

Vuk'uzenzele

**JOBS
INSIDE**

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English/isiNdebele

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Gogos' vaccine joy



■ **Nomamelika Philiso (119)** is all smiles after receiving the COVID-19 vaccine.



■ **Chithekile Hlabisa (101)** has already beaten COVID-19 once and has ensured she is protected from the virus by having the vaccine.

More Matshediso and Ndyabo Kopo

Phase 2 of South Africa's mass vaccination programme is reaching the elderly across the country, at vaccination sites and in their homes.

Recently, 119-year-old Nomamelika Philiso of Mandleni village in KwaBhaca in the Eastern Cape received her first dose of the Pfizer vaccine.

Community health workers visited Philiso's home during a door-to-door campaign to register those who are over 60 years of age on the Electronic Vaccination Data System (EVDS).

They registered Philiso on the EVDS and not long after she was vaccinated at her home by senior health professional Thobeka Ludidi from Madzikane KaZulu Hospital.

Ludidi first screened Philiso before administering the vaccine.

Happy and grateful

Philiso expressed gratitude to government for ensuring that she benefited from the vaccination programme.

"I am short of words. I am just happy and grateful," she says.

While Philiso's husband passed away in 1964 and eight of her nine children have also passed away, she is looking forward to spending time with her grandchildren and great grandchildren.

Another recently vaccinated gogo is 101-year-old Chithekile Hlabisa from Mzingazi in Richards Bay.

She received the first dose of the vaccine at Ngwelezana Hospital.

Hlabisa is extremely grateful to have received the vaccine as she spent four weeks in hospital due to the Coronavirus Disease (COVID-19) earlier this year.

Having battled with a heart condition for most of her life, she says it was only by God's grace that she survived. Unfortunately, one of

her daughters succumbed to the disease.

Waiting patiently

Chithekile encourages other senior citizens to take the jab.

"I have been waiting patiently for the vaccine. Having survived COVID-19 and being hospitalised for this virus can be a scary episode.

"I was happy to hear that now we are vaccinating. All people my age and younger than me should take the vaccination as soon as possible."

While she admits she was initially afraid, Hlabisa says receiving more information about the vaccine put her mind at ease.

Pulling out all the stops

Efforts are being made by various sectors to ensure that as many people over the age of 60 as possible register on the EVDS.

Pension payout points, where thousands of the elderly queue for their

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Ilutjha Ligugu Lethu Elikhulu Kunawo Woke

Ngomhla we-16 kuMgwenweni 1976, ilutjha leSoweto begodu nakezinye iindawo zelizwe lekhethu lasikimela phezulu lalwisana nobumbi behlelo yefundo ebeyikhethiselwe isitjhaba esinzima elalibizwa nge-Bantu Education.

Ngelangelo nemalangenani alandelako, abantu abanengi baloba amaphilwabo, bafa ubujadajada. Babulawa mbuso obewunesihlungu obewuqalela phasi amaphilo wabantu abanzima begodu ebewubona kulula ukudumuza abentwana besikolo bembethe izembatho zesikolo bangakaphathi iinkhali.

Izehlakalwezi ziqinise imibono yamazwe ngamazwe bona kunesidingo sokujamelana nombuso webandlululo (i-Apartheid).

Abantu abatjha bebasolo badosa phambili emzabalazweni wokunzinzisa ihlalakuhle yabantu, kusukela ngomzabalazo owawulwisana ne-Latin America ngeminyaka yabo-1950, bewafika e-Afrika zombebele ngeminyaka yabo-1960.

Umlando ngokuthembeka uveza ukuzinikela kwe-sizukulwana somnyaka we-1976 embuthweni wabafundi wephasi zombebele nangokujamelana kwawo negandelelo nokungabi nobulungiswa.

Isehlakalo lesi seminyakeni edlulileko ema-45 siragela phambili ngokukhunjulwa enarhakazini ye-Afrika begodu nephasini loke zombebele.

