

STATUS UPDATE

An HIV/AIDS Unit Initiative.



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GRAPE FLAVOURED CONDOMS MAKE THEIR PRESENCE KNOWN AT CPUT!

By Eden Musampa

By now, everyone at CPUT must have noticed the new flavoured condoms that were distributed all over campuses since two months ago!

Many also know the familiar blue packaged Choice condoms clearly visible at all campuses and residences.

When asked about their views on the blue packaged Choice condoms, students had this to say: "We don't like the smell of the Choice condoms" or they would say "It is not of good quality".

Well the good news is that the blue packaged Choice

condoms are effective and it is all about using condoms correctly and regularly.

The bad news is if used incorrectly, they can tear, increasing the risk of HIV, STI transmission or even unplanned pregnancy irrespective of the quality!

The new grape flavoured condoms intend to cut down the prejudices of condoms users on the old Choice brand, being considered by many as cheap and not "fancy".

For those who still prefer the blue Choice condoms, they are still available.

THE FLAVOURED CONDOMS ARE FREE AND NOT FOR SALE!

Remember:

Abstinence is the safest way of ensuring you refrain from HIV, STI infection and unplanned pregnancy. New flavoured condoms are also available at the HIV/AIDS Unit and Campus Clinics.

Stay safe and use a condom as a matter of principle to protect yourself and others.

UPCOMING EVENTS

Youth Leadership HIV & AIDS Conference
05 – 06 September 2015

Voluntary Medical Male Circumcision
30 October 2015

ask HP 

follow us 
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CPUT hiv/aids unit

Have any HIV-related questions? They can be inboxed to the HIV/AIDS Unit Facebook page or as a direct message on twitter. Please note that some of your questions may be published in this newsletter anonymously.

CPUT CANDLELIGHT MEMORIAL SALUTE THE FALLEN HEROES!

By Nasiphi Bashe

Under the theme “Let’s shine the light on HIV” CPUT, HIV/AIDS Unit’s aim of the event was to remember those who lost their lives as result of AIDS and encourage those infected and affected by HIV/AIDS.

This event takes place every year during the month of May. This year it was held in some residences as well as during lunch break at Cape Town campus reaching many students and staff. The CPUT student leadership and the Department of Student Affairs participated within respective residences and shared a word of encouragement to their peers. As always it was an obvious emotional and impacting event.

“The work done by Peer Educators was of a great success and good determination into showing the support to those affected,” said Melani-Ann Hara (Peer Education Officer). With the message from Melanie Marais the Head of the Unit I quote, “The Candlelight Memorial reminds us to never forget those we have lost, and giving hope and support to those infected and affected by HIV&AIDS”. She also said that South Africa have come a long way with over six million South Africans being on the biggest HIV disease management programme in the world.



MESSAGE FROM THE HEAD OF UNIT

As I was about to prepare a message, the first question that came to mind was what to write and what could be interesting enough for students to read.



Melanie Marais
Head of Unit

I asked students once, what normally comes up in their minds when the HIV/AIDS Unit visits their classes for a workshop. A general response was they think of HIV testing, condom distribution but the one shocking response was that they think of death! That immediately took me back to a centre that was previously used as a funeral parlour.

A number of years ago the parlour was closed down for an unknown reason. Researchers received funding to do HIV prevention trials in the area and this building was found to be the most suitable venue to conduct the research. The same centre that was previously used

as a funeral parlour now became a resourceful centre with a lifesaving strategy, HIV prevention. It also became a haven for youth development.

The CPUT HIV/AIDS Unit’s objective is to be ambassadors of life, knowledge and above all, hope for those infected or affected by HIV. As the Deputy President Mr. Cyril Ramaphosa recently said: “We need to close the tap of new infections”.

I encourage you again to go in your numbers and get to know your HIV status, as it’s the right thing to do. **FIRST THINGS FIRST!!!**

We once again wish to

acknowledge the incredible support from the Higher Education and Training HIV/AIDS Programme (HEAIDS), [a programme of Higher Education South Africa (HESA) and the Department of Higher Education and Training (DHET)], and its strategic partners the National; Department of Health (NDoH), Department of Women, Department of Social Development, USAID and PEPFAR partners, the German Government, and many other stakeholders. Without your support, this would not have been possible.

I wish every student success in the final stretch of your studies this year.



"The Candlelight Memorial reminds us to never forget those we have lost, and giving hope and support to those infected and affected by HIV&AIDS"



Win! DROP US A MAIL and tell us what you think of the new flavoured condoms & STAND A CHANCE TO WIN a set of brand new headphones!

