



# SHOW UP

MAY 2021  
QUARTERLY REPORT



## TABLE OF CONTENTS

---

03	PRESIDENT'S MESSAGE
04	REGION UPDATES
06	JOIN US FOR FUTURE EVENTS
08	AFRICAN REGIONAL EVENT
11	ROAD TO THE YOUTH PRE WHA
12	GHWN: 2ND GLOBAL WORKFORCE NETWORK YOUTH HUB 2021
14	CURRENT ACTIVE COMMITTEES
15	ONLINE AGM: SOCIAL AND BUSINESS
16	BRAND GUIDELINES
17	MEMBER SPOTLIGHT
18	INSTAGRAM QUIZZES



# PRESIDENT'S MESSAGE



**The importance of mental wellness has never been so apparent in our age of burnout and stress. As students and new professionals, we are used to the “grind” and continually pushing out a max performance.**

---

School will sometimes be made to feel like it's trying to break you. Whether it is your spirit or your physical and intellectual capacity, it's meant to weed you out. The goal is to make sure you have what it takes to be a healthcare professional; and to, at the priority, do no harm to your patients. This is simultaneously reassuring and bleak. Because this teaches us its okay, and preferred, to sacrifice ourselves first. We can fall on our own sword if it means our patients; our family; our friends' come out on top. But that's not the way it works. You aren't capable of providing adequate care if you're so depleted you can't think straight. If you're so muted you don't have the capacity to empathize. You need to take care of yourself before you can take care of other people. You take care by being focused on the mechanical, psychosocial and emotional well being of your patients', without it ever being at the expense of your own.

Interestingly enough, it's not solely about “self care”. The wellness fatigue involved with taking a bath, going to the gym, eating a good meal, meditating, napping, taking 3 deep breaths, reflecting, etc. can be real.

We know what's good for us. But when it becomes not what we want to do but another “To Do List” item is where we run into trouble. Sometimes what we need is connection. Sometimes empathy pours back into us. The challenge is knowing when it's been too much, and when to press pause. The biggest obstacle will always be knowing when you put yourself first, so that you can continue to help people.

WCCS has continued to give me the tools, resources, and connection required for me to help people. My belief in this organization is the same as it's always been. My respect for its members, for you, is unparalleled. Make time for yourself, say yes to what you want to say yes to, and no to a few things you feel you shouldn't. Your body will thank you.

Be safe and stay well,

---

**Dr. Jordanne Buote**  
President



# REGION UPDATE



**Tayla Wagner**

African Regional  
Coordinator

## AFRICA

It's been a busy start to the academic year in South Africa. Both DUT and UJ have welcomed new members into their respective chapters and that is always a positive sign! The pandemic will always present us with various challenges, but 2020 was a good practice run, so we are equipped to handle any issues that come our way.

On the 8th-11th of April, DUT hosted the 2021 African Regional Event and it was a complete success! The event boasted a wide array of speakers from all over the world, who presented on various pertinent topics within chiropractic. The event was insightful and we received a lot of great feedback from the attendees. A massive congratulations to Tamia Abrahams and her coordinating team for such a fun event!

Both DUT and UJ are now fully immersed in the 2021 academic year and have various plans for fundraisers, charity outreaches and chapter events. Stay tuned to their respective social media pages for more details.

Last year, the African region had a large number of members attending the AGM, and we plan to keep it that way for the AGM hosted by WIOC! We are looking forward to meeting members from other regions, learning from the various presenters and discussing a bunch of topics.

## AMERICAS

Like most other regions, times have been tough for clubs in the Americas Region. Many are still struggling to find creative ways to engage current and new members while still having clubs restricted to online only. Some are still holding on, keeping up their chapters moral by virtual fundraising for online AGM 2021 this summer.

We would like to commend the head delegates of our region who continue to be the backbone of this organization and help to keep it flourishing, even during these tough and crazy times.



**Jenn Rahn**

Americas East  
Regional  
Coordinator



**Sydney Brangenberg**

Americas West  
Regional  
Coordinator



# REGION UPDATE



**Moritz Thiele**

European  
Regional  
Coordinator

## EUROPE

Over this year, Coronavirus has dominated the world causing everybody to face unprecedented challenges. However, some countries have now slowly started to loosen their regulations, which has allowed for a return of some European chapters to university and an increase in personal contact.

