



Report TCC Workshop for Young Urban Women (YUW)



**Workshop held at the Khayelitsha District
Hospital on 07 May 2015**

act:onaid



yuw
Young Urban Women

Background

In 2013 Shukumisa and Action Aid South Africa (AASA) signed an agreement to collaborate for the Young Urban Women (YUW) Programme. Shukumisa is a partner to advise on advocacy strategies for YUW to better articulate their needs and lobby around sexual reproductive health rights (SRHR) and decent work. The partner organisations who liaise directly with the YUW are the Wellness Foundation (WF) in Cape Town and Afrika Tikkun (AT) in Johannesburg. WF and AT in collaboration with Shukumisa implement activities around three programmatic pillars: Empowerment, Campaigning and Solidarity. The ultimate goal of this collaborative programme is to have a positive impact on the young women's lives.

The programme was set to begin in July 2013, but only started in January 2014 (AT only joined in June 2014) and runs until July 2016.

Introduction

Shukumisa conducted a study on the Thuthuzela Care Centres (TCCs), particularly those which are also housing NGOs. TCCs are unique one-stop centres offering post rape care services to survivors of violence. It is a government led initiative operating in public hospitals in communities where the incidence of rape is particularly high. TCC services include counselling, medical support and legal advice. The study includes an introduction to rape in South Africa and its impact on mental health, a description of the TCCs, findings based on interviews, site visits and observations on the range and dimension of services, and concludes with recommendations aimed at strengthening NGO services.

As part of the YUW programme, Shukumisa is trying to link the TCC study with the reality of the YUW. Together with the Wellness Foundation, Shukumisa planned a workshop to introduce TCCs to YUW. The idea was to look at the care offered for survivors of rape and sexual violence in South Africa and explore what it means to YUW with a particular focus on TCCs that have been put in place to restore dignity and ensure justice for children and women who are victims of sexual violence.

The intention of the workshop was to offer young urban women the opportunity to get to know these facilities and explore if they meet their expectations and if they are youth friendly and respond to issues of young women. This workshop is part of a series to introduce meaningful and effective advocacy work to YUW.

Facilitators and Content

The one-day workshop took place at one of the three training rooms at the Khayelitsha District Hospital and was facilitated by Shukumisa, Rape Crisis Cape Town Trust (RCCTT) and the partner organisation Wellness Foundation (WF). RCCTT provided a session around rape in South Africa. This was followed by a visit to the TCC at the Khayelitsha Hospital and group activities. See workshop programme and list of TCC centres in the Western Cape and Gauteng attached. Participants received information material provided by Shukumisa partners RCCTT and MOSAIC.

Participants

20 YUW from six different out-of school groups participated in the workshop. WF was responsible for identifying and recruiting the YUW.

There were six guests (four from the Born Again Enrichment Centre, one from the Masisebenze Assessment Centre and one YUW Data collector) who also participated in the workshop. They work with some of the YUW groups.

Outcome

The workshop started with a welcome and an introduction of all participants. All shared their names and where they come from and also if they had children and if they were married or in a relationship or not. This was followed by a presentation of Shukumisa, giving a background to the Shukumisa Campaign and the partnership between Shukumisa and the YUW programme. The presentation included information on the study Shukumisa conducted into the Thuthuzela Care Centres.

Deliwe Ngqwala and Thandi Thsingo from the Training and Development Department at Rape Crisis in Khayelitsha led through an interactive session of rape in South Africa. The YUW were involved and asked questions about their interpretation of rape. The session further informed about the legal definition of rape as well as the different forms of rape and what to do after having been raped. It ended with the YUW filling out forms of what they believed were myths or facts relating to rape.

The participants were divided into two groups. One group went to visit the TCC. Boni Mogale, the TCC site coordinator and other staff were available for them. The other group engaged in a group activity to discuss and answer the following questions:

- What should a post-rape care facility ideally be like? What services should be available? What should the atmosphere be like?
- What would make such facility particularly youth friendly?

