

Vuk'uzenzele

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Support for students

Allison Cooper

Government remains committed to ensuring that deserving students have financial support to continue with their studies.

The Minister of Higher Education, Science and Innovation, Dr Blade Nzimande, says government is firmly committed to providing fee-free higher education support to students from working and poor backgrounds, while putting a mechanism in place to support students from the 'missing middle' income bracket.

He adds the department and universities have agreed that fee increases for 2021 will be affordable but will still ensure universities remain sustainable.

NSFAS shortfall addressed

A shortfall in funding for the National Student Financial Aid Scheme (NSFAS) for 2021 meant NSFAS was unable to communicate funding decisions to institutions and students entering public



universities for the first time. The Minister says funding has been reprioritised from the Department of Higher Education and Training's (DHET)

budget to ensure all deserving NSFAS-qualifying students receive funding support for 2021.

"NSFAS will be able to re-

lease funding decisions, and the registration process at public universities can continue as planned.

"No NSFAS-qualifying stu-

dents have been affected by these delays, as universities had agreed to extend the registration period to ensure that students without funding decisions would not be prevented from accessing a place that they qualify for."

He explains that NSFAS is working hard to finalise appeals so that students are not prevented from registering in time, and continuing students who meet the qualifying criteria have already been allowed to register.

NSFAS funding is provided primarily for students completing a first undergraduate qualification.

"In the past, NSFAS provided funding for some limited second qualifications in key areas. Students who are already funded on these programmes will be able to continue as long as they meet the academic criteria," says the Minister.

However, there is no funding available for new entrants on second or postgraduate qualifications.

"We will engage further

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Baholi bendzabuko bamcoka emitameni yetfu yekululama

Kuletinyanga leti-
mbalwa letengcile,
kudzingeke ku-
tsi sivalalise kabuhlungu
emakhosi endzabuko lama-
bili lahlonipheke kakhulu
eveni letfu.

Sive semaZulu sisandza
kufihla Lohloniphekile Ka-
khulu Inkhosi Goodwill
Zwelithini ka Bhekuzulu
lobuse sigamu seminyaka
lelikhulu. NgaBhimbidvwa-
ne, sive semaPedi sifihle
Kgoshikgolo Thulare Thulare
III, lokhotse anesikhatsi
lesingaphansi kwemnyaka
abekwe esihlalweni.

Ngekushona kwabo, si-
lahlekelwe bantfu labahamba
embili ekulondvoloteni tintfo
letimagugu etfu, nebantfu la-
bahlonishwako labanakekela
bavikele imilandvo yebantfu
babo labahlukahlukene.

Ngalokufanako futsi, beba-
bantfu labamcoka labatfutfu-
kisa tindzawo tasemakhaya,
futsi batibophelele ekuchu-
bekiseni embili tindhlelo teku-
tfutukisa timo letibona-
kalako tebantfu babo.

Ngekungena kwentsandvo-
yelyentyenti ngemnyaka we-
1994, kwaba yintfo lecaliswa
embili nguhulumende lo-
musha kubuyisela sitfunti
nekwenta buholi bendzabuko
bube semtsetfweni buhambi-
sane nemitsetfo yendzabuko
nemihambo yayo futsi bu-
landzela Umtsetfosisekelo
weRiphabhulikhi.

Sikhungo sebuholi bendza-
bukosisachubekakudlalainzi-
ma lemcoka etimphilweni
tetinkhulungwane tebantfu
balo lonkhe live letfu, kakhulu
etindzaweni tasemaphan-
ndleni. Baholi bendzabuko
basekela baphindze bachu-
bekisele embili intfutukisa
emimangweni yabo.

Muva nje, ngibe nelitfuba
lekuba yincenye yenkhulu-
momphekiwano yekuvulwa

kweNdlu Yavelonkhe Yeba-
holi Bendzabuko, lebeyikha-
tsetekile ngetintfo tanyalo le-
tihamba embili letikhungetse
live letfu.

Intfo beyigcugcutela kakhulu
mayelana nalokucocisana
lokunemandla bekungukutsi
buholi bendzabuko buyasivi-
sisa kakhulu lesimo lesimati-
ma setemnotfo lesikhungetse
live letfu, futsi bufuna kuba
yincenye yekusombulula le-
tinsayeya letinyenti tekunga-
tfutuki ngalokufanele nete-
buphuya etindzaweni tabo.

