

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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Abarholi Bendabuko Basilodlhelo Semizamo Yokuvuselela

Enyangeni ezimbalwa ezidlulileko, kulambalele amakhosi amabili ahlonipheke khulu elizweni lekhethu.

Isitjhaba sakwaZulu sisandukuphekelela kiboyisemkhulu iSilo samaBandla, iKosi u-Goodwill Zwelithini kaBhekuzulu obuse amatjhu-mi amahlanu weminyaka. NgoTjhirhweni, isitjhaba sa-Bapedi siphekelele kiboyisemkhulu iKosi u-Kgoshikgolo Thulare Thulare III, okhothame kungakapheli umnyaka ahlezi esitulweni.

Ngokukhothama kwabo-Ndabezitha laba, silahlekelwe ziinkutani ebezi-netjisakalo yokubulunga nokutlhogomela umlando nemvelaphi yeentjhaba zabo bona kungatjhabalali.

Kusesenjalo, bebalima indima eqakathekileko ekuthuthukiseni iindawo zemakhaya, bazimisele ukwenza amahlelo azokwenza ngcono ubujamo besitjhaba.

Ngemva kokungena kombuso wentando yenengi ngomnyaka we-1994, bekuqakathekile bona umbuso omutjha ubuyise isithunzi bewuqinisekise ubudosiphambili bobukhosi nokukhambisana nomthetho namasiko womThethosisekelo welizwe lekhethu.

Ihlangano yabarholi bendabuko iragela phambili ngokulima indima eqakathekileko emaphilweni wabantu abaziingidigidi elizweni lekhethu, khulukhulu eendaweni zemakhaya. Abarholi bendabuko basekela bebattjhayela ihlelo lokuthuthukisa umphakathi.

Mvanje, ngibe nethuba lokuhlanganyela ekulumenipikiswano yokuvulwa kweNdlu yesiZwe yamaKho-

si weNdabuko, enqophe ekuqalisiseni iintjhihilo ilizwe eliqalane nazo.

Obekubethisa ummoya ngekulumopendulwano le kukobana abarholi bendabuko namasiko batjengise ikareko yokujamelana nobudisi bezomnotho ilizwe eliqalane nabo, begodu banetjisakalo yokuba yingcenyeyokulwisana neentjhihilo zokungathuthuki nomtlhago eendaweni ababusa kizo.

Ngokungatjhugulukiko ngitjhwile bona ukubuyekeza umnotho ngesikhathi seNgogwana ye-Corona kufuze kufake woke umuntu, begodu akekho ozokuvallelwa ngaphandle.

Ukuphumelela kweHleloqhingha lokukwAkha kabuTjha nokuVuselela umNotho (i-ERRP) akuqinisi ubudlelwano phakathi kukarhulumende, amarhwebo nabasebenzi kwaphela, kodwana bulima indima nebarholini bendabuko nezinye iihlangano zomphakathi.

Abahlanganyeli bekulumopikiswano bagandelele indaba yokobana abasafuni ukuthembela ezabelweni namkha umphakathi uqalelele khulu esizweni lakarhulumende ngezeemali.

Bafuna ukunikelwa isekelo elifaneleko, ukubandulwa kunye nebhoduluko elivumela bona imiphakathi yeeendaweni zemakhaya izijamele.

Bafuna ukususa ukungafani kwezinga lokuphakelwa kwezenzelwa zomphakathi eendaweni zemakhaya nezemadorobheni kufakwa hlangana neensiza zekoro yangeqadi nofana ezijameleko.

Ebangathanda ukukubona ngeendawo zemakhaya kukobana zibe maziko



wemisebenzi yezomnotho, amabubulo namathuba womsebenzi. Lokhu kutjengisa ukuphumelela kweemfiso zeHlelo lokuThuthukiswa kweeYingi (i-DDM), elasingulwa ngomnyaka wee-2019.

Abarholi bendabuko babekwe ebujameni obufaneleko ukuqinisekisa bona amahlelo wesiyingi abikelwa bekaphe-ndula iindingo zomphakathi begodu bacabangisisa ngepilo ephilwa emakhaya.

