

MWAZ News

WELCOME MWAZ 2022

A message from the president,

We would like to thank you for your support in 2021 which was a very successful year. 2022 comes with new ideas, new ventures and new energy.

Can you believe that there are more than 2000 female doctors and dental surgeons registered with the Health Professions Council of Zambia (HPCZ)? It is our hope that this year more of us will join the family of MWAZ and work together to move our agenda forward.

This year as MWAZ, we want to touch more lives and change the destiny of many Zambian girls, women and their families. We want to see more of us in leadership positions and progressing academically, professionally and socially.



IN THIS ISSUE:

- Meet Mercy, a story of hope.
- MWAZ Mentorship Program launch.
- MWAZ Sisters keeper.
- Subscription payments made easy.



In 2022, we have a number of activities lined up including; our constitution review, mentorship program launch, sexual abuse issues affection members, professional networking and attending the MWIA conference in Taipei, Taiwan.

We encourage you to pay your subscriptions and also actively participate in MWAZ activities in order for us to touch more lives in Zambia.

We are Stronger Together,
Dr. Cheswa Vwalika, President.

Meet Mercy

Mercy is an inspiring, ambitious, bright young lady, who was born with a spinal condition known as kyphosis or hunchback. She is academically an above average student who managed to obtain 7 points at grade 12. Her mother passed away a few years ago, while her father has never been present in her life.

She currently lives with her grandfather, Mr. Alfred Mulakwa, ex-Miner and fabricator in George Compound, Lusaka district.

Her grandfather does odd jobs and depends on good will to make ends meet. All her life, Mercy has wanted to become a medical doctor but had not been able to secure funding despite being accepted to two medical universities

"A STORY OF HOPE"



MWAZ heard about Mercy's plea for financial aid and sponsorship to pursue her Medical Degree. MWAZ has assisted Mercy and her grandpa by providing her with the tools to make and sell keychains, for their upkeep.

MWAZ has also facilitated their integration into the National Zambian Social Cash Transfer List. Another organisation has since come on board and has pledged full sponsorship for Mercy to study medicine.

Three MWAZ medical students have since befriended Mercy and are mentoring her.

As MWAZ, we are elated that Mercy's dream is coming true. We will continue to inspire more girls to take up medicine as a career.

Reflections

ZAMBIA MEDICAL ASSOCIATION (ZMA) AGM 2021

The ZMA 2021 Scientific Conference and Annual General Meeting was held from 10-11 th September 2021 at Avani Resort in Livingstone under the theme *"Collectively Investing in health and healthcare workers to protect the gains made against HIV in the advent of new biological threats."* The event was well attended by representatives from all over the country. The numbers of female doctors in attendance were also increased by the initiative of MWAZ through providing subsidized transport and accommodation. The ZMA was graced by the presence of the Minister of Health Honorable Sylvia Masebo MP. The AGM saw the voting in of a 2 new female ZMA executive members Dr. Patricia Shinondo as Vice President and Dr Chileshe Mabula as Chair for medical education and research.



MWAZ took time to visit the SOS Children's Village orphanage to counsel the girls and encourage them to work hard in school and take up careers such as medicine upon graduation.

MWAZ donated sanitary pads to all the 72 girls and female staff. Mr. Zulu the director bemoaned the high cost of sanitary products as one of the major challenges the organization faces.

The 304 packets of sanitary pads were donated by Copperrose Zambia headed by Dr Natasha Kaoma a member of MWAZ.

This is the start of many more such donations which MWAZ will conduct to help alleviate period poverty in Zambia.

Reflections

MWAZ donating gowns and linen to Mother and Newborn Hospital at UTH in Lusaka for the female doctors for the female doctor's oncall rooms. Donation was well received by management.



MWAZ at Kitwe Teaching Hospital making the same donation which was received by Dr. Mwambazi, Head of Peadiatrics on behalf of the female doctors.

MWAZ SISTER'S KEEPER

THERE IS NO GREATER
AGONY THAN BEARING AN UNTOLD
STORY INSIDE YOU.

Maya Angelou

As women, our default setting is to look after the needs of everyone else and we often forget and ignore our own. As a fraternity of strong Zambian Females who have been given the mandate to take care of the nation in our capacity as doctors, we recognize the need to promote self care and the need to be there for each other by embracing the spirit of sisterhood by being each others' keepers.

A key goal of MWAZ is to encourage and empower its members to achieve their greatest potential, as well and lead a meaningful and fulfilling life. This is best achieved if we actively help each other keep afloat mentally, spiritually, financially, emotionally, physically and socially.

The MWAZ Sister's Keepers initiative is meant to provide its members with that line to call when stressed, overwhelmed, harrassed, victimised, depressed, anxious or just feeling under the weather. At the same time when overjoyed, promoted, had a baby, completed a program or bought a new dress. It's simply someone on hand to talk to anytime you may need to.

We are grateful to our members who have volunteered to be in the first cohort of sisters keepers and we encourage anyone to reach out using any of the numbers they feel comfortable calling. As doctors we are not immune to the pressures of the world, and we will respond as humans. Everyone needs someone.

Be assured that it's confidential and its safe and it comes to you with love.

MWAZ SISTERS KEEPERS..IT'S A SISTER, A PHONE CALL AWAY.



