers Hospital

Ms Tarr, Ms Ashbolt
(Occupational
Therapy)
(046)602 5000
Past bridge up
Milner Street

OLDER PERSONS

Plato said that “if man is moderate and contented then even age is no burden...”

Older Persons are protected by Older Persons Act, 13 of 2006

By definition, a male who is 65 years of age or older and a female who is 60 years of age and older are considered to fall into the “older persons” category, regardless of the fact that many of these folk are indeed only aged in years and not in spirit. It is of utmost importance for everyone both young and old to respect and understand the rights of older persons, to recognise what elder abuse is, to be aware of what care is available to the elderly, and also to know the process to follow in accessing helpful tools, which includes applying for a social grant.

I. Pensions

The following criteria apply in order for someone to qualify for a social grant:

- South African citizenship and South African residency;
- In the case of women and men, the age of 60 must

List of Retirement homes in Grahamstown

Brookshaw Home:
046 622 4522

Hayton Complex:
046 603 6060

Makanaskop:
046 637 1622

Mc Kaiser Home:
046 622 7537

Oak Haven:
046 636 1775

Settlers' Close:
046 636 1775

Somerset Place:
046 622 6127

be attained;

- The amount payable will depend on the assets and income of the applicant (i.e. the means). More information can be obtained at <http://www.sassa.gov.za>;
- Married couples are assessed together;
- Applications for the grant must be made in person unless physical or mental frailty has been confirmed by a health care officer;
- The following documents must be submitted when applying at the nearest office of the South African Social Security Agency (SASSA): official identity document; proof of marital status; proof of assets and income of applicant and spouse; in the case of a war veteran, proof of service.

2. Elder Abuse

2.1 How is elder abuse defined?

According to the Department of Health, elder abuse is regarded as an underestimated problem in South Africa, with statistics showing that elderly people either hide the fact that they have been abused, or choose not to report it. It is estimated that only 1 in 14 such cases is reported. All older persons are at risk of being abused, and the phenomenon knows no social, gender, cultural or religious bounds. Elder abuse can be defined as any single or repeated act or lack of action (neglect), which causes harm or distress to an older person and usually occurs within a relationship where there is an expectation of trust. The abuse may be intentional or unintentional. Regardless of the type of abuse which we will address, these acts will certainly result in unnecessary suffering, injury or pain, the loss or violation of human rights,

and a decreased quality of life for the older victim.

THE ABUSE OF AN OLDER PERSON IS A CRIMINAL OFFENCE. SEE IT, STOP IT, REPORT IT!

HEAL, the Halt Elderly Abuse Line (0800 00 30 81) is for older people and any member of the public who suspects that an elderly member of our society is being maltreated or abused.

The elderly rely on neighbours, family members, friends and the public to keep an eye out for them. Be watchful for signs of depression, bruises, unexplained injuries and pain. Be aware of unusual bank balances or transactions, dirty living conditions and unkempt appearance but most of all listen to older persons and take their complaints seriously. Not all of the above signs mean that abuse has taken place, but anything out of the ordinary should raise concern and be investigated further.

2.2 Types of elder abuse

The abuse we are discussing can take many forms, such as physical, emotional, financial, verbal, sexual, neglect, witchcraft and the violation of an older person's human rights.

- **Physical:** any act that causes injury or discomfort.
- **Financial Abuse / Exploitation:** misuse of an elderly person's funds, assets or property without full consent and knowledge or under duress.
- **Sexual:** sexual behaviour towards an elderly person without his/her full consent.
- **Emotional:** any act or acts that inflict emotional or mental suffering.
- **Active or Passive Neglect:** withholding, or not

providing, the care required for physical and mental well-being.

- **Violation of Human Rights:** denial of the fundamental right to freedom, security and accurate information and subjection to cruel and inhuman or degrading treatment.
- **Systematic:** violation of an individual or group of older persons' rights as a result of an action or lack of appropriate action by the State or other statutory body or organisation.
- **Witchcraft:** elderly people (particularly women) usually in rural areas who suffer from dementia are sometimes branded as witches by their community and blamed for natural disasters in their areas – they are often ostracized, sometimes physically abused and are on occasion set alight along with their abodes.

2.3 Why do the elderly sometimes accept abuse and not report it?

Reasons for this include the feelings of shame, helplessness and powerlessness. They may not want to cause trouble for the offender who may be a family member, and often may even rely on the offender for housing, care or financial support.

3. Rights of the Elderly

Independence: older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help and should be able to reside at home and work for as long as possible.

Participation: older persons should remain integrated in society and share their knowledge and skills with younger

generations. Older persons should be able to form movements or associations of older persons.

Dignity: older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.