This enabled the chapters to channel their efforts into organising local events aimed at spreading their vision and mission rather than relying solely on social media. In addition, members have participated in WCCS events such as Dr. Freud's thrilling presentation about neurology in chiropractic. Their wish for connection and exchange is further rising as the preparations for the upcoming Annual General Meeting in Wales continues.

At the same time, the Zürich Chapter is currently spending a great amount of energy and time on the organisation of this year's European Regional Event on 15th to 17th October. I am looking forward to this fantastic event full of diversity, connection and fun!

Hopefully we will have the chance to see, meet and talk to you all again soon!

## WESTERN PACIFIC

Students have taken on this year so far by the horns and are appreciating the little things we took for granted. Stable time tables with face to face classes, where many other degrees/units have stayed completely online. However, this has made everyone more vigilant in their studies, as many of our chapters have suffered the impacts of many 'lockdowns', chapters can't reach out and put in the serious time to get new members while juggling their own studies too.

While there is hardship, the current chapters are trying their hardest to stay afloat and hope that things will turn around.

I would like to make a personal commendation to the efforts of all our chairs still trying to grow the WCCS community. They are the roots that enable our organization to grow and strengthen.



**Izak Geddes**

Western Pacific  
Regional  
Coordinator



The World Congress of Chiropractic Students is the only student lead organization that represents students and chiropractic in events around the Globe.

Since the pandemic, all events have changed and even though we are not able to meet in person, there is a lot of work involved behind the scenes in order to accommodate time zones and have members attend and represent.

## JOIN US FOR FUTURE EVENTS

**Would you like more information about events we are participating in?**

Stay connected to us through social media and keep in touch with our chapters.



## **GWHN** [May 7th - 8th](#)

### **2nd Global Workforce Network Youth Hub**

There is an incredible opportunity presented to you from the WHO GHWN Youth Hub. Learn more about it in the next pages, and join the work force.

## **ICRS** [May 14th - 15th](#)

International Chiropractic Regulatory Society is having an online Forum to hear how other chiropractic organizations have been adapting to challenges and opportunities created by the pandemic.

## **Youth Pre WHA** [May 18th -22nd](#)

Students who will be representing the WCCS: Muhammed Yaseen Tagari

## **World Health Assembly** [May 24th - June 1st](#)

Students who will be representing the WCCS: Keiron Boosi, Louisa Conradi, Moritz Thiele and Muhammed Yaseen Tagari.

## **WFC Biennial Congress** [September 23rd - 25th](#)

The WFC Biennial Congress is coming up this fall and is 100% online and has a student registration rate! This congress will showcase the leading global advances in chiropractic, with the theme of “Chiropractic For a New Normal” highlighting keynote speakers, panels, research, and workshops.

THE WCCS DUT CHAPTER PRESENTS:

# AFRICAN REGIONAL EVENT 2021



#ARE2021

8 APRIL-11 APRIL 2021



**Tamia Abrahams**

African Regional Event Convener



The African Regional Event (ARE) was hosted by the World Congress of Chiropractic Students Durban University of Technology (DUT) Chapter from the 8th-11th of April, 2021. The 4 days of conference were hosted via Zoom and this was only the second virtual regional event held in Africa. This year's event was extra special as DUT celebrated a decade as a WCCS chapter.

The theme of this year's event "Honouring the past, practising in the present, looking to the future" aimed to pay homage to the philosophy and practitioners that have paved the way; acknowledging the greatness that is happening in our profession presently, and opening our eyes to the road that lies ahead of us in our professional field.

Over 160 delegates attended the ARE from all over South Africa with majority coming from University of Johannesburg. International speakers such as Dr. Scott Haldeman (a legend within Chiropractic) and Dr. Richard Brown (Secretary General of the World Federation of Chiropractic) addressed our delegates.