7th SOUTH AFRICAN AIDS CONFERENCE

ICC Durban 09 - 12 Jun 15

Reflection, refocus & renewal

Some of the key topics included updates on the current HIV prevalence with vulnerability of young women from 15 to 24 years, circumcision, men having sex with men, stigmatisation, sex workers and gender based violence high on the agenda.

According to Ms Melanie Marais, the Honorable Deputy President Mr. Cyril Ramaphosa kicked off the conference with a keynote address reflecting on the progress made by the Department of Health the past years.

He thanked the thousands of South Africans who take their Antiretroviral treatment (ART) diligently. He furthermore thanked the thousands of South Africans who use condoms as matter of principle to not only protect themselves but also their partners.

He said "South Africa cannot afford to lose focus on prevention, treatment and care and that the tap of new infections needs to be stopped".

He cautioned South Africans to avoid the temptation of self-mutilation but to rather reflect on how far we came and to embrace our mistakes and challenges by dealing with it. Towards the end of his speech, he reiterated that HIV infections in girls have much to do with how men relate to young women and there is a call for greater awareness and responsibility.

We thank Ms Melanie Marais (Head of HIV Unit) and Ms Melani-Ann Hara (Peer Education Officer) for proudly representing CPUT at the conference.



PROGRESS
MADE

20 MILLION South Africans tested for HIV within twenty months

700 MILLION condoms distributed

1.6 MILLION VMMC done since 2010

INCREASE IN LIFE EXPECTANCY from 53 years in 2006 to 62.3 years in 2013

REDUCTION in Mother to child transmission.

CHALLENGES

6.4 MILLION South Africans living with HIV

450 000 NEW INFECTIONS every year

2 MILLION SOUTH AFRICANS LIVING WITH HIV and not knowing their status.



TEST YOUR KNOWLEDGE ANSWERS

1 Voluntary Medical Male Circumcision reduces a man's risk of HIV transmission by up to 60% TRUE

2 South Africa has the highest incidence of gender-based violence in the world and increases women and girls risk of HIV transmission TRUE

3 Taking a cup of strong coffee, a cold shower or going for a run will sober you up after heavy drinking FALSE

4 Beer does not have the same amount of alcohol as hard liquor FALSE

5 Obesity is a major threat to students' health and can cause diabetes, high blood pressure and other health related diseases TRUE

CPUT OPEN DAY PRIDE

By Nasiphi Bashe

Props, poses & pics

The CPUT Open day took place on 09 May 2015 and large number of aspiring students were once again visible at the very famous HIV/AIDS Unit stall.

Moving forward with the same theme: "Creating the future" and the 10 year anniversary of CPUT with a colourful presentation of the stall in the Bellville campus Student Centre.

With a very stunning stall decoration and meaningful message, the HIV/AIDS

Unit was represented by PR Interns, Peer Educators and staff.

Dressing new aspiring students with interesting props and a graduation gown, they were handed a certificate as a sign of responsibility into creating a new future as responsible students well informed about life. The graduation gown gave them a taste of what the ultimate reward feels like.

One of the main purposes was to bring awareness of



responsible behaviour by distributing new branded condoms, creating awareness of stigma and discrimination and gender-based violence, teenage pregnancy, alcohol & substance abuse and a well spoken word of knowledge from different staff and Peer Educators.

The HIV/AIDS Unit thank the Public Relations students for putting the whole concept together and the Peer educators for their important role of sharing knowledge with the prospective students.





DVC Teaching & Learning and HIV&AIDS Unit kicked off with its 1st HIV Curriculum Integration Dialogue

By Melanie Marais

Cape Peninsula University of Technology, under the leadership and guidance of the Deputy Vice Chancellor: Teaching & Learning, Professor Anthony Staak, hosted the first HIV Curriculum Integration Dialogue, under the facilitation of the Head of the HIV/AIDS Unit, Ms Melanie Marais.

The event took place on 25 June 2015 at the Cape Pillars Boutique Guesthouse, the perfect setting for a dialogue of this kind. Academia from various faculties including Education, Business, Informatics & Design, Health & Wellness Sciences attended the dialogue.

The main objective of HIV Curriculum Integration is to develop competency in graduates that will enable them to deal with HIV and its many challenges in the workplace

The setting created the ideal platform where Academia could debate and dialogue about HIV Curriculum Integration, implementation challenges and the way forward. The importance

of developing competency amongst graduates as well as the need to build capacity amongst Academia was emphasized by Ms Managa Pillay, Senior Programme Manager: Curriculum Development and Research, Higher Education AIDS.

