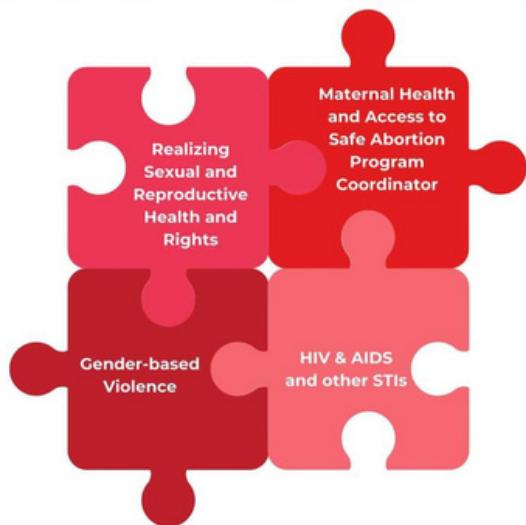


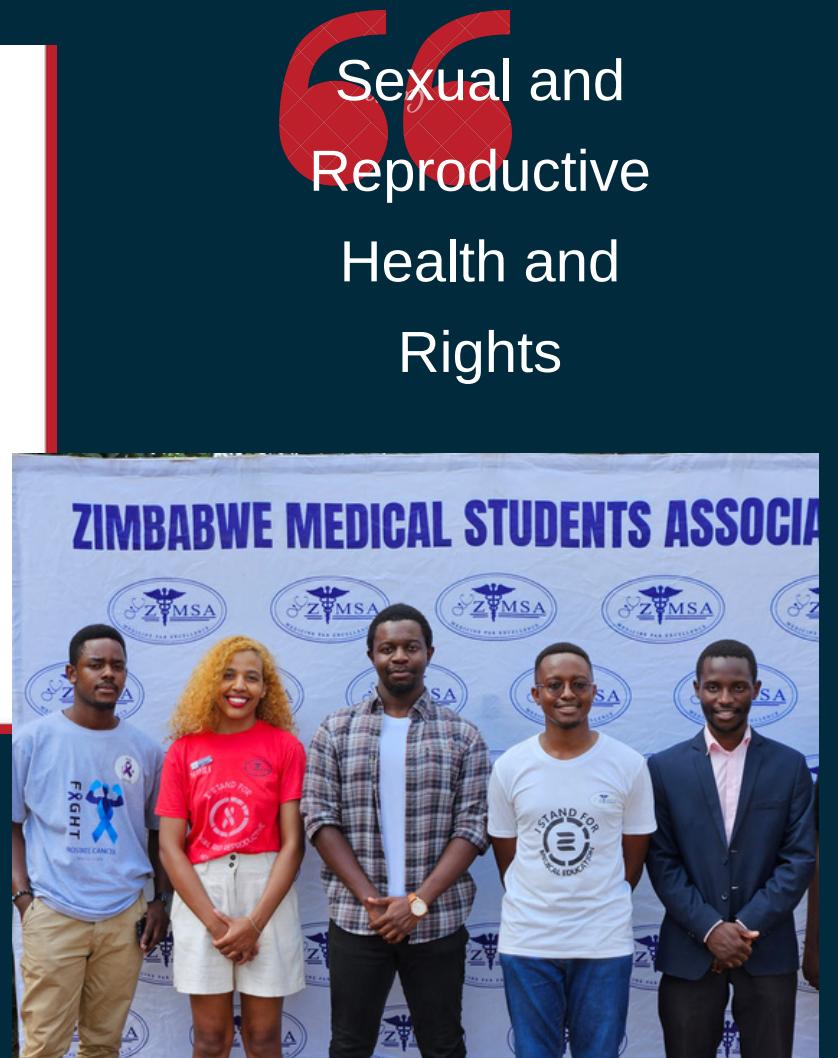
NEWSLETTER

DECEMBER 2023 EDITION

SCORA related programs



Including
HIV and AIDS



5 things you can do
today to make a
difference in your
community...

[READ MORE](#)

THE SRHR NEWSLETTER

>>> NEWSLETTER

THE SRHR



Welcome to the inaugural edition of the SCORA ZIMSA Sexual and Reproductive Health and Rights Newsletter! This monthly newsletter will keep you informed on the latest news, upcoming events, and resources related to sexual and reproductive health and rights in our NMO. In this month's issue, we will feature our accomplishments thus far since the start of the term 2023-2024, provide an overview of recent developments, and share some tips for staying informed and engaged. We hope you find this newsletter useful and look forward to your feedback.