Bengihlala ngisho kutsi
kululama kwemnotfo wetfu
emuva kwalobhubhane
weligciwane leKhorona
kufuneka kufake wonkhe
umuntfu, futsi kute umuntfu
lekufuneka ashiywe emuva.

Imphumelelo Yeluhlelo
Lwekululama Nelekwakha
Kabusha Umnotfo igcile
ekwakheni kusebentisana
lokunemandla hhayi ku-
phela emkhatsini kwahu-
lumende, kwabosoma-
bhizinisi netisebenti, kodvwa
nasemkhatsini kwebuholi
bendzabuko kanye nase
mkhatsini kwaletinye takhi-
wo temmango.

Intfo beyiloku ivela ku-
babambi lichaza ngalokuco-
cisana kwamuva nje beku-
kutsi abafuni kuhlala bacela
noma kutsi imimango yabo
ihlale ibuke hulumende kutsi
ayisite ngetetimali.

Bafuna kunikwa kwese-
kelwa lokudzingekako,
kuceceshwa kanye nesimo
lesenta tintfo tenteke kute
kuvunyelwe imimango ya-
semaphandleni kutsi ikhone
kutimela itentele tintfo.

Bafuna kucedza lomehluko
lokhona etindzaweni tase-
madolobheni netasemaphan-
ndleni wekufinyelela kuti-
nsita tahlumende nakuti-
nsita temkhakha wangasese.

Lebafisa kukubona kutsi



tindzawo tasemaphandleni
tibe tikhungo temisebenti
yetemnotfo, yetimboni neye-
tematfuba emisebenti. Loku
kuyafana netifiso teMo-
deli Yekutfutukisa Tigodzi
(i-DDM), leyasungulwa
ngemnyaka we-2019.

Baholi bendzabuko base-
ndzaweni lekahle yekucini-
sekisa kutsi tindhlelo tesigodzi
tiyatiwa futsi tiphindze tiphe-
ndvule kutidzingo temma-
ngo tangemphele nekutsi
tikhomba imphilu yange-
mphele lephilwa etindza-
weni tasemaphandleni.

Njengoba i-DDM isekela
tindhlelo tendzawo letigcile
kutidzingo, emandleni
nekumatfuba etindzaweni
letitsite, baholi bendzabuko
basungule yabo indlela
yekutfutukisa umnotfo
wendzawo.

Basungule Luhlelo Lolu-
khulu Lwekusisa Etindza-
weni Tasemaphandleni (i-
InvestRural Masterplan), le-
latfulwa eNyakatfo Nshona-
langa kulenyanga leyengcile.
Kuyasigcugcutela kakhulu
kutsi baholi bendzabuko
bayalusekela loluhlelo futsi
bafuna kusebentisana neba-
phatsi bendzawo kucinise-

kisa kutsi luyaphumelela.

Ngalesikhatsi kubanjwe
inkhulumomphekiwano
Endlini Yavelonkhe Yebaholi
Bendzabuko kwahlongotwa
kutsi intfo lenkhulu lenga-
ngeta imphumelelo ye-
Luhlelo Lolukhulu Lweku-
sisa Etindzaweni Tasemaphan-
ndleni ngikutsi kuceceshwe
emacembu emmango endza-
buko, akhuliswe futsi anikwe
emakhono.

Babambi lichaza labanengi
bachaza tindhlelo tetemnotfo
lesevele tisezingeni lelisetulu
lekutfutukisa. Loku kufaka
imiklamo yetekulima kuya
kuluchwaningo lwemitsi
lesuselwa etilwaneni naseti-
tjalweni kuyofika kumnotfo
wemandla langapheli.

Lobekubonakala kutsi lesi-
khungo sebuholi bendzabuko
siyavisisa kutsi kwenta tintfo
ngebuchwephesha kumcoka
emabhizinisini asemaphan-
ndleni lafana nemabhizinisi
lamancane, lasemkhatsini
nalasafufusa nalanjengema-
khophorethivu kute abe yi-
ncenye yemnotfo lomkhulu.

Baholi bendzabuko lebe-
bakhuluma batfuba imibo-
nonchanti yabo 'yebukhosi
lobusatfutukisa', lobutibona

hhayi kuphela njengebantfu
labahlonishwako labanake-
kela emagugu kodvwa futsi
njengebantfu labachubekisa
embili kukhula kwetemnotfo
netenchubekela embili. Babo-
ne imiklamo lehlukahlukene
nematfuba etemnotfo la-
tawuvula ematfuba emise-
benti futsi atfutukise tindlela
tekutiphilisa etindzaweni
tasemakhaya.

