

CORONAVIRUS CAUSING ANXIETY

Anxiety is becoming very prevalent with the spread of coronavirus around the globe. Underlying this anxiety is the fear of dying. Anxiety is the underlying condition which underlies all mental problems and mental health issues. According to Dr Ramani Durvasula a psychiatrist, people with predisposed anxiety issues are suffering emotionally and psychologically. This anxiety is affecting their sleeping patterns and eating patterns. This leads to misuse of drugs and alcohol.

In addition, social distancing are affecting people with high anxiety levels very negatively. Not being able to go to gym is one such example. Another disadvantage is not being able to visit parents and children who may be sick. They may not be able to go to churches or mosques to give them strength to deal with this anxiety surrounding the coronavirus epidemic.

We are facing many stresses like our loss of income and loss of childcare. We have to adjust all the time because the rules keep on changing. We are still reeling from the state of shock about the outbreak of the global epidemic of coronavirus.

Tips on how to reduce this anxiety

- Seek remote counselling if you are in therapy.
- Try to distract yourself.
- Avoid social media and the news as it only serves to create more anxiety.
- Read a good relaxing book.
- Clean the house with relaxation and not out of fear of germs.
- Exercise at home by practising deep breathing and mindfulness.
- Use face time to stay connected socially.

Everyone must be aware to not spread misinformation about the virus. It is easy for people to get caught up in the rumours. Misinformation contributes to anxiety and depression worldwide so misinformation must be avoided." Dr Ramani.

Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

All people are advised to:

- > Reduce social interactions
- > Keep a distance of 2m between you and other people
- > Do not shake hands or make close contact where possible

How to Prevent



Stop shaking hands or hugging when saying hello or greeting other people



Distance yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



Wash your hands well and often to avoid contamination



Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid touching eyes, nose, or mouth with unwashed hands



Clean and disinfect frequently touched objects and surfaces

Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties



COVID-19 CONTACT NUMBERS

- ☎ 0800 029 999 (national)
- ☎ 0600 123 456 (national WHATSAPP)
- ✉ doh.dismed@westerncape.gov.za
- ☎ 021 224 0553 (AL JAMA-AH hotline)

MOTHERS' PLEA FOR SONS RELEASE

THREE mothers of former Pagad prisoners who qualify for parole, have turned to the Al Jama-ah's National Parliamentary Office to assist them in their quest to have their sons released.

Two of the mothers, Asa Hendricks, 82 years old (mother of Ebrahim Jeneke) and Shameema Maansdorp, 64 years old (mother of Abdullah Maansdorp) visited the Al Jama-ah Parliamentary office during October 2019 for desperate assistance to inquire on the whereabouts of their sons' prison profiles. The third mother, Fawzia Isaacs, 81-years-old (mother of Moegamat Isaacs) was not well enough to attend the meeting. According to the mothers, since their sons were approved for parole in March 2017, the whereabouts of their profiles have been a "cat and mouse game" within the Department of Correctional Services. "We are denied the right to know where their profiles are, who is withholding it and why," the angry mothers said.

The three prisoners received life sentences in 1999 for their role in the murders of drug dealers. Al Jama-ah Leader in Parliament, Hon. Ganief Hendricks immediately sent a letter to the Minister of Justice and Correctional Services, Ronald Lamola to inquire on the whereabouts

of the prisoners' profiles and to establish the reason why there is a delay to release them on parole.

Since no reply was received from the Minister, another letter was sent in February 2020 through Parliament as a Question for Written Reply. In his response to the President's State of the Nation Address (Sona) Hendricks highlighted the three mothers' plea for the release of their sons. On 19 March 2020 Minister Lamola confirmed in a written reply to Hendricks that the three prisoners' profiles were submitted to the National Council for Correctional Services (NCCS) for reconsideration after which it will be submitted to his office for a decision. The inspecting judge, the Honourable Siraj Desai is in touch with the attorney of the prisoner.

