

The Coronavirus CivActs Campaign captures rumours and perceptions among communities to eliminate information gaps between the government, the media, NGOs, businesses and the public. By providing the public with facts, these bulletins aim to create a better understanding of the needs regarding coronavirus and to debunk rumours before they can do more harm.

ENSURING WOMEN'S SAFETY

Shelters across the country have experienced an influx of women and children escaping gender-based violence during the lockdown. The biggest challenges facing these places of safety is funding, resources and the possibility of infections.

We spoke to National Shelter Movement (NSM), Dr Zubeda Dangor who said that the number of referrals she had received had picked up "monumentally" since the lockdown extension was announced by President Cyril Ramaphosa. "Many have not received specific state funding during this time because many do not have Personal Protective Equipment (PPE). Ninety-five percent of shelters do not have thermometers to do screening before the intake and this is why we are pleading with business and government for funding."

Dangor said that isolation for women even prior to COVID-19 is a strategy that abusers use and with the advent of COVID-19, this has worsened. She said lots of women and children are flocking into shelters daily and often are denied help and emergency transport by police.

"In an economic crash like we've had now, unfortunately NGOs and shelters will be the last people to receive money," she said.

Anyone in need of GBV-related help can contact the National Gender-based Violence Command Centre on 0800 428 428, or dial *120*7867 from your mobile.



Questions & Answers

Home is not a safe place for me. What should I do?



Contact the National Gender-based Violence Command Centre on 0800 428 428, or dial *120*7867 from your mobile. Additionally, contact one of the shelters in your province - see our list on the next page. You can also make a safety plan for yourself and any children in your household. Identify a neighbour, friend, relative or colleague who you can go to in the case of an emergency. Have a plan for your safe transport there and keep a few essential items (your ID, phone, money, medicine and clothes) available and a list of telephone numbers handy. Consider developing a code with a trusted neighbour who can assist you in an emergency.

I am safe but suffering from long-term health and social problems because of violence. What can I do?



- Maintain contact with and seek support from family and friends via phone, email, text.
- Try to maintain daily routines and make time for physical activity and sleep.
- Use relaxation exercises to relieve stressful thoughts and feelings. See examples on page 70 of these WHO guidelines.
- Seek information about COVID- 19 from reliable sources and reduce the time spent consuming news (for example, 1-2 times per day, rather than every hour).

SHELTERS FOR WOMEN IN SA

1 GAUTENG

Alexandra - Bombani Shelter; 011 027 1513/072 244 1630.
North Rand - 013 935 8032; 013 935 8032; 083 684 7737
Ekurhuleni - Mercy Haven, 074 417 7603
Pretoria - Re-Bafenyi Victim Empowerment 083 949 8144
West Rand - Are Areng Nthabeleng Safe Haven, 084 849 3344

2 KWAZULU-NATAL

Pinetown - Open Door Crisis Center, Thora Mansfield 031-7092679
Durban - Kenilworth Respite Centre, 072 446 3337 or 0312076483
Pietermaritzburg - The Haven, 033- 394 0228
Ladysmith - Victory Haven, 076 5299 109 or 036- 633 3426

3 LIMPOPO

Polokwane - Ekuphumleni Restoration Home ThyREST, 015 223 0091,
073 174 9185
Polokwane, Khuseleka One Stop Centre, 015 293 1182/3/4/5, 084
466 8212

4 NORTH WEST

Mooi Mooi - Grace Help Shelter, 072 348 6526 / 014 574 3476

5 WESTERN CAPE

Woodstock - St Annes Homes, 071 906 3949 or 0214486792
Athlone - Saartjie Baartman Centre, 082 903 8739 or 021633587

6 EASTERN CAPE

Southernwood, East London, Masimanyane Shelter, Chrislynn
Moonieyan 081 247 6056
Buffalo City, King Williams Town - Khanyisa Community Based,
Noxolo Bashe 082 374 0042

7 NORTHERN CAPE

De Aar - Ethembeni Community and Trauma Centre, Clair Adriaanse
073 8888738
Upington - Bopanang One Stop Centre, Valarie Syster 0798841834

8 FREE STATE

Welkom - Goldfields Family Advice Organisation, 057 395 6153
Parys - Tumahole Victim Support Centre, 073 645 9283
QwaQwa - Thusanang Advice Centre Shelter, 079 165 6245
Bethlehem - Child and Family Welfare, 071 111 5816

9 MPUMALANGA

Witbank - Fovoc Empowerment Centre 073 138 4788
Badplaas - Badplaas Shelter 079 929 5922