



**KUHLUKA**  
*movement*

## *Organisation Profile*

# What is The Kuhluka Movement About?

Kuhluka Movement is a non-profit civil society mass organisation directed at combating the violation of rights of women. Founded on the principle of advocacy and mitigation, Kuhluka bridges the gap between giving a voice to women survivors through education and rehabilitation, whilst providing them with a safe haven in their time of need.

Through this initiative, Kuhluka seeks to find a platform that prevents abuse of women by bringing custodians of culture together to find ways that interrogate harmful practices & traditions, and questions the behaviours that foster an environment that tolerates violence towards women. Kuhluka seeks to serve as a platform for engagement by bringing together various groups, including custodians of culture through dialogue and campaigns for the elimination of Gender Based Violence (GBV).

Beyond the advocacy and dialogue, Kuhluka aims to be practical. Comprehensive and specialised counselling, legal and health services shall be provided to survivors of domestic violence.

## Facts

- 35% of women globally, experiences some form of gender- based abuse of intimate partner violence.
- One in every three women experience physical or sexual violence in their lifetime.
- 38% of all murders of women are committed by intimate partners.



## Vision

A society that perceives and treats women and girls as equals living to their full potential, free from gender and cultural oppression, where girls and women are valued, respected and positively affirmed.

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### Meaning of “Kuhluka”

The word Kuhluka means “rebirth” in Tchopi, a language of Vatsonga of the Southern region of Mozambique. It is the process of repetitive and insistent rebirth of a plant that appears to have lost its life, but always finds ways to regenerate and thrive despite all circumstances.

This word has been chosen as an invocation of the power and resilience of millions of women who survive, regenerate and rebuild their lives in spite of the brutal abuse that they go through.

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### Kuhluka goals

- Eliminate Gender-based violence and ensure that our societies are intolerant to discrimination against women.
  - Challenge negative African perspectives on gender in order to transform the existing paradigms into policies and practices that protect and respect the rights of women.
  - Create multi sectoral and intergenerational platforms of coordination for the prevention and elimination of Gender-based violence.
  - Capacitate institutions and the criminal justice system to ensure legislation and appropriate processes and responses to Gender-based violence.
  - Provide unique, comprehensive and specialised support and services support for victims and survivors of Gender-based violence.
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## Mission

To create an international and intergenerational movement that is mobilised to challenge and transform culturally entrenched gender norms and practices harmful to our existence into forces that are conducive to the nurturing of dignified lives.

## Kuhluka unique proposition

We **Mobilize** key stakeholders in society to **Combat** gender based violence and provide support to survivors of domestic violence in their healing to rebuild and **Regenerate**.

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### MOBILISE to COMBAT

Mobilisation is aimed at engaging and re-awakening society to address the dynamics of harmful cultural norms that enable gender based violence to take place.

Our mobilisation efforts are centred on interrogating understanding and challenging our cultural practices, and reinforcing beliefs and customs that will combat and eliminate gender based violence. We run appropriate, relevant campaigns on domestic violence in order to change communities and societies, and challenge community leaders to play an active role in redefining negative customary and traditional practices into positive social behaviour within the African context.

Through dialogue, advocacy, engagement and action-based interventions, Kuhluka to influence key cultural custodians, policy decision makers, and men to **COMBAT** and to be responsive and responsible in eliminating violence against women and children.

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### ADVOCACY

\* Advocacy efforts promote intergenerational and multi sectorial dialogue on the role of men and women in the violence against women discourse, particularly from cultural perspective.

The key objectives of the advocacy programme are;

- \* Strengthen platforms for the multi sectorial coordination.
- \* Develop an evidence-based and coordinated advocacy agenda for the groups that influencers.
- \* Galvanise the relationship between Survivors, Advocacy groups and the Judicial system to adopt Survivor-based rights approaches.
- \* High level advocacy and lobbying to ensure that legislation and legal processes protect women and bring perpetrators of GBV to justice.

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### REGENERATE

Kuhluka Movement understands the deep psychological and socio-economic impact of domestic violence on survivors. We provide interactive and cutting edge programmes relating to self-esteem and identity, specialised counselling, and legal and health services to survivors of domestic violence to help restore their sense of self and give them hope towards the bright future that lies ahead of them.