December 2023
Vol. 01



SCORA COMMITTEE

The SCORA Committee of ZIMSA is a newly established committee established to address the gap in knowledge and information on sexual and reproductive health and rights among Zimbabwean medical students. The committee is composed of passionate and dedicated medical students from across the country who are committed to improving the health and well-being of all Zimbabweans. Their vision is a Zimbabwe, where all people have access to quality sexual and reproductive health care and education, free from stigma and discrimination. The committee is working tirelessly to achieve this vision, and we are excited to be able to share their progress and accomplishments in this newsletter. We will also highlight some of the committee's recent activities, such as advocacy campaigns and community outreach programs. Finally, we will share some upcoming events and initiatives that the committee is planning. We hope you enjoy reading about the amazing work that the SCORA Committee is doing, and we encourage you to get involved and support their efforts.

5 THINGS...

YOU CAN DO TODAY

TO MAKE A DIFFERENCE IN YOUR COMMUNITY



#1 EDUCATION

Educate yourself and others about sexual and reproductive health and rights. Knowledge is power, and by understanding these issues, you can make a difference.

#2 VOLUNTEER

Get involved in your community and support organizations that are working to improve sexual and reproductive health and rights. Volunteer, donate or simply spread the word about their work.

#3 ADVOCACY

Advocate for policies and laws that protect and promote sexual and reproductive health and rights. Write to your elected officials, participate in public hearings, and make your voice heard.

#4 SELF-CARE

Take care of your own sexual and reproductive health. Make informed choices about your health, and speak up if you feel your rights are being violated. Encourage others to do the same.

#5 OPEN MIND

Don't be afraid to have difficult conversations about sexual and reproductive health and rights. By talking openly and honestly about these issues, you can help to break down taboos and misconceptions. This will help to create a more open and accepting society, where everyone can access the care and support they need.

NEWS ROUNDUP...

OCTOBER-DECEMBER 2023

PINKTOBER



WE VISITED ISLAND HOSPICE & HEALTHCARE TO LEARN MORE ABOUT BREAST CANCER SCREENING AND EARLY DETECTION AS WELL AS SPREAD THE MESSAGE!



- FOR THE MONTH OF OCTOBER 2023, THE SCORA COMMITTEE, ALONG WITH STAWELYN MUSONA, WORKED TOGETHER TO KICK-START THE MONTH BY RAISING AWARENESS ABOUT BREAST CANCER. STAWELYN SHARED 31 FACTS ABOUT BREAST CANCER AND PROVIDED INFORMATION ON HOW TO REDUCE THE RISK OF DEVELOPING THE DISEASE.
- IN ADDITION, WE OFFERED A REWARD OF A TICKET, WITH THE COURTESY OF THE ZIMSA PUBLIC RELATIONS OFFICER, TO THE PINKTOBER LUNCHEON TO STAWELYN FOR HER HARD WORK IN SPREADING AWARENESS. WE HOPE THAT BY RAISING AWARENESS AND PROMOTING EARLY DETECTION, WE CAN HELP TO SAVE LIVES.



INTERNATIONAL DAY OF THE

Girl Child

99

On International Day of the Girl Child 2023, SCORA ZIMSA celebrated this important day by collaborating with Dialogue on Shelter Trust. Dialogue on Shelter is registered as a trust and acts as the technical partner supporting the Zimbabwe Homeless People's Federation and the alliance of the two organizations work in partnership to address issues of low-income housing in particular and poverty in general. Dialogue on Shelter provides technical support in the form of capacity-building, training and facilitating interface between communities and government, private sector and academic institutions. This support is mainly geared towards enabling the poor to access resources and address systems and practices that hinder affordable housing and infrastructural services.



Together, we went on a visit to Stoneridge, where we spoke to the girls about their sexual and reproductive health and rights, and the prevention of sexually transmitted infections. It was an honor to be given the platform to speak with the girls and share our knowledge and resources with them.

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We believe that International Day of the Girl Child is an important day to celebrate and support the progress made in gender equality, and to encourage efforts to achieve a more just and equitable world for girls and women. By taking action on this day, we hope to inspire others to do the same and to make a positive impact in the lives of girls and women everywhere!

BREAST CANCER AND PROSTATE CANCER

COLOR RUN

By Sibonginkosi



As we all know October is breast cancer awareness month, the Lora for MSU together with the executive board had organised an educational campaign which was to be held at the MSU main campus to raise awareness on breast cancer and the importance of its early detection.