Care: older persons should benefit from family and community care and protection and have access to health care to help them maintain or regain the optimum level of physical, mental and emotional well-being. They should have access to legal services, health care and enjoy human rights.

Self-fulfilment: older persons should be able to pursue opportunities for the full development of their potential and have access to the educational, cultural, spiritual and recreational resources of society.

International Day for Older Persons: October 1 has been declared international day for older persons by the United Nations General Assembly and is celebrated on a worldwide scale. The day is centred on creating awareness of poverty, violation of rights, challenges faced by older persons in society inclusive of elder abuse and the appreciation for the contribution made by older persons to society.

RELEVANT CONTACTS

Cecilia Makiwane Hospital

(043)708 2111
Billy Road,
Mdantsane, East
London

Child Welfare

(046)636 1355
1 Coles Lane

Dora Nginza Hospital

(041)406 4111
Pondo Street,
Zwide, Port
Elizabeth

FAMSA

(046)622 2580
63a High Street
[famsa@imaginet.
co.za](mailto:famsa@imaginet.co.za)

Health Care Practitioners

See a comprehensive list in the relevant chapter featured in this guide.

PREGNANCY

I. Pregnancy symptoms

Symptoms include:

- A missed period or sudden change in flow;
- Morning sickness (nausea in the morning);
- Tender breasts;
- Fatigue;
- Frequent urination.

As soon as there is a suspicion of pregnancy, you can take a home pregnancy test (available at all pharmacies), which will then enable you to make a decision about the future.

2. What are my options if we don't want the baby?

There are various options if the pregnancy is unwanted or unplanned.

2.1 Termination of pregnancy (abortion)

According to the Choice of Termination of Pregnancy Amendment Act, No 38 of 2004, an abortion can only be done legally by a registered medical practitioner or nurse. In recent years illegal abortion clinics have become a common occurrence. These clinics are very dangerous as the staff are not necessarily trained to perform the procedures. Going to

**La Leche League
(Breastfeeding
information,
support and help)**

Fridays at 3pm

Place: 'The Barn'

All pregnant and
breastfeeding
mothers and babies
are welcome to join

For more
information and/
or directions

call Victoria Ter
Morshuizen on
083 553 7719

[victoria@
birthingmothers.org](mailto:victoria@birthingmothers.org)

**Marie Stopes
Private Abortion
Clinic**

(041)487 2224

Peer 14, Main Street,
Port Elizabeth

Midwives

Ingrid Groenewald

082 789 3021

[igroenewald@
yahoo.com](mailto:igroenewald@yahoo.com)

[igroenewald@
yahoo.com](mailto:igroenewald@yahoo.com)

Karen Clarke

082 776 3622

[Karen@birthworks.
co.za](mailto:Karen@birthworks.co.za)

one of these clinics could prove detrimental to your health.

Note: An abortion can only be performed during the first three months of the pregnancy. The following places provide support, advice and offer abortions:

- a. Cecilia Makiwane Hospital;
- b. Dora Nginza Hospital;
- c. Dr Bull (private practitioner);
- d. FAMSA (for counseling and referral);
- e. Health Care Centre for Rhodes staff and students (counselling and referral);
- f. Marie Stopes Private Abortion Clinic;
- g. Municipal Clinics (counselling and referral);
- h. Springtime Pregnancy Crisis Centre (counselling and referral).

Note: Irrespective of the girl's age, parental consent is not required, but is preferable.

2.2 Adoption

When a mother does not wish to abort her baby, she can give the baby up for adoption. This means that the baby, through a trusted institution, will be placed with a foster family or remain in an orphanage, until there is a place for the child. This is a very serious decision to make and should only be made with a clear and conscious mind.

Who to contact:

- a. Springtime Pregnancy Crisis Centre who will refer the individual to the appropriate authority and also provide counselling services;
- b. Child Welfare.

Note: Child Welfare also offers the opportunity for people to adopt a child, or to become foster parents.

Municipal Well Baby and Family Planning Clinics (For more information contact (046) 622 4901)
Anglo African Clinic
(046) 603 6110
Extension 7 Clinic
(046) 603 6089
Joza Clinic
(046) 603 6026 / 6152
Middle Terrace Clinic
(046) 603 6102
Mobile Clinic
(046) 622 3430
Raglan Road Clinic
(046) 603 6084 /5
Tantyi Clinic
(046) 603 6153

Psychologists and Social Workers
See a comprehensive list in the relevant chapter featured in this guide.