Meanwhile the 3 Pagad members, who they believed acted in the defence of the community, continue to rot in jail despite having met all parole conditions. Apart from their positive response to development and treatment programmes within the prison's rehabilitation programmes, they have also pursued further studies while in prison.

The aged and ailing Mrs Hendricks said in her plea for her

son's release: "I am alone, my son is in prison and I have no idea when he will come home. Everything at home is going backwards, I cannot sleep and he has been too long in prison."

Mrs Maansdorp said: "Abdullah is our eldest child and we need him to take over responsibilities of the house. He was very young when he got sentenced and is now 40 years old. I would like him to start his own family, have children as he does not have any."

Hon. Hendricks personally visited Mrs Isaacs who clearly shows signs of distress of how the family misses Moegamat and looking forward to his release. "These mothers want answers, they see the unjust release on parole of criminals who continue to harm communities. Their sons can in no way be compared to such criminals. They have the community's well-being at heart and deserve an opportunity to be released and be with their aged mothers and families," Hendricks said.

SHARPEVILLE DAY

THE AL JAMA-AH party firstly salute and extend our solidarity with the families of the victims of the Sharpeville massacre and the Pan Africanist Congress of Azania on the 60th Commemoration Anniversary of Sharpeville Day. We also pay tribute to those killed, wounded and maimed on that day and the days thereafter.

We salute the martyrs of Sharpeville Day, we salute the unwavering son of the soil, Robert Sobukwe, his fellow leaders in the PAC and many others who formed part of the Pan Africanist Congress. Al Jama-ah believes that the tragic events of Sharpeville Day is the most historic significance in the struggle against an oppressive regime.

The Sharpeville Day massacre also marked a turning point in our history: Sharpeville Day led to apartheid South Africa's expulsion from the Commonwealth of Nations. The banning of the PAC and ANC has also served as a catalyst to liberation movements to embark on an armed struggle against the oppressive regime. It



Police Attack Demonstrators in Sharpeville, March 21, 1960

is unfortunate that due to the Corona virus and the necessary precautions citizens must take, that we are unable to come out in our masses to pay respect to the Sharpeville Day martyrs.

However, Al Jama-ah calls on the nation to pray and show dignity and respect to the fallen heroes of Sharpeville Day. The nation should pray for the martyrs of Langa and Nyanga in Cape Town who were killed during protests against the massacre in Sharpeville. Al Jama-ah further calls on the South African government to do justice to the history of the PAC by recognising this day as Sharpeville Day. This will in turn give recognition to Pogo who is the first armed wing of the PAC and to include more history of the PAC in school text books. In areas like Paarl where Pogo arose, there are no historical features and yet most of the political hangings were members of Pogo. Al Jama-ah wishes the PAC and its supporters well and trust the postponement of Commemoration programmes will not serve as a loss.

Izwe Lethu! Ganief Hendricks (Al Jama-ah Leader in Parliament)

BRINGING JOY TO DISABLED SCHOOL CHILDREN

Eighteen paraplegic young children at a local home for special needs children in First Avenue, Sherwood Park, Manenberg enjoyed a day of sheer happiness when a team of Al Jama-ah political party interns showered them with love, care and concern.

The interns are a group of 12 youngsters, hailing from the townships and who are paid by Al Jama-ah to try and make a difference in their communities by being helpful. Their main task is to ascertain the needs, aspirations, demands and grievances of residents all over the Cape Flats and even in more affluent towns. They perform this task by enthusiastically and boldly going into the various communities and knocking on doors. Their assessment is basically service delivery needs. They then forward these community grievances to the Al Jama-ah councilors and shadow councilors.

The school-going handicapped children said that they are in need of proper clothing, transport and security. They feel their environment is a gangster-ridden area and

that they feel the lack of security affected their learning process. Many of the children have dreams of becoming something in life like passing matric with exemption to become a medical doctor. Others have dreams of being school teachers, lawyers and office workers.

The teachers are in need of so much. They need protective clothing, like gloves when aiding these children, but unfortunately they lack funding.

