



BE INSPIRED



Sharing life's beauty

This month, we feature Bontlebame, an NGO that helps women celebrate their inner beauty and fight against abuse.

Bontlebame (meaning 'my core beauty'), is an organisation that works towards igniting women's inner beauty through healing, empowering and inspiring mothers and young girls to overcome adverse circumstances and recognise their talents, potential and inner strength, in order to create a better life for themselves.

Bontlebame was founded in 2010 by Kea Modise-Moloto, with a mission to create sustainable platforms to inspire and empower individuals and communities. Bontlebame believes that all women possess unique beauty, but most don't even know or acknowledge it, as a result of life challenges like abuse and

oppression, and having a low self-esteem, which hinder them in making positive progress.

Bontlebame defines beauty as talent, ambition and the potential to become the best we can be, while contributing positively to society and the economy.

The organisation hosts events to educate people about the fact that abuse of any kind is wrong, and to give vulnerable people the inner confidence to stand

their ground against abuse. They support beneficiaries through counselling and other interventions, and by partnering with willing organisations and individuals.

In 2011, Bontlebame launched its white beaded ribbon project, through which unemployed people create the beaded ribbons that are then sold. The beads serve as a fundraiser and a visible reminder to extend the organisation's message.

HOW YOU CAN HELP:

- Make a monetary donation;
- Volunteer your time or skills; or
- Sponsor one of Bontlebame's events.
- For more information about how you can help and get involved, go to www.bontlebame.com or email info@bontlebame.com

MY SPAR CARES ABOUT ME

SPAR is giving this month's charity, Bontlebame, a R5 500 voucher to support its efforts in helping women to fight against abuse. You may not realise it, but you and SPAR are closer than you think. It could be because you feel at home when you shop there, or because SPAR is part of your life and your community. It's probably why you say 'MY SPAR' without thinking about it.



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