## Supporting and Regenerating Victims of GBV

The programme under Support and Regeneration differentiates Kuhluka from any other organization, through the provision of a continuum of services from immediate post-abuse, to counselling in the communities and the provision of the Kuhluka Centres of Healing.

1. Mobilise communities to take action as a collective to spot the incidents, reporting cases, make referrals to adequate institutions.
2. Create a range of support that is dignifies and responsive to victims and survivors of violence.
3. Foster an environment of caring in or communities.
4. Ensure victims and survivors have a space for sharing and healing.

## The Kuhluka Centres of Healing -

Kuhluka Centres of Healing are shelters that are central to the regeneration process. They are unique safe havens where women rebuild their lives, heal from their trauma, and bring closure to their abusive situations.

Kuhluka's centres are temporary safe havens that provide comprehensive range of services aimed at healing and restoring the women holistically. These homes work in collaboration with partners to ensure that during their stay at the shelter women have access to;

- \* Psychological counselling and therapy.
- \* Medical services.
- \* Police protection.
- \* Legal services.
- \* Child care.
- \* 24 - hour hotline support.
- \* Financial counselling in order to ensure social integration and skills development.

## The Dignity Pack

The Kuhluka Movement created a Dignity Pack comprised of the basic essentials, such as hygiene and sanitary items to be distributed in police stations and medical facilities immediately after a woman has experienced a violent event.

The dignity pack ensures that when a survivor of violence is attended to, she is immediately given these essential items that respond to her needs. This gives a sense of security, access to initial information and helps to restore her dignity. Preserving dignity is essential to maintaining self-esteem and confidence, which is important to cope in a stressful and potentially overwhelming humanitarian situation.

Statistics have demonstrated that many a times, survivors arrive at the Police stations or at medical facilities without their basic belongings, such as shoes, bags or have their clothes torn etc.

# The Dignity Pack



## Circles of Support

The Circles of Support are premised on the basis of creating a caring society, a society responsive to the issues of domestic violence and is structured to support victims and survivors. Community based interventions are critical and often more sustainable in the long term. It is to this end that strong networks of support structures with technical support and input from experts are recommended for making a difference in the community.

The **Circles of Support** are community based and led by support groups, composed of volunteer groups of up to 20 women. They happen on a continuous bi-weekly basis and structured to;

- support women in their community to ensure that they possess tools to prevent incidents of domestic violence.
- create awareness of the impact of domestic violence in the community.
- to provide safe spaces for sharing, counselling and healing.
- undertake mobilisation activities to move the community to a caring society.
- support women who are survivors of violence on their way to recovery.
- offer information and support in the process of seeking resolution and justice for survivors.
- hold social support systems accountable for their responsibility to the community.



## Governance

Kuhluka is run under the auspices of a board of Directors, comprised of individuals experiences in a broad range of subjects Including Women rights culture, Health and Development in the African continent.

# Founder's Story



Ms. Josina Z. Machel holds an MSc degree in Sociology (Gender) from the London School of Economics and Political Science; and a Bachelor of Social Science in Sociology and Political Science from the University of Cape Town, South Africa.

Ms. Machel has always been active in the women's rights arena, however due to an incident that she endured in October 2015, she was propelled to actively fight for the rights of abused women.

The incident motivated her to establish the Kuhluka Movement, an initiative aimed at empowering women survivors of abuse. She aims to use her story to empower women who have gone through and are still going through the experience of abuse.

Josina Z. Machel has extensive experience in advocacy, political advisory and management of projects on gender-based violence, Human Development and Gender Equality in the private and non-profit sectors in the regional, Southern Africa Development Community (SADC) and international level

She sits on the Boards of The Graca Machel Trust, Sozo Organization, The Emerald Group in Dubai, and the South African Norwegian Association. She is a member of the Civil Society National Reference Group for the Spotlight Initiative (Mozambique) and a UNFPA Celebrity Spokes Person (South Africa).

Josina is the recipient of the Trailblazer Award (USA); The Fabulous Woman -Resilience Award (SA) and the Game Charger Award (USA).



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