

# Vuk'uzenzele

**JOBS  
INSIDE**

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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 Ndyebo 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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# Insha Iligugu Letfu Lelikhulu Kunawo Onkhe

**M**hla ti-16 iNhlabathi 1976, inshayaseSoweto naletinye tincenye telive yasukuma yaphikisana ne-bubi beMfundvo yeBantu Labamnyama (i-Bantu Education).

Ngalelo langa nasemalangenini lalandzelako, labaningi balahlekelwa miphefumulo yabo. Babulawa ngumbuso lonelunya lobewungenandzaba netimphilo talabamnyama futsi ungacabangi lutfo ngekuvulela ngenhlavu ebantfwaneni besikolo labangakahlomi, bagcoke nenyufomu.

Letigigaba tacinisa umbono wemave emhlaba ngekumelana nembuso welubandlululo yaphindze yaniketa umfutfo lowengetiwe emshikashikeni wenkhululeko.

Ebantfu labasha bebasolo baphambili emibhikishweni lelwa nekuba ngundlovu ayiphikiswa eLatin America ngasekupheleni kweminyaka yabo-1950, kuya emibhikishweni e-Afrika yonkhe ngasekupheleni kweminyaka yabo-1960.

Umlandvo ubhalwe ngekutsembeka kwekubanjwa kwelichaza situkulwane sango-1976 enhlanganweni yebafundzi yemave emhlaba kanye nesincumo saso sokungamelelani nelucindzetelo nekungabi nebulungiswa.

Lengcophamlandvo yesigigaba leyenteka eminyakeni lenge-45 lendlulile iyachubeka nekubungatwa e-Afrika yonkhe nasemhlabeni wonkhe.

Ngakoke kuyatsikameta kutsi lwati lwange-16

iNhlabathi luyancipha kulabasha baseNingizimu Afrika. Loku kunjalo ikakhulukati kulabo lababitwa nge-Generation Z, kumbe bantfu labasha labatelwe phakatsi kwa-1997 na-2015.

Luhlolo lwe-South African Social Attitudes lolukhishwe yi-Human Science Research Council lwa-2019/2020 lwatfolo kutsi cishe emaphesenti lange-40 e-Generation Z awakeva ngemlandvo wetigigaba tange-16 iNhlabathi. Emaphesenti lafanako avile ngato kodvwa anelwati loluncane kumbe awati lutfo ngaloko.

Noma kunjalo, luhlolo luphindze lwatfolo kutsi bantfu labasha balesitukulwane bavulekile kutsi bafundze ngetigigaba temlandvo letibalulekile futsi bakholelwa ekuchubekeni kwekubaluleka kwato.

Sidzinga kwenta lokuningi njengelive kute sicinisekise kutsi lomlayeto wa-1976 undluliswa ngekweciniso.

Loku ngumsebenti lohlanganyelwe nguhulumende, tikolo, tikhungo temfundvo lephakeme, batali, imindeni, baculi, labanetiphiwo letitsite kanye nawo wonkhe umphakatsi.

Situkulwane lesitelwe ngemuva kwekuphela kwe-lubandlululo sizuze live lelineMtsetfosisekelo wentsandvo yelinyenti kanye nalapho inkhululeko lesisekelo ivikeleke khona.

Ematfuba bantfu labasha labamnyama labanawo namuhla ahlukahlukene kakhulu futsi atfutfukiswe kakhulu.

Kugcina indzaba yange-16



iNhlabathi iphila kusikhumbuto esitukulwaneni sanamuhla sekutidzela lokukhulu lokwentiwe kuvikela inkhululeko yabo.

Lusuku Lwelusha lusikhumbuto semandla lama-khulu futsi luyi- ejensi bantfu labasha labanayo yekutsi batakhele likusasa lelincono.

Imishikashika yebantfu labasha eNingizimu Afrika namuhla miningi kakhulu. Bantfu labasha bahleti phambili emishikashikeni, noma yekufuna imfundvo yamahhala kumbe lemeleni ne-bubi bemphakatsi njengeldlame lolubhekiswe kubulili lobutsite.