Rhodes University Counselling Centre (Available to Rhodes students)
(046)603 7070
After hours
emergency number:
082 803 0177

Rhodes University Health Care Centre (Available to Rhodes staff and students)
(046)603 8523
After hours
emergency number:
082 801 1409
Rhodes Avenue,
Rhodes University
Campus

Rhodes University Psychology Clinic
(046) 603 8502
Rhodes Avenue,
Rhodes University
Campus
y.scheepers@ru.ac.za

Settlers' Hospital
(046) 602 5000
Past Bridge up
Milner Street

Springtime Pregnancy Crisis Centre
(046) 622 3426 OR
Lisa on 0721056720
3 Anglo African
Street Clinic

PSYCHOLOGISTS AND SOCIAL WORKERS

ART THERAPY

Eloff Snyman (046)622 6163	Art Therapy All ages Individual or small groups
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CLINICAL PSYCHOLOGISTS

Karen Andrews (079)880 0832	Adult & Adolescent Psychotherapy; Psychological / Intellectual Assessment.
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Margaret Anema (046)622 4245	Adult Psychotherapy; Adolescents / Young Adults Psychotherapy.
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Ann Ashburner (046)622 4386 083 632 6350 ann@imagnet.co.za	Adult & Adolescent Psychotherapy; Couples & Family Therapy both short and long- term Psychotherapy Integrated Approach; Special Interests: Personality and Anxiety Disorders
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Michael Border Adolescents/Young Adults/Adults
082 968 7458 Psychotherapy
mborder@telkomsa.net

Lisa Brown Adult & Adolescent
(046)636 1035 Psychotherapy; Play Therapy;
073 230 6331 Couples Therapy; Bereavement.
lisajoy@imaginet.co.za

Mary Donnelly Adult Individual Psychotherapy;
(046)622 8197 Marital Therapy; Adolescent
083 461 5437 Individual Psychotherapy; Child
mary@psychcarecentre.co.za Play Therapy for preschoolers
and primary school (ADHD,
separation anxiety, behavioural
problems, parental guidance);
Eating Disorders.

Martin Donnelly Bilingual (English/Afrikaans);
(046)622 8197 Adult & Adolescent
082 330 1086 Psychotherapy; Play Therapy;
martin@psychcarecentre.co.za Couples Therapy; Bereavement.

Asha Dullabh Adult & Adolescent
(046)622 9318 Psychotherapy; Psychological
082 255 5277 Assessment; Marital & Couples
ashadullabh@telkomsa.net Therapy; Family therapy; Career
Assessment; Group Therapy;
Scholastic/school readiness
assessments; Parenting Skills;
ADHD Assessments.

<p>Ann Edwards (046)622 6712 082 779 0736 a.edwards@ru.ac.za</p>	<p>Neuropsychological Assessment; Medico-legal assessment (brain injury, boarding, curator bonis); Diagnostic assessment for problems such as concentration, memory, headaches and chronic pain; Sports concussion assessment and management; ImPACT neurocognitive computerized testing.</p>
<p>David Edwards (046)622 6712 083 304 2238 d.edwards@ru.ac.za</p>	<p>Adult Psychotherapy (including anxiety, depression, eating disorders); Marital/Couples Therapy; Family Therapy; Sex Therapy; Child Psychotherapy (including depression, anxiety, behaviour problems).</p>
<p>Clair Elphick (046)636 2745 079 468 6423</p>	<p>Child and adolescent Psychotherapy and Assessment; Adult Psychotherapy.</p>
<p>Gwenda Euvrard (046)622 8023 082 773 3985 gwendaevrard@gmail.com</p>	<p>Psychodynamic / Jungian Psychotherapy; Play Therapy; Creative Arts Therapy.</p>
<p>Lauren Fike 078 262 7867 Lauren.fike@gmail.com</p>	<p>Individual Psychotherapy (adults and adolescents); Play Therapy</p>

Mariaan Mavro (046)622 8197 082 3956 978 mariaan@psychcarecentre.co.za	Adult and Adolescent Individual Psychotherapy
Iain Reid 072 432 7753	Medico-legal Assessment
Conrad Rocher (046)636 1583	Adult, Young Adult and Adolescent Psychotherapy; Marital/Couples Therapy; Creative Arts Therapy; Bilingual (Afrikaans/English)
Pumza Sakasa 084 882 6608	Adult and Adolescent Psychotherapy; Medico-legal Assessment; Scholastic Assessment.
Lisa Saville Young (046)603 8047 l.young@ru.ac.za	Child, Adolescent and Adult Assessment and Psychotherapy
Tanja Smuts Port Alfred & Grahamstown 082 926 2854	Adult, Adolescent & Child Psychotherapy; Play Therapy; Couples Therapy; Art Therapy.
Francois van der Linde 082 876 5494 fvdl@gmail.co.za	Bilingual (English/Afrikaans); Dynamic Psychotherapy (short and long-term) Adults & Adolescents, Couples and Groups.
Phia van Tonder (046)622 8197	Psychotherapy Adults and Adolescents (Afrikaans / English)

COUNSELLING PSYCHOLOGISTS

Megan Campbell Psychotherapy with Teens and
076 318 2739 Young Adults; Play therapy
m.campbell@ru.ac.za with Children (4- 8 years old);
Psychological Assessments.

