



The month-long celebration focused on promoting inclusivity and fairness for everyone within AfroCentric, while encouraging employees, regardless of seniority, to offer a helping hand to those in need.

Our special initiatives included two women's dialogue sessions, themed "Embrace Equity: Lift as You Rise" and "Women and Health". We hosted talks on women's reproductive and sexual health, the importance of health screening, and mental health.

Lift as you rise

AfroCentric employees joined a meaningful, engaging conversation during our recent On the Couch session, themed "Embrace Diversity: Lift as You Rise".

The event was facilitated by Dr Abongile Qamata, the Lead for Alternatives to Hospitalisation at Medscheme. In this role, she explores innovative and disruptive ways to deliver sustainable, evidence-based and outcomes-focused healthcare services.

Joining Dr Abongile were panellists Dr Anna, who contributed a special pre-recorded message, Gerald van Wyk, Marion Borchers, Gerda Strydom, Olebogeng Khubile and Kagiso Bulunga.

default watermark



DR ANNA MOKGOKONG | KANYISA MKHIZE | ALICE LE ROUX | MMABOSHADI CHAUKE | MARINDA DIPPENAAAR | FEZEKA NOMPUMZA | TEBOGO MAKOE | KERRY-ANNE HERTOOG | LOUISE BOTHA | AYANDA MBULI | AYESHA KRIEL | PALESA MAKHETHA | ENID VAN DALEN | JOANN JULIUS | DENISE SLEEM | BARBARA ANN JOHNSON | AIMEE WESSO ROBERTS | MARIA RAMBAULI | MARLA FARRAND | SARAH BENNETT | ALISON MOOLMAN | JEAN-MARIE DE LANGE | ALTA HUSSELMANN | CHRISTINE SCHUTTE | EMILY ROSSOUW | ELMARIE CARON MAGIC | RAMATSIMELA MPHAHLELE | RITA INGRID EBRAHIM | RENE BRAND | SHAMILA ABRAHAMS | MARION JANE BORCHERDS | MURIEL TERESA WAITE | VALERIE LEW LOK | CHARMAINE MANS | JENNIFER ANNE NOBLE - LUCKHOFF | SALMARIE MYBURG | ELIZABETH ANNE THERON | DENISE REMONA MAHARAJ | PETRO ALETTA PAXTON | NISHA BACHEN | SUSANNA MAGDALENA MOSTERT | LAURA MYBURGH | JULIETTE FERREIRA | MARTHA NONHLANHLA MKHIZE | ARINA JOHANNA VERMEULEN | VERONA WILSON | JO JOHANITA VAN STADEN | CHRISTEEN KEYSER | ANNETTE KLOPPER | CARLA VON BENECKE | CARLA VON BENECKE | JACQUELINE URSULA KHAN | MERCIA PRISCILLA SARLIE | ELNARIE OLIVIA HENDRICKS | MICHELLE MORTON | LEONISE VAN REENEN | CATHY SINGH | RENE PATRICIA LAURINGS | DIPUO MARIA LEDWAGA | THINMA THERESIA VISSER | JULIA LOUISE BRIGGS | GISELA ERIKAPRUTER | BILKEES BIBI AHMED | SUNETTE PRETORIUS | EUNICE LOUW | CAROL HOWARD | NOMSA MAGDELIN SITHOLE | NOLA ELIZABETH SYLVESTER | RENATE SEIPEL | SONYA REID | SHAFEKA MODACK | LISA MARIE MACDONALD | CECILE SNYMAN | TRACY RUTH FISHER | NIRMALA MAUREEN CHETTY | NOMHLANGANO FLORANCE RANI | SIBONGILE NOSIPHO MVINELWA | ERIKA SPANN | RESHMI STARCK | NAU-SHEEN WADEE | ZUKISWA QUEENETH LANGA | BONGI PORTIA MAKHAVHU | LIESEL LORETTA ALEXANDER | NOKULUNGA FELICITY MATHE | ASMA JOSEPH | DHARMISHA PREMA | KUMESH KUMANTHRIE PILLAI | NOMPHELO VIRGINIA MGUDA | BONGIWE XALUWA | JACQUELINE TRACEY KOEBERG | ANICA HEYES | LUBAINA ISMAIL | NAOMI FOLB | LYNN PHILLIS VAN DER NEST | DOROTHY BUTHELEZI | ELLOUISA ESTERHUYSE | PREEYA FAKIR | JACQUELINE JESSIE BEHRMANN | MICHELLE DARLEW | SONIA ALEXANDRE | IRENE EKSTEEN | DEBRAH MOHALE | LOUISE VAN NIEKERK | BERTHA VILAKAZI | PJ PARANJOTHI NAIDU | ALETTA PETRONELLA PIENAAR | OLEBOGENG OLIVIA