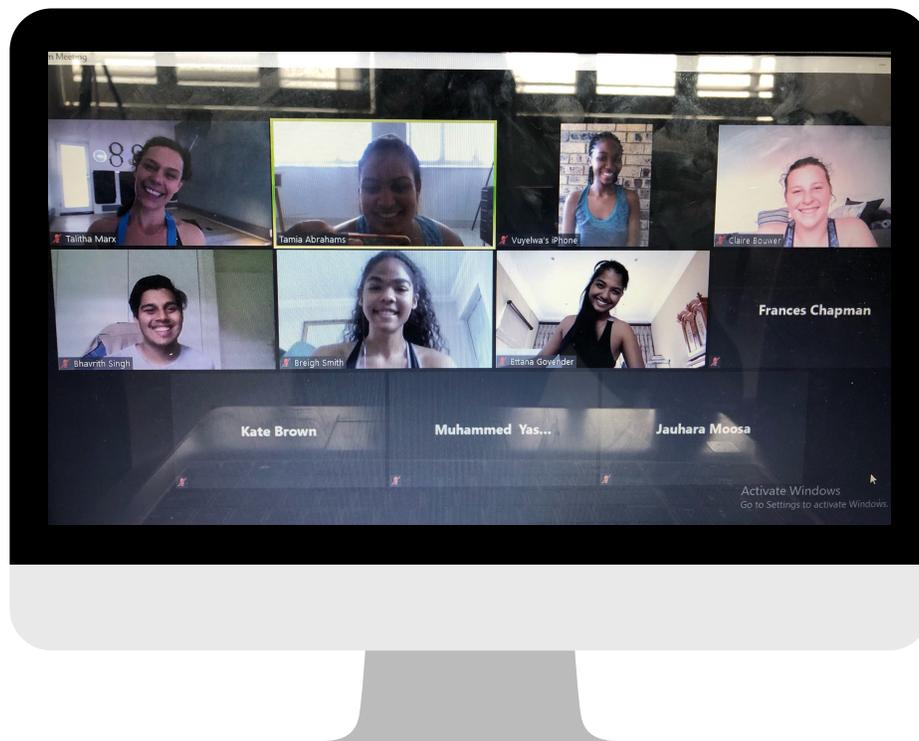
# AFRICAN REGIONAL EVENT 2021



Some of the local speakers included Dr. Junaid Shaik and a few DUT alumni students Dr. Cuan Coetzee, Dr. Sasha Lee King and Dr. Mufudzi Chihambakwe.

There was a wide variety of speakers from the profession with topics covering interesting cases, pain and why movement is so important. We had a couple of fun social events such as a virtual scavenger hunt, make your own beverages night and Pilates. We also had many sponsored prizes given out to the delegates that added an extra element of fun!

Overall there was a great reception from the delegates that attended and we hope to see everyone in person next year as the University of Johannesburg host.



# ROAD TO THE YOUTH PRE WHA



**Muhammed Yaseen Tagari**  
Legislative Editor



As the international community continues to endeavour in its fight against the Coronavirus pandemic, we see for the second year in a row the World Health Assembly and Youth Pre-World Health Assembly (WHA) being hosted on virtual platforms. These monumental events with even more emphasis than before are watched closely by the global community as we search for answers from leaders and experts on the numerous health crises faced around the world.

As we build up to the 74th World Health Assembly, we see the tremendous efforts put forward by the International Federation of Medical Students Associations (IFMSA) and wish to acknowledge the extensive work put forth by their organising committee, as well as express our gratitude for the opportunities and voice provided to the youth in health through their platforms and look forward to strengthening the bonds and relationships between the WCCS and IFMSA for years to come.

Being one of the world's oldest and largest student-run organisations IFMSA represents, connects, and engages continuously with millions of medical students from across the globe. A true leadership organisation that brings people together to exchange, discuss and initiate projects to create a healthier world.



# ROAD TO THE YOUTH PRE WHA

A student run organisation moulding the future leaders in health, the IFMSA advocates for pressing issues that matter to shape the world we want.

