

# Vuk'uzenzele

**JOBS  
INSIDE**

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English/Sesotho

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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

**P**hase 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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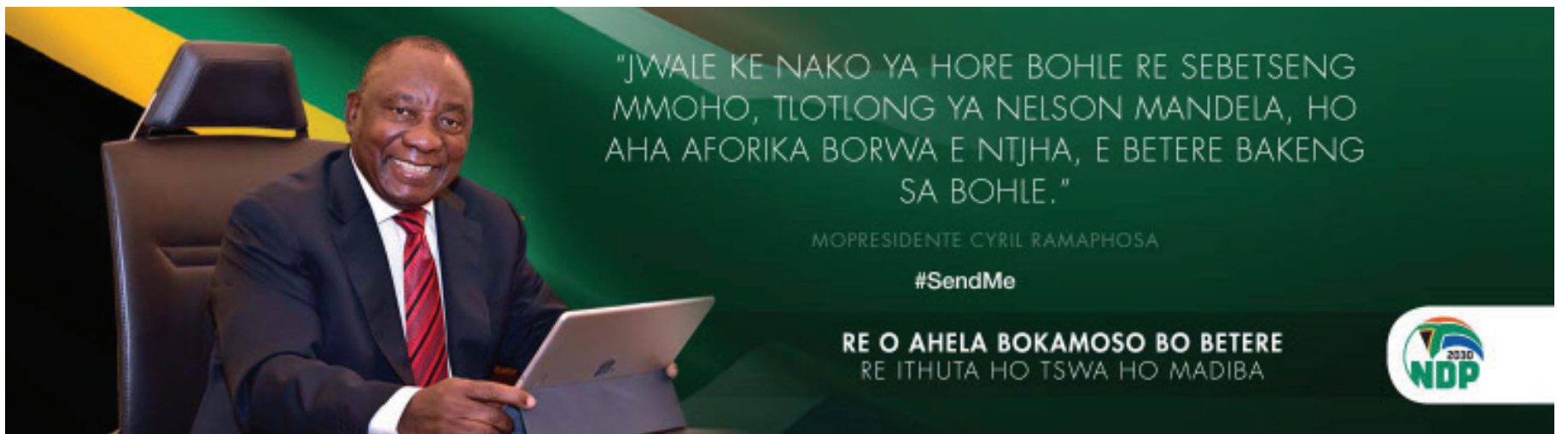
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# Batjha ba bohlokwa haholo ho rona

**K**a la 16 Phupjane 1976, batjha ba Soweto le ba dikarolo tse ding tsa naha ba ile ba tsohela matla bo kgopo bo neng bo amana le thuto e neng ereretswe batho ba batsho.

Letsatsing leo le matsatsing a latelang batho ba bangata ba ile ba timela. Ba bolawa ke mmuso o kgopo o neng o sa kgathalle maphelo a batho ba batsho mme o sa qeaqee ho thunya barutwana ba sa hlomelang ba apereng yuni-fomo.

Diketsahalo tsena di ile tsa baka hore dinaha tsa matjhaba di be le kgalefo kgahlano le mmuso wa kgethollo mme tsa matlafatsa le ntwā ya tokoloho.

Batjha esale ba itlhomme pele boipelaetsong ba batho, ho tloha boipelaetsong kgahlano le bokgehlepeti dinaheng tsa Latin America ho ella mafelong a bo 1950, le mehwantong ya boipelaetso ho phatlalla le Afrika ho ella mafelong a bo 1960.

Seabo sa moloko wa 1976 boipelaetsong ba baithuti bo-emong ba matjhaba le ntwā ya bona kgahlano le kgethollo le tlhokeho ya toka di ke ke tsa lebalwa.

Ketsahalo ena ya bohlokwa ya dilemong tse 45 tse fetileng e ntse e hopolwa Afrika le lefatsheng.

Ka hona ho a swabisa ho bona letsatsi la la 16 Phupjane le ntse le lebalwa batjheng ba Afrika Borwa. Sena se jele setsi batjheng ba *Generation Z* e leng ba hlalileng pakeng tsa 1997 le 2005.

