



SCORA

Sexual & Reproductive Health
and Rights including HIV & AIDS

THE SRHR

February
Newsletter

Uniting for Healthcare Equity and SRHR

Innovating equity in healthcare and access to SRHR services for PLWRD, key populations and the youth.

We are excited to bring you the latest update from the ZIMSA EHS (Equity in Healthcare and SRHR) Bootcamp! From 23rd to 25th February 2024, we gathered at the picturesque Sangana Creek, Mazvikadei, to address healthcare disparities and limited access to SRHR services faced by marginalized groups in Zimbabwe. The bootcamp was a resounding success, with participants from diverse backgrounds coming together to foster innovation, collaboration, and solutions for a more equitable healthcare system.

Enlightening Sessions: Empowering Minds and Hearts

The bootcamp sessions were filled with insights and knowledge-sharing from esteemed speakers and facilitators. Trudy Nyakambangwe, Founder of the Rare Diseases Initiative in Zimbabwe, shed light on the impact of rare diseases on healthcare. UNICA delivered an enlightening presentation on STIs, risky behaviors, and other crucial topics related to SRHR. Ms Bere from OPHID presented on mental health, specifically addressing the well-being of healthcare workers. Shalom Siwela the UZ LORA-SCORA emphasized the importance of SRHR and provided guidance on accessing SRH services. Dr. Manda delved into the intersection of HIV and mental health, unraveling connections that demanded our attention.



Team Building Activities: Unleashing the Power of Unity

The heart of the bootcamp beat with the rhythm of unity and camaraderie through a series of exciting team building activities. Participants embraced the challenges and triumphed as they tackled thrilling mud fights, walked the plank of trust, and strategized to overcome the "Hole in the Bucket." The spirit of collaboration soared high as they passed water in a human chain and built towering structures in the Tyre Tower challenge. With blindfolded object retrieval games and the paper bridge challenge, participants showcased their problem-solving prowess and effective communication skills. The vibrant beats of Zumba dancing and the exhilarating race to touch the drum ignited friendly competition, leaving everyone energized and united.

Recreational Activities: Relaxation and Bonding

Amidst the intense learning and team building, participants also found time for rejuvenation and connection. The bootcamp provided an array of recreational activities, including swimming, and boat cruising. Laughter echoed across the serene waters as new friendships were forged, strengthening the bonds that would carry forward the spirit of the bootcamp.



Creative Writing Competition: Amplifying Voices

IMUNZI sparked creativity and self-expression through a captivating creative writing competition. Participants explored the depths of "Her Broken Mind" (mental health) and "His Secret Life" (HIV), sharing personal stories, emotions, and experiences. This competition not only allowed participants to find their voice but also raised awareness and challenged the prevailing stigma associated with these critical topics.



Looking Ahead: A Call to Action

The ZIMSA EHS Bootcamp has set the stage for a brighter future, where healthcare equity and SRHR are at the forefront. As participants, alumni, healthcare professionals, advocates, and stakeholders, we carry the torch of change. Let us continue to collaborate, innovate, and uplift marginalized communities, ensuring that no one is left behind. We extend our heartfelt gratitude to all the organizers, speakers, facilitators, and participants who made this bootcamp a resounding success. Together, we are forging a path towards a more inclusive and equitable healthcare system.

Monitoring & Evaluation Officer Member Spotlight

MUFARO CHIRAMBA

We are delighted to extend our warmest congratulations to Michelle for her outstanding performance as a committee member. With great pleasure, we recognize her as the most active and dedicated member of our esteemed organization. While it is indeed her responsibility as the NORA, we wholeheartedly acknowledge that Michelle has consistently surpassed expectations, displaying unwavering dedication and unwavering work ethic. Her exceptional efforts have undeniably propelled SCORA to unprecedented heights, and for that, we are immensely grateful.

Michelle, your contributions have not gone unnoticed. Your commitment, diligence, and tireless work have set a remarkable standard for excellence within our organization. Your unwavering devotion to our shared mission has played a pivotal role in our collective success and the positive impact we have made on the community. We extend our deepest appreciation for your unwavering efforts and the invaluable contributions you have made to SCORA.

Your determination and passion continue to inspire us all. Your exceptional work serves as a shining example of what can be achieved through dedication and a steadfast commitment to our cause. We are truly fortunate to have you as an integral part of our team.

Once again, congratulations, Michelle! Your unwavering dedication, hard work, and remarkable achievements are deserving of the highest praise. We look forward to witnessing your continued success and the positive impact you will undoubtedly make in the future.