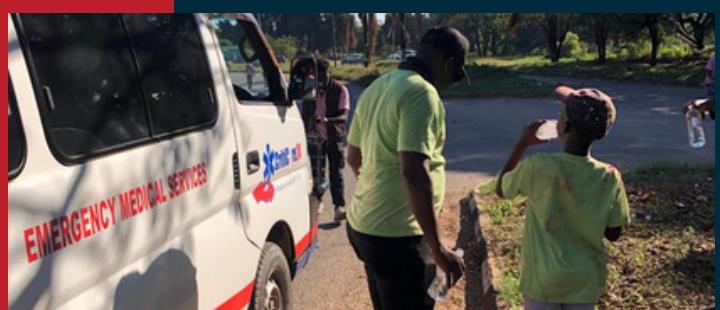
However as a new board we encountered a lot of challenges due to lack of funding because the initial plan was to offer free food and drinks to the attendants in a bid to attract as many people as possible. We had also planned to buy manillas and jot down different facts and myths about breast cancer to make it more exciting but still it came back to finance so as the exec we offered to buy these with our own money.



The colour run was \$3us inclusive of a tshirt and bottled water ,we sat down as a board and decided add money for lunch so that everyone gets a meal at Milan after the run since it started at 6 am.The run was priced \$6 us and we managed to mobilize 33 people on such short notice it was amazing.The secretary general,Munashe Madechihwe worked tirelessly running around with letters to get the bus successfully 🙏.The color run was on the 28th of October and fun was had !!😊



Fortunately, I came across a flier about the breast and prostate cancer awareness which was planned by Milan and thought of joining them to cut costs.Had a meeting with Christine, the fundraising director for Milan and she agreed that we participate in the run and even offers ZIMSA MSU a 5 minute slot to say something to the crown on the day ,we were very humbled by such a kind gesture and we appreciated the opportunity so much 🙏.



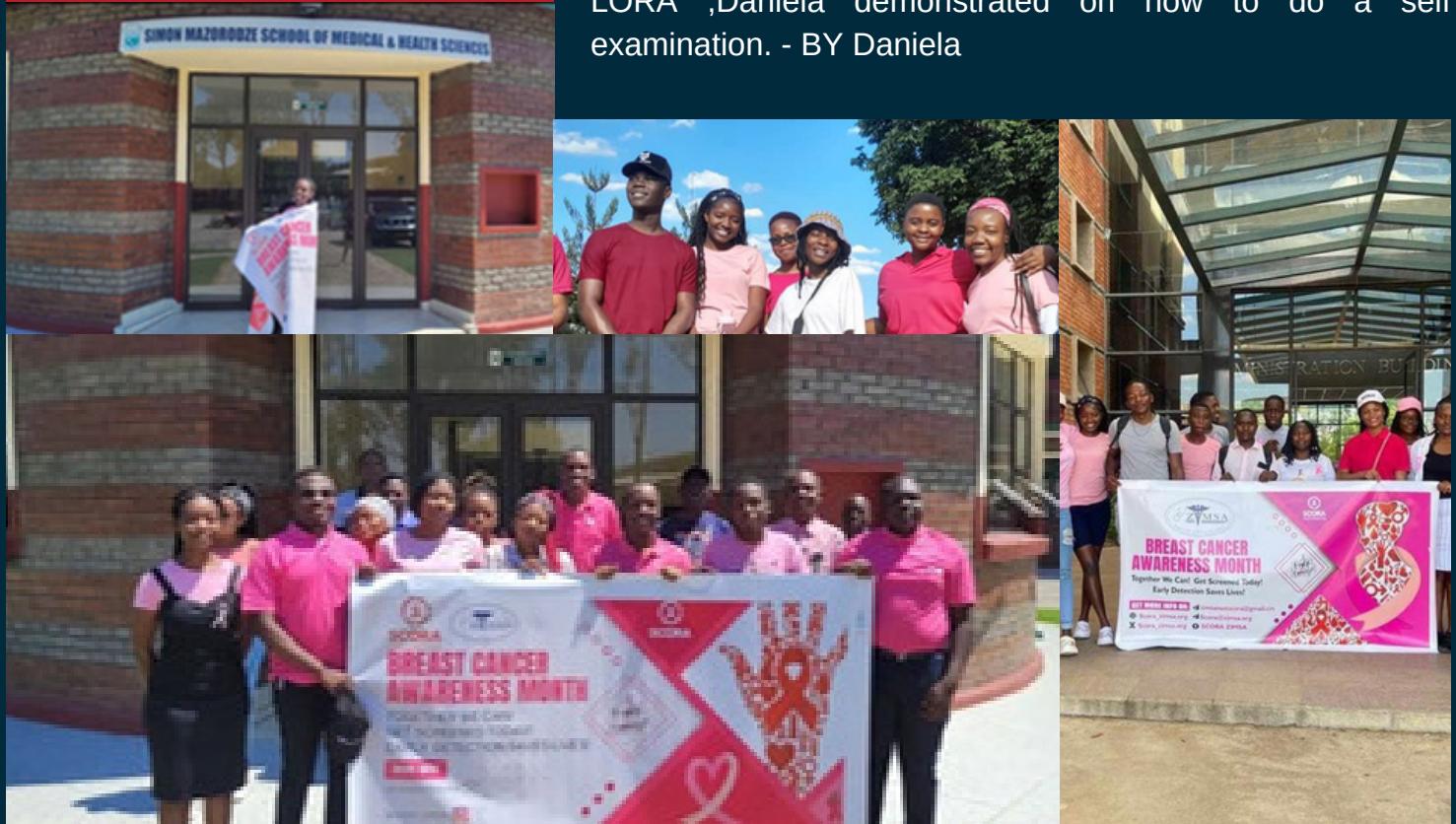
Pink Friday!