Then the groups swapped. That group had to discuss and answer these questions:

- Did the TCC meet the expectations you had of a post-rape care facility? Please explain your answers. If it didn't meet your expectations, please explain what should be different so that it would meet your expectations.
- Did you find the TCC particularly youth friendly? Please explain your answers.

Both groups presented their findings. Both groups, ahead and after the visit to the TCC said that such a facility should have staff that is welcoming, friendly and warm hearted. The décor should be colourful and attractive and maybe there should even be relaxing music to calm the nerves. There should be a private entrance and no security at the door as they often are intimidating in their unfriendliness. One should be given enough time until one is ready to talk.

Group 1 discussed the services that should be available at such a centre and listed that there should be psychologists, counsellors, social workers, nurses and doctors, lawyers and support groups. One-on-one sessions to ensure confidentiality should be offered. Facilitators should remind the survivors about appointments. All languages should be catered for. There should be referrals to initiatives for women empowerment such as self-defence classes.

Group 1 spent time considering what would make such services particularly youth friendly. They felt that the majority of staff should be youth and there should be no judgemental person and staff should always be available. To ensure this availability more staff should be employed! In addition there should be regular follow-up home visits. A Toll Free Number or Callback or 112 would be helpful. A centre should also offer activities i.e. dancing, music exercises, games, team building. Centres such as the TCCs should ensure gender equality (especially for lesbian, gay, bisexual, transgender and intersex people) and be disability friendly and that when men are raped they should also be taken seriously.

Group 2 first were very impressed with the visit and felt it met all their expectations. They considered the TCC to be very confidential, with different rooms, but recognised that the space is small and only had few rooms. While discussing their visit in more detail, they actually found the TCC not friendly for a couple of reasons. Firstly it was hard to locate the centre inside the hospital. Secondly they had to pass several security barriers and security guards which were uncomfortable and intimidating. The group expressed shock that there was no confidentiality as they witnessed a victim, who had to make a statement in the reception area with them as visitors being present. They also criticised a lack of order and cleanliness in the counselling room with boxes just standing in the way. During their visit there were clients with children and they noticed that there were no rooms for kids as they were just put in a storeroom to play. In terms of youth friendliness the group felt that there should be more young people as counsellors.

The majority of the YUW did not know about the TCCs and felt strongly that more awareness needs to be created around the centres. They also thought that these services should be close to the people. The group found that ideally such centres should stand alone where it will be easier for people to find them.

After sharing the findings, all participants discussed what kind of advocacy possibilities exist for YUW. It was agreed that the findings of both groups presented a great set of criteria of how a post rape care facility should be set up and run. These could be used for advocacy work and for monitoring exercises (check and balances) in particular. However there was also agreement that more time needs to be spend on developing the criteria into more proper advocacy tools. Other advocacy ideas that were discussed:

- Research history of Simelela Centre and compare to the TCC
- Create awareness of the existence of TCC, especially in schools
- Host imbizos to engage with relevant stakeholders
- Community performances
- Follow-up workshops incl. government officials, TCC staff, etc.

Challenges

Of the 30 YUW recruited for the workshop, 24 had confirmed and 20 eventually arrived. One group arrived late. The workshop confirmed the common challenges working with YUW from disadvantaged communities where local transport is a problem or other issues get in the way, preventing YUW from attending events.

Participants Evaluation

As no evaluation forms were circulated, participants were asked to give verbal feedback by mentioning something positive and negative about the workshop. Only few participants gave feedback. None had anything negative to say. One participant said the workshop was great and that she learnt a lot. Another said that she was surprised about how the TCC works. And another said that there were good opportunities to engage in further activities for YUW to fight for their rights.