Every year a multinational and extremely diversified delegation of 50 youth health advocates incorporating all branches of the health care system come together to constructively interact with the World Health Organisation and advocate on behalf of the youth in health, ensuring the voice of the youth is heard and there is positive engagement with regards to global health governance. Joining the IFMSA delegation to the 2021 Youth PreWHA and World Health Assembly on behalf of the WCCS, to put forth a voice for the youth in chiropractic is WCCS Legislative Editor in Chief Muhammed Yaseen Tagari (South Africa-UJ).

Keeping in mind that the World Health Assembly is one of the most significant events on the international health calendar and the complexity associated with global health governance, it is essential for this delegation to be well equipped, well informed and prepared to partake in such crucial policy decisions, governance and advocacy. The Youth PreWHA does exactly this, an event held over five days prior to the World Health Assembly that gives delegates a unique opportunity to interact, develop skills, discuss & gain knowledge, network, share ideas and prepare to put forth strong and united youth advocacy.

In addition to the upcoming Youth PreWHA the road to the Youth PreWHA has already commenced from the 24th of March hosting multiple virtual preparatory discussion sessions amongst the delegates on a variety of topics including “Science and Research”, “Innovation and Bioethics” and “Decolonising Global Health” as we get closer to the monumental 74th WHA. We look forward with eager anticipation to witness and partake in these events as they are soon to commence from the 18th - 22nd of May (Youth PreWHA), and the 24th of May - 1st of June (WHA).

**Would you like more information about the WHA?**

Reach out to your RCs and/or your Director of External Affairs

## Building a Resilient and Adaptable Young Health Workforce

7<sup>TH</sup> - 8<sup>TH</sup> MAY, 2021**Keiron Boosi**Director of  
External Affairs

After the year that 2020 has been I am sure it can be said for all that, we are very grateful to have had such epic health and care workers who helped carry us through the year. So, it was my delight to see that 2021 has been designated as the International Year of Health and Care Workers (YHCW) in appreciation and gratitude for their unwavering dedication in the fight against the COVID-19 pandemic.

It is so important to be able to support our young health and care workers and give them support as they navigate through the unknown and make their way towards the future of healthcare. The WHO GHWN Youth Hub is doing just that!

As a key event for this year, the Youth Hub is organizing a virtual conference “Building a Resilient and Adaptable Youth Health Workforce” taking place 7- 8 May 2021.

This conference is a knowledge sharing platform organized by youth for youth that enables them to share experiences, discuss challenges and learn from leading experts in the field.

This is an incredible opportunity for ALL health and care workers and we encourage every one of our members to register and attend. We would love to see as many chiropractors and chiropractic students involved as we can. All relevant details for the event have been shared to your chapter emails and you can find the registration link on our Instagram page.

Let’s come together to learn from one another and build a workforce that can withstand anything and everything!



## JOIN US GET INVOLVED!

The World Congress of Chiropractic Students aims to advance and unite the global chiropractic profession through inspiration, integrity and leadership.

We provide a platform for our members to develop leadership skills and a deeper understanding of the diversity within chiropractic, necessary to advance the chiropractic profession in the wider healthcare industry.

There are many ways you can get involved in the organization. The main way is to get involved in your chapter and community, but you can also get involved in some of the committees to help understanding the works of WCCS especially if you are thinking about potentially running for a positions in the organization. Show up! Get involved and help make a difference.

# CURRENT ACTIVE COMMITTEES



## **Legislative Committee (LC)**

Over the past two quarters the team has managed to manoeuvre around and work timelessly to put all the WCCS legislative documents in order. Did you know that the organisation's by-laws can be amended without it being a proposal? Oh yes, as the 2020/21 team we had the privilege to amend several by-laws through implementing section 12 of SOPPs.

We have worked with the BoD every step of the way with planning of all the REs, AGMs and webinars just to make sure the organisation by-laws are adhered to.

If you would like to know more about the importance of the LC and how to get involved send us an email and we will be glad to chat with you.

 Get in touch through [legislativechair@wccsworldwide.org](mailto:legislativechair@wccsworldwide.org)

## **CHAP - Chiropractic Humanitarian Assistance Program**

A Group of students passionate about chiropractic service and giving back to the communities. CHAP usually worked together with the World Spine Care and other activities. Would you like to get more involved?