MWAZ SISTER'S KEEPER

**NEED TO TALK TO
SOMEONE?
DON'T SUFFER IN SILENCE
A SISTER IS ONLY A CALL
AWAY**



- Dr. Veronica Mulenga, Peads -0954239812
Dr. Nita Besa, Chainama, Lusaka -0977809888
Dr. Mah Asombang, CIDRZ, Lusaka -0961875975
Dr. Sarah Nshimbi, Lusaka -0966487838
Dr. Catherine Muyeba, UK - +447961574210
Dr. Cheswa Uwalika, Lusaka -0966823176
Dr. Munalula Mukatimili, UTH -0979882537
Dr. Dorothy .K. Mutti, Lusaka -0977634346
Dr. Kangwa Mugamya, UTH -0977795461
Dr. Angel Chirwa, UTH -0967261284
Dr. Christine Mutelo, Maina Soko -0977477196
Dr. Nancy Mupinga, UTH -0975886468
Dr. Catherine Mwaba, COH -0978915650
Dr. Enelesi Lungu, Kitwe -0966481873
Dr. Bwendo Nduna, Ndola -0966183841
Dr. Francisca Bwalya, Chainama -0977114122
Dr. Jane Mumba, Ndola -0977757274
Dr. Thandiwe Tembo, Lusaka -0977650526

ALWAYS THERE FOR YOU



Upcoming Events



MWAZ MENTORSHIP PROGRAM 2022

Now accepting applications for mentors and mentees
Closing Date: Jan 31, 2022

Topics to be covered:
*Academia, research, work-life balancing, mental health, entrepreneurship and many more.....

MENTORS
"when one person mentors, two lives are changed."
We are confident that with your experience, you will ably lead and groom your mentee to higher places of academia and leadership to positively impact the community and beyond.

MENTEES
"Getting a mentor is the shortcut to success."
Bo Sanchez
You will be matched with experienced senior doctors or dental surgeons to help you achieve personal, academic and leadership goals while holding strong to the MWAZ vision.

INTERESTED?

For more information contact us on;
:mwaz.zambia@gmail.com
:+260973085758

EMPOWERING AND EQUIPPING FUTURE LEADERS

MWAZ MENTORSHIP PROGRAM LAUNCH

MWAZ mentorship is a 3 months program for Medical doctors, dental surgeons and students. Topics will encompass the whole of life.

We aim to strengthen relationships among medical women and ensure that the female medical practice baton is passed on to the next generation.

- **MONTHLY WEBINAR**

MWAZ will be holding a monthly webinar to discuss various health issues affecting girls, women and their families.

- **CAMNET BREAKFAST SHOW**

From Monday to Saturday MWAZ will be featuring on the breakfast show as part of our strategic plan to increase health awareness.

- **STEM CONFERENCE**

MWAZ in partnership with STEM foundation will hold the 1st WOMEN IN HEALTH from 10th-11th March 2022 at the Taj Pamodzi Hotel in Lusaka, Zambia.

FOR MORE INFORMATION VISIT:

Facebook: @officialmwaz
Twitter: @MWAZ_Zambia
email: mwaz.zambia@gmail.com

MWAZ Subscription

**Pay your 2022 MWAZ subscription.
It's very **easy!****

HOW?

ABSA Longacres Branch

Medical Womens Association of Zambia #017-1539536

Add Reference (Full names)

Send the Proof of Payment (**POP**) and your email address to **0977129802**

MTN Mobile Money

1. Dial *303#

2. Select option 5 (MomoPay)

3. Select option 1 (Pay Merchant)

4. Enter Merchant ID **538390**

5. Enter Amount

6. Enter Reference (Full names)

7. Enter your PIN to confirm

**you will receive a notification that you have made payment to MWAZ*

8. Send the Proof of Payment (**POP**) and your email address to **0977129802**

Airtel Mobile Money

1. Dial *778#

2. Select option 4 (Make payment)

3. Select option 5 (Goods and services)

5. Select option 1 (Enter merchant code)

6. Enter Business Name : **MWAZ1**

7. Enter Amount

8. Enter Reference (Full names)

**you will receive a notification that you have made payment to MWAZ.*

9. Send the Proof of Payment (**POP**) and your email address to **0977129802**

HOW MUCH?

Doctors - K500/year Medical Students - K100/year

NOTE!

- You will receive a receipt within 7 days of payment
- The receipt will include your new membership number
- A list of fully paid up members will be published monthly
- We encourage all subscriptions to be paid by 31st March,
- For queries, email mwaz.zambia@gmail.com or sms/contact +260 977 129 802



Let's touch more lives this 2022! **#STRONGER TOGETHER**

FOR MORE INFORMATION VISIT:

Facebook: [@officialmwaz](https://www.facebook.com/officialmwaz)

Twitter: [@MWAZ_Zambia](https://twitter.com/MWAZ_Zambia)

email: mwaz.zambia@gmail.com

MWAZ Subscription

Members in the DIASPORA
Pay your 2022 MWAZ subscription.
It's very easy!

HOW?

WorldRemit

1. Go to <https://www.worldremit.com>
2. Follow instructions on the website
3. Add Reference (Full names)
4. Send funds to **+260977129802 (Faith Simushi)**
5. Send the Proof of Payment (POP) and your email address to **+260977129802**

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Let's touch more lives back home this 2022! **#STRONGER TOGETHER**

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