KHUBILE | MICHELLE MAGDALENE VANGEVELDT | JOHANNA MALGORZATA SAMSONOWICZ | TRACY LOUW | BASETSANA CLEMENTINE MAKHOANA | CORNE RAUTENBACH | MICHELLE ANNESTACIA GESWINT | MATSELENG MOLEFE | ZAHHEERA JAFFER | LEONOR ELEONORA, ELIZABETH BOTHA | CARIEN CUTTING | MAPULE HARRIET MCHUNDA | VANESSA SVAGAMI MCHUNDA | TARYN SAMANTHA FIVAZ | XANNELLE NORTJE | SAMANTHA JAYNE DRAKE | WASEEMAH ABRAHAMS | OLGA ISOLDE SCOTT | GILLIAN CHIPPELT | LIEZEL PRINSLOO | ESTHER TAKALANI MONYAI | SHAMILA FAKIE | JURETHA ALBERT | CHARMANE KELLY | CHRISTINA CRONJE | NONTOBENKO MAEKO | CHARMAINE SWEETIE ZWANE | PREVESHNI NAIDOO | ANNE MARIA NAMUBIRU | SHEVANI MAHARAJ | TAMLYN HELEN DU PLESSIS | JENINE KOTZE | MARLA CATHERINE FARRAND | BAHEJAH ISAACS | CELESTE RENEE BEHOOR | NASEEMA KHOTA | LEEANN SALLIE | DESIREE RAGGO | ANNELEZE MC LEOD | CHANTAL PROKOPIS | BONGIWE NCUBE | JOSEPHINE WING MAN WU | CINDY FERRIS | MARLEIN DAVEL | MPHO IRENE MAFISA | URVASHI PATHER | CATHERINE ANGELA GAY | BEVERLEY NICOLET JANSEN | VANITHA HARIPERSAD | ANNARETTE JANSEN VAN RENSBURG | LIVVUHANI MASIELA | YOLANDE PADIACHEY | LIJZE-MARI PIETERSE | JOANN BEJUEL JULIUS | NONJABULO CHRISTINE SOKO | NEO AGRINETH TSHEGOFATSO KITSA | DEEPTI BHAWAN | OLIVIA FRANCES KEARNS | GRETCHEN INGE VELDHOVEN | JANEEN DEMINGO | CHRISTINA MAPULE KGOOE | ABONGILE URSULA DAMATA | AKILA JAUFRALY | SERISHA SINGH | SANDRAH MIBHELE | NIVEKA NAIDOO | TAMARIN ROBERTSON | MBALI NYEMBE | DANIELLE OOSTHUIZEN | ZOKISA TITI | TEBOGO MASHEGO IRENE MCHUNDA | CORNISH | GERDA STRYDOM | NEDINE VAN VUUREN | JEAN-MARIE DE LANGE | NOMASWAZI RAMPEDI | NTSAKO MASINGA | THINMA THERESIA VISSER | AIMEE DOROTHY WESSO | YUMNA ISMAIL | JANINE NAIDOO | CHANTELE STEFFEN | CHRISTINE WILKINSON | EUNETTE DU PLESSIS | AN OYANTYI | NELMARIE LA COCK | AMANDA MTINTSILANA | KEDIBONE SHERLLEY HLONGWANE | NKATEKO LUCILLE MSIMEKI | NTSAKO MASINGA | NCUMISA HLAPO | CHANELE SCHOONRAAD | LESLEY ANNE LANGTON | KIM KIM DLAMINI | SIVE SIBANYE NDALA | BRITTA OITUMELO RENEE WE LEHUTJO | MARI GILDENHUIJS | CHERON CHANELLE JOHNSON | LISA SCHREIBER | THANDANANI SIMPHINE MTHUNDA | LINDA DIMAKATSO MOKOENA | KEAMOGETSWE MOROKOLO | MARZANNE SLABBER | GEERTJIE GERICKE | INGE KEMPSTER | AVERIE VAN DER MERWE | NATASHA GOWRIE | MARISA HEATH | LEIGH CHARLTON | CHIEDZA MANDIMIKA | CHARLENE SMIT | MAMAROGA MTHIMUNYE | ZANDI VAN DER MERWE | ANITA GLOSS | ELRINA POTGIETER | HANNELIE NEL | PAMELA MARKRAM VENESCA BARNARD | HEATHER NORRIS | SUNET STRYDOM | RENONA CHETTY | REKA VIVIER | MMALEHU MOTHQA | ESTELLE VAN ZYL | NATASHA SMITH | AUDREY SEBAKO | HEIDI JACOBS | LERATO MALAKA | MELINDA BADENHORST | THIMPELO MOEKETSANE | ANNELIE KOSTER | MARINA VAN WYK | DANE VERMEULEN | JACOMINA POTGIETER | LERATO BALOI | MILITA VAN DER WALT | MARIKE O'REILLY | THOLOFELLO MOLOTO | ALIZA CILLIERS | TREMAINE ENGELBRECHT | 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Dr Abongile, from Johannesburg, is an ultramarathoner-turned-triathlete who is living her best life through swimming, cycling and enjoying nutritious plant-based meals. She was recognised in the 2021 Mail & Guardian's 200 Young South Africans Healing Women category and was the runner-up for the 2023 Young Achiever Award at the Top Empowerment Conference.

