

Vuk'uzenzele

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Once empty land now thriving community farm

THE MEMBERS of an agricultural cooperative are working towards becoming large-scale, commercial farmers – thanks to the power of community unity and the support of government.

Owen Mngadi

By working together, the Middelpoos community in Saldanha Bay in the Western Cape has turned an empty plot of land into a vibrant, mixed agricultural farm. The people of Middelpoos realised how much more they could achieve as a community than they could as individuals and formed the Thembelihle small-scale farmer cooperative. Today, the group is collectively working the 112-hectare farm it leases from the municipality to combat hunger, poverty and unemployment. According to Gerrit de



Thembelihle cooperative recently received over R6 million in equipment and support from government. Photo supplied

Bruyn (58), chairperson of the cooperative, members of the community started to use the vacant land to grow food in the then informal settlement in 2011. With more and more people starting food gardens on the land, the community decided to work together to form a cooperative. The cooperative approached the Saldanha Bay Municipality and signed a formal five-year lease agreement to use the land for farming in 2017. In 2019, while the 2017 contract was still in existence, they renewed the contract after intervention by the Department of Agriculture, Land Reform and Rural Development. This year, they signed a seven-year lease agreement that will come to an end in 2026. De Bruyn says they

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CONTACT US

Website: www.gcis.gov.za Email: vukuzenzele@gcis.gov.za

www.vukuzenzele.gov.za Tel: (+27) 12 473 0103

Tshedimosetso House:
1035 cnr Francis Baard and Festival streets, Hatfield, Pretoria, 0083

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Ha re na tsela e potlakang ya mathata a ho tingwa ha motlakase ka sepheo sa ho o baballa, leha ho le jwalo, ho na le tema e seng e kgathilwe

Motho ohle ya dulang naheng ena o ne a ferekane ke taba ya ho tingwa ha motlakase ka sepheo sa ho o baballa dibekeng tse pedi tse fetileng.

Mabaka a a utlwahala a etsang hore setjhaba se fele pelo.

Dikgwebo le malapa a ile a timelwa motlakase nako e ka finyellang dihoreng tse nne ka bonako jwalo ka ha Eskom e ile ya tlameha ho thakgola lenaneo la ho tingwa hona ha motlakase ka sepheo sa o ho baballa ka lebaka la mathata a yona a ho fehla motlakase.

Ho tingwa hona ha motlakase, ke mathata a maholo. Maemo ana a phatsamisa setjhaba ka kakaretso ho tloha ho tsa thuto, tshireletso ya setjhaba ho isa ho tsa bophelo bo botle. Dikgwebo tse kgolo le tse nyane, kaofela ha tsona di lahlehelwa ke phaello mme mathata a motlakase a na le kgahlamelo e mpe kahong botjha ya moruo wa rona.

Batho ba lahlile tshepo hore dintho di ka fetoha, mme ha ba bone mathata ana a tla phakisa ho fela.

Leha mathata ana a ho tingwa ha motlakase a ntse a tswela pele, empa re tlameha ho ba le mkgwa wa ho rarolla mathata ana a motlakase. Ho teng kगतलोपेले e bonahalang ho kengweng tshebetso ha mehato eo ke neng ke e phatlalatse ka Phupu, leha phapang ya teng e so ka e bonahala.

Jwalo ka ha Eskom e sa ntsaneng e sebedisa tsela e sa tshepahalang ya ho fehla



motlakase ka tshebediso ya mashala, re ke se be le tharollo e potlakang ya ho tingwa hona ha motlakase.

Ke tsona ditaba tse bosula ka maemo ao re leng ho ona, a qadileng nakong e telele e fetileng.

Maikemisetsa a rona a ha jwale ke ho etsa hore ho tingwa hona ha motlakase ho se ke ha etsahala kgafetsa ka hore re shebane le mathata a ho robeha ha metjhini e fehleng motlakase.

Ana ke mathata a maholo ha re sheba metjhini ena hore e se e sebeditse dilemo tse kae, le hore e ne e sa lokiswe ka nako e tshwanetseng nakong e fetileng.

Ha jwale, Eskom e leka ho etsa hore metjhini ena ya yona e sebetse hantle ho fihlela ditsi tse ntjha tse fehleng motlakase di qala ho sebetse.

E boetse hape e shebana le mathata a ho thothwa

ha mashala, ho kenyeletsa le ho buisana le Transnet hore e be bona ba thothang mashala ho tloha merafong ya ona ho ya ditsing tse fehleng motlakase. Eskom e boetse e rarolla taba ya mashala a boleng bo tlase, e leng ona ka dinako tse ding a etsang hore metjhini ya bona e robehe. Ho kgutlisitswe le batho ba nang le boiphihlelo tsamaisong ya ditsi tse fehleng motlakase ba neng ba se ba tsamaile Eskom hore ba tlo thusa.

