

Vuk'uzenzele

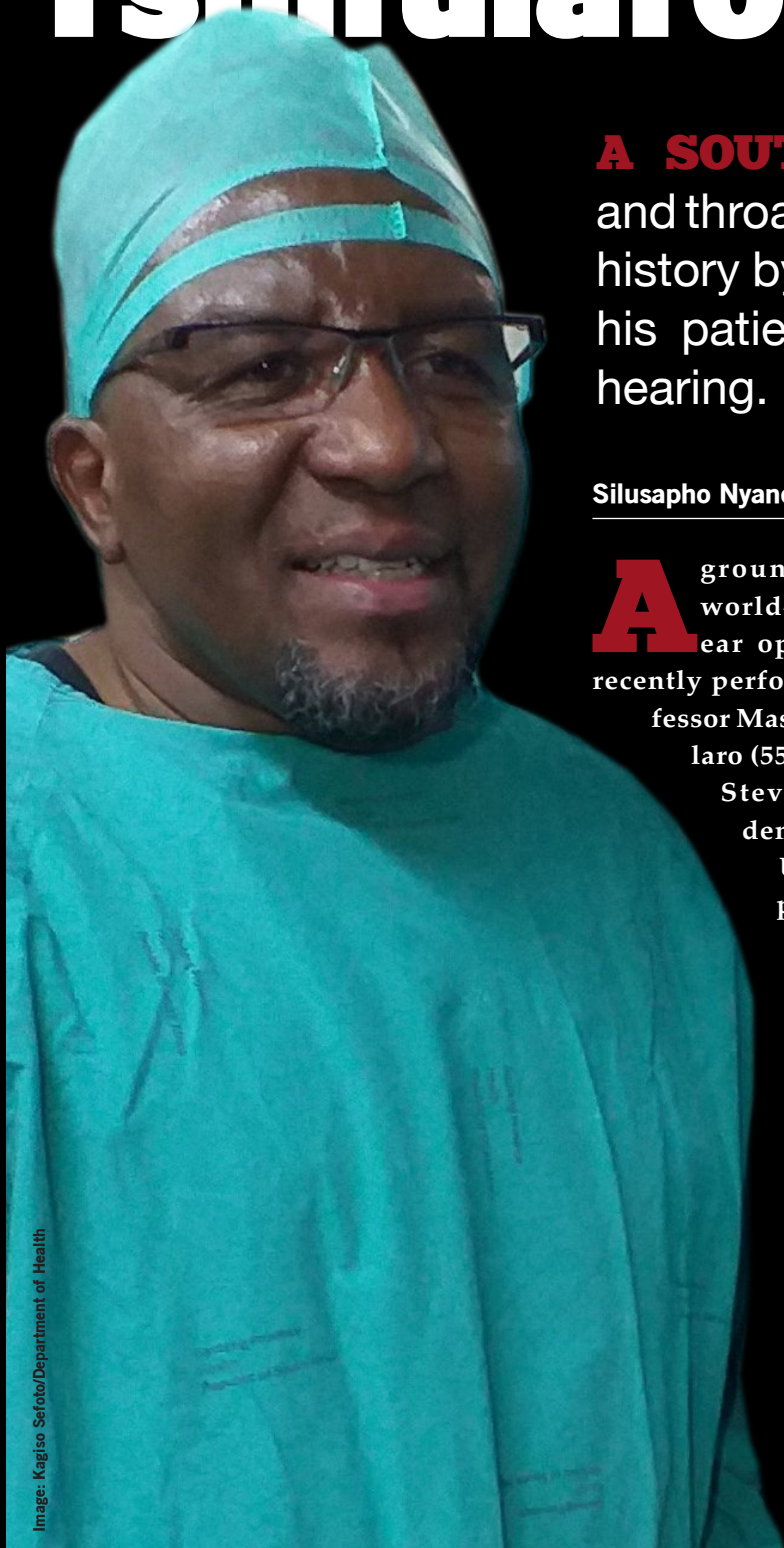


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Halala! Prof Tshifularo Halala!



A SOUTH AFRICAN ear, nose and throat specialist has made world history by successfully operating on his patient's middle ear to restore hearing.

Silusapho Nyanda

A ground-breaking, world-first middle ear operation was recently performed by Professor Mashudu Tshifularo (55) at Pretoria's Steve Biko Academic Hospital. Using 3D printing technology, Prof Tshifularo and his team printed and replaced the middle ear's three bones in an operation that took three hours. "The desire to make a difference has always been in my heart. I have been

working on this project for the past 10 years. I started to get excited two years ago and went to the lab to work. The 3D technology is very exciting and has really changed the way we do things," he said.