The children need to enjoy community participation and a normal communal socialization, by enjoying being in a public library, shopping at local supermarkets, playing games, just laughing and being happy.

A parent said: "We send our children to this special needs school because the teachers are professionally trained to instill in our kids similar values as any other child and teach them school work and how to cope in society. As a result, that when they reach adulthood, they can be independent, get a job and even get married one day and raise children of their own."

Another parent said: "The environment plays a huge role in the shaping of a child's mind. And, we as parents want an empty, dilapidated building in Second Avenue to be demolished. It's a hideout of the gangsters and is

unsightly."

Hon. Ganief Hendricks, member of parliament and the Al Jama-ah political party leader said: "Neither the City nor the Dept. of Health responded to the needs of the school." He was of the opinion, children at a paraplegic school are the same as any other child.

Hon. Hendricks called upon the communities of Sherwood Park and Manenberg to get more involved with the children at the paraplegic school.

Moulana Raiyaan Pietersen, who leads the team of interns said: "Several people in the region wants to become members of Al Jama-ah and sign up and said they will now vote for the party in the coming municipal elections next year."

There is an overt and intensely violent gang war raging in Manenberg right now and this vehemently impacts negatively on the children at the paraplegic school. They fear for their safety.

No one seems to come to the aid of these special needs kids.

SPREADING FALSE INFORMATION ON SOCIAL MEDIA PLATFORMS WILL BECOME AN OFFENCE

AL JAMA-AH was amongst various other political parties attending a conference on Safeguarding Electoral Integrity in the Digital Age and Strategies To Combat Digital Disinformation during election times. The conference was hosted by the Independent Electoral Commission held at the Cape Town International Conference Centre recently.

Al Jama-ah's Marketing Manager, Nisa Siers, who attended the conference said social media has become a leading source of information, news and dialogue for the public. "A good part of social media is that it gives new communities a sense of belonging. The challenge which political parties face is choosing what should be regulated in terms of good and bad," Siers said. According to reports digital media has had a profound impact on public opinion and served as a game changer in electoral politics

Political parties were advised that their voice should be more present and heard on social media. Siers said they were made aware of important facts such as the importance on how to understand the society one is targeting and then to understand the social media platform. It is also important to understand what makes people turn to social

media instead of political parties. It is important to keep communication as simple as possible and political parties must try to get its message on social media before others do. Political parties need to realise that quality of debates attracts the interest of the youth.

Generally people do not trust political parties and it's the party's responsibility to first build trust within its organisation. Parties were also warned to be concerned about potential domestic actors. Parties were encouraged to look at the person who has something to gain and has the financial resources to do so. Political parties need to be mindful of agents who use smear tactics and hackers. The parties were also made aware of internet shutdowns which could cause voter suppression. Parties were advised against ambiguous advertisements which could lead to violation of campaigns. In conclusion, it was decided upon that government should pass down a bill in terms of regulating the media and introducing a code of conduct.

Siers said Al Jama-ah would definitely take heed of the advice shared at the conference, "especially to build trust within our party and with our voters by delivering what have been promised".

FAKE NEWS

SMALL BUSINESS WILL DRIVE THE ECONOMY

Ganief Hendricks was the main speaker at the youth and small business development seminar for young people and women. The other speaker was Hon. Faiez Jacobs, ANC member of parliament.

The event held at Alexandra Sinton High gave the public an opportunity to better understand the needs of SMMEs but also to engage first hand so that SMME's know and understand what is available to them.

This enables greater alignment between needs and service offering be that at the level of

- Access to funds and funding
- Professional support
- Incubation
- Mentoring
- Industrial coaching
- Skills and training offerings
- Financial services and support
- SMME lobbying and advocacy
- Grants and grant-making
- Unlocking potential of export markets.

