



GJ CROOKES CELEBRATES WOMEN'S DAY IN STYLE

On the 9th of August 1956, women from all parts of the country arrived in Pretoria to voice their concerns against the oppressions of the then government displayed to women of all colours and backgrounds. The women estimated to be 20 000 congregated at the Union Buildings in a determined yet orderly manner fighting for their freedom.

GJ Crookes Hospital's women were told in an event organized expressly for them held on 7 August 2013 at the hospital to be proud of their existence and their ability to multitask. Women are the pillars of society and families. They have made many positive contributions to the nation of South Africa, whether in business, parliament, community or families.

Although there are women in higher positions; the women who are from disadvantaged backgrounds; unemployed, raising their children and relatives children alone, who are sickly, abused physically and emotionally should never be forgotten. Those who have succeeded in overcoming societal barriers must have a positive impact on the community; the main event focus of the day was around these issues.

Women were also reminded to prioritise their health by doing the following:

- Conduct daily breast self-examination to early detect breast cancer
- Do regular cervical cancer screenings
- Proper usage of female condoms
- Protect themselves from getting infected with HIV/AIDS.
- If you are already infected with HIV/AIDS, properly take your ARV medication
- Getting out of abusive relationships
- Hygiene
- Breastfeeding exclusively for 6 months for new mothers
- Child health and family planning
- Getting out of debts and living affordable lifestyles



LEFT: Ms Mthuli giving the crowd sweet melodies



RIGHT: GJ Crookes women who made presentations during the event



The ladies who attended the event received toiletries sponsored by the Ifafa Shelter



"There are many structures in society to assist women who are disadvantaged, women just need to explore and grab all the opportunities that are presented in front of them" said Sr Nobesuthu Campbell, the guest speaker of the day.