Accompanied by Ms Pillay was Dr Paulette Powell from Skills Factor who is responsible for capacity building amongst Academics.

The Director Development Support, Ms Gloria Maaka-Tlokana and Ms Bokelang Khave from the Department Higher Education and Training had this to say about the dialogue, "It was fulfilling to

"It was really encouraging to also see the enthusiasm and commitment from the lecturers and there is no doubt that the project has been fully embraced."

engage with the team"; "It was really encouraging to also see the enthusiasm and commitment from the lecturers and there is no doubt that the project has been fully embraced."

Commitment to continue the discussion at future meetings was evident. A number of discussion and future meetings are on the cards and we look forward to collaborate on this very important matter.



HIV/AIDS UNIT REACHES OUT TO CLEANING SERVICES

By Eden Musampa

The HIV/AIDS Unit held an HIV workshop at Cape Town and Bellville campuses on Thursday, 07 May 2015 targeting the cleaning services staff.

Bonile Peter, the Health Promoter and Melani-Ann Hara, the Peer Education Officer were the facilitators. Among attendees were 24 females and 2 males.

Topics covered were, Basic HIV&AIDS Information, HIV testing, Stigma reduction, HIV prevention & transmission and the prevalence of HIV.

The participants found the workshop very informative and said the simplified terminology and communication methods used, made it much easier for them to understand and made it easy for them to interact.

The stigma reduction strategy of the workshop resulted in the attendees being more open to share their own personal experiences.

The facilitators emphasized the importance of HIV prevention, and how to reduce new transmissions.

In closing they presented the prevalence of HIV to the attendees as a means for them to understand how necessary these changes are for the present and future generations.



Test your knowledge

- 1 Voluntary Medical Male Circumcision reduces a man's risk of HIV transmission by up to 60%.
- 2 South Africa has the highest incidence of gender-based violence in the world and increases women and girls risk of HIV transmission.
- 3 Taking a cup of strong coffee, a cold shower or going for a run will sober you up after heavy drinking.
- 4 Beer does not have the same amount of alcohol as hard liquor.
- 5 Obesity is a major threat to students' health and can cause diabetes, high blood pressure and other health related diseases.

TRUE/FALSE

TRUE/FALSE

TRUE/FALSE

TRUE/FALSE

TRUE/FALSE

ANSWERS ON PAGE 4

IMPORTANT CONTACT DETAILS

As the HIV/AIDS Unit, we are committed to ensuring that our readers know where to seek help when needing assistance with daily life challenges. Below is a list of important contact details.

CPUT HIV/AIDS UNIT HEALTH PROMOTER

BONILE PETER

Cape Town Office

Tel +27 21 460 4252/3

Location Administration Building
2nd Floor (opposite Applications Office)

OTHER STUDENT SUPPORT SERVICES

CPUT DISABILITY UNIT

BELLVILLE

Tel +27 21 959 6964

CAPE TOWN

Tel +27 21 460 9071

Email disabilityunit@cput.ac.za

CAMPUS CLINIC

CAPE TOWN

Tel +27 21 460 3405

Location Administration Building, Level 2,
Room 2.900

BELLVILLE

Tel +27 21 959 6403

Location New Library Extension, Ground floor

STUDENT COUNSELLING

CAPE TOWN

Tel +27 21 460 3237

Email oliveran@cput.ac.za

BELLVILLE

Tel +27 21 959 6182

National AIDS Helpline

0800 012 322

Lifeline

011 725 2001

SANCA

(SOUTH AFRICAN NATIONAL
COUNCIL ON ALCOHOLISM
AND DRUG DEPENDENCE)

086 17 2622

Rape Crisis

021 447 1467

SADAG

(The South African Depression
and Anxiety Group)

0800 567 567

**ARE YOU
INTERESTED
IN JOINING
A SUPPORT
GROUP?**

**Contact
the Health
Promoter**

Bonile Peter

✉ PeterB@cput.ac.za

Sr Sweetness Kola

✉ KolaS@cput.ac.za

YOUR HIV/AIDS UNIT

We are here to ensure that students and staff members make informed decisions on their holistic health care and lifestyle. We are committed to providing a safe learning and working environment to protect you from becoming infected with HIV, STI & TB while studying at CPUT.

NAME	DESIGNATION	E-MAIL
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Ireen Malango	Counsellor	malangoi@cput.ac.za



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