Hon. Ganief Hendricks Leader of AL JAMA-AH has announced that his Party will launch an "Incubator" to assist and mentor over one hundred young girls and boys from the Cape Flats to start a sustainable and profitable business. The purpose of this is that each business will create at least 10 jobs with a free grant of up to R2.5 million. Eager young people must contact the Party's Constituency Officers in Surrey Estate, Belgravia, Strand and Mitchell's Plain. This includes the Khoisan community and the Southern suburbs Constituency of the Abu Temba tribe under Chief Majoya. "It is the youth who can save the economy and drive South Africa's economy," Hon. Ganief Hendricks said at the launch. "We will walk with these young people in their business ventures," Hendricks added. He said the first 1 000 selected youth and women under 29-years-old will be set on their way to a new future of business success.

He was of the opinion this venture will not only help save the economy, but also keep the young people off the streets.

Jacobs said: "The Small business enterprise (SME) has a funding deficit of R86bn to R350bn, but he will make a plan and make a success of it any way. He concluded by expressing his gratitude to everyone who attended. Jacobs said "As ANC Member of Parliament for the Greater Athlone area that now extends all the way to Bonteheuwel. I believe that we must all work together across party political lines, NGO's, CBO's, mosques and churches and all civil society formations. Unless we do this we shall never be able to break the vicious and endemic cycle of poverty, unemployment, and under-development. " Hon. Faiez Jacobs thanked the partners of the venture namely Al Jama-ah, NYDA, SEDA, SEFA and Biz Portal.



Hon. Ganief Hendricks (left) and Hon. Faiez Jacobs (centre)



Attendees at the Small Business and Youth Development Seminar

AL JAMA-AH TAKES UP FIGHT TO LEGALISE IMAMS NIKAH CERTIFICATE

By Fuad Rahman

THE "illegal" status of Imam's Nikah certificate in South Africa remains a major concern for Al Jama-ah, the only and first Muslim party who won a seat in National Parliament. The Party's President and leader in Parliament, Honorable Ganief Hendricks, said Al Jama-ah is determined to have Imam's nikah certificate legalised.

"Muslim marriages have been denied legal status under the former apartheid government and nothing has changed since then. When a Muslim husband dies, the death certificate will state: 'not married' and widow and children will have a battle to receive benefits. But if you go to Home Affairs with a lobola certificate, the state recognises such a marriage based on Customary Law. But a Muslim marriage officiated by an Imam, is not recognised," he stated.

Hon Hendricks said the "illegal" status of Muslim marriages is causing extreme difficulties to the surviving wife, such as her right to claim any benefits. Widows are compelled to go through endless red tape such as obtaining an affidavit and other documents to proof that they were married to the deceased.

"Despite many Muslims in prominent positions as well as high-ranking Ulema bodies within the Muslim communities, after 27 years Muslim marriages have still not been legalised," Hendricks said. He complimented the late Minister of Justice, Dullah Omar and former premier of the Western Cape, Ebrahim Rasool, who were in the forefront in setting the ball rolling to have Muslim Marriages obtain legal status. He also applauded the efforts of other ANC members such as Minister Naledi Pandor who have over the years made their voices loud in support of legalising Muslim marriages.

"The Nikah Bill has to go through a process in Parliament which will take about 2 years or more. But I have lobbied support from politicians to steamroll the Nikah Bill. The Muslim marriages legal status must first be tabled then billed after which a vote in parliament will finalise the procedure," he said. Hendricks said he remained confident that Muslims in South Africa would soon have their marriages legalised. In an effort to speed up the process, Al Jama-ah has appointed an attorney, Faghmiyah Darries of Toefy Attorneys, to assist the party with a Private Members Bill on Muslim marriages.

Commenting on the proposed Private Members Bill, Darries said, "the Bill and legal Muslim marriages is a huge social issue which must be adequately addressed. Muslim women must be empowered and also enjoy equal status as a Muslim and member of this society". Darries is also doing an in-dept study of the Nikah Bill which was compiled by Al Jama-ah. "We must be realistic when it comes to this Bill, in the sense as a person who must be fully qualified to sanction a marriage certificate. The Nikah Bill will most probably be part of what Parliament refers to as, the Omnibus Marriage Bill, which compromises all forms of marriages, including Customary marriages," she said.

