

S. Vida

- a toast to life

Anne Lebetne

Who I am

I was born in Mzimhlophe, Soweto, South Africa, and I am 42. I was a late bloomer when it came to dating and went for an HIV test out of curiosity in 1995. I have been living with HIV for 15 years, or rather, I like to say that HIV has officially been living in me for that time. After taking a while to adjust, I got over the hangover of my HIV status and began to see HIV as part of life and laughter. I have been deeply involved in support groups and HIV advocacy work for a number of NGOs and in government over the years. I am a trustee of Openly Positive.

Why I am telling my story

Life is to be lived to the fullest, with or without HIV. I have learnt to appreciate the funny moments and challenges HIV has brought into my life. Living with HIV has taught me to laugh at myself and allowed me not to take life too seriously. When we live with HIV or another ailment, we tend to make it the focus of our lives, whereas it is just a small part of who we are. This can make us forget to enjoy life and have fun. I am telling my story to inspire you and other people, especially if you are new to this journey, to continue to dream and to live a happy, healthy and fulfilling life.