GZU PINK FRIDAY

NUST PINK FRIDAY

In collaboration with Nust Rotaract we had a breast cancer awareness seminar where different club presidents attended including Choice Champions. NUST ZIMSA president , Mr Nathan, who presented on breast cancer pathophysiology, progression, screening, diagnosis and treatment . The LORA ,Daniela demonstrated on how to do a self examination. - BY Daniela



International Men's Day

On International Men's Day 2023, SCORANGELS marked this important day by collaborating with TalkCancerZim, a local non-profit organization dedicated to raising awareness on cancers. Together, we organized a seminar and quiz on prostate cancer and testicular cancer, followed by a braai competition and a snooker competition. We also had t-shirt prizes and other fun activities, like music and a swimming pool, to make the day even more enjoyable. International Men's Day is a great opportunity to raise awareness about men's health issues and to encourage men to take care of their physical



and mental well-being. We hope that our events helped to spread this message and to inspire men to prioritize their health. By collaborating with TalkCancerZim, we were able to reach a wider audience and make a positive impact on men's health in Zimbabwe.

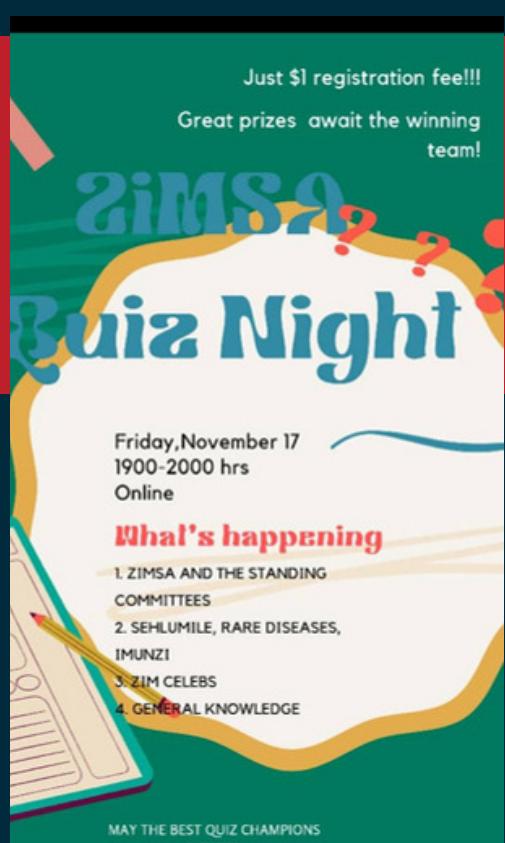


Movember Fitness Challenge Winner

In honor of Movember, a month dedicated to men's health, we launched a fitness challenge for the SCORAngels. The goal of the challenge was to encourage healthy behaviors like walking and exercise, and to promote awareness of men's health issues. Thabiso won the challenge by logging the most walking steps and got a reward of \$5USD. We are proud of the success of the challenge, which was a great way to raise awareness and encourage men to take care of their health.