Baholi bendzabuko baphi-
ndze bavakalisa sifiso sabo
sekuba yincenye lenkhulu
yalenchubo yetingucuko
temhlaba. Kusuka ngemnya-
ka we-2018, baholi bendza-
buko babeke eceleni umhlaba
longatfolakala locishe ube
mahektha la-1 500 000 we-
kuhlalisa bantfu longatfu-
tfukiswa, futsi kunelitsembe
lekutsi lelinani litawukhula
esikhatsini lesitako.

Kute sisungule indlela-
lisu lehlekile nalesimeme,
sivumelene kutsi sibambe
iNgcungcutsela Yelitsimba
Lamengameli Letemhlaba ku-
lomnyaka lotako. Kule ngcu-
ngcutsela kutawucocisana
ngetintfo letimcoka letimaye-
lana netingucuko temhlaba
nemitselela yato kutemhlaba
yekuhlalisa ummango, leli-
nyenti lawo lisetindzaweni
tasemaphandleni.

Lomoya walenkhumo-
mphekiwano lebeyibanjwe
Endlini Yavelonkhe bewu-
dzingakala kute kubukwe
simo lapho khona kulu-
lama kwemnotfo kucaliswa
embili kunaletinye tintfo.
Ngaso leso sikhatsi kube
nenkhomba leletsa litsembe
lekutsi baholi bendzabuko
bayawutfokotela umsebenti
wabo wekuba yincenye
yemitamo yavelonkhe ye-
kululama ngekwenta tintfo
tenteke futsi nangemicondvo
yabo lemisha.

Umlandvo lomkhulu lofa-
nele baholi labakhulu ngi-
kutsi tindhlelo tentfutukisa
labatihlanyelako ngesikhatsi
sabo sekuphatsa tikhula tibe
tihlahla letikhulu kakhulu
letivikela tiphindze tinike
umtfunti kumimango naku-
titukulwane tayo.

Njengoba sisebenta ngeku-
bambisana kwakha kabusha
umnotfo wetfu, sitawuchu-
beka kutsembela ekwese-
kelweni tikhungo tebuholi
bendzabuko, njengoba tiyi-
ncenye lemangalisako yesi-
khatsi setfu lesengcile, sanya-
lo nalesitako. **U**

Get help for your child

IT'S NOT ONLY ADULTS who suffer from depression, children can experience it too.

Silusapho Nyanda

Parents with depressed children must not despair. While depression is a serious mental health condition, it is curable with the right treatment.

The mood disorder may cause distress and is indicated by a persistent feeling of sadness or a loss of interest in life that leads to behavioural and physical symptoms.

According to clinical psychologist Dr Marcia Zikhali from the Gauteng Department of Social Development, it is normal to feel sad sometimes.

Depression is when one feels sad most of the time, which can lead to suicidal thoughts.

"Depression can be triggered by a medical illness, stressful or traumatic events, substance use or the loss of an important person," she says.

It affects adults and children differently. While a child will often withdraw from the adults in their life, they continue to socialise with their close friends.

A depressed teenager may experience changes in sleeping patterns and will, at times, express their feelings through anger and irritability.

"Although some children may continue to do reasonably well in structured environments, most children with significant depression will show a noticeable change in social activities, a loss of interest in school, poor academic performance or a change in



appearance.

"Children may also start using drugs or alcohol, especially if they are over the age of 12," says Dr Zikhali.

There are many signs of depression in children, some of which are:

- Irritability, tantrums or excessive aggression or anger.
- Self-isolation.
- Decreased interest in

favourite activities.

- Low self-esteem.
- Changes in appetite.
- Difficulty concentrating.
- Low energy levels.
- Feelings of worthlessness or guilt.

Parents can help their children by talking to them about what is happening in their life.

"Establish open communication before there are any

concerns. Then, if concerns arise, they will be comfortable talking to you about what's going on.

"Young children often have difficulty putting feelings into words and may feel ashamed or embarrassed about depression. Parents should convey their concerns and ask questions in a loving, supportive way," says Dr Zikhali. **V**

Parents can seek help from a mental health professional, who can determine the best treatment for the child. Contact your local clinic or hospital or the South African Depression and Anxiety Group at **0800 456 789** or send a WhatsApp to **076 882 2775**. For suicide emergencies, call **0800 567 567**.

Sita Usindzise Timphilo

Allison Cooper

Inhlangano i-Sunflower Fund icela bantfu base-Ningizimu Afrika kutsi bakhulise lokwehlukahlukana ngebuhlanga kwisilondvoloti sayo sekunikela ngemahlumela eseli yengati kute kusindziswe timphilo tebantfwana.

