



#BeMore

Redefine Your Generation's Purpose!



A youth development programme supporting and empowering young women to live out their full potential. A multi-faceted programme combining behavioural, biomedical, social and economic interventions.

WHO WE ARE

bumb'INGOMSO is a multi-faceted HIV prevention project, initiated by the Department of Health. funded by KfW Development Bank and co-funded by The DG Murray Trust. The DGMT is a public innovator committed to a South Africa where every person has the opportunity to fulfil their potential.

Our mission is to inspire, support, and motivate adolescent girls and young women to make healthy choices to mould their future and address the high incidence of HIV amongst women aged 15-29 years.

Our model combines the best of behavioral, biomedical, social and economic interventions and sees young women as leaders and innovators able to respond to the challenges they face.



OUR PHILOSOPHY

We believe change is driven by a sense of real and imminent possibility:



At bumb'INGOMSO, we want to **IGNITE** a sense of passion and a common identity among young women going through the network and various programs of bumb'INGOMSO.



CONNECT young women with each other as a means of growing their social capital and gathering support from other young women on the same journey. Connect young women to resources and opportunities that will help them shape a defined vision for their future and take ownership of their health and bodies.



Provide a sense of **MOBILITY** and progression towards their imagined futures through the opportunities to which they have been exposed. We combine these three approaches to create a platform where young women feel supported, mentored and motivated to actively guide the direction of their futures.

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Our Partners:



GET IN TOUCH WITH US:



@bumb'INGOMSOPROJECT



www.bumbingomso.co.za

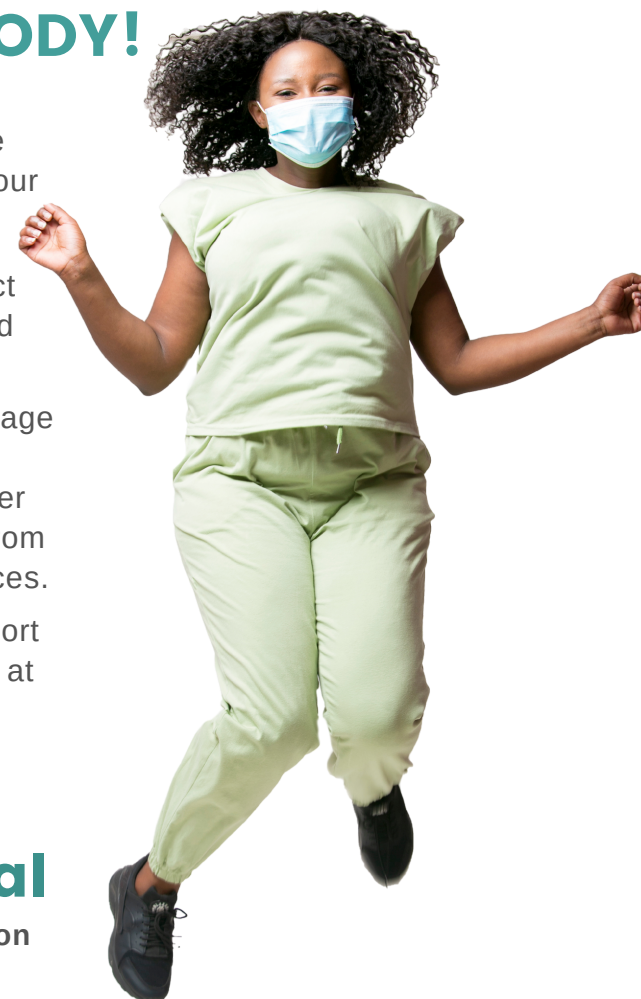
OWN YOUR BODY!

We empower you to make informed choices about your body and health.

Know the facts and protect yourself from HIV, STI and unplanned pregnancies.

We also mobilize and engage men in communities to address the harmful gender norms that prevent men from seeking health care services.

We connect you and support you to get health services at our local clinics, including SRHR services.



#BeMoreVital

Biomedical Intervention

YAKHA

YOUR VOICE, YOUR POWER!

This mag is for you, produced by young people for young people. We are calling on young writers and aspiring leaders to get involved and make their voices heard.

This magazine is packed with information and tools to help you navigate your path. Yakh'elakho ingomso!



@YakhaMagazine



A DEVELOPMENT PROJECT OF THE NATIONAL DEPARTMENT OF HEALTH
CO-FINANCED BY KfW AND THE DG MURRAY TRUST



#BEMOREDEFIANT

Gender Based Violence Intervention

Want to learn more about GBV?

We have trained professionals that can assist you if you have experienced any form of violence and abuse. We offer sexual and gender-based violence support and training.



#BEMOREPLUGGEDIN

Psychosocial Support Intervention

The Buffalo City Mentorship programme is an important component of welcoming you to the college family. The programme has three main components which are positive talk seminars, one on one counselling sessions by an onsite social worker and group mentorship sessions with a trained Peer Educator/Helper.

#BeMorePluggedIn

Economic Opportunities Intervention

Are you young and unemployed? Do you want to be upskilled for better opportunities?

bumb'INGOMSO has an intervention to empower young people in Buffalo City to access income-generating opportunities.

If you are between the ages of 18 and 29 years old and have not been able to find a job, bumb'INGOMSO can help you get the skills you need to find work and other opportunities.

Find the **bumb'INGOMSO Youth Zone** at Old Cecilia Makhiwane Hospital

IKHWELOLETHU

Shaping equal gender norms Intervention

IKHWELOLethu is an intervention for 10–14-year-olds, to help you develop awareness about yourself and others regarding gender identity, expression, role expectations and shaping equal gender norms amongst young adolescents in BCMM and ADM.

IKHWELOLethu aims at helping you find a space where you can be who you want to be, no matter how different from others you may think you are. This intervention will help you become more understanding of diversity and difference; for you to become excited about your world and see that you have the potential to create and transform it.



BI CALL CENTRE

We know that life, at times, becomes difficult and you end up on your own without anyone to talk to. Our call centre offers information, support and counselling during your time of need. You will be supported as you explore possible solutions to the challenges you are facing. Our call centre operates from 08h00 to 16h30 on Mondays to Fridays. Feel free to get in touch with our caring and friendly call centre agents or send us a message on our Facebook page.



080 055 5558



072 654 9224

LEADERSHIP NETWORK

The bumb'INGOMSO leadership network is a platform for young aspirant leaders in Buffalo City Municipality and Amathole District Municipality. Through this network, we envisage a platform that empowers young women to define and redefine their paths and create change in their communities. We endeavor to support young women who are motivated to effect change in their homes, schools and communities through a guided training program and hands-on support.

The BI Leadership network helps you take small first steps. This way, it feels less overwhelming because other people will be going through the same journey.

The programme consists of BI Clubs: These are interactive peer platforms based in communities and schools. Each club is supported by a mentor who helps with the running of weekly activities and club meetings. Young women in these clubs will gain access to information about various opportunities and modules focusing on their personal development.

#BeMoreDaring

Behavior Change and Communication Intervention