#MOVEMBER '99

ZIMSA QUIZ COMPETITION



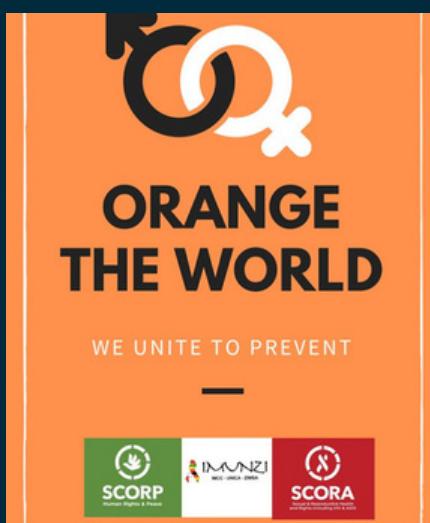
It was great to participate in the ZIMSA quiz night where our SCORA team were on the leaderboard, and we were delighted to award Daniela \$5USD as the winner. She was quick on the buzzer and showed great knowledge on a variety of topics. Quiz nights like this are a fun and engaging way to promote learning and help people stay informed. We hope to participate in more quiz nights in the future. Congratulations to Daniela on her well-deserved victory!

#16 Days of Activism against GBV



Orange the World

The Orange the World campaign is a global initiative to end violence against women and girls, and we were proud to collaborate with SCORP and IMUNZI to raise awareness about this important issue. Throughout the campaign, we discussed different topics related to gender-based violence, including how to prevent and respond to it. We also highlighted the importance of advocating for the rights of women and girls, and empowering them to make decisions about their own lives.



Netherlands UNITE! EQUALITY EXPO

The Netherlands Embassy's expo on #16days of activism against gender-based violence was a powerful reminder of the importance of this global campaign. The event was an excellent opportunity to network with other organizations working on this important issue and to share ideas and resources. We were impressed by the breadth of organizations represented and the range of innovative approaches being used to tackle gender-based violence. The event highlighted the need for continued collaboration and effort to address this issue, and we are committed to being a part of the solution.



WORLD AIDS DAY

HOPE'S FLAME

We light a candle, a hope's flame
To remember those lost in this deadly game.
For those still struggling, for those who strive
To raise awareness, to help others survive.
We've come so far, yet so much still to do,
To end stigma, to ensure knowledge is true.
We must stand together and join hands as one,
To fight the virus, to see a new dawn.
With love and compassion, we'll take a stand,
To light a hope's flame across every land.



On World AIDS Day, we collaborated with the UZ Health Services Department and organised for student volunteers to raise awareness about HIV and AIDS, and to promote healthy and safe sexual and reproductive health practices. We participated as volunteers in health checkups on campus. We worked with SCORAngels from different universities to create a video poem that highlighted the experiences of people living with HIV. This campaign was an important opportunity to show support for those affected by HIV and AIDS, and to work towards a future free from the disease.



ICASA 2023



Attending the ICASA 2023 youth Pre-Conference on SRHR was an incredible opportunity to connect with other young people from all over the world and to learn about the latest advances in SRHR. It was also an important platform to network with like-minded individuals and organizations, and to find opportunities for collaboration and partnership.



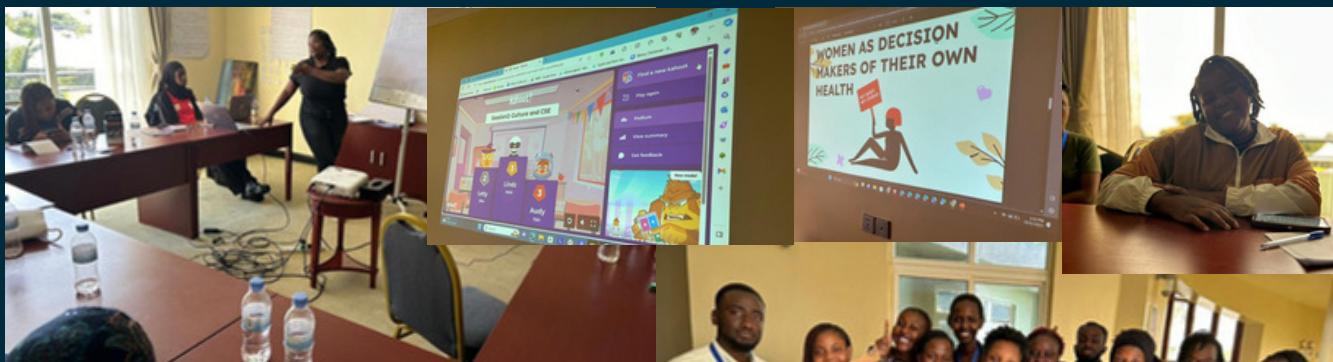
ACTIVE AND MEANINGFUL YOUTH ENGAGEMENT AND PARTICIPATION IN SRHR RELATED ACTIVITIES



LOTS OF NEW CONNECTIONS MADE!