Lisl Foss Personal / Team Strengths
082 921 0026 Assessments; Career
Assessment and Life Transition
Concerns; Psychotherapy
with Adolescents, Adults
and the Elderly; Couples /
Marital Therapy; Groups and
Workshops.

Sarah Green Adult & Adolescent
(046)603 7070 Psychotherapy; Couples
Therapy; Play Therapy; Career
Assessments.

Graham Kingma Adult & Adolescent
082 454 2808 Psychotherapy; Couples &
[graham_k@mweb.
co.za](mailto:graham_k@mweb.co.za) Family Therapy; Psychological
Assessment – Adults and
Children;
Alzheimer's Support Group.

Lumka Qangule Child, Adolescent and Adult
(046)622 7899 Psychotherapy; Psychological
082 969 0176 Assessment.
[lumka.qangule@
soyisa.co.za](mailto:lumka.qangule@soyisa.co.za)

Adele van der Merwe 072 279 7952 a.vandermerwe@ru.ac.za	Adult & Adolescent Psychotherapy; Psychological Assessment – Adults and Children.
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Charles Young (046)603 8541	Cognitive Therapy for Adult Anxiety Disorders
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EDUCATIONAL PSYCHOLOGISTS

Jan Knoetze Rhodes Psychology Clinic (046)603 8344	Family Therapy; Play Therapy; Group Psychotherapy with Adolescents; Educational/ Scholastic Assessment.
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FORT ENGLAND HOSPITAL

(046)622 7003	Hospitalisation; Play Therapy; Adult and Adolescent Psychotherapy; Group Therapy; Marital/Couples Therapy; Community work; Family therapy; Intellectual and personality assessment; Counselling.
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INDUSTRIAL PSYCHOLOGISTS

Sarah Fischer (046)603 8114

Bernadette King (046)603 8820

Alwyn Moerdyk (046)603 8500	Career Guidance; School Guidance and Counseling; Aptitude Testing; English Literacy Proficiency
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PASTORAL THERAPIST

Kim Barker 084 400 6145 kimbarker@telkomsa.net	Narrative Therapy; Individuals, Couples/Families and Groups; Workshops and Retreats.
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RHODES UNIVERSITY COUNSELLING CENTRE (Available to Rhodes students)

(046)603 7070 After hours emergency number: 082 803 0177 Rhodes Union Prince Alfred Road	Personal Counselling; Career Counselling; Psychotherapy; Job search skills; HIV counselling; Crisis Intervention; Academic and Study Skill; various Support Groups.
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RHODES UNIVERSITY PSYCHOLOGY CLINIC

(046)603 8502, (046)636 1296/7 Rhodes Avenue	Adult and adolescent psychotherapy; Play Therapy; Marital/couples therapy; Group therapy; Family therapy; Intellectual and personality assessment; Counselling; Diagnostic assessment; Medico-legal assessment.
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SOCIAL WORKERS IN PRIVATE PRACTICE

Dana Labe	Adult and adolescent short and
(046)622 8197	long term therapy; marital/
082 507 3303	couple therapy
dana@insightnet.co.za	

SOCIAL WORK SERVICES – SETTLERS HOSPITAL

The Social Work services enhance patient care in the hospital.

I. The Hospital Social Workers

The medical officers refer patients to the appropriate Social Worker employed at Settlers Hospital. Patients do not normally refer themselves to the Hospital Social Workers. Clients in the community who need Social Work services can approach appropriate Social Workers employed by various organizations and Departments in the community.

There are three Social Workers employed at Settlers Hospital. The work has been divided amongst them as follows:

- A.R.V. Programme related work – Tel: (046)6222215 x 1158;
- Acute cases - sexual assaults; domestic violence; neglect of the elderly; child abuse; suicidal attempts – Tel: (046)6222215 x 1185; and
- Chronic cases – rehabilitation of patients; preparing families on the discharge of the patients; and management of the Social Work Department – Tel: (046)6222215 x 1099.

The Hospital Social Workers at Settlers Hospital work only

during office hours, from 8h00 until 16h30.

Hospital Social Workers provide a link between the patient, hospital, the family and the community. The Hospital Social Worker is not involved with:

- Application and Administration of social grants for patients; and
- Providing food parcels, money, clothes, transport, work and accommodation.

HOWEVER

The Hospital Social Worker will refer these cases to appropriate organizations in the community for assistance if it seems to be necessary.

2. Services offered:

- Support and Counselling services to patients and their families who have social and emotional problems while the patient is admitted in the hospital;
- Follow-up services for the patients and their families on discharge;
- Provide information regarding resources available in the community; and
- Educate patients and/or their relatives regarding care at home before patient is discharged.