Ngakho-ke kuyadani ukobana ilwazi ngelanga lomhla we-16 kuMgwenweni lincipha hlangana

nelutjha leSewula Afrika. Lokhu kudlange khulu hlangana nelutjha elaziwa ngokuthi yi-Generation Z nofana abantu abatjha ababelethwe kusukela ngomnyaka we-1997 ukuya kwee-2015.

I-South African Social Attitudes Survey yango-2019/2020 egadangiswe mKhandlu wezeRhuhlululo lezeSayensi yabaNtu (i-HSRC) ithole bona pheze ama-40% we-Generation Z khenge khebezwe ngezehlakalo zomlando ka-June 16. Abamaphesende afanako khebezwa ngazo kodwana bazi okuncani khulu ukuya ekungazini litho ngazo.

Nanyana kunjalo, iimfundo zithole bona abantu abatjha balesi sizukulwana bazimisele ngokufunda ngezehlakalo zomlando eziqakathekileko begodu bayakholelwa ekuqakathekeni kwazo ukuya phambili.

Kutlhogeka bona senze likhulu sililizwe ukuqinisekisa bona umlayezo ka-1976 udluliselwa elutjheni ngokuthembekileko.

Lokhu kumsebenzi karhulumente, iinkolo, amaziko wefundo ephakemeko, ababelethi, abavumi ngitjho nomphakathi woke.

Isizukulwana esibelethwe ngemva kobana i-Apartheid iphele sizuze ilizwe elinomThethosisekeko wentanto yenengi begodu lapha amalungelo avikeleke khona.

Amathuba atholwa lilutjha labantu abanzima namhlanje ahlukelwe khulu kwamambala begodu sekangcono khulu.

Ukugcina indaba yomhla ka-16 kuMgwenweni isikhumbuzo esizukulwaneni sanamhlanje ngokuzidela



okukhulu okwaphephisa ikululeko yabo.

Ilanga labantu abatjha sikhumbuzo ngamandla amakhulu begodu nango-msebenzi ekufanele bawenze ukwakha ikusasa elingcono ekungelabo.

Iintjhiyilo zabantu abatjha beSewula Afrika namhlanje zinengi. Abantu abatjha bahlala badosa phambili emzabalazweni, akukhethi bona bafuna ifundo yasimahla nofana balwisana nokumbi okwenzakala emphakathini okufana nokuhlunguphazwa ngokobulili.

Namhlanje umzabalazo abantu abatjha abaqalene nawo kulwisana nokukhuphuka kwamazinga wokungatholi imisebenzi solo kwehla ingogwana ye-COVID-19.

Ukuvulela abantu abatjha amathuba amanengi, begodu nokufinyelela kwelutjha emathubeni la kuyinto eliqalontanzi likarhulumente.

Koke esikwenzako singurhulumente kusiza ekuqinisekiseni amaphilo wabantu abatjha. Ukuqalana nomraro wokungasebenzi kwelutjha kufuna bona kube nokukhula okumsinya kwezomnotho, khulukhulu imikhakha yezabasebenzi,

begodu nekwakheni ikghono lombuso ukufeza indima yawo yokuthuthuka.

Sisaraga ngehlelo ngokungenelela kilokhu okuhlosiweko. Lokhu kufaka hlangana iHlelo likaMengameli lokuSungulela iLutjha imiSebenzi, elilethe amathuba wemisebenzi begodu nokusekelwa kwamaphilo wabantu abatjha.

Sethule amagadango amanengi angezelelweko wokuvula amathuba, ukuthuthukisa amakhono, ukusekela abosorhwebo abasakhasako begodu ukunikela ithuba lokuzibandakanya kwabantu abatjha kezomotho.

Lokhu kufaka hlangana ukusungulwa kwe-National Pathway Management Network, yelutjha leSewula Afrika, ukwenza bona izinto zibe lula ukuze abantu abatjha babone begodu bafinyelele emathubeni nekusekelweni ukuze bathole iindlela zokungena kumakethe yezabasebenzi.

Lokhu kuhlangana namaqalontanzi wokuthoma weHlelo likaMengameli lokuSungulela iLutjha imiSebenzi, asungulwa eemvekeni ezingaphambili kobana singene ekuqintelisweni kwamakhombo neminye

imisebenzi elizweni loke unyaka odlulileko begodu okwanje sekuzokusebenza ngokuzeleko.