Namuhla umshikashika lomkhulu bantfu labasha labalwa nawo kuswelakala kwemisebenti, lokube kubi kakhulu ngaphasi kwelubhubhane lwe-COVID-19.

Kwakhela bantfu labasha ematfuba lamaningi, nekufinyelela kulawo matfuba, yintfo lephambili kuhulumende.

Konkhe lesikwentako njengahulumende kunelichaza ekutfutfukiseni timphilo tebantfu labasha. Kubukana nekungasebenti kwalabasha kudzinga kutsi kuphangiswe kukhuliswa kwemnotfo, ika-

khulukati emikhakheni ledzinga basebenti labaningi, kanye nekwakha emandla embuso ekufeza indzima yawo yentfutfuko.

Sibuye sichube loluhlelo ngekungenelela lokuhlosiwe. Loku kufaka ekhatsi luHlelo lwaMengameli Lwekuvula Ematfuba Emisebenti, lesivule ematfuba emisebenti nekusekelwa kwemphilo yebantfu labasha labaningi.

Setfule luhla lwetinyatse-lo letengetiwe tekwakha ematfuba, kuchubekisa kutfutfukisa kwemakhono, kusekela bosomabhizinisi labasafufusa kanye nekusita bantfu labasha kutsi babambe lichaza emnotfweni.

Loku kufaka ekhatsi kusungulwa kwe-National Pathway Management Network, i-SA Youth, kuze kutsi kube lula ebantfwini labasha kubuka nekutfolo ematfuba kanye nekutfolo kusekelwa lokusebentako kokungena emakethe yebasebenti.

Loku nguletinye tetintfo letiphambili teluHlelo lwaMengameli Lwekuvula Ematfuba Emisebenti Kubantfu Labasha, loletfulwe kusasele emaviki lambalwa kutsi kungenwe emkhan-khasweni wekuvalwa kwa-

velonkhe kulomnyaka lo-phelele futsi lekungunyalo sewucala kusebenta ngalokugcwele.

LuHlelo lwaMengameli Lwekuvula Ematfuba Emisebenti Kubantfu Labasha lakhiwa ngekucondzisa kutsi kubukana nenkhangayekungasebenti kwalabasha kufuna kucabanga lokusha nekusebentisana lokucinile emphakatsini wonkhe.

Inhloso yayo lenkhulu kutfolo tindlela letisebentako, lokungaba kutfutfukiswa kwemakhono kumbe kutin-chubomgomo temakethe yebasebenti lesebentako, kanye nekutikala masinyane kute kufinyelelwe ebantfwini labasha ngebuningi.

Lokubaluleke kakhulu, ibuka kutsi bantfu labasha kumele bete embili kunoma kumuphi umzamo longatfutfukisa kucashwa kwelusha. Bantfu labasha baligugu letfu lelikhulu, futsi basikhalisetfu lesikhulu kulempi.


Sishayela wonkhe umuntfu lomusha indesheni ngekubambelela ekudlaleni indzima yakhe ekwakheni nasekutfutfukiseni lelive.

Bantfu labasha labavolontiyako emiphakatsini yetfu, bakha live letfu ngeluHlelo lwaMengameli Lwekuvula Ematfuba Emisebenti, bachuba emabhizinisi abo futsi bafundzela kutitfutfukisa bona ngekwabo.

Bantfu labasha labatakhelelabo indlela baphindze balitse nemindeni yabo kanye nabo.

Sishayela bantfu labasha indesheni labachubeka nekusebenta kuze batfutfukise timphilo tabo. Bantfu labasha badlala indzima yabo; badzinga hulumente, kanye nawo futsi umphakatsi wonkhe, sente kwetfu.

Live letfu lindlula etikhat-sini letimatima kakhulu, kodvwa sisebenta imihla yonkhe kutsi sinwebe imincele yelitsemba.