Click [here](#) to revisit the conversation.

You can also catch up on the dialogue that was held by Sanlam [here](#).

If you missed the Women's health webinar, you can catch up here:

https://afrocentrichealth-my.sharepoint.com/:v/g/personal/lucreciaj_medscheme_co_za/EQckltdt6eKJJJsmiR9OsOQBw0xqf99T-3UWw8nDLutUfg

Mommy Room launch

The AfroCentric Group promotes and supports breastfeeding and the expression of breastmilk by employees who are breastfeeding.

This is why one of the highlights of our Women's Month celebrations was the launch of the AfroCentric Mommy Rooms, which support the needs of breastfeeding mothers when they return to work. The rooms feature a comfortable chair, a side table, a mini refrigerator for temporary storage of breast milk and an electrical outlet.

The Women's Think Tank and employees were present as Bongsi Ncube, General Manager: Group Financial Reporting, cut the ribbon at the grand opening, where new, experienced and prospective mummies gathered to celebrate.

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Additional ways AfroCentric is empowering women:

- 72% of employees are women
- 43% of leadership (from the position of General Manager and upwards) are women
- 64% female new hires in the past financial year
- Four out of nine non-executive directors are women
- AfroCentric's new Parental Policy was approved
- Mommy Rooms are now available countrywide for breastfeeding mothers
- We hosted a successful Women & Health webinar about mental, physical and emotional health
- Digital posters and videos were released profiling women in the AfroCentric Group
- We hosted an On the Couch dialogue session themed "Lift as You Rise", focusing on mentorship, networking, partnerships and critical conversations.

Showing our appreciation

We wrapped up our Women's Month celebrations with a small token of appreciation for the women in the Group.

Mail & Guardian Power of Women Awards 2023

The AfroCentric Group was honoured to once again be one of the sponsors of the Mail & Guardian's Power of Women Awards 2023.

Women's empowerment is a critical aspect of achieving and accelerating gender equity, yet statistics prove that women are more likely to be passed over for a promotion compared to men. Women are also twice as likely to be mistaken for someone more junior.

It is why the Mail & Guardian has for many years highlighted the Power of Women and the stories of ordinary women, who are doing extraordinary things in sometimes the most discouraging environments – a cause that deeply resonates with our ethos as a company.

Read more about our sponsorship of the awards [here](#).

Category

1. Special