Lekgotla la Diphuputso tsa

Mahlale a Batho le phatlaladitse Diphuputso tsa Maikutlo a Setjhaba Afrika Borwa tsa 2019/2020 tse fumaneng hore batjha ba batlang ba etsa 40% ba *Generation Z* ha ba tsebe letho ka diketsahalo tsa la 16 Phupjane. Ba bang ba ballwang persenteng eo ba utlwile ka letsatsi lena empa ba tseba hanyenyane kapa ha ba tsebe letho ka lona.

Leha ho le jwalo phuputso ena e boetse e fumane hore batjha ba moloko ona ba na le thahasello ya ho ithuta ka diketsahalo tsa kgale tsa bohlokwa mme ba dumela hore di molemo.

Re lokela ho sebetsa ka matla re le naha ho netefatsa hore molaetsa wa 1976 o fetiswa hantle.

Bona ke boikarabelo ba bohle ho kenyeletsa mmuso, dikolo, ditheo tsa thuto e phahameng, batswadi, malapa, dibini, ba tsa bonono, le setjhaba ka kakaretso.

Moloko o hlalileng kamora ho putlama ha mmuso wa kgethollo o tswaletswe naheng e nang le Molao wa Motheo wa demokrasi le moo bolokolohi bo sireletswang.

Menyetla eo batjha ba kajeno ba nang le yona e fapane haholo ha e bapiswa le ya ba kgale.

Ho bua ka letsatsi la la 16 Phupjane ke sehopotso ho batjha ba kajeno, sa sehlabelo se seholo seo ba intshitseng sona molemong wa tokoloho.

Letsatsi la Batjha ke sehopotso se matla ho batjha le hore ba lokela ho nka bohato ho ipetlela bokamoso bo botle.

A mangata mathata a batjha



ba Afrika Borwa kajeno.

Batjha esale ba itlhomme pele matsholong a ho tseka thuto e sa lefellweng, le kgahlano le mathata a setjhabeng a kang dikgoka haholoholo kgahlano le basadi le banana.

Ntwā eo batjha ba e lwanang kajeno e kgahlano le tlhokeho ya mosebetsi, e mpefadi-tsweng ke sewa sa COVID-19.

Mosebetsi wa bohlokwa wa mmuso ke ho bulela batjha menyetla le ho netefatsa hore ba a e fihlella.

Sepheo ka tsohle tseo re di etsang re le mmuso ke ho kenya letsoho ntlafatsong ya maphelo a batjha. Ntwā kgahlano le tlhokeho ya mosebetsi batjheng e hloka hore ho potlakiswe kgolo ya mosebetsi, haholoholo makaleng a hlohang basebetsi ba bangata, ho ahwe bokgoni ba mmuso ba ho phethahatsa mosebetsi wa ona wa ho hodisa moruo le ho lwantsha bofuma.

Re tsamaisa leano lena ka matsholo a kgethehileng. A kenyeletsa letsholo la mmuso la Presidential Employment Stimulus le nehang batho menyetla ya mosebetsi le le thusang batjha ba bangata ho iphedisa.

Re thakgotse mehato e meng e mengata ya ho theha menyetla, ya ho ntlafatsa ntshetsopele ya tsebo ya mosebetsi, ya ho tshehetsa beng ba dikgwebo ba banyenyane le ho thusa batjha ho kena moruong ka botlalo.

Sena se kenyeletsa ho thehwa ha *National Pathway Management Network, SA Youth*, ho thusa batjha ho bona le ho fihlella menyetla le ho fumana tshehetso le ho kgona ho kena mosebetsing.

Tsena ke tse ding tse behilweng pele ke *Presidential Youth Employment Intervention*, e thakgotsweng dibeke pele ho kwalwa ditshebeletso naheng ngwahola, eo jwale e kenang tshebetsong ka ho phethahala.