Njengoba i-DDM isekela amahlelo weendawo zemakhaya anqophe ekuphumeleliseni iindigo, amandla namathuba eendaweni ezithileko, abarholi bendabuko babebahlahlindlela bokuthuthukisa eendaweni zemakhaya.

Bahlome iHleloqhingha i-InvestRural, elisungulwe esifundeni seTlhagwini Tjingalanga inyanga ephelileko. Kuyakhuthaza ukuthi abarholi bezendabuko bona basekele ihlelweli begodu bafuna ukusebenzisana neemphathimandla zeendawo zemakhaya ukuqinisekisa bona liba yipumelelo.

Ngesikhathi seKulumopikiswano eNdlini yesiZwe yamaKhosi weNdabuko kuvezwe bona ukuze kuphumelele iHleloqhingha i-InvestRural kufuze kubandulwe bekuhlonyiswe

ngamakghono iihlangano zeendaba zendabuko.

Abahlanganyeli abambalwa batjengise amahlelo wezomnotho asezingeni elithuthukileko. La maphrojekthi wezokulima nokufunisisa iindlela zokuvuselela amandla womnotho.

Okuvelileko kukobana ihlangano yabarholi bendabuko iyazwisisa bona kuqakathekile bona amarhwebo weendaweni zemakhaya, asakhasako, aphakathi namabhizinisi wehlanganisela abe yingcenyeyomnotho ohlanganyelweko.

Abadosiphambili bezendabuko abakhulumileko bethule umbono wabo 'wokundlo-ndlobalisa ubukhosi', abazibona bangasibagcini besiko kwaphela kodwana babattjhayeli betuthuko yomnotho. Bakhombise amaphrojekthi ambalwa namathuba womnotho angaletha amathuba wemisebenzi bekenze ngcono amaphilo wabantu beendaweni zemakhaya.

Abarholi bendabuko baveze ukuzimisela kwabo ukulima indima ekambisweni yokwenziwa kwamatjhuguluko emthethweni olawula inarha elinywako neyokuhlalisa abantu. Solo kwangomnyaka wee-2018, abarholi bezendabuko benze bona amahagere wenarha asi-

gidi namakhulu amahlanu weenkulungwana (1 500 000) athuthukiselwe ukunikelwa isitjhaba begodu kunethemba lokobana azokungezeleleka ngomuso.

Njengendlela yokusungula ihleloqhingha elihlelekileko nelisimemeko, sivumile ukubamba uMbuthano kaMengameli wezeNarha umnyaka ozako. Kuzokukhulunyswana ngemiraro edlangileko nangamatjhuguluko kezenarha ukufaka hlangana nomthelela walokhu enarheni abantu abakhe kiyo, eminengi yayo iseendaweni zemakhaya.

Umuzwa obegade ukhona kilekulumopikiswano eNdlini yesiZwe yamaKhosi weNdabuko kukobana kuyavunyelwana bona ukuvuselelwa komnotho kuqakatheke ngaphezulu kwezinto zoke ezisemkhumbulweni wabahlanganyeli. Kusesenjalo kwabonakala bona kunethemba lokobana abarholi bendabuko bathokozela indima abanikelwa yona yokuba yingcenyeyemizamo yelizwelo ke yokuvuselela umnotho, ukuvula imisebenzi nokuletha amaqhinga amatjha.

Ilifa eliligugu labadosiphambili ngelokuthi imbewu yetuthuko abayitjalako ngesikhathi sokubusa kwabo ikhule ibe mimithi enemirabhu etjhingako ezokuvikela beyibe buphephelo bomphakathi neenzukulwani zabo.

Sisasebenzisana nje sililizwe sisakha kabuttjha umnotho welizwe, sizokuragela phambili ngokuthembela esekelweni leenhlango za-badosiphambili bendabuko, ekuyingcenyeyemangazako nengeze wayihlathulula yemvelaphi nekusasa lethu. **V**

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. 

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**.

Siza Ekuhlengeni Ipilo Yabantu

Allison Cooper

I-Sunflower Fund ibawo amaSewula Afrika ukuthi asekele abe aphakamise ibuthelelo labanikeli ngeengazi bemihlobo ehluahlukileko yabantu, kobanyana kuzokuhlelwa ipilo yabantwana.