AL JAMA-AH ASSISTS APOs AND NGOs WITH GOVERNMENT FUNDING

By Fatima Hendricks (Head of Al Jama-ah social welfare)

Al-Jama-ah political party is in the forefront in engaging with the Minister of Welfare Hon. Lindiwe Zulu, who recently disclosed government finance is available to NGOs and APOs who can develop economic growth in poverty-stricken regions of the country.

The Ministry of Welfare stated they will assist with poverty alleviation projects and also wishes to assist victims of domestic violence.

The Minister of Welfare also plans to help child headed

households. "The corona virus particularly targets the elderly. It is for this reason the minister wishes to assist the elderly where they need help," says Hendricks.

The Welfare Ministry committee is responsible for funding reports directly to the National Assembly. It was formed in 1999 as a public entity with its main challenge being poverty and its causes.

A 2017 case study with two NGO's in Khayelitsha showed an indoor organic oyster-mushroom production became hugely successful and beneficial to its community.

They were assisted with the necessary finance and with sustainable opportunities and also with the identification of markets and networking. They were most importantly assisted with growth internationally.

Al Jama-ah extends an invitation to NGOs and NPOs to participate in submitting a funding proposal to the Minister of Welfare. As far as the coronavirus is concerned, we have a policy of zero contact and engage in tele-conferencing broadcasting to engage NPOs and NGOs who show interest.

We will partner with NGOs and NPOs in submitting a funding-proposal.

If you are interested, please send your contact details to Fatima Hendricks. Hendricks.fatima@gmail.com

INTERNS WORKING HARD FOR THE PEOPLE



Intern of the Month
Maulana Rayhaan Petersen

THE Al Jama-ah leadership has selected Maulana Rayhaan Petersen, aged 24 as Intern of the month based on his performance as guiding and managing 12 other youth interns on their door-to-door visits in preparation for the 2021 Local Municipal elections. Al Jama-ah's secretary general, Farid Achmat, described him as a person with excellent leadership qualities and integrity. "Petersen leads the interns on campaigns in all areas on the Cape Flats and townships. He has gained the respect of his team also attributed to his communication and leadership skills. Some of the areas they cover are Manenberg, Hanover Park, Lavender Hill, Tafelsig all identified as high-risk areas due to gangsterism," Achmat said.

A humble Petersen reiterated that "all the interns are Interns of the Month" as they have worked with great excellence, especially in challenging areas.

Commenting on working in areas affected by gangsterism and violent criminal activities, he said, "The job must be

done, we must go to the people on the ground to find out what their service delivery problems are. Seeing to the safety of my team is my first priority and residents soon get to know that our assignments are to help them with service delivery matters.

Moulana further says "Most residents in the townships told us that no one comes out to them to listen to their problems. Al hamdullilah, these people in the townships are our people, they are our mothers and fathers, sisters and brothers and we feel we were there to assist them."

The problems raised by the residents are logged with Al Jama-ah councilors and shadow councilors. Issues raised by the residents include high electricity and water tariffs; most residents' water supply are on the drip system and on water meters. Other major concerns were the rubbish heaps inside residential areas, unemployment, drug merchants, police apathy, and gang violence. We take all complaints very serious and the Al Jama-ah councilors will address these complaints with the City of Cape

Town," Petersen said.

Unfortunately due to the Covid-19 pandemic, Al Jama-ah was forced to halt the door-to-door visits. However, the interns are not despondent and according to Petersen continue to assist their communities with blocked drains, rubbish dumps and other service delivery matters.

These interns gave their pay to their parents whom are unemployed or in desperate need to supplement their income. They live in the townships where life is hard and poverty is rife.

Praising the interns, Al Jama-ah's leader in Parliament, Honourable Ganief Hendricks said, "These youngsters are the party's future leaders who could become the councilors in your areas.

