

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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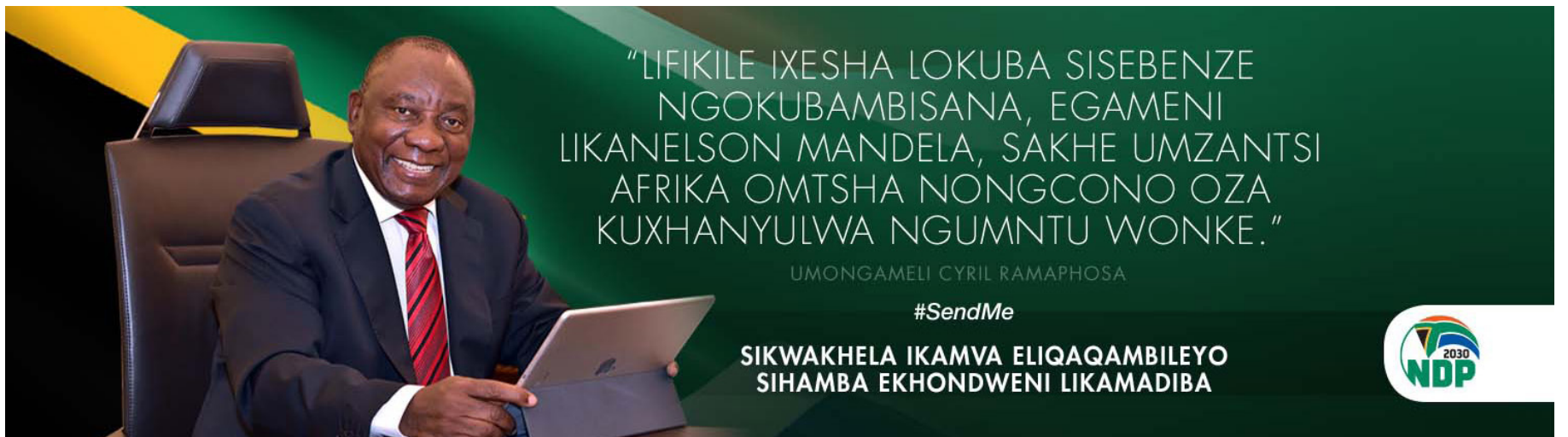
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Ingxaki kacimi-cimi wombane inzulu kodwa sinawo amacebo okuyisombulula

Kumntu wonke ohlala kweli lizwe, ezi veki zidlulileyo zokucinywa kombane bezikhathaza kakhulu kwaye zingumngeni. Umsindo uluntu onawo uyathetheleleka ngokupheleleyo.

Njengoko u-Eskom enyanzeleka ukuba aphinde futhi acime umbane ukukhusela uthungelwano lwesizwe, umntu ngamnye, amakhaya kunye namashishini kuye kwafuneka ukuba bajongane nokuphazanyiswa kombane kangangeeyure ezine ngexesha.

Ukucinywa kombane kungaphaya kokusixakanisa. Kuneziphumo ezibi phantse kuyo yonke ingxenye yobomi babantu ukusuka kwezemfundo ukuya kutsho kukhuseleko loluntu kwakunye nokunikezela ngeenkonzo zempilo. Amashishini amakhulu kunye nasa-khasayo ngokufanayo aphulukana nemali kwaye lengxaki yombane ibeka emngciphekweni utyalo-mali kunye nokuvuselelwa koqoqosho lwethu.

Kukho unxunguphalo lokuba le meko ayibonakali ngathi iyaphucuka kodwa kubonakala ingathi akukho siphelo sale ngxaki.

Okwangoku, kobubumnyama bokucinyelwa umbane kukho kwaye kufuneka kubekho isiphelo kule ngxaki yethu yombane. Senza inkqubela-phambili ekuphonyezweni kwamanyathelo ongezelelweyo endandiwabhe-

ngeze ngeyeKhala, nangona ke iziphumo zisenokungabonakali ngokukhawuleza.

Ngenxa yokusebenza ngendlela engalindelekanga kwezikhululo zombane zika-Eskom ezibaswa ngamalahle, asiya kukwazi ukuphelisa ukucinywa kombane kwixesha elifutshane. Le yinyani engathandekiyo yemeko yethu, nenembali ende.

Injongo yethu ngeli xesha lakalokunje kukunciphisa ukuphindaphindeka kunye nobungqongqo bokucinywa kombane ngokujongana nokoyisakala kwezikhululo zombane.

Lo ngumngeni omkhulu xa kujongwa iminyaka yezikhululo zombane, kwaye kwixesha elidlulileyo ugcino kakuhle nolubalulekileyo belungenziwa ngamaxesha afanelekileyo.