RELEVANT CONTACTS

Child Welfare

(046)6361355
1 Coles Lane
childwelfareght@telkomsa.net

Department of Social Development

(046)636 1484
Corner of African and Hill Streets

FAMSA

(046)622 2580
63a High Street
famsa@imagineth.co.za

Rape Survivor's Support Group

24 hour rape crisis number: 0721172190

SAPS EMERGENCY 10111

SAPS – Grahamstown

(046)603 9111 /
(046)603 9147
16 Beaufort Street

RAPE

Sexual Offences Amendment Act, No 32 of 2007

I. Legal definition of rape

According to the Criminal Law (Sexual offences and related matters) Amendment Act, No 32 of 2007, ('the Act'), any person who unlawfully and intentionally commits an act of sexual penetration (the penetration of the genitals, anus or mouth with genitals of another person and the penetration with any object of the genitals or anus) with a complainant, without the consent of the person is guilty of the offence of rape. In terms of this Act, rape may be committed by a man or a woman. Persons of both genders may be perpetrators and victims of rape.

Note:

If the survivor is between 12 and 16 years of age and it is common cause that she/he agreed to sexual intercourse, a criminal offence has still been committed, namely sexual intercourse with a person under the age of 16;

Also if the survivor is under the age of 12 years old or mentally disabled, he/she is incapable of consenting to a sexual act and any consent is thus null and void.

Health Care Practitioners

See a comprehensive list in the relevant chapter featured in this guide.

Psychologists and Social Workers

See a comprehensive list in the relevant chapter featured in this guide.

Rhodes University Counselling Centre (Available to Rhodes students)

(046)603 7070
After hour's emergency number:
082 803 0177

Rhodes University Health Care Centre (Available to Rhodes staff and students)

(046)603 8523
After hours emergency number:
082 801 1409
Rhodes Avenue,
Rhodes University
Campus

2. Reporting the rape

In the event that the survivor does not want to lay a charge they can still report the incident to the SAPS, who will then record it in the "Occurrences Book".

3. Laying a charge at the Police Station

If the survivor is badly hurt she/he can go directly to the hospital. The SAPS can then open a "skeleton" docket first so that the medical examination can be done before taking a full statement. The following procedures need to be followed:

- 3.1 Go with the survivor to the police station to report the rape, preferably within 48 hours of the incident. SAPS (10111) have a 24 hour standby phone service for rape survivors (Rape Survivors Support Group). These volunteers will assist and support as far as they are able as well as provide guidance on the legal aspect of reporting a rape.
- 3.2 Survivors should, if possible, take the following items with them when reporting the rape to the police: Identity document; clothes worn at the time of the rape, especially underwear; any other evidence that may assist the case such as hair, buttons from perpetrator etc; name and address of the first person who was notified of the rape (this person's statement will be called the first report and can be important in obtaining a conviction) and the names and addresses of any other witnesses.
- 3.3 Tell the SAPS official behind the desk that you want to report a rape. The official will then take the survivor to a private room. The survivor can request an officer that speaks a language of their choice (English, Afrikaans or isiXhosa) and they can also request to speak to a female officer.

- 3.4 The official will ask for details such as name, address, contact telephone numbers, place of work or study, age and identity number.
- 3.5 The police official will then proceed to take a statement from the survivor. The survivor must tell the official everything that happened in as much detail as possible. The official may ask questions and will write down everything that is said.
- 3.6 The SAPS official will read the written statement to the survivor so that he/she can check if all the details are correct and to ensure that nothing has been left out. It is important to make sure that changes are made if need be, as inconsistencies in a statement could be used by the rapist's defence team.
- 3.7 The survivor should sign the statement and obtain a copy thereof. Also the survivor should take the case number and the name of the investigating officer. Note that the investigating officer is not necessarily the person who took the statement.
- 3.8 The survivor should also leave the clothes and other pieces of physical evidence with the police.
- 3.9 The police officer will then take the survivor to a hospital for a medical examination. The survivor needs to have a crime kit and SAP 308 consent form when going for the medical examination at the hospital.

Note: A victim of a rape crime should not wash their clothes or themselves until they have been to the police station to report the rape. This is to ensure that the medical examination will be successful in determining if a sexual act has occurred.

4. The medical examination following a rape or case of sexual assault

The survivor may choose to go to private doctor but will have to cover the expenses him/herself. The other option is to go to Settlers Hospital where all medical examinations relating to rape are free of charge. In the event of using a private doctor, the doctor must be familiar with the criminal procedures involved and must be willing to sacrifice time to testify in court.

TREATMENT – if you don't lay a charge you are still entitled to the treatment of prophylactic use of AZT/3TC.