>>> SCORA SESSIONS AT THE ARM



Lindiwe's participation in the SCORA sessions at the Africa Regional Meeting in Rwanda was a huge success! She not only scored highly on the leaderboard, but also showed an outstanding presentation on our NMO and the work we do. She was able to highlight our achievements and highlight our commitment to SRHR throughout her participation. It was a proud moment for our NMO, and we are so grateful to have Lindiwe as an advocate for SRHR.



YETT-SAFRAP >>>MEETINGS

NORA's presentation at the YETT SAFRAP meetings on SRHR services in campuses was a huge success! She was able to highlight the need for SRHR services on campuses, and the challenges that students face in accessing these services.

Learning about SRHR through games and activities is a fun and interactive way to engage with the topic. It helps to make the learning process more enjoyable and relatable, and it also allows for more creative thinking and problem-solving. It was great to see everyone participating and getting involved in the activities.



During our discussions on what SRHR is and what our rights are, we had some very engaging and insightful conversations. We discussed the different dimensions of SRHR, including sexual and reproductive health, and gender equality. We also explored the various SRHR rights that everyone is entitled to, including the right to choose your partner, information, the right to privacy, and the right to services. It was a really eye-opening and educational experience for all of us.



>>> #SEXPLORATIONWEDNESDAYS Ongoing Activity

The introduction of #SexplorationWednesdays on our WhatsApp platform has had a tremendous impact on the way we learn and share information about SRHR. It has created a safe and supportive space for us to explore various topics related to SRHR, and it has allowed us to ask questions and share our experiences. It has also been a great way to build community and solidarity around SRHR.

UPCOMING EVENTS



ZIMSA **SCORA CAMP**
23-25 FEB 2024

- TUG OF WAR
- VOLLEY BALL
- FISHING (OWN RODS)
- HORSE RIDING
- MOUNTAIN HIKING
- WATER SPLASHING
- TEAM BUILDING
- GREAT ZIMBABWE RUINS SIGHTSEEING
- ACCOMMODATION
- T-SHIRT & CAP
- UNLIMITED ENTERTAINMENT

NZUMI **ZIMBABWE**
Confidence in Hospitality

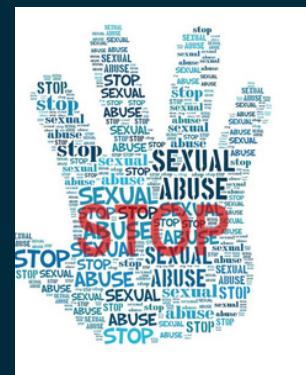
BOOTCAMP

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

Do you want to innovate your way to a more equitable future for healthcare and SRHR services? Join us for our upcoming Bootcamp, where we'll bring together youth, PLWRD, and key populations to explore innovative solutions to improve access to SRHR services. With a focus on equity and inclusion, we'll learn from experts and each other to develop strategies for change. Don't miss out on this opportunity to be a part of something groundbreaking! Registration fee and dates TBA.

Introducing our IFMSA enrolled activities...

We have successfully managed to enroll FOUR SCORA ZIMSA Activities under the IFMSA Programs MHASA, RSRHR, GBV and HAS for the term 2023-2024.



Get Involved!

Are you ready to take action and make a difference in the world of SRHR? We're calling on you to join us in creating a more equitable future for all. Sign up for our activities, become an active participant and volunteer, share this information with your networks, and join the movement for change. Together, we can make a real impact in our communities.



Read more...



HEALTHY MOTHERS, HEALTHY COMMUNITIES

The "Healthy Mothers, Healthy Communities" program's main purpose is to empower medical students to actively contribute to improving maternal health in their communities. Through a variety of activities such as prenatal education workshops, awareness campaigns, volunteering at maternity clinics, collaborative research projects, and community engagement, students will gain knowledge, skills, and experience while positively impacting the lives of expectant mothers and their families.