Prof Tshifularo told *Vuk'uzenzele* that even though he faced some challenges during his research there was no turning back. "I would sleep thinking about it and wake up thinking about it. And, when I was busy, the ideas came and I would think 'Wow, this is it'. Then I would go back to the lab and try," he said.

He did not fear that the operation would go wrong, due to his extensive training. Prof Tshifularo and his team removed the patient's three middle ear bones, which were broken in a car accident, and replaced them with the new

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Teach children how to recycle

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Pupils a step closer to being licensed drivers

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Did you know? THE 2019 ELECTIONS WILL BE HELD ON 8 MAY 2019

Flamingo Project saves Cape cancer patients

Silusapho Nyanda

The Flamingo Project is funding and helping breast and colorectal cancer patients at the Groote Schuur and Tygerberg hospitals to undergo life-saving operations.

Dr Liana Roodt, the head of the Flamingo Project, said that over 500 women in the Cape have already been able to have operations for breast cancer as a result of the project.

She explained that the project raises funds for those who cannot afford treatment costs and donates pamper packs to patients on the treatment list.

"To address the surgical backlog for breast cancer patients at these hospitals, we fund additional theatre time for these operations over weekends. We also coordinate



Doctors Liana Roodt and Kenward Chibuye from Groote Schuur Hospital operating on a cancer patient as part of the Flamingo Project.

surgical and anaesthetic volunteers to assist us to perform these additional surgeries.

"We also provide support

to newly diagnosed breast, ovarian, cervical and uterine cancer patients, by providing weekly pamper packs to them

at both hospitals," said Dr Roodt.

Whilst the Flamingo Project conducts the surgeries, it does

not decide who is eligible for treatment. "The hospitals decide which patients require surgery, which ensures that they remain in the system and complete the rest of their treatment. Surgery is only one aspect of the treatment plan to manage breast cancer," Dr Roodt explained.

The Flamingo Project was launched due to the long patient waiting lists at both hospitals.

The project also assists with the post-treatment process and provides support to the staff working with patients, in a resource-limited environment. "We have created a patient room, donated two ultrasound machines, host yearly staff wellness days and assist where we can with the running of the Groote Schuur Breast and Endocrine Surgical Unit," Dr Roodt confirmed. **V**



Khombo dza mutsiko wa muhumbulo kha vhana

Kha mivhigo ine ya khou engedzea i tshi ya n̄ha ya vhuḏivhulahi ha vhaswa Afrika Tshipembe - he muḏukusa kha vhoṭhe o vha wa miṅwaha ya rathi nga 2017 - ndi zwa ndeme uri vhatu vhahulwane vha gude zwoṭhe zwine vha nga kona nga ha mutsiko wa muhumbulo na zwauri vha nga u vhona hani kha vhana.

Nga 2018, vha South African Depression and Anxiety Group (SADAG), vhane vha livhana na maḏana a ṭhingo ḏuvha liṅwe na liṅwe dzi elanaho na vhaswa na mutakalo wa muhumbulo, vho vhiga uri phesenthe dza 31.5 dza ndingedzo dza u ṭoḏa u ḏivhulaha nga vhaswa dzi ṭoḏa dzilafho la mushonga; phesenthe dza 17.6 dza vhaswa vho humbula u lingedza u ḏivhulaha; muthihi kha vhaṅa vha matshudeni a yunivesithi vho ṭolwa vha wanwa vha na mutsiko wa muhumbulo; vha fhira-

ho phesenthe dza 20 vha vhukale ha miṅwaha ya 18 vho ita ndingedzo dza u ṭoḏa u ḏivhulaha nthihi kana u fhira.

U ya nga vha Dzangano la Mutakalo la Liḏhasi, hafu ya malwadze oṭhe a muhumbulo i thoma kha vhukale ha miṅwaha ya 14, fhedzi nyimele nanzhi a dzi athu wanuluswa na u lafhiwa.

Vha SADAG vho amba uri: "Ndi ngazwo zwi zwa ndeme uri vhabebe, vhadededzi, vhomakhulu, vhafunani na vhadzulapo vha ḏivhe zwauri mutsiko wa muhumbulo u a kwamavho na vhaswa".

Ndi zwa ndeme u ḏivha tsumbo dza mutsiko wa muhumbulo na dza vhuḏivhulahi na uri u wana hani thuso zwi sa athu lenga.