Ngekusho kwaPalesa Mokomele, loyinhloko yetekutsengisa nekuchumana ye-Sunflower Fund, tinkhulungwane tetigulane tiyacilongwa njalo ngemnyaka kutfolakale kutsi tinetifo letimayelana nengati.

Esikhatsini lesengcile, lokucilongwa loku bekuvamise kubanga kufa. Namuhla, kufakwa kabusha kwemahlumela eseli yengati kungabamandla ekulapha lokungavikela imphilo njengoba kususwa emahlumela emaseli engati langasabenti kahle avalwe ngulamasha lane-mphilo.

Ngalokudzabukisako, linyenti lelingahle lizuze ngalokunyangwa alikutfoli kulashwa lelikudzingako ngoba kulikhuni kutfola lotawunikela ngeluhlobo lolufanako lwe-sicu semtimba.

"Tigulane letingasibo bantfu labamhlophe atinamatfubanele ngenca yekuba nelinani leliphasi lebantfu labanikelako labakulamacembu emmango webantfu labamnyama, labamakhaladzi nalabaMandiya," kusho Mokomele.

Litfuba lekuphila lesibili

Umhlaba waZyaan Makda (19) wamfulatsela ngalesikhat-si acilongwa kutfolakala kutsi uphetfwe yi-heterozygote haemoglobinopathy lekugugula kwengati lokunebungoti emphilweni nalokungalapheki, ngemnyaka we-2007.

Litfuba lelikahle kakhulu lekusindza ngikutsi atfole lotawunikela ngemahlumela eseli yengati, kodvwa akaka-



Imphilo kaZyaan Makda igucukile sibonga usito alutfolakumnikeli.

tfolakali lonalafana newakhe. Ngenca yaloko, kufuneka ahlale afakwa ingati njalo emavikini lamabili.

"Lemitsambo lesesandleni sami yafa ngakoke kwadzingeka kutsi ngifake liphayiphi lekufaka ingati esifubeni sami. Futsi bengivamise kuhlala nginekukhatsala, kwadzingeka kutsi ngikhishwe inyongo nematje ayo futsi bengine-nkinga yekungasebenti kahle kwagilo wami. Bengihlala ngingekho esikolweni ngenca yekugula futsi bengingakhoni kubamba lichaza kutemidlalo. Kucitsa sikhatsi lesinyenti ngisesibhedlela bekumatima," usho njalo.

Kugula kwaMakda kwaphindze kwabanga kutsi angakhoni kukhumbula tintfo futsi bekanekuculeka ngaloko kwadzingeka kutsi ayekele sikolo iminyaka lemitsatfu. Nanoma kunaletinsayeya, bekahlala anelitsemba. Ekugcineni Makda wamtfo-la umuntfu lotamnikelela, kodvwa indlela yakhe leya ekuphileni beyisasekudzeni. Kwadzingeka kutsi ayohli-ndvwa enhloko kususwe sibati lesisebucopheni.

"Nyalo sekwengece iminyaka lemitsatfu ngafakwa lihlumela leseli yengati futsi ngiphila imphilo bengingacabangi kutsi ngingayiphila, ngibonga

Umjalimani wami lowanginikelela ngalesento sakhe sebuntfu nesekuba nemusa kimi."

Bani litsemba lemuntfu lotsite

Naledi Senamela (14) wahlolwa kwatfolakala kutsi ugulwa yi-leukaemia (umdlavute wengati) ngeNkwekhwet 2020. Naye uhlangana naletinye tigulane letidzinga longanikela lonengati lefana neyakhe.

"Kusukela ngatfola lokugula, angisebenti kahle esikolweni. Angikhoni kubamba lichaza kutemidlalo nekwenta tintfo bengivamise kutitsandza," kusho Senamela, loneliphupho lekuba ngudokotela.

Labanikelako labanesifiso labasemkhatsini kweminyaka le-18 nale-55 bangasita Senamela nalabanye lebanyenti labadzinga longanikela ngekubhalisa kuwebhusayithi ye-Sunflower Fund.

Konkhe lokudzingekako yi-cotton swab kuphela kanye nemizuzu lemincane yesikhatsi sakho. Vele ucele ikhithi yakho ye-swab ku-Sunflower Fund ngekuvakashela www.sunflowerfund.org noma ushaye-0800 12 10 82. **V**