



# EMPOWERED THROUGH VULNERABILITY PROGRAMME

Weekly Live Engagement

On Zoom and Instagram

MEETING ID:  
976 7925 5882  
PASSCODE: OIC

@UCT\_OIC

DATE & TIME	TOPIC	RESPONSIBLE	PLATFORMS
<b>LIFE AFTER SEXUAL TRAUMA: PREVIOUS LIVE ENGAGEMENTS SAVED ON THE OIC INSTAGRAM PAGE</b>			
Monday, 09 August 2021	<b>UCT Survivor Support Specialist &amp; Case Officer</b> Yumna Seadat discusses her role and the survivor support services which she offers at the Office for Inclusivity & Change.	<b>HOST:</b> Yumna Seadat, Survivor Support Specialist and Case Officer at the OIC; BA Hons Psychology Graduate, Registered Wellness Counsellor with specialized focus on Crisis Intervention and Trauma Recovery (SGBV)	 Video available on @UCT_OIC  Live @UCT_OIC
Wednesday, 11 August 2021	<b>Criminal Prosecution</b> We enter into a discussion about SAPS Reporting Processes, Criminal Prosecution, Court Proceedings and Legal Risks with the Senior State Prosecutor at Wynberg Sexual Offences Court	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>PANELIST:</b> Adv Shahida Poole, Senior State prosecutor Wynberg Sexual	 Video available on @UCT_OIC  Live @UCT_OIC
Thursday, 12 August 2021	<b>A Survivors Experience of receiving medical treatment and reporting to SAPS</b> This discussion enters into a candid lived experience of the Survivor's challenges and support received during Medical Care and the SAPS Reporting Processes. The conversation will extend to sharing "useful tips" and how the Survivor Support Specialist can offer Case Management and Support to UCT Survivors.	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>SURVIVOR:</b> Lilu-Bobbi Woods	 Video available on @UCT_OIC  Live @UCT_OIC
<b>LIFE AFTER SEXUAL TRAUMA: UPCOMING LIVE ENGAGEMENTS ON ZOOM AND INSTAGRAM</b>			
Monday 16 August 2021 19h30 – 20h30	<b>A discussion on working with Survivor of Sexual Offences through a Survivor-Centered Approach and the cycle of Rape Trauma Syndrome.</b> We invite all Survivors of SGBV, UCT Students, Staff Members, and response teams as well as the public to join in the conversation. The audience are welcome to share their experiences and contribute to the conversation through the comment section and/or unmuting.	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>PANELIST:</b> Shirlee McDonald, Rape Crisis Counselling Co-Ordinator,	 ZOOM Meeting ID: 976 7925 5882 Passcode: OIC  Live @UCT_OIC
Wednesday 18 August 2021 19h30 – 20h30	<b>Survivors' Experiences of Post Traumatic Growth Mental Health (PTSD) &amp; Wellbeing</b> The discussion hosts Survivors from the UCT Survivor Support Group who will be sharing their experience of Post Traumatic Stress Disorder and Post Traumatic Growth. We invite all Survivors of SGBV, UCT Students, Staff Members, and response teams as well as the public to join in the conversation. The audience are welcome to share their experiences and contribute to the conversation through the comment section and/or unmuting.	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>SURVIVOR:</b> Katya Sumner-Priilaid & Ziyaan Zoutenberg	 ZOOM Meeting ID: 976 7925 5882 Passcode: OIC  Live @UCT_OIC
Thursday 19 August 2021 19h30 – 20h30	<b>Mental Health Diagnosis &amp; Treatment Trauma- and Stressor-Related Disorders, Depressive Disorders &amp; Anxiety Disorders</b> We interview a UCT Psychologists on the diagnostic criteria of Trauma-and-stressor related disorders and comorbidities, therapy interventions, and the impact of mental health on daily functioning in Survivors of SGBV. The second part of the discussion we unpack the importance of academic concessions based on the Survivors mental health concerns even in the case of post traumatic growth. The conversation will also touch on the UCT Academic Concessions Policy We invite all Survivors of SGBV, UCT Students, Staff Members, and response teams as well as the public to join in the conversation. The audience are welcome to share their experiences and contribute to the conversation through the comment section and/or unmuting.	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>PANELIST:</b> Nazeema Ahmed, UCT Clinical Psychologist & Bhavani Krishna, UCT Counselling Psychologist	 ZOOM Meeting ID: 976 7925 5882 Passcode: OIC  Live @UCT_OIC
Monday 23 August 2021 19h30 – 20h30 <i>To be confirmed</i>	<b>Sextortion and Cybercrimes Act 19/20 and the Films and Publications Amendment Act</b> We enter into a discussion around the phenomenon of sextortion and cybercrimes as these incidents are occurring more frequently. Adv Lisle Nel will lead the discussion and share with the audience key information around the new legislations relating to sextortion and cybercrimes. We invite all Survivors of SGBV, UCT Students, Staff Members, and response teams as well as the public to join in the conversation. The audience are welcome to share their experiences and contribute to the conversation through the comment section and/or unmuting.	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>PANELIST:</b> Adv Lisle Nel, Case Manager Sexual Offences and Community affairs unit in the National Prosecuting Authority working with Thuthuzela Care Centre in Heideveld	 ZOOM Meeting ID: 976 7925 5882 Passcode: OIC  Live @UCT_OIC