The medical examination can be very traumatic. It is important for the survivor to have a medical examination as soon as possible so that forensic evidence can be collected and situations such as pregnancy, STIs and HIV can be prevented. Once the examination has been completed the survivor can then wash and change and return to a safe environment. It is important that the official in charge follows the correct procedures and it is also important to ensure that all relevant forms are filled in correctly.

5. Support for rape survivors

The survivor has the option of going for counselling. There are various institutions and organisations available for such counseling and support:

- a. Child Welfare: if child is under 10 years of age;
- b. FAMSA: for family counselling and if the child is 10 years and older;
- c. Department of Social Development, if the child is 10

years of age and older or if the child is under 10 years of age and from a rural area;

- d. Rape Survivors Support 24 hour emergency number and Rape Survivor's Support Group. This Group is located at the Police Station and assists rape victims to become survivors by helping them through all the steps of medical treatment, counselling, opening a case with the SAPS and proceeding to court;
- e. Ukulunga Kwetu is a safe house for abused women. It is also accessed through the SAPS and provides temporary shelter for women and their dependent children while court orders are sought. The safe house also assists women in gaining access to counselling.

6. Legal charges in sexual assault cases other than rape

Rape is not the only form of sexual abuse. There are various other forms of sexual abuse or assault.

6.1 Attempted rape

Attempted rape occurs when a person assaults another person, with the intention of having sexual intercourse without his/her consent, but is prevented from continuing the act for some reason, like when the victim fights off the perpetrator or a third party steps in to intervene.

6.2 Sexual assault

Sexual assault includes any form of assault, other than sexual intercourse, without the consent of the person. This can include fondling of breasts, genitals or buttocks without the consent of the person.

6.3 Common assault

This includes physical injury which is not severe, but still harmful to the person's emotional state, such as slapping, kicking, hitting with the fist and biting.

6.4 Assault with the intent to do grievous bodily harm

This is an assault like above, but with the intention to seriously injure the person, such as by stabbing with a knife.

6.5 Abduction

This involves the removing of a minor, with or without that person's consent, from the care of a parent or guardian with the intention of having sexual intercourse with the person or the intention of marrying that person. Note that kidnapping is different to abduction as it does not have a sexual motive.

RELEVANT CONTACTS

Health Care Practitioners

See a comprehensive list in the relevant chapter featured in this guide.

Municipal Clinics (For more information contact (046) 622 4901)

Anglo African Clinic
(046) 603 6110

Extension 7 Clinic
(046) 603 6089

Joza Clinic
(046) 603 6026 / 6152

Middle Terrace Clinic
(046) 603 6102

Mobile Clinic
(046) 622 3430

Raglan Road Clinic
(046) 603 6084 /5

Tantyi Clinic
(046) 603 6153

Rhodes University Health Care Centre (Available to Rhodes staff and students)

(046)603 8523
Rhodes Avenue,
Rhodes University
Campus

SEXUALLY TRANSMITTED DISEASES (STDS)

There are various diseases that are spread through the practice of unsafe sex. In order to prevent the transmission of such diseases, safe sex should be practiced at all times.

1. What is safe sex?

Practicing safe sex is engaging in sexual activities with one partner at a time as opposed to several partners at the same time. It also means that when having sex, protection should be used. Condoms for both men and women are available for free from all Municipal Clinics. They are also available for purchase from local supermarkets and pharmacies.

2. Types of sexually transmitted diseases

STIs are very difficult to diagnose because the symptoms do overlap. It would require a professional to diagnose the different STIs.

- Chlamydia
- Genital herpes
- Genital warts
- Gonorrhoea

- Hepatitis A, B and C
- Syphilis

The most common symptoms are vaginal discharge, male urethral discharge, genital ulcers, genital abscesses, burning of micturition, dyspareunia, lower abdominal pain, rashes or blisters on the genital area, swollen scrotum, pubic lice and warts on the genitalia. Diagnosis would require a medical assessment and sometimes a blood test or PAP smear.

Testing for these diseases can be done at the local clinic or a local practitioner. Most of these diseases are treatable with medication. Infection is linked to a higher risk of contracting HIV and so early detection and treatment are vital.

RELEVANT CONTACTS

The following people can answer questions or be called out to remove snakes:

Chris Kelly
(046)603 8715
076 419 6656
Botany Department,
Rhodes University

Basil Mills
083 420 2633
National English
Literacy Museum
(Nelm), 87 Beaufort
Street

Mario Rionda
(046)636 2276
15 Lawrence Street

Sirion Robertson
(046)603 8527
083 565 5949
Faculty of Pharmacy,
Rhodes University

Martin Villet
(046)603 8527
083 565 5949
Department of
Zoology and
Entomology, Rhodes
University

OTHER RELEVANT CONTACTS

Fire Department
(046)622 4444
080 111 4444
1a Knight Street

Health Care Practitioners
See a comprehensive list in the relevant chapter featured in this guide.