*Presidential Youth Employment Intervention* e thehilwe ho utlwisiswa hore ho lwantshwaha bothata ba tlhokeho ya mosebetsi batjheng ho hloka mawa a matjha le tshebedisano pakeng tsa bohle setjhabeng.

Maikemisetsa a ka sehloohong ka lenaneo lena ke ho sibolla mekgwa e sebetlang hantle, ntshetsopeleng ya tsebo ya mosebetsi kapa maanong adibakeng tsa mosebetsi, le ho hlophisa tsena

ka potlako hore di finyelle batjheng ba bangata kamoo ho ka kgonehang kateng.

Sa bohlokwa haholo ke hore ka lenaneo lena ho dumelwa hore batjha ba lokela ho ba pele matsapeng afe kapa afe a ho matlafatsa khiri ya bona.

Batjha ba bohlokwahlokwahloka ho rona, mmeke sebetsa se seholo sa rona ntweng ena.

Re tlotla batjha ka ho bontsha sebete, le ka seabo sa bona kahong le ntshetsopeleng ya naha ena.

Ke batjha bao e leng baithaopi metseng ya rona, ba aha naha ena ka lenaneo la mmuso la *Presidential Employment Stimulus* la ho thusa batho ho iphedisa, ba tsamaisale dikgwebo tsa bona, ba boetse ba shebane le dithuto tsa bona ka sepheo sa ho ntlafatsa maphelo a bona.

Ke batjha ba ipetlelang tsela ya bona ba sa siye morao beng ka bona.

Re tlotla batjha ba rona ba ntseng ba sebeletsa ho ntshe-tsa pele maphelo a bona.

Batjha ba kenya letsoho temeng; ba hloka mmuso le setjhaba sohle ho kenya letsoho.

Naha ya rona e tobane le diphephetso tse matla, empa re sebetsa ka matla kamehla ho fa batho tshepo.

Ke bona mahlomela a kgolo moruong wa rona, mme re na le tshepo ya hore sena se tla lebisa menyetleng bakeng sa bohle. Mosebetsi wa rona jwale ke ho netefatsa hore batjha ba malala a laotswe mme ba kgona ho fihlella menyetla ena, ba iketsetse ya bona. **V**



# Thibela dikotsi tsa ho tjha mariheng ana

Allison Cooper

**M**ariha a baka hore batho ba batle ho iphuthumatsa, mme a boetse a atisa dikotsi tsa ho tjheswa ke dikerese, mello, ditofo, dihitara le metsi a belang.

"Dikotsi tsa ho tjha di ata haholo mariha mme batswadi le bahlakomedi ba bana ba lokela ho ba sedi haholo ho netefatsa hore bona le bana ba a bolokeha," ho bolela Ngaka Gary Dos Passos.

Ke Hlooho ya Yuniti ya Dikotsi tsa ho tjha Red Cross War Memorial Children's Hospital (RCWMCH) mme o boetse ke setho sa komiti ya phethahatso sa Burn Society of South Africa.

Leha dikotsi tse itlhahehang di sa lebellwa di etsahala, dikotsi tse ngata tsa ho tjha di ka thibelwa ka ho ba hlokolosi, ka tlhokomelo ya batho



■ Ho tjheswa ke mollo ho baka dikotsi tse mpe haholo.

ba baholo e nepahetseng le ka ho nka mehato ya polokeho.

"Mageba a mollo ke dikotsi tse mpe tse nang le ditlamorao tse matla mmeleng le maikutlong le bophelong ho mahlatsipa le beng ka ona," ho boletse Ngaka Dos Passos.

## Kamoo o ka qobang ho tjha kateng

Dikotsi tsa ho tjha di ka thibelwa ka lapeng. Ke tsena dikeletso:

- Netefatsa hore bana ha ba fihlelle dithutswana tsa mollo, dilaetara, petrole le

parafini, dikerese, kgase le mabone a parafini.