 Get in touch through [chap@wccsworldwide.org](mailto:chap@wccsworldwide.org)

## **Marketing Committee**

This committee is currently focusing on the preparation for the coming SDGs and WSD. We brainstorm marketing strategies and ways to get members more involved online and in person. Would you like to get involved and help us prepare for these events? Join us! The more brains, the more ideas we have.

 Get in touch through [marketing@wccsworldwide.org](mailto:marketing@wccsworldwide.org)

**\*\* Reach out to us through your Regional Coordinators! We would love to have you participate more! \*\***

# 2021 ANNUAL GENERAL MEETING

## SOCIAL AGM

Our AGM, hosted by the Welsh Institute of Chiropractic will be held online between the [25th and 27th of June 2021](#). We are excited to bring you an array of diverse professional development, discussion, and learning opportunities that will serve to broaden your current scope of understanding of the profession, as well as develop our capacity as part of the healthcare workforce.

The deadline for Chapter fee payment will be [June 15th](#) and an announcement will be following shortly as to the amount.

All registration links and further information will follow in due course. In the meantime, if you have any questions please do not hesitate to contact the ToO or the AGM Convening team. We are so so excited to gather with you all virtually sooner rather than later, and in person when it is safe to do so!



**Sophie Donaldson**  
2021 AGM Convener

## BUSINESS AGM

Our official “Business” AGM will be on [July 3rd](#) at 11am GMT. This platform will be where all official WCCS business is conducted. This includes internal reports, internal presentations, new business and live elections.

Attendance of at least one representative from each chapter is required at our business AGM in order to have privileges of a voting member. Attendance of any prospective election candidate is also required. Please note that this AGM will not be recorded or distributed.



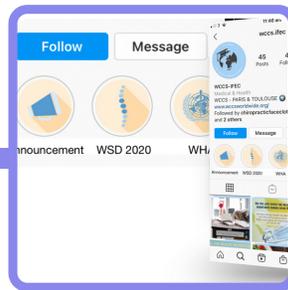
# BRAND GUIDELINES

## DEAR CHAPTERS

We hope you are enjoying the new guidelines, and templates that were created for your use and to facilitate your interaction on social media.



**SOCIAL MEDIA  
PROFILE**



**STORY COVER**



**BUSINESS CARDS**

## MARKETING PACKAGE

The marketing committee has created a package with exclusive materials to support our chapters with content that are easy to access and simple to use. We delivered to chapters:

- Minutes Template for meetings
- Powerpoint Template for presentations
- Speaker, Event Announcement
- Sticker Cloud: Feature explanation will be included
- Instagram Stickers
- Business Cards
- Brand guidelines to facilitate and uniform social media presence

In the next coming weeks the Marketing Committee(MC) will be focusing on #Act4SDGs, World Spine Day, and more marketing planning regarding Social Media. We would love to have you join us!

**Would you like more information about the MC?**

Reach out to us through any of our social media.



# MEMBER SPOTLIGHT

We would like to invite you to be part of our member spotlight this next Quarter!

All you have to do is create a post on your social media:

- 1) Your name, school and year you are in
- 2) Why did you choose chiropractic?
- 3) And tag 2 other friends to do the same

Remember:

Tag @wccschiro, as well as your chapter and school so we can all share on your post on our social media too

# INSTAGRAM QUIZES



**Louisa Conradi**  
Legislative Secretary

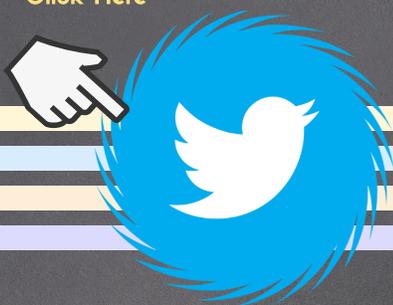
We have recently started a new little project where we post anatomy, physiology, pathology or radiology questions on our Instagram story once a week. It is a great way for our members and followers to have a fun little revision session or even learn something new.

We have had great engagement and feedback from our followers! The quiz is usually posted on Friday evening around 5-7pm UK time and available for anyone to watch and try out for 24 hours!



# Follow us:

Click Here



Click Here



Click Here

