

Ntombozuko-

Ntombozuko moved to the Western Cape from the Eastern Cape in 1999. She made the journey alone, but was not afraid as she was determined to land a good job and start a new life for herself. She found out that she was pregnant soon after arriving in 1999 and decided to get the HIV test so she could be aware of her status. She recalls the moment when she found out she was HIV+ and was not okay, in fact, she was devastated. She did not expect the results to come back positive because she never felt sick, and to this day still has not noticed any changes in her body. She found out about Wola Nani's support groups at the Red Cross in 2000 and decided to start attending so she could learn coping skills to live positively with HIV. Ntombozuko feels that the key to a healthy life with HIV is to be free and accept the virus rather than living in denial. Soon after joining the support group, she was trained in skill development for papier maché and began crafting bowls and other products from her home. The money she earns allows her to send money back to the Eastern Cape, where her three children are currently living with her parents. She is also able to afford the journey to visit them on school holidays.

The support groups and opportunity to earn a living making crafts has given Ntombozuko feelings of strength and resilience. She is now focused on staying healthy and is thankful for the support that Wola Nani has provided her with.