Wednesday, 25 August 2021 19h30 – 20h30	<b>Rape Myths, Stigmas, and Challenges</b> The discussion hosts Survivors from the UCT Survivor Support Group who debunk Rape Myths & Stigmas which they experienced. The Survivors will also share how they are overcoming challenges and working towards post traumatic growth. We invite all Survivors of SGBV, UCT Students, Staff Members, and response teams as well as the public to join in the conversation. The audience are welcome to share their experiences and contribute to the conversation through the comment section and/or unmuting.	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>SURVIVOR:</b> Noluthando Kumalo & Elissa Duku	 ZOOM Meeting ID: 976 7925 5882 Passcode: OIC  Live @UCT_OIC
Thursday, 26 August 2021 19h30 – 20h30	<b>Getting Back to Normal – Significant Adjustments and Changes in the Survivors Life</b> The discussion hosts Survivors from the UCT Survivor Support Group who will be sharing what significant adjustments they have made and how are they navigating life after trauma. We invite all Survivors of SGBV, UCT Students, Staff Members, and response teams as well as the public to join in the conversation. The audience are welcome to share their experiences and contribute to the conversation through the comment section and/or unmuting.	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>SURVIVOR:</b> Noluthando Kumalo & Nakedi Malesa	 ZOOM Meeting ID: 976 7925 5882 Passcode: OIC  Live @UCT_OIC
Monday, 30 August 2021 19h30 – 20h30	<b>UCT Reporting Processes &amp; Sexual Misconduct Policy</b> The discussion will highlight the changes that have been implemented into the UCT Reporting Processes Sexual Misconduct Policy. The session will also unpack current challenges of UCT Reporting Processes and how the OIC and Specialized Tribunal stay committed to providing support to UCT Survivors of SGBV and the next steps to strengthening the Survivor Support Services and Reporting Processes. We invite all Survivors of SGBV, UCT Students, Staff Members, and response teams as well as the public to join in the conversation. The audience are welcome to share their experiences and contribute to the conversation through the comment section and/or unmuting.	<b>HOST:</b> Yumna Seadat, UCT OIC Survivor Support Specialist & Wellness Counsellor with expertise in trauma counselling <b>PANELIST:</b> Dr Sianne Alves, Director of the OIC & Anne Isaacs, UCT Project Manager & Legal Counselor: Specialized Tribunal for Sexual Offences	 ZOOM Meeting ID: 976 7925 5882 Passcode: OIC  Live @UCT_OIC
<b>THE POST OFFICE TO PARLIAMENT</b>			
Friday, 27 August 2021	<b>The Post Office to Parliament in memory of uyinene Mrwetyana</b> UCT in collaboration with the Uyinene Mrwetyana Foundation are requesting that the UCT community and general public write motivational letters on the importance of taking action against SGBV and the responsibility of the government's role in prevention and support in remembrance of the late UCT Student Uyinene Mrwetyana.	<a href="#">Click here to write your letter!</a>	 Online entry on website
<b>CONSENT &amp; SEX WORKSHOP</b>			
Wednesday 01 September 2021 19h00 – 21h00	<b>Understanding Consent &amp; Sex</b> The workshop focusses on exploring how participants understand consent & sex and how to "normalise" actively practicing consent in non-threatening encounters. Join the two day workshop in getting to know yourself better and becoming comfortable with consent in intimate partner relationships.	<b>TO REGISTER:</b> Email: yumna.seadat@uct.ac.za <b>GROUP FACILITATOR:</b> Yumna Seadat	 MS Teams
Thursday 02 September 2021 19h00 – 21h00	We invite all Survivors of SGBV, UCT Students, Staff Members, and response teams as well as the public to join. This is a closed group and all participants have to register before or on Friday, 28 August 2021.		
<b>INSTAGRAM HOPE BOARD</b>			
Weekends: Friday, Saturday, Sunday	<b>Empowered Voices</b> The Hope Board is an open platform for Survivors to share how they are coping and healing after a Trauma of Sexual Violence. Support Carers can also share how they Support Survivors, All followers can leave words of compassion and encouragement and engage in the Q&A's. The Hope Board is an open platform for Survivors to share how they are coping and healing after a Trauma of Sexual Violence. Support Carers can also share how they Support Survivors, All followers can leave words of compassion and encouragement and engage in the Q&A's. The OIC will host Instagram Q&A's every Friday, Saturday and Sunday.	<b>REPOSTING:</b> INSTAGRAM ENGAGEMENT with Yumna Seadat	 Live @UCT_OIC

**CONTACT INFORMATION: UCT Students and Staff Members can report Sexual & Gender-Based Violence Online**

24/7 Sexual Assault & Rape Emergency Response for UCT Student & Staff Members **CALL 072 393 7824**

Survivor Support Specialist  
yumna.seadat@uct.ac.za - 021 680 3530

#LALELA\_LA  
#EMPOWEREDSURVIVOR