

HER VOICE

KAYAMANDI

INFORMATION & CATALOGUE

JANUARY 2022

SUNDAY SESSIONS

We meet at **Amazink, 118A Masithandane Street, Kayamandi** every Sunday from 14:00 to 17:00. (If this changes we'll let you know.)

VISITORS

Our sessions are not open to visitors. Depending on numbers, we may open Her Voice in **January and July** each year for new intake. After that, we close the group to new ladies so that we have a chance to get to know each other. (We will let you know when we reopen the group so that you can invite friends.)

ATTENDANCE

If you miss **three sessions** in a row without letting your small group leaders know why, they will contact you to check in. If you miss **six sessions** in total without explanation, you will be removed from the group until the next intake.

CHILDREN AT SESSIONS

Only babies under 6 months are allowed to come with to sessions.

CONFIDENTIALITY

Our heart is for Her Voice to always be a safe space and so the things we talk about in Her Voice (and especially in small groups) are confidential. Therefore we ask all members to sign the confidentiality agreement.

POINTS

EARNING POINTS

You can earn 10 points (which equals R100) for each Her Voice session that you attend. It's your responsibility to check that your name is marked off in the register when you arrive, in order to get your points. (If you arrive after 14:15 without letting your small group leader know why you're going to be late, you won't earn points for that session.) You can use your points to buy things from our catalogue (like baby items, food or toiletries) or for medical care for yourself or your child.


FOOD

ITEM		QTY	SIZE	POINTS
	apples	1	1.5kg packet	3
	bananas	1	1 packet	2
	juice boxes	1	6-pack	4
	squishes	5	sachets	5
	noodles	5	73g packets	3
	weetbix	1	1.35kg box	8
	cornflakes	1	1kg box	6
	milk longlife	6	1 litre boxes	8








	amasi	1	2 litres	3
	maize meal	1	5kg	5
	rice	1	2kg	3
	bread	1	sliced loaf	2
	sunflower oil	1	750ml	3
	pilchards	1	400g tin	2
	pasta	1	500g packet	2

CHILDREN





ITEM		QTY	SIZE	POINTS
	formula lactose / nido / nan pelagic	1	1 tin	30
	nappies lovies	1	pack	15
	nappies huggies	1	pack	25
	panado paediatric syrup	1	100ml	5
	sippy cup	1	cup	5
	teething gel teejel	1	10ml	5
	wet wipes	1	64 sheet pack	3
	nappy cream bepanthen	1	30g	10

ITEM		QTY	SIZE	POINTS
	vaseline	1	500ml	4
	panado paediatric syrup	1	100ml	5
	toothbrush	1	brush	3
	toothpaste aqua fresh junior / colgate	1	tube	2
	vitamins gummyvites	1	tub	8
	first growth milk	6	1 litre	8

TOILETRIES

ITEM		QTY	SIZE	POINTS
	body lotion nivea	1	400ml	6
	epizone a	1	500g	6
	sanitary pads always maxi	1	packet of 9	3
	deodorant dove / nivea	1	150ml	4
	soap dove / protex / dettol	1	100g	2
	toothbrush	1	brush	3
	toothpaste aqua fresh / colgate	1	100ml	2

HOME

ITEM		QTY	SIZE	POINTS
	auto washing powder sunlight	1	2kg	6
	hand washing powder sunlight	1	2kg	5
	dish soap sunlight liquid	1	750ml	3
	toilet paper two-ply	1	packet of 9	8

