

7. August the 14th

Ann Ray Ray

Who I am

I was born in Moorreesburg in the Western Cape, South Africa, and am 51. I grew up with foster parents and attended Bridgetown High School. I left school at 16 to begin my career as a nurse at the Red Cross Children's Hospital. I had the first of my four beautiful daughters at 19 and got married when I was 20. I have been living with HIV for 10 years since testing HIV positive after discovering my husband had an extra-marital relationship. We have reconciled and I currently work for the Democratic Nursing Organisation of South Africa (DENOSA).

Why I am telling my story

I am sharing my story to make a difference in one person's life. I wish you to take courage from the way God helped me through a difficult period in my life and taught me to forgive and to heal. I want to encourage others to feel that living with HIV is not a death penalty if you live an open, healthy and positive life. You can still fulfil your dreams.