With heartfelt gratitude,

The SCORA Team



Her Broken Mind

"Yes you, go on."

"Me?"

"Yes you"

"Oh, sorry sir, may you please repeat the question."

She quickly tries to brighten up her face and snap out of the zoning out to get back to the lecture. But her mind can't stop wandering,

"Why do my so-called friends only seem to want me when it's convenient for them? Am I going to make it out of medical school? How is my mother going to raise the newly raised fees? Lord, please make my brother better."

The lecture eventually comes to an end, but she hasn't gotten anything, obviously but she is just going to sleep it off because, oh well.

Time waits for no man now does it, its soon 10pm, she needs to force herself into some concentrating and yes for a few hours she wins, tick tok, tik, tok. It's now 2am, now playing some Giveon, Billie-Ellish jams, her tears decide it's their time now is it not? She uncontrollably cries herself to sleep, but can she pinpoint why exactly she is crying?? 6a.m, it's a new day her broken mind has to try again, give it another go, put up a smile, like she knows no pain.

By Miss Margaret.M.M

His Secret Life

His boys always ask him about the secret to getting pretty girls.

Little do they know, that the secret leads to a great catastrophe.

They hate it that he doesn't tell them, tell them but it really is a blessing in disguise.

When she fell for him, she was lonely, love sick and it's attention that she needed.

She sees it in his eyes that there's is something he hides from her.

She suspects that there is someone else but he shuts her out and labels her insecure, he labels her nagging. He goes unavailable, unpronounced to be with them and there she is worried about her love only but it's her health that's on the line.

He thinks his secret is his charm. He switches girls like a chameleon changing its colors as it maneuvers its way through the jungle but the appearance is he is putting himself in the hands of the predator, which is soon to be his secret.

He got bit by this predator, and he made a vow to never tell anyone.

His secret results in a domino effect with his charm, he is not only going to bite her but many others because the predator resides in him now and it's a secret. The secret is "shuramatongo".

By Taps

Her Broken Mind

All her memories were vivid in Her Heart, Her Mind and Her Gut. Experience ended up clouding her instinct or maybe it was wisdom. She now understood that her mind was a three in one. Her Mind = her will, =her emotions, =her thoughts.

All these had been hijacked from some traumas both known and unknown, acknowledged and not acknowledged.

Her will had been robbed of its beauty, her emotions of their validity and her thoughts of their certainty. Even though...

in her identity she revived herself once again. They knew Her as Esther but knew herself as the one destined to Establish Herself, ESTHER, a queen raised to save not only herself but her generation. HER VOICE SAVED HER FROM THEIR VOICES!!! Her broken mind was meant to establish her.

It takes time, it's a process yes. Her broken mind was making her to be double minded but that was only on the outside. In the inside she knew what she had chosen for herself...

By Rufaro



His Broken Mind

Her Broken Mind

She sat on her own in her room. Clothes all over, clean and dirty. Her hair unkempt and with dark circles. She looked like she hadn't showered in 3 days or more. Boxes of fast food all over the floor.

It was in the morning, and she had to get ready for work. It was 8am and work started at 8:15am.

"I'm already late. What do I do?"

Quickly she wiped her face, picked clothes from the floor and dressed up. She arrived at work, and everyone was waiting for her.

"Why are you all looking at me? Get to work"

she said to her workmates.

They continued staring.

"Are you out of your minds?"

She uttered as she began to throw furniture, tear books and files.

After this, she just drove back home. No one knew what was wrong with her.

By Paida

Her Broken Mind

Not a single tear dropped

Strong, courageous

They call her fierce

Oh yes, Mrs Independent

Behind that curtain, her heart tired

She beats herself,

What's wrong with me

Why do I seem to do everything wrong,

Make the wrong choices

She just met bad people in her life

Is love really blind?

Toiling all day, she hardly manages to put food on her table

All alone, on her mat

She twists and turns all night

Her hope, let them get better than I did

No, the best she prays

What she feels is deep within

It eats her roots bit by bit

Who will quench the thirst of her yearning, Patch the broken pieces

It all feels like she is gasping for air in an open field

By Valerie

I can't hide myself. I don't expect you to understand I just hope I can explain what it is like to be a man. It's a lonely road and they don't care about what you know. It's not about how you feel but what you provide inside that home yeah, I know this life can really beat you down, uh you wanna scream but you won't make a sound, uh Got so much weight that you've been holding but won't show any emotion, as a man, that goes unspoken that we can't cry when life gets hard unconditional love for woman children and dogs, we know that we just have to play our parts and don't nobody give a damn about our broken hearts, yeah as a man, we gotta pave our way our only function is to work and slave there's no respect for you if you ain't paid you're disregarded as a human and you can't complain and if you ever make it up and actually reach that place and find a woman that you love and give her your last name you'll feel the things that you provide is only why she stays..