**SDG 3: Ensure healthy lives
and promote well-being for all
at all ages**



**SDG 5: Achieve gender equality
and empower all women and
girls**



**SDG 10: Reduce inequality
within and among countries**

Focus Areas:

- ✓ Breast Feeding
- ✓ Family Planning, Contraception and Sterilisation
- ✓ Infertility
- ✓ Maternal Healthcare Services (antenatal, antepartum and postpartum care)
- ✓ Pregnancy Complications and Postpartum Sequela
- ✓ Adolescents' Pregnancy
- ✓ Menstrual Hygiene and Period Poverty

Problem Statement

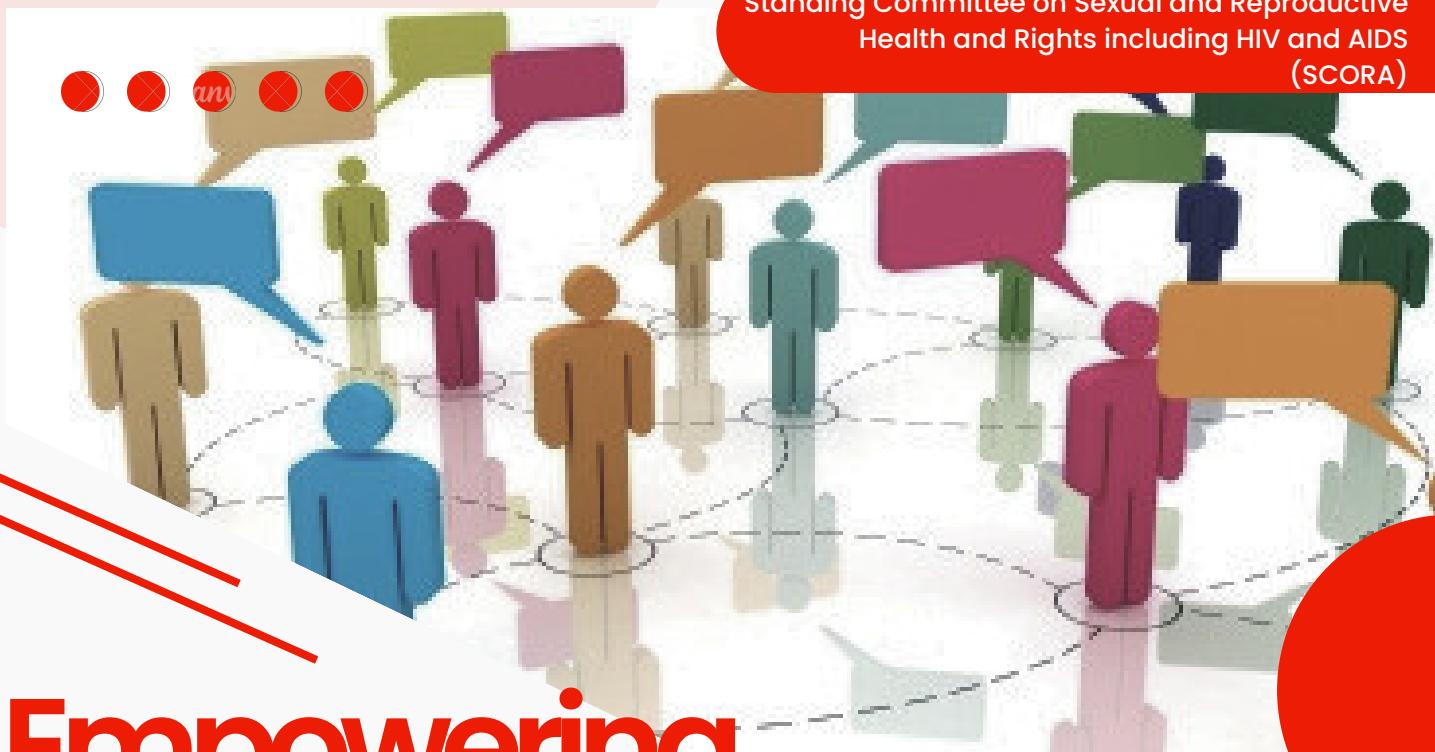
Maternal health remains a significant challenge globally, with many communities experiencing high rates of maternal mortality and inadequate access to prenatal care. This problem disproportionately affects low-income and marginalized populations, leading to adverse health outcomes for both mothers and their children. This program will empower medical students to actively engage in improving maternal health in their communities. By providing education, raising awareness, and offering support.



MEDICARE

...

Standing Committee on Sexual and Reproductive Health and Rights including HIV and AIDS (SCORA)



Empowering Communities for SRHR

MediCare aims to engage medical students in community-based initiatives that promote Sexual and Reproductive Health and Rights (SRHR). Through awareness campaigns, peer education programs, mobile clinics, workshops, advocacy efforts, research, and collaborations with NGOs and healthcare providers, the activity aims to increase awareness, improve access to services, empower communities, and strengthen the capacity of medical students to address SRHR issues in their future medical practice.