I'm extremely pleased with their performance, especially with the team leader which is the young Moulana Rayhaan Petersen."

AL JAMA-AH WELCOMES THE KHOISAN COMMUNITY

"Al Jama-ah is truly a political party for all communities," says Khoisan Princess Belinda Petersen. Princess Belinda has taken office with Al Jama-ah and will represent the Khoisan under the umbrella of Al Jama-ah based at their Al Jama-ah's Belgravia office where she is active and involved in community issues.

Commenting on joining forces with Al Jama-ah, Belinda said, "Al Jama-ah is the only party who opened their arms for us as a Khoisan nation. No other political party was prepared to give us a political platform to strive for our rights. I have fully consulted with the council of the Januarie Royal House and the King gave me the go-ahead to work closely with Al Jama-ah." Although recently appointed by Al Jama-ah, she is visited by people every day at the Constituency office and engages with communities every single day from their offices.

"Our fight is for our land. This is our land but we are the step-children on our own soil after we have been dispossessed during apartheid and presently by the authorities. The Januarie House feels we are obliged to take our fight forward on a political platform. The current government has



Khoisan Princess Belinda Petersen

signed a United Nations clause that they recognize the claim to land by the country's indigenous folk but it's all lip-service since they have reneged on their written promises," she said.

Petersen said there were no reparations and that the provincial and national government failed to take the grievances of the Khoisan community serious. She said although Al Jama-ah is small, it is a strong political party and the right vehicle for the Khoisan community to move forward with their demands.

Al Jama-ah party leader Ganief Hendricks said that the party would support the Khoisan nation as they have legitimate demands. "Al Jama-ah believes in justice and equality and we therefore have the right to work together with the oppressed of the land," he stated.

PRINCESS BELINDA can be contacted at **Al Jama-ah Provincial Constituency Office**, 26 Voel Street, Belgravia Estate, Athlone. Email 333petersenbelinda@gmail.com or call 084 869 0344.

Al Jama-ah's Belgravia constituency office under Tabrez Sayed has been very active this month regarding issues affecting senior citizens and matters affecting service delivery.

Residents spoke out their concerns at a public meeting held at the local Lutheran church hall earlier this month. The main concern facing residents were speed bumps, pedestrian safety, drug trafficking, gangsters and muggings. Tabrez Sayed who chaired the meeting said: "Residents were extremely unhappy about service delivery, cleaning drains, rubbish dumping and roads not cleared of the incessant rubbish.

Residents noted there were no response from the local councillor and the City of Cape Town regarding the illegal dumping and drain covers which were removed, amid other major grievances. A young child was reported to have fallen into an open drain recently. Fortunately, the child was not seriously injured and the child only had a few minor scratches.

It was decided at the meeting more employment opportunities should be created to keep the youth away from criminal activities such as stealing drain covers, drug addiction and getting involved with a gang.

An important resolution was combating crime in the area and residents felt youth development was one way in

BELGRAVIA WILL BECOME SAFE AGAIN



combating crime which has already gone out of control. The conclusion agreed upon at the meeting was that we promote the Belgravia learning centre where we will encourage education. The main teaching subjects are Mathematics and English geared largely at disadvantaged kids. We will also make all residents in our Ward aware of our community activities.

It was also pointed out that pensioners need transport to Sassa points.. "My office with the assistance of the Al Jama-ah leadership will now remedy this. We have also decided to start a database and log the needs of pensioners," says Tabrez. Sabrez further says that he is personally going on a fund-raising drive in aid of all pensioners in their Ward. The first issue regarding the needs of pensioners is to remedy the problem of transportation for the elderly. "It is our duty to assist the elderly," says Tabrez.

Elderly people said that they feared for their lives due to the constant, unabated crime. Aljama-ah will remedy this by employing the night-watch. "I'm personally involved with the night-watch and will see to it that the night-watch become more vigilant and that we increase our patrolling," says Sabrez. Another suggestion is to call in more Saps patrols.

"Belgravia must become sustainable and safe again," says the residents.