Settlers Hospital
(046)602 5000
Past bridge up
Milner Street

SNAKES AND SNAKEBITES

I. Steps to take in case of snakebites

- Identify the snake. The people listed as relevant contacts are all qualified to provide an identification, either from an accurate description or by actually seeing the snake (which could be killed on site, or carefully watched while one of the experts is called to the site);
- The bite victim should remain calm and minimise physical activity;
- Medical assistance should be sought immediately – either Settlers Hospital or a Grahamstown GP. The hospital stocks polyvalent antivenom for the treatment of bites from a variety of poisonous snakes, and a GP will immediately refer the victim of a poisonous snake bite to the hospital.

Settlers Hospital

Ms Stephanie
Penkler (Speech-
language Therapy)
(046)602 5000
Past bridge up
Milner Street

SPEECH-LANGUAGE THERAPY (SLT)

I. Conditions that an SLT can offer treatment for

Speech-Language Therapists are professionals who assess, identify, treat and help prevent speech, language, communication and feeding/swallowing disorders in children and adults. The following populations are seen by SLTs:

Babies with:

- Feeding and swallowing disorders;
- Developmental delays;
- Down Syndrome;
- Cerebral Palsy;
- Cleft lip and palate.

Children with:

- Language delay or language learning problems;
- Problems producing speech sounds (Articulation disorder, Phonological disorder, Apraxia);
- Hearing impairment;
- Feeding and swallowing disorders;
- Developmental delays;
- Down Syndrome;

- Cerebral Palsy;
- Cleft lip and palate;
- Stuttering;
- Cluttering;
- Autism;
- Dyslexia/problems reading;
- Voice disorders;
- Selective mutism.

Adults with:

- Communication or feeding and swallowing problems following neurological impairment (e.g. stroke or traumatic brain injury) or degenerative conditions (e.g. Parkinson's disease, Huntington's disease);
- Head, neck or throat cancer;
- Voice disorders;
- Stuttering;
- Cluttering.

2. Where is SLT offered?

Speech-language therapy is offered at:

- Settlers Hospital daily. Appointments can be made telephonically;
- Port Alfred Hospital every first Friday of the month;
- Joza Developmental Clinic every second Friday of the month;
- Middle Terrace Developmental Clinic every third Friday of the month.

RELEVANT CONTACTS

**Alcoholics
Anonymous
National Helpline**
0861 HELP AA
(435-722)

**Alcoholics
Anonymous
Grahamstown**
086 143 5722

**Department
of Social
Development**
(046) 636 1484
Corner of African
and Hill Streets

FAMSA
(046) 622 2580
63a High Street
famsa@imagine.net.co.za

**Fort England
Hospital**
(046) 622 7003
Bottom of York
Street

GADRA
(046) 636 1744
Day Hospital
Grounds, Cobden
Street
gadraadvice@imagine.net.co.za

SUBSTANCE ABUSE

I. Definitions

Drug:

- Any substance derived from a natural or a synthetic (man-made) product which affects or brings about changes in behaviour, mind and/or body.

Drug Use:

- When a drug (medication) is taken to treat a specific ailment or health problem, or when a socially accepted substance like alcohol is used responsibly.

Drug Abuse:

- When a drug is not used for medical reasons but rather for the effect that it has on the individual, or when a socially accepted substance such as alcohol is used excessively and irresponsibly.

Dependence:

- When an individual is no longer able to cope or function without the drug or substance;
- There is increased use in terms of how much and how often the drug is used, despite negative consequences.
- There are two types or levels of dependence/

Hospice

(046) 622 9661
15 Milner Street
Hospice_admin@telkomsa.net

Narcotics Anonymous South Africa

Grahamstown
082 784 76 85
rsc@na.org.za

Salem Crossroads (046)622 8677

SANCA Alcohol and Drug Centres

Grahamstown
082 784 76 85
Port Elizabeth
(041)487 2827

addiction:

- physical: the body develops an ongoing need for the drug and withdrawal symptoms occur when there is an attempt to cut down or stop, and
- psychological: intense mental cravings for the drug.

Withdrawal:

- Occurs when physical dependence has set in. This refers to the painful and uncomfortable reaction of the body when consumption of the drug stops.

Tolerance:

- The ability of the body to adapt to the presence of a substance.

2. Treatment of Alcohol and Drug Abuse Dependency

2.1 Voluntary Services:

a. Voluntary Institutional Treatment

This service entails the treatment of dependents in provincial and psychiatric hospitals, or in registered state treatment facilities such as Fort England in Grahamstown. The duration of programmes ranges from three weeks to six months – depending on the facility.

b. Voluntary Treatment Facilities (NGOs)

There are a number of NGOs that provide either inpatient or outpatient treatment options.