U-Eskom uphumeza amanyathelo angxamisekileyo okuphucula ukusebenza kwesikhululo sombane, nto leyo engumba ophambili de iiprojekthi zoveliso mbane ezintsha ziziswe.

Ulungisa umba obalulekileyo wobonelelo lwamalahle, kuquka nokusebenza no-Transnet ekuthuthweni kwamalahle kunye nasekubekeni iliso kwindlela yokuhanjiswa kwamalahle ukusuka kwimigodi yamalahle ukuya kwizikhululo. U-Eskom ukwajongene nomngeni womgangatho ophantsi wamalahle, nto leyo amaxesha amaninzi ekhokelela ekoyisakaleni kwezikhululo. Abantu

abanamava okuqhuba izikhululo zombane baya-buyiswa ukuze bancedise ekusebenzeni kwesikhululo, bancedise kulawulo kunye nakwingqeqesho.

Ukuqinisekisa ukuba ukugcinwa kakuhle nokubalulekileyo kwenziwa ngaphandle kolibaziseko, iingxoxo ziyaqhuba ukuze kuthomalaliswe iimfuno zemveliso ezenziwe ekhaya zamalungu ezi-xhobo ezisecaleni kwaye kusetyenziswe abavelisi bezixhobo ukugcina kakuhle ukusebenza kwezo zixhobo.

Ukulungisa ukunqongophala kombane okukhoyo ngoku, u-Eskom ukususela ngeyeKhala usebenzele ukuthenga umbane wongxamiseko, kwaye kwiveki ephelileyo uphehlelele iinkqubo zokuthengwa kombane weemegawathi ezili-1 000 zomthamo wongxamiseko ovela kwiinkampani ezinemithamo ekhoyo yokuvelisa kunye nokuthenga umbane kumazwe angabamelwane.

Urhulumente unika ingqwalasela enkulu kwi-zakhono, kumava kunye nakumandla okwenza kweenkokeli zakwa-Eskom ukuqinisekisa ukuba le nkampani inabona bantu babalaseleyo kuwo onke amanqanaba eli ziko.

Olu ngenelelo luza kunceda ekunciphiseni ubuzaza kunye namaxesha okucinywa kombane nje ngoko sizisa umbane omtsha kuthungelwano kwixesha eliphakathi ukwandisa unikezelo lwamandla.

Kutshanje, urhulumente utyikitye izivumelwano zokuthengwa kombane ongangama-420 MW nabathengisi abathathu bokuqala abakhethiweyo phantsi kwe-Bid Window 5 yenkqubo yamandla ahlaziyekayo. Ezi projekthi zintathu kulindeleke ukuba ziqhagamshelwe kuthungelwano ngeyeDwarha kowama-2024, kwaye ayaqhubeka amalungiselelo okutyikitya nabathengisi abangama-22 abaseleyo.

Umthamo wokuvelisa oza kuthengwa kwi-Bid Window 6 uya konyuka ukusuka kuma-2 600 MW ukuya kuma-4 200 MW.

IKomiti yeSizwe yeNgxaki yoMbane endiyityumbe ngeyeKhala ijongene nemithetho kunye nokulungisa umgaqo-nkqubo oza kuseka icandelo lombane elisebenza ngokufanelekileyo nelinokhuphiswano.

Siye sapapasha ukuze uluntu luhlomle kulungiso olususa umda wokukhuthwa kweelayisenisi kwiiprojekthi zokuvelisa zabucala. Oku kuya kuvula indlela yotyalo-mali kwiiprojekthi ezinkulu, eziluncedo neziya kongeza ngokukhawuleza kumthamo omtsha woveliso lothungelwano.

Ususiwe umgqaliselo ubunyanzelisa imvume yamagosa ezokusingqongileyo phambi kokuba kufakwe iipali zombane kwiindawo ezithile xa oku kungazikuphazamisa indalo.

Amaxesha abekiweyo eeprojekthi zamandla okufumana izigunyaziso zokusebenzisa umhlaba kunye nolwamkelo lokuqhagamshela kuthunge-


lwano ancitshiswe kakhulu, njengoko kuye kwenziwa kwinkqubo yobhaliso yoMlawuli wezaMandla weSizwe ukulungiselela amaziko okuvelisa.

Ngelixa sisebenzela ukwandisa unikezelo lombane, kufuneka sandise iinzame zokunciphisa ukusetyenziswa kombane, ngakumbi ngamaxesha axakeke kakhulu.

Kufuneka sibambisane njengabemi ukunciphisa uxinzelelo kuthungelwano lwesizwe. Oku kuthetha ukusebenzisa umbane ngononophelo, kuxelwe uqhagamshelo olungekho semthethweni kwaye kuhlawulelwe umbane esiwusebenzisayo. Amashishini, amakhaya kunye namasebe karhulumente atyala u-Eskom kufuneka ahlawule ukuze u-Eskom akwazi ngcono ukwenza ugcino olubalulekileyo nolufunekayo ukuze kuhlale kukhanya.