- Se ka tshela petrole le parafini mollong. Sena se kotsi haholo.
- Se dumelle bana ho bapalla haufi le mabone a parafini kapa a kgase kapa dihitara.
- Se ka sikara ngwana ha o phehile mme o se ka siya bana ba le bang ka kitjhi-ning kapa pela yona.
- Netefatsa hore bana ha ba fihlelle ketlele. Reka ketlele e se nang thapo ebang ho kgoneha.
- Seka atamela bana o tshwere emere ya ho bedisa metsi kapa pitsa tse nang le metsi a a belang.
- Fetola mehele ya pitsa hore e se shebe bokapeleng ba setofo
- Kenya kerese botlolong e tebileng ya kgalase e nang le lehlabathe tlase mane le tla etsa hore kerese e time ebang e ewa.

- Se ka tshela lehlabathe mollong. Motjheso o dula lehlabathe dihora.

- Tshela metsi a batang pele ka bateng, o latele ka a tjhesang. Utlwa motjheso wa metsi a bateng ka setswe pele.

Ebang o tswa kotsi ka lebaka la malakabe a mollo, itahlele fatshe o pitike, malakabe a tlo tima.

"Motjheso wa mollo, wa metsi a tjhesang kapa wa motlakase o tswela pele ho tjhesa letlalo leha motho a se a tlohile ho se mo tjhesang.

"Thibela ho tjha ka ho bulela metsi a pompo a batang a tshele karolo e tjheleng ya mmele metsotso e 20. Se ka sebedisa leqhwa, metsi a tswang sehatsetsing, botoro kapa sehlahiswa sefe kapa sefe se mafura leqebeng la ho tjha," ho bolela Ngaka Dos Passos.

Bakeng sa dikeletso tse ding tsa ho thibela dikotsi tsa ho tjha, kena ho [www.childsafe.org.za](http://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.

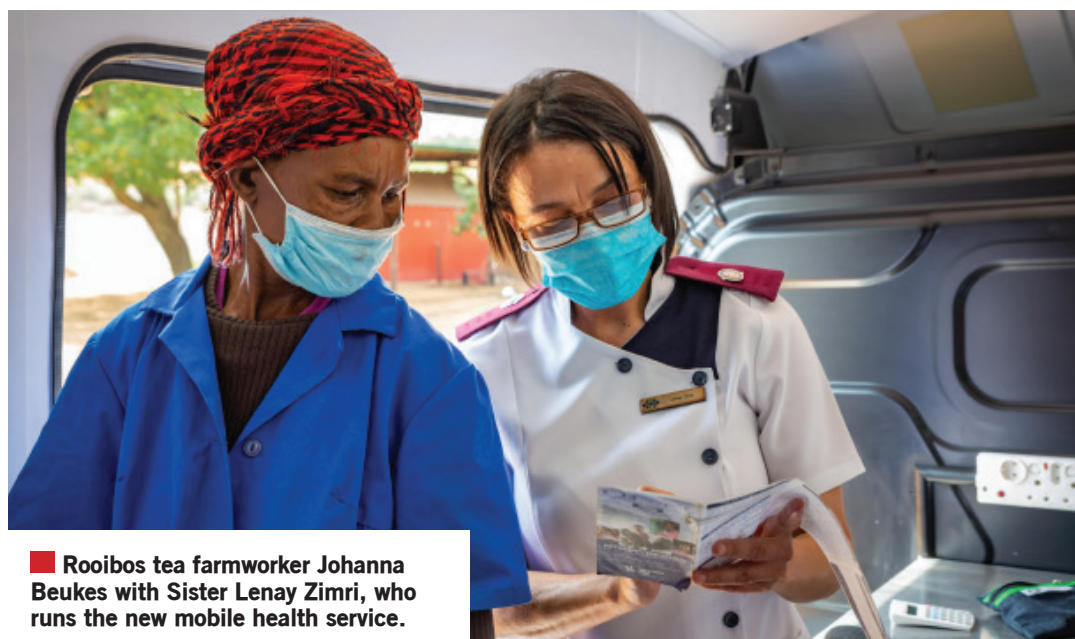
Allison Cooper

**T**ea 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 health products.

It will also conduct health



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

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 Peb-

bles 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.