Sibona emahlumela laluhlata ekukhula emnotfweni wetfu, futsi sinekutetsemba kutsi loku kutogucuka kube matfuba lancono awonkhewonkhe. Umsebenti wetfu manje kucinisekisa kutsi bantfu labasha bakulungele futsi bayakwati kufinyelela kulamatfuba, baphindze bakhe newabo. 



# Vikela Kusha Kulobusika

Allison Cooper

**N**jengoba nje busika buta nesidzango sekutigcina ufutfumele, kuphindze kukhuphule netingoti tekulimala ngekushiswa ngemakhandlela, mililo, titofu, tifutfumeti nemanti labilako.

“Kulimala ngekusha kwandza kakhulu ebusika kantsi batali nebanakekeli kudzingeka kutsi bacaphele kakhulu kucinisekisa kuphepha kwabo nekwebantfwana babo,” kusho Dokotela Gary Dos Passos.

UyiNhloko yeNgceny Yalabashile esibhedlele i-Red Cross War Memorial Children's Hospital (i-RCWMCH) futsi ulilungu lelikomidi lelisetulu le-Burn Society of South Africa.

Nanoma mililo leyenteka ngengoti ingeke igwemeke, kulimala ngekusha lokuningi kungavinjelwa ngekugadza, kubhasobha kwalabadzala ngendlela lefanele kanye



nekulandzela tindlela tekuphepha.

“Tilondza tekusha ngelilangabi tikulimala lokukhubako emphilweni yonkhe lokunemiphumela lebonakalako emtimbeni nase ngcondvweni yebantfu labasindzile kanye nemindeni yabo,” kusho Dkt Dos Passos.

## Ungakuvikela njani kusha

Kulimala ngekusha kungavinjelwa ekhaya. Nawa lamanye emathiphu:

- Beka umetjiso, kwekulumeka, tivutsisi (iphe-

throli naphalafini), emakhandlela, tibani tegesi netaphalafini kanye netifutfumeti lapho bantfwana bangafikeli khona.

- Ungajikijeli tivutsisi emalangabini. Loko kuyingoti lenkhulu kabi.
- Ungavumeli bantfwana kutsi badlale edvute naphalafini kumbe tibani tegesi kumbe tifutfumeti.
- Ungaphatsi umntfwana uma upheka kumbe ushiye bantfwana bangakabhasojwa ekhishini noma edvute nalo.
- Ciniseka kutsi ligedlela alikho lapho bangafika

khona. Tsenga ligedlela lelite intsambo nangabe uyakhona.

- Ungaphatsi sibilisimanti kumbe emabhodo lanemanti labilako lapho kunebantfwana khona.
- Gucula tibambo temabhodo tingabi phambili esitofini.
- Faka emakhandlela ebhodleleni lengilazi lelinenhlabatsi phasi ngekhatshi kwalokuze kutsi emakhandlela atocisha uma awa.
- Ungavali mlilo ngenhlabatsi. Kushisa kuhlala sikhatsi lesidze enhlabatsini.

- Faka emanti labandzako ebhavini kucala, bese ungeta emanti lashisako. Sonkhe sikhatsi yiva emanti lasebhavini nge ngcoza kucala.

Uma utfola kulimala ngekushiswa malangabi, yima, tiwise phasi ugicike kuze ucime lamalangabi.

“Kushisa kwemlilo, emanti lashisako kumbe kushiswa ngugezi kutochubeka nekushisa ticubu temtimba sikhatsi lesidze sekususiwe loku lokukushisako.

“Cedza lokusha ngekugcina lencenye yemtimba leshile ngaphasi kwemanti labandzako empompi imizuzu lenge-20. Ungasebentisi i-ayisi, emanti layi-ayisi, bhotela noma umkhicito longemafutsa lapho ushe khona,” kusho Dkt Dos Passos. **U**

Kutfola lamanye emathiphu ekuvikela, vakashela ku-  
[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 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**