Njengoko siqhubeka sifumana ukucinywa kombane, kukho into enkulu ebawela ukuncama nokulahla ithemba lokuba siyakuze siyisombulule na le ngxaki.

Ukanti, ukuba sijonga ngaphaya kwale ngxaki ikhoyo ngoku, singabona ukuba kukho iimpawu zokwenyani zenkqubela-phambili kunye nezizathu ezivakalayo zokuba nethemba.

Njengoko sisebenza ngokungxamisekileyo ukulungisa le ngxaki sijongene nayo yenkqubo yombane engathembekanga, sikwaxakekile sibeka isiseko sesisombululo esizinzileyo, nesizakuhlala sihleli kwiingxaki zombane zelizwe. 

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

Ukunikela ngeeseli zomongo yindlela elula enokusindisa abantu abaninzi

Kgaogelo Letsebe

UMfundo Mxolisi Ngwenya (30) waseThekwini, KwaZulu-Natal ngomnye wabantu abamnyama nabambalwa abanikela ngeeseli zomongo kweli lizwe.

I-South African Bone Marrow Registry (i-SABMR) ithi uninzi lwabantu abantsundu kufuneka babhalisele ukuba ngabanikeli kuba isigulana sinethuba elingcono lokufumana iiseli zomongo ezifanayo kubantu abaluhlanga labo. Ngokwengxelo yobhaliso, kubanikeli ababhalisiweyo abangama-78 000 bali-10% kuphela abantsundu, lo

gama amaNdiya/ ama-Asian ali-9.9% kunye nama-67% wabamhlophe.

I-SABMR ithi uninzi lwabanikeli lunikela ngenkqubo elula yokuhluzwa kweeseli zomongo egazini elitsalwe ngenaliti. Iqhubeka yathi iiseli zomzimba ezifunyenwe kumongo wakho wethambo ziyafana nezo zifumaneka kwiigazi lakho elijikelezayo. Inkqubo engeyiyo eyotyando, neyokungalaliswa esibhedlela yenziwa ukuqokelela ezi seli. Igazi litsalwa ngenaliti engalweni enye, lize ligqithe kumatshini oqokelela iiseli zomongo liphinde libuyiselwe ngenaliti kwenye ingalo yakho. Iiseli zomongo zibalulekile ukunyanga izifo zegazi ezi-

fana ne-leukemia, ukusilela komongo okanye i-aplasia.

UNgwenya, ongumanejala wezemidlalo e-Durban University of Technology, uthi waqala ukwazi ngokunikela ngeeseli zomongo ngowama-2012 xa i-SABMR yayisenza umboniso kwiivenkile zasekuhlaleni. "Bendisoloko ndinikela ngegazi kwaye ndisoloko ndikulangazelela ukunceda, ngoko ke ndaye ndatshona ekhondweni. Kwakulula kakhulu kuba bathatha nje amathe emlo-nyeni bathi mandilindele umnxeba."

Isampuli ethatyathwe emlo-nyeni kulowo unokuba ngumnikeli iyavavanywa kwaye iinkcukacha zakhe ziyagcinwa ukuze


kuqhagamshelwane naye ukuba ziye zafana nezomntu odinga iiseli zomongo.

"Kunyaka ophelileyo, ndafumana umnxeba othi bafumene umntu oneeseli zomongo ezifana nezi zam. Inkqubo yokunikela inde kakhulu kwaye ibandakanya malunga neemvavanyo ezili-13 ezahlukeneyo, ukusuka kwezomzimba [kujongwa impilo iyonke] ukuya kutsho kuvavanyo lwegazi. Kwaye kwafuneka ukuba ndizitofe yonke imihla," utshilo. Ukunikela kuthatha malunga neeyure ezi-ntandathu ukuya kutsho kwezisibhozo.

Kudingeka abanikeli abaliqela

UNgwenya uthi abantu kufuneka baxelelwe ukuba

le nkqubo yokunikela ayibandakanyi tyando. Uthi kwezinye iimeko, iinkolelo zenkcubeko zinokuthintela abantu ekubeni banikele.

I-SABMR ithi izakunxulumana neenkokheli zemveli kunye nezenkolo ukukhuthaza ukunikelwa ngeeseli zomongo. Ithi xa kunokuza inani labantu abantsundu ngaphambili, kokukhona kuya kusindiswa ubomi babantu abaninzi. 

Ukufumana ulwazi oluthe vetshe malunga nokunikela ngeeseli zomongo, tyelela ku:
www.sabmr.co.za, tsalela umnxeba kule nombolo: **021 447 8638** okanye uthumele i-imeyile ku:
donors@sabmr.co.za