By Panashe.

His Secret Life

Why me?

What should I do?

Why isn't the world friendly?

Is it a sin to have this thing?

I have met the most beautiful woman I have ever seen.

I've fallen deeply in love with her.

I would like to spend the rest of my life with her but there's this thing hindering all that.

What should I do?

How can I tell her that I've had HIV ever since I was born.

I've seen the way our community talks and treats people with HIV and I've been scared to disclose that

I'm HIV positive.

All my life, this has been a secret.

Now I have met the love of my life and if I truly love her, I should tell her.

What if she doesn't accept this?

Perhaps I should keep this secret for the rest of my life I'm scared of being stigmatized, not accepted.

My life will always be a secret!!!!

By Spha

Her Broken Mind

In the midst of her chaos all they saw were her scattered pieces. One by one the ground reflecting her essence. The thing that defined her. But who would put them back together as they all stared at her emotionless. She tried to scream but it was inevitable she was in an invisible box, no one to hear her but only see crumble to the ground. She paused trying to gather the little she had left but woe is one who has no one to lift them up when they fall. Just as a puzzle is never complete until all the pieces are placed together that was her. Forever broken, forever lost, forever forgotten.

By MSW Mazvita

HIS SECRET LIFE

HER BROKEN MIND

A mind so shattered
Behind a veil of mist
Darkness lurking
Haunting every twist
A heart of shadows
Deep and hidden
Unrevealed to others
Puzzling, forbidden
Her broken mind
Once so strong
Now struggles on
But pushes on and on
Her will is iron
Her spirit steel
Though her mind is broken
Her heart is real

By Shalom

HER BROKEN MIND!!

A poem of secrets, lies and a broken mind
With sexy twists and turns, to entwine.
A girl named Maggaret, with secrets to hide,
With a broken mind, that couldn't decide.
She sought help from a doctor who was wise,
To heal her heart, and open her eyes with
therapy, and meds, she did recover, and found
her sexy self, she was a lover.
A man who saw her beauty, like a dove.
Her broken mind was no longer a curse,
As her healing journey, did slowly reverse.
She found strength in her body and her soul,
And her secrets were no longer a hole.
With honesty, and bravery, she did tell,
Her story, her pain, it rang the bell.

Don't hide your pain, let it be free
It's not shameful, or a burden to bear
Your broken mind, so it will transcend.
From darkness, to light, from pain to joy
Your broken mind, will be your new toy
Let it heal and be strong
Your secrets, let them belong
To the past, where they can't harm you
We'll laugh, and cry and tell our tales
and break the stigma, that behind bars
dwells.

Healing is possible, if you let it be.
So, take a deep breath, and let it go
The pain, the fear, you don't need to know
The future is bright, and full of hope
with a broken mind, that's no longer broke
For all those, who feel strange.
It's time to break the silence, and shout it out,
That s broken mind, can be without doubt.
With a new beginning,in every way,
So, take a leap, and jpin me on this quest

By Dr Scott

Grown up in a hood with a lot of niggas who
take drugs. All they were good at is meth but
lucky for nigga Dave he was good at math.
So innocent that he could not even try
smoking a paper with nothing in his
childhood. Things were so good for him
But you know what physiology of a human is
always physiology
All he desired was to satisfy his body needs
The addiction he had in watching porn was
too high that even marijuana could not put
you high there at the top
He thought his first time would be someone
he cared about. But peer pressure could not
make him wait more. That's when he went to
where they were all found
My guy was so dumb that he could not use
protection. 3 months down the line he started
searching HIV symptoms on his own and
realised they were all correct
The anxiety, the flue like symptoms and all
that. He did not tell anyone but to relieve the
stress Dave became a villian of his own
He started drinking all sorts of beers, take all
sorts of drugs and now they could not take
him two times higher
It was the secret that was killing him and
finally he was paranoid
Then on his 26th birthday he committed
suicide. Why so early :(
He couldn't open up about his life and the HIV
he was thinking of. On his postmortem it was
the HIV that he did not have that killed him
eventually
Why Keep it a secret. Open up about your life.
Its the HIV that wasn't there.

By Tashinga