Ngokutjho kwaka-Palesa Mokomele, isikhulu sezokumaketha nezokuthintana kwa-Sunflower Fund, ziziinkulungwana ngeenkulungwana iingulani ezitholwa ukuthi ziphethwe magulo weengazi, qobe mnyaka.

Phambilini, ukuphathwa sisifo seengazi bekuvamise ukuthi kumbulale umuntu ekumphetheko. Namhlanje, ukuhlinzwa ufakelwe iseli lesiqu seengazi kungabayindlela yokwelapha engasindisa umuntu ekufeni,

njengoba lendlela ijamiselela amaseli wesiqu seengazi esigulako ngamaseli aphilileko.

Ngokudana, abanengi abangazuza ekambisweni le khang bathole ipatho abayithlogako ngombana ukuthola abanikeli ngesihle abanomhlobo ofanako kubudisi.

"Iingulani zombala zisebujameni obumbi ngonobangela wokuthlogeka kwabanikeli ngesihle abanzima, amakhaladi namaNdiya," kutjho u-Mokomele.

Ithuba Lesibili Epilweni

Iphasi laka-Zyaan Makda (oneminyaka eli-19) latjhuguluka mhlazana kutholakala ukuthi uphethwe sisifo seengazi, i-heterozygote haemoglobinopathy, esibulalako, begodu esingalaphekiko, ngomnyaka wee-2007.



Ipilo ka-Zyaan Makda yatjhuguluka yaba ngcono khulu, ngalokho sithokoza isizo eleza ngaloyo owanikelako.

Ithuba lakhe lokusinda bekumnikeli ngesihle wamaseli wesiqu seengazi, kodwana khang athole okhambelana naye. Ngenca yalokho, kwakufuze afakelwe iingazi qobe ngemva kweemveke ezimbili.

"Imithambo esezandleni beyingasebenzi begodu ngafakelwa nesisetjenziwa sezokwelapha esifubeni. Benginokudinwa ngaso soke isikhathi, ngakutjhwa umgodlana wenyongo namatjana wenyongo begodu benginomphimbo obuhlungu ongasebenziko.

Ngangilova khulu esikolweni ngenca yokuhlutjwa kugula, begodu bengingakhoni nokuba nomdlalo engiwudlalako. Ukuphila ngokuba sesibhedlela isikhathi eside kwaba yinto ebudisi," uyatjho.

Ubujamo baka-Makda bamenza walahlekelwa mkhumbulo, waba nomraro wokuyatha begodu wathatha iminyaka emithathu angayi esikolweni. Nanyana wayeqalene nazo zoke leziintjhijilo, wahlala ethembeni. U-Makda wagcina amtholile umnikeli ngesihle, kodwana ikhambo lakhe lokuphola belisese lide khulu. Kwakumele ahlinzwe ubuqhopho ukususa ibala elisebuqhopheni bakhe.

"Sengineminyaka emithathu ngahlinzwa (ngafakelwa amaseli wesiqu seengazi) begodu ngiphila ipilo engakhange khengiyicabange, ngithokoza umnikeli simahla we-Germany ngobuntu nomusakhe."

Iba Lithemba Lomunye

U-Naledi Senamela

(oneminyaka eli-14) kwatholakala ukuthi uphethwe yilukhemiya (ikankere yeengazi) ngenyanga kaMrhayili wee-2020. Ungomunye weengulani ezitlhoga umnikeli simahla okhambelana naye.

"Solo kwatholakala ukuthi nginalokhukugula, angisakwazi ukusebenza kuhle esikolweni. Angikwazi ukudlala imidlalo namkha ukwenza izinto ebengizithanda," kutjho u-Senamela, obhudanga ngokuba ngudorhoda.

Abanikeli simahla abafisako abahlangana neminyaka eli-18 ukuya kema-55 bangasiza u-Senamela nabanye abanengi abatlhoga abanikeli simahla ngokuzitlola kubunzinzolwazi be-Sunflower Fund.

Okufunekako yikhothiniwuli nemizuzu embalwa yesikhathi sakho. Ungabawwa isikhwama seensiza zokwelapha ezikhambane kothiniwuli (i-swab kit) kwa-Sunflower Fund ngokuvakatijhela ku: www.sunflowerfund.org namkha udosele umtato ku: 0800 12 10 82. 