Ho leka ho rarolla mathata a tokiso ya metjhini, Eskom e fetola tsela ya ho lokisa metjhini ka ho sebedisa baetsi ba yona ha e robehele ho ena le ho nna e sebedisa batho ba bang.

Tsela e nngwe e potlakang ho rarolleng mathata ana a motlakase e bile hore ho tloha ka Phupu, Eskom e qadile ho reka motlakase wa tshohanyetso. Bekeng ena ya ho feta, Eskom e ile

ya qala letsholo la ho reka motlakase wa tshohanyetso wa 1 000 MW ho dikhamphane tse nang le ona le hona ho o reka dinaheng tsa boahisane.

Mmuso o boetse o behile baetapele ba maemo ohle ba ha Eskom leihlo hore na ba na le thupello le boiphihlelo bo hlokalang.

Mehato ena kaofela e tla thusa ho fokotsa sekgahla le ho tingwa ha ona kgafetsa jwalo ka ha re sa emetse ho fela ha ditsi tse ntjha tse fehleng motlakase.

Haufinyane, mmuso o sa tswa tekena tumellano ya ho reka motlakase wa 420 MW dikhamphaneng tse ikemetseng tlasa lenaneo la *Bid Window 5* la ho fehla motlakase ka mkgwa wa tlhaho. Motlakase ona o tla qala ho kena phepelong ya ha Eskom ka Mphalane 2024, mme hape ho boetse ho tla rekwa o mong ho bahlahisi ba bang ba 22.

Tlasa lenaneo la *Bid Window 6* ho tla nyollwa sekala sa motlakase ho tloha ho 2 600 MW ho ya ho 4 200 MW.

Komiti ya Naha e Shebaneng le Mathata a Motlakase eo ke neng ke e kgethe ka Phupu, e shebana le melao le dipehelo tsa ho tliša dipheleho lekaleng lena la motlakase.

Re phatlaladitse dipheleho molaong o fetotseng tekenyetso eo dikhamphane tse ikemetseng di ka e fehleng hore setjhaba se ntshe maikutlo ka tsona. Sena se tla thusa ho tliša dipheleho tse ngata tse tla etsa hore re fumane motlakase o mong o tla kena phepelong.

Dipehelo mabapi le tsa

tikoloho di tlositswe dibekeng tseo ho fehla ha motlakase ho seng kotsi haholo ho tikoloho.

Mokgatlo wa Naha o Laolang Motlakase o fokoditse le nako eo dikhamphane di e emang ho fumana tumello ya tshebediso ya mobu le ho hokelwa ha motlakase wa tsona phepelong.

Jwalo ka ha re etsa matsapa a ho eketsa phepele ya motlakase, ka ho le leng re ntse re tlameha ho fokotsa le tshebediso ya ona, haholoholo nakong ya ka phirimana.

Re tlameha ho tshwarisana re le Mafrika Borwa ho fokotsa kगतलोपेले phepelong ya motlakase. Ka sena re bolela hore re sebedise motlakase ka nepo, re tlalehe ba o hokelang ka tsela e seng molaong mme re boele re o lefelle. Dikgwebo, malapa le mafapha a mmuso a kolotang Eskom, ba tlameha ho lefa dikoloto tsa bona hore Eskom e tle e kgone ho lokisa metjhini ya yona e le hore motlakase o nne o dule o le teng.

Jwalo ka ha ho tingwa ha motlakase ho ntse ho tswela pele, batho ba lahla tshepo hore mathata ana a tla qetella a fedile.

Ha re tlohela mathata ana, mme re shebela dintho pejana, re bona matshwa o a kगतलोपेले, e leng lebaka le ka etsang hore re be le tshepo.

Jwalo ka ha re sebetse ka potlako ho lokisa mathata ana a phepele ya motlakase, ka ho le leng re boetse re etsa moralo wa moshwelella o tla rarolla mathata a rona a motlakase.

The burden of depression in people with albinism

OFTEN ISOLATED by their communities, many people who live with albinism suffer in silence as life becomes unbearable.

Phakama Mbonambi

The dehumanisation of people living with albinism, especially in many sub-Saharan societies, leads to severe depression – often with terrible consequences.

Globally, depression is a serious mental health disorder that affects people from all walks of life. Severe cases of depression can lead to suicide, which the World Health Organisation lists as the fourth leading cause of death for people aged between 15 and 29.

Sabelo Gumede, a psychologist based in Durban, KwaZulu-Natal, believes that people with albinism need all the care and support they can get – and that starts with changing society's understanding of what albinism is. People



with this genetic condition lack melanin, which leads to a lack of colour pigmentation in the skin, hair and eyes. They battle with their vision and are at risk of developing skin cancer.