IHlelo likaMengameli lokuSungulela iLutjha imiSebenzi lakhiwa ngokuzwisisa bona ukwethula ikinga yokungasebenzi kwelutjha kufuna ukucabanga okutjha begodu nokubambisana okuqinileko emphakathini.

Ihloso ekulu kuthola amamodeli asebenzako, nanoma ngabe kusekuthuthukiseni amakhono nofana kumakethe yezabasebenzi, begodu nokumeda lokhu msinyazana ukufinyelela abantu abatjha abanengi.

Okuqakatheke khulu kuthi, kuyabonakalisa bona abantu abatjha kufanele babekhona ekulingeni ukuthuthukisa ukusebenza kwelutjha. Abantu abatjha baligugu lethu elikhulu, begodu sikhali sethu esikhulu epini esikiyo le.

Siyazikhakhazisa ngokuqina komuntu omutjha ngamunye odlala indima yakhe ekwakheni begodu ekuthuthukiseni ilizwe lekhethu.

Bababantu abatjha abazinkelako emiphakathini yethu, ekwakheni ilizwe lethu ngeHlelo lokuSungulela iLutjha imiSebenzi, ukuraga amahwebo wabo begodu nokufunda ukuze babe babantu abaphila ngcono.

Bababantu abatjha abakha iindlela zabo begodu badosa phambili imindeni yabo kanye nabo.

Siyazikhakhazisa ngabantu abatjha abasolo basebenzela ukuthuthukisa ipilo yabo. Abantu abatjha balima yabo indima, batlhoga urhulumente begodu nomphakathi woke nokulima yethu indima.

Ilizwe lekhethu lihlangabezene neenkxhathi ezibudisi khulu, kodwana sisebenza imihla yoke ukubuyisa ithuba.

Sibona amatshwayo amahle wokukhula komnotho begodu sinesiqiniseko sokobana lokhu kuzokutjhu-guluka kulethe amathuba angcono kibo boke abantu. Okwanje umsebenzi wethu ukuqinisekisa bona abantu abatjha bakulungele begodu bayakghona ukufinyelela amathuba la, begodu nokuzakhela wabo amathuba ekorweni yomnotho. **U**

Khandela Ukutjhiswa Mlilo Ebusika

Allison Cooper

Njengombana ubusika buza nesidingo sokufuna ukuzifuthumeza nje, lokho kukhuphula amazinga wobungozi bokulimala ngokutjha okubangelwa makhandlela, imililo, iintofu, iimfuthumezi ezinjengama-*heater* namanzi abilako.

“Isibalo sokulimala ngokutjha siyanda ngesikhathi sebusika begodu ababelethi nabatlhogomeli babentwana kumele batjheje ngokupheleleko ukuqinisekisa ukuphepha kwabo nekwabentwana babo”, kutjho uDorhodere u-Gary Dos Passos.

OyiKulu ye-Burns Unit esibhedlela i-Red Cross War Memorial Children’s Hospital (RCWMCH) begodu ulilunga labadosi phambili be-*Burn Society of South Africa*.

Njengombana imililo ethoma kungakahloseki ingeze yabalekelwa nje, ukulimala ngokutjha kungavinjwa ngokuqaphela, ngokutlho-

gomela kwabantu abadala begodu nangokuphepha.

“Ukutjha ngelangabi kukulimala okumbi khulu okunomphumela weembazi ezihlala nomuntu ipilwakhe yoke begodu nokuhlunguphazeka ngokomkhumbulo kibongazimbi nemindeni yabo,” kutjho uDorh Dos Passos.

Ungakuvikela Bunjani Ukutjha

Ukulimala ngokutjhiswa mlilo emakhaya kungavinjwa ngalindlela:

- Beka iinthoro zomlilo, ama-*lighter*, ama-*accelerants* (ipetroli nepharafeni), amakhandlela, igezi, namalampa wepharafeni begodu nama-*heater* kude nalapha abentwana bafikelela khona.
- Ungalahleli ama-*accelerants* ngaphakathi kwelangabi. Lokho kuyingozi khulu.
- Ungavumeli abentwana badlalele eduze nepharafeni nofana amalampa wegezi nofana ama-



Ukutjhiswa mlilo kubangela ukulimala okukhulu.

heater.