Description



Most Relevant SDGs:

GOAL 3: GOOD HEALTH AND WELL-BEING

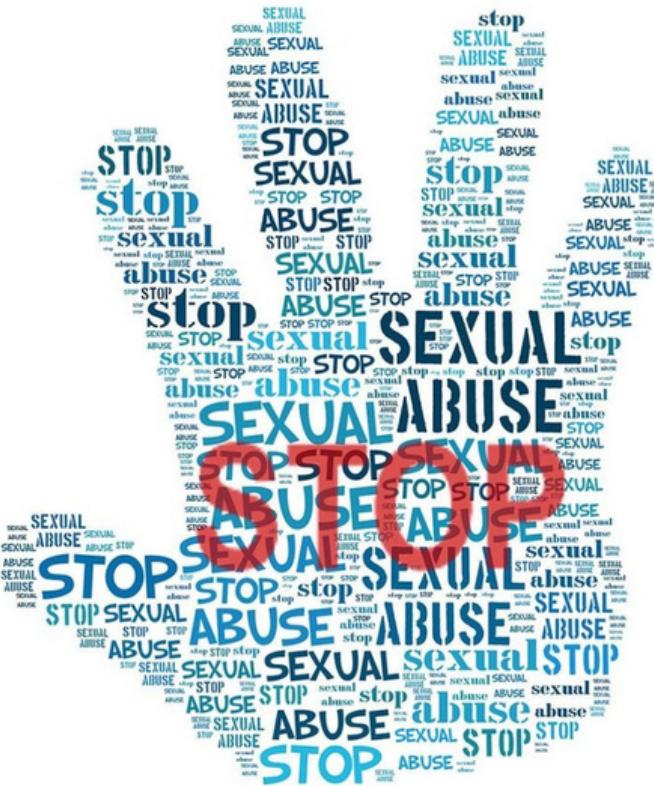
GOAL 5: GENDER EQUALITY

GOAL 10: REDUCED INEQUALITIES

IFMSA Program:

Realizing Sexual and Reproductive Health and Rights

IFMSA PROGRAM: GENDER BASED VIOLENCE



Most Relevant SDGs:

Goal 5: Gender Equality



Goal 3: Good health and well-being,
Goal 10: Reduced inequalities,
Goal 16: Peace, justice and strong institutions

Focus Areas:

- Women Empowerment
- Domestic Violence
- Sexual Exploitation and Rape

Target Groups and Beneficiaries:

General Population, Medical Students,
Healthcare Students, Other Students,
Doctors, Children, Youth, Women,
People with Disabilities

Empowerment Allies: Breaking the Cycle

"Empowerment Allies: Breaking the Cycle" aims to engage medical students in community activities to combat gender-based violence. By actively participating in awareness campaigns, training sessions, helplines, support groups, and advocacy efforts, medical students can make a significant impact on their communities, empower survivors, and contribute to long-term change.



Problem Statement:

Gender-based violence is a pervasive societal issue that affects individuals across all communities. Unfortunately, many communities lack adequate awareness, support systems, and resources to effectively address and prevent gender-based violence. This calls for a comprehensive and continuous approach to tackle this problem. Our activity is crucial in addressing this problem as it engages medical students in community-based initiatives centered around gender-based violence.

Project HealthLink:

Empowering Communities
against HIV&AIDS

Description

Project HealthLink aims to engage medical students in continuous activities within their communities to raise awareness and educate individuals about HIV&AIDS, and other sexually transmitted infections (STIs) by addressing the ongoing challenges related to HIV&AIDS prevention, testing, and support. Through community engagement, this initiative seeks to empower individuals by providing them with the necessary knowledge and resources to make informed decisions about their sexual health.



Relevant SDGs:

- Goal 3: Good Health and Well-being
- Goal 4: Quality Education
- Goal 5: Gender Equality
- Goal 8: Decent Work and Economic Growth
- Goal 10: Reduced Inequalities

Focus Areas:

- Prevention of all STIs or specific STIs
- Removing stigmatization and empowering people living with HIV
- Raising awareness among the general public about STIs
- STI education or training for future health-care professions
- Children living with HIV/AIDS and other STIs

Collaborations?

Volunteering Opportunities

Mutual Partnerships

Sponsorships

Joint Community Outreaches

Trainings

Workshops

Conferences

Fundraising Events

**MERRY
CHRISTMAS**
AND
A HAPPY NEW YEAR



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