Gumede says the main causes of mental health difficulties in people with albinism are discrimination and bullying. If not addressed, this can lead to psychological difficulties,

such as depression, anxiety attacks and episodes of post-traumatic stress disorder.

"People living with albinism often feel isolated, especially as a direct result of social stigmatisation. This tends to be more prevalent in townships and rural areas."


Signs of depression are isolation, poor inter-personal relationships, poor hygiene, a lack of concentration, slowness and suicidal thoughts.

Combating depression

Gumede says people with albinism can seek help from a private psychologist, ask their local clinic for help or reach out to an organisation that assists people with depression.

Since people with albinism live within the community, just like everyone else, friends and family should keep an eye on them and

ensure they get professional help if needed.

Government and non-governmental organisations can play a crucial role in combating hate and discrimination against people with albinism through awareness and education campaigns, particularly in rural areas, because that is where violence against people with albinism is often reported. 



SCAN ME

Get help

These organisations can support people living with albinism who are depressed or feel isolated:

Akeso Crisis Helpline
www.akeso.co.za
0861 435 787

Albinism Society of South Africa
www.albinism.org.za
011 838 6529

South African Depression and Anxiety Helpline
www.sadag.org
0800 567 567

Ho fana ka masole a mmele a fumanehang mokong, ha ho bohloko, e bile ho pholosa bophelo

Kgaogelo Letsebe

Mfundo Mxolisi Ngwenya (30) wa Thekong, KwaZulu-Natal ke e mong wa Batho ba mmalwa ba Batsho ba fanang ka masole a fumanehang mokong naheng ena.

Ba Sitsi se Ngodisang Batho ba Fanang ka Moko Afrika Borwa (SABMR), ba bolela ha ba kgothaletsa batho ba morabe wa ba Mmala hore ba tlo ingodisa jwalo ka bafani hobane ha ngata mokudi o fumana masole a tshwanang le a hae morabeng wa ha habo. Ho ya ka sitsi sena, ke persente tse 10 feela bathong ba 78 000 ba ingodisitseng bao e leng ba Batsho, ha

Maindiya ona e le persente tse 9.9 ha Makgowa ona e le tse 67.

Ba ha SABMR ba bolela ha bafani ba bangata ba sebedisa mokgwa wa ho hula masole ana mading.

Ho bolelwa ha masole ana a fumanehang mokong, a fumaneha le mading a phallang. Sena se etswa ka hore ho hulwe madi ka nale sephakeng mme madi ao a fete motjhineng o monyang masole ao mme madi a boele naleng e tla a kgutlisetsa mmeleng sephakeng se seng.

Masole ana, a thusa ho fodisa ditshwaetso mading tse kang ho fokola ha moko, ho fellwa ke moko kapa ho se hole ka nepo ha ditho tse itseng tsa mmele.

Ngwenya, motsamaisi wa tsa dipapadi Durban University of Technology, o ne a qale ho tseba ka mofuta ona wa masole a mmele ka 2012 nakong eo SABMR e neng e entse dipontsho sittings se haufi sa mabenkele. "Ke motho ya tlwaetseng ho fana ka madi, mme ke ha ke leba teng. Ho ne ho le bobebe, ba ne ba nke lero feela ka hanong, mme ba mpoella hore ke lebelele mohala o tswang ho bona."


Lero lena le kengwa ditekong mme dintlha tsa monga lona di bolokwe ho etsetsa hore ba tle ba mo letsetse haeba ho na le motho ya hlohang masole mme ya nang le masole a tshwanang le mofani eo.

"Ngwahola, ba ile ba nte-tsetsa ba mpoella ha ho na le motho ya nang le masole a tshwanang le a ka ya hlohang mofani. Tsela e latelwang ha o se o fana e batla e le teletsana mme yona e kenyeletsa diteko tse 13 tse fapafapaneng ho tloha ho shahleng ha mmele [ho hlaloba bophelo ka kakaretso] ho isa ditekong tsa madi. Ke ne ke boetse hape ke tlameha ho enta kamehla," o boletse jwalo. Ho fana hona ho nka pakeng tsa hora tse tshelletseng ho isa ho tse robedi.

Ho hlokahala bafani ba bang

Ngwenya o re batho ba tlameha ho tsebiswa hore ho fana hona ha ho kenyeletse

ophareishene. O bolela hore ka dinako tse ding dikgollo tsa setso ke tsona tse thibelang hore batho ba fane ka ditho.

Ba ha SABMR ba bolela ha ba tla buisana le marena le baruti ho kgothaletsa batho ho fana ka masole ana. Ba bolela ha maphelo a mangata a ka pholoswa ha Batho ba Batsho ba fanang ba ka ata. 

Ho tseba haholwanyane ka ho fana ka masole a fumanwang mokong, etela www.sabmr.co.za, kapa o letsetse **021 447 8638** kapa o romele imeili ho donors@sabmr.co.za