- Ungagugi umntwana usaphekile nofana ungasukeli abentwana bangakatjhejwa mumuntu ngephunyaneni/ ngekhwitjhini nofana eduze nalo.
- Qinisekisa bona iketlela ikude. Thengaiketlela engantambo nawukghonako.
- Ungagugi umgqomu ofuthumeza amanzi (*i-urn*) nofana iimpoto ezinama-nzi abilako eduze nabe-ntwana.

- Jikisa iimbambo zepoto uziqalise kude nangaphambili kwestofu.
- Beka amakhandlela ngaphakathi kwebhodlelo lerhalasi elinehlabathi ngaphakathi ukuze nakungenzeka awe awele ehlabathini bese ayacima.
- Ungacimi imililo ngehlabathi. Umtjhisu uhlala ehlabathini ama-iri ambalwa.
- Thoma uthele amanzi amakhaza ebhavini, ngemva

kwelokho uthele atjhisako. Zwelela amanzi wokuhlamba ngendololwana ngaphambi kokuwasebenzisa.

Nawungazithola utjhiswa mlilo, jama, ziphose phasi begodu ugedeke khona kuzakuqima ilangabi.

“Umtjhisu obuya emlilweni, emanzini atjhisako nofana ukutjha okubangelwe yigezi kuzokuragela phambili kutjhiswe inyama yangaphakathi ngemva kwesikathi kususiwe esikhumbeni.

“Jamisa ukutjha ngokuhlalisa isitho somzimba ebesejtjha ngenzasi kwepompi evulelweko yamanzi amakhaza imizuzu ematjhumu amabili. Ungasebenzisi irhwaba, amanzi anerhwaba, ibhodoro nofana into eyenziwe ngamafutha lapha utjhe khona,” kutjho uDorh Dos Passos. **U**

Ukuthola imininingwana ngokuvikela ukutjha, ngena kubunzinzolwazi obuthi-
www.childsafe.org.za

Good health by the cupful

THE PEBBLES PROJECT and UK-based tea company Twinings have teamed up help farmworkers stay healthy.

Allison Cooper

Tea farmworkers and their families, in remote parts of the Western Cape, now have access to healthcare closer to their homes, as a result of a mobile health service in the area.

The mobile clinic was launched by non-profit organisation, the Pebbles Project, and Twinings, a United Kingdom-based tea company, to support around 800 farmworkers and their families on a number of rooibos tea farms in Clanwilliam and Citrusdal.

The mobile clinic conducts wellness screenings and provides routine health check-ups, primary healthcare support and over-the-counter



Rooibos tea farmworker Johanna Beukes with Sister Lenay Zimri, who runs the new mobile health service.

health products.

It will also conduct health and wellness workshops on topics such as family planning, maternal health, hygiene, TB, HIV/AIDS, substance abuse and lifestyle diseases.

Sophia Warner, the Chief

Executive Officer of the Pebbles Project, says a lack of access to quality healthcare poses a major challenge for those working and living in farming communities in remote areas where Twinings sources rooibos tea.

“Many farmworkers do not

receive regular health check-ups or the medical attention or information they need in time, and consequently suffer risks of more serious health conditions that could have been prevented if treated earlier.”

A lack of information also

contributes to health challenges which impacts the farmworkers' ability to work and care for their families.

“The goal of the project is to enable rooibos tea farmworkers to take control of their health and receive the medical support they need,” says Warner.

Albert Smit, from a farm in Jakkalvlei, says the farmworkers are grateful. “We are so happy... As a result of the service, we have less staff having to visit the local clinic and less absenteeism at work,” he adds.

The Pebbles Project’s partnership with Twinings is part of the company’s responsible sourcing programme called Sourced with Care.

Céline Gilart, the Head of Social Impact for Twinings, says Sourced with Care ensures that the company sources responsibly, but also acts as a force for good to improve the quality of life in communities from which it sources. **U**