Inpatient would entail admission for treatment ranging from three weeks to approximately two months. Outpatient services include assessment; referrals; individual, couple or family therapy; group work programmes and aftercare services.

c. *Support Groups*

A number of support groups are active in the community such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).

d. *Involuntary / Statutory Services*

Individuals needing assistance with statutory or involuntary treatment can be assisted by SANCA Alcohol & Drug Centres (East London and Port Elizabeth) or through the Department of Social Development.

e. *Other places to go for help:*

SA Council for the Prevention of Alcohol Abuse (counselling and treatment);

Department of Social Development (counselling development).

RELEVANT CONTACTS

Health Care Practitioners

See a comprehensive list in the relevant chapter featured in this guide.

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(046) 603 6110

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(046) 603 6026 / 6152

Middle Terrace Clinic
(046) 603 6102

Mobile Clinic
(046) 622 3430

Raglan Road Clinic
(046) 603 6084 /5

Tantyi Clinic
(046) 603 6153

Settlers Hospital

(046) 602 5000

Past bridge up
Milner Street

Temba TB Hospital

(046)622 3524

(046)636 1286

36 "A" Street, Fingo
Village

TUBERCULOSIS

1. What is Tuberculosis?

Tuberculosis or TB is a disease that mainly affects the lungs, but can be found in any other organ of the body. It is caused by a germ called Mycobacterium Tuberculosis. The disease is airborne and the germs are present in the sputum, coughed up by those that have TB of the lungs. The germs usually destroy the soft tissue of the lungs, and this causes cavities (holes) in the lungs, resulting in difficulty with breathing, and the coughing up of blood. If left untreated, TB can cause death.

2. How do people get TB?

The disease is passed on from person to person. When a person who has TB coughs, sneezes or spits, germs are spread into the air from where they can be inhaled. Fortunately not all those infected contract TB, in most cases the germs are sealed off in the body and they do not multiply. However, if the body's defences can no longer remain in control of the germs, the germs become active and the person gets TB.

3. Who is at risk?

- Close contacts of TB patients;
- Children under five years of age;
- Persons with diseases like diabetes and AIDS;
- HIV positive persons with lowered immune systems;
- People who take excessive alcohol or who are drug addicts;
- People with poor nutrition and lack of food;
- People suffering from stress;
- People living in poorly ventilated, over-crowded rooms.

4. What are the signs and symptoms of TB?

- A cough that lasts for longer than two weeks;
- Chest pains;
- Tiredness and weakness of the body;
- Loss of appetite and weight;
- Night sweats, even when it is cold;
- Coughing up blood.

5. How is TB diagnosed?

Any of the signs and symptoms mentioned may be an indication of the disease. Seek help at your clinic or hospital if you have these symptoms so that tests can be carried out in order to confirm a diagnosis. The germs are found in the sputum (spit) when tested in a laboratory. An X-ray done at a clinic or hospital may show cavities or changes in the lungs. A skin test performed on children by a nurse or doctor can be carried out to check for the presence of TB.

When a person has been diagnosed as suffering from TB, all children under five years of age that have been in close contact

with that person should be examined, so that if necessary they may also receive treatment

6. Treatment of TB

TB can be cured with little or no complications. Medication must, however, be started as soon as possible and it must be taken regularly according to the instructions given at the clinic

It takes 6 months for TB to be cured completely, but within 2 weeks of starting treatment, the person will no longer be able to spread the disease.

- Intensive phase medication is given for the first 2 months: four or five tablets (depending on body weight) are taken from Monday to Friday.
- Continuation phase medication is given for the next 4 months: two or three tablets (depending on body weight) are taken Monday to Friday.

7. Treatment must be completed!

It is a mistake to stop taking the medicine once one feels better. All treatment must be taken for the 6 six months. If treatment is not taken as instructed, the risk of a drug-resistant strain of TB developing, is possible. This TB is very difficult to treat and needs more than 18 months of treatment with a long stay in hospital.

It takes a long time for TB germs to be destroyed. If medicines are stopped too soon or are not taken properly, the disease may start all over again.

8. TB and HIV interactions

In the case of people with healthy immune systems, only 10% of those who are infected with TB ever become sick from TB. Over 50% of people who are co-infected with TB and HIV will get sick with TB before they die.

HIV increases the risk of developing TB. Not all HIV-positive people have TB. Not all people with TB are HIV-positive. HIV and AIDS are common in socio-economically stressed communities, and these same communities are also vulnerable to TB.

(Information provided with the compliments of the Department of Health)



RHODES UNIVERSITY