Lessons Learnt

One of the lessons learnt was to pay particular attention to the language spoken by the participants. In this workshop, one YUW as well as the Shukumisa Coordinator and the WF assistant were not able to speak and understand isiXhosa. While it is important to allow participants to express themselves in the language they feel most comfortable in, it is equally important to ensure none of the participants feels left out. Extra effort had to be made to ensure that the one YUW was kept as part of the group. The language issue needs to be discussed and agreed upon at the start of a workshop.

The workshop was also attended by people from other organisations. While it is favourable to see other organisations interested and involved in the YUW programme, they should preferably attend events and not workshops that are particularly organised for YUW. If they attend, it should be communicated clearly beforehand and they should rather attend as guests (observer role) instead of participants.

It would be better to have a more equal representation in terms of numbers of YUW per different groups. In this workshop some groups were represented by only one YUW while another group had eight YUW participating. While it is important to look at developing an individual's skill and knowledge, it is important to ensure consistency in terms of developing groups. Especially since the workshop is meant to be part of a series and the same women are supposed to continue attending. Unequal representation poses a challenge when wanting to identify a certain number of YUW per group to attend specific events that might be relevant after having attended the workshop.

Interactive group work seems to be the ideal way to get YUW talking and gives everyone the opportunity to speak. It is also a great exercise to present the results in front of a group. Group activities with a clear briefing as to what the group should achieve should build the heart of any workshop.

Way Forward

The workshop was introduced as part of a series of Shukumisa providing the YUW with advocacy opportunities and skills. The main objective being that YUW are actively engaged with relevant organisations, institutions, departments and individuals to bring attention to their issues in a way that will bring positive change to their lives. It was decided that a **follow-up workshop for YUW** would look at the advocacy ideas, prioritise them and then develop one or some in more detail with a concrete action plan in place for YUW to embark on. This would then inform the activities for the third year of the YUW programme (July 2015 – June 2016).

Shukumisa and WF will **distribute the report to YUW** and then plan for a follow-up workshop and other engagements. Both organisations will make an effort to identify other youth groups and organisations to become involved in the advocacy work.

The **YUW are to share the information** they learnt at the workshop with fellow YUW and with the broader community. They should also make an effort to get more information around issues of post rape care and other facilities that offer services for victims of sexual violence.

This report was compiled by
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Attachment: Workshop programme



**TCC Workshop for Young Urban Women
07 May 2015
Programme**

Time	Min	Topic	Facilitation	Remarks		
08.30 - 09.00	30	Registration				
09.00 - 09.20	20	Welcome & Introduction Group Rules	NK (Wellness Foundation) & Aniela (Shukumisa)			
09.20 - 09.50	30	The Shukumisa Campaign & Brief background of the Thuthuzela Care Centres (TCC) study	Aniela	Presentation		
09.50 - 11.00	70	Rape in South Africa Incl. discussion around issues arising for YUW and finding out their knowledge of and access to TCCs	Deliwe & Thandi (Rape Crisis Cape Town)	Presentation & Discussion		
11.00 - 11.30	30	Tea				
11.30 - 11.45	15	Splitting into groups: Introduction and briefing	Aniela			
11.45 - 13.00	75	<table border="0"> <tr> <td style="vertical-align: top;"> Group I <ul style="list-style-type: none"> • Visit to the TCC • Group Work: Adolescent/young women friendly facilities </td> <td style="vertical-align: top;"> Group II <ul style="list-style-type: none"> • Group Work: Adolescent/young women friendly facilities • Visit to the TCC </td> </tr> </table>	Group I <ul style="list-style-type: none"> • Visit to the TCC • Group Work: Adolescent/young women friendly facilities 	Group II <ul style="list-style-type: none"> • Group Work: Adolescent/young women friendly facilities • Visit to the TCC 		
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13.00 - 14.00	60	Lunch				
14.00 - 15.00	60	Feedback from groups to plenary	Aniela	Discussion		
15.00- 15.50	50	Way forward and develop action plan	Aniela	Planning Discussion		
15.50 - 16.00	10	Closure	NK & Aniela			