Tsumbo dza mutsiko wa muhumbulo.

U ya nga Dokotela wa muhumbulo Vho Pralene Maharaj vha bvaho kha Sibadela tsha zwa Muhumbulo

Sterkfontein kha Muhasho wa Mutakalo wa Gauteng ngei Krugersdorp, tsumbo dza uri ṅwana u na vhuḏwadze ha mutsiko wa muhumbulo dzo fhambana u ya nga vhukale havho na nyaluwo ya maluvhi.

Dziṅwe dza tsumbo dza u tsivhudza dzi katela u sa tsha dzhenela kha mishumo ya tshikolo ye kale ya vha i tshi takalelwa, u thoma u onda kana u vha na muvhili, thaidzo dza maḏelele, u sa tsha fhedza tshuṅwahaya, u sa tsha ḏidzhenisa kha mushumo ya kiḏasini, u tsa ha maraga na u konḏelwa u thetshesela zwavhuḏi.

Vho amba uri: "Naho zwo ralo, mutsiko wa muhumbulo u konḏa u wanuluswa kha vhana ngauri hu nga kha ḏi vha hu na thaidzo khulwane yo dzumbamaho. Sa tsumbo, khaṅwe vha na vhuleme kha zwa ngudo nahone vha tshi khou balelwa nga mishumo ya tshikolo. Ndi zwa ndeme uri [vhana] vha itwe ṭhaṭhu-

vho dza vhukuma nahone vha lafhiwe hu tshi angaredzwa zwoṭhe".

Vhuḏivhulahi ha vhaswa

SADAG i khou vhona nyengedzedzo ya milandu ya vhana na vhaswa vho tsikeaho nahone i khou ṭanganedza ṭhingo nanzhi dzi bvaho kha vhana, vhane vha pfa vha si tsha kona u ita tshithu, vha si tshe na fulufhelo nahone vha na mihumbulo ya u ṭoḏa u ḏivhulaha.

Musi vhuḏivhulahi vhuṅwe hu tshi nga bvelela hu songo vha na tsumbo dza khonadzeo dzo vhonealaho, vhuṅzhi haho a vhu vhoneali. Nḏila ya khwinesa ya u thivhela vhuḏivhulahi ndi u guda u kona u ḏivha u wanulusa tsumbo dza muthu a re kha khombo, kha vha dzhieles tsumbo idzi ṅha vha ḏivhe uri vha nga ita mini nga hadzo.

Tsumbo dza khombo dzi katela:

- Ndingedzo dza u ṭoḏa u ḏivhulaha dze dza vhuya dza vha hone
- U amba nga ha lufu kana vhuḏivhulahi

- Mutsiko wa muhumbulo
- Tshanduko kha maḏelele
- Tshanduko kha lutamo lwa zwiḏiwa kana tshileme tsha muvhili
- U amba kana u tshimbila nga luvhilo kana u ongolowa zwi songo ḏowealeho
- Maneto kana u sa vha na nungo
- U pfa u sa tsha vha tshithu, u ḏihaṭula kana u ḏivhona mulandu
- U vhilahela ho kalulaho, mbiti kana zwiito zwa tsinyuwo; tshumiso ya zwidzidzivhadzi na/kana mahalwa. **V**

Ndi nga ita mini?

Mutsiko wa muhumbulo kha vhana ndi zwithu zwi teaho u dzhielwa ṅha nahone ndi zwa ndeme uri ṅwana a ṭhaṭhuvhiwe zwavhuḏi. Kha vha dalele dokotela, sibadela kana kiliniki zwi re tsini nga u ṭavhanya. Vha nga kwama luṭingo lwa thuso ya mutakalo wa muhumbulo lu shumaho awara dza 24 lwa Cipla kha 0800 456 789, luṭingo lwa thuso lwa SADAG kha 011 234 4837 kana Luṭingo lwa Suicide Crisis kha 0800 567 567.

Maanda a u vhala no țangana

Jauhara Khan

Muhali wa zwa Thelevishini Vho Oprah Winfrey vho thoma mvusuluso ya zwa u vhala ngei United States musi vha tshi thoma kũlabu ya bugu yavho vhone vhaņe nga vho 1990. Bugu dze dza vha dzi kha mutevhe wa themendelo yavho dzo vha dzone dzo rengeswaho dza fhirela na mishumo ya vhaņwali vhanzhi vha-hulwane. Zwo țuțuwedzavho na vhatu u mona na shango u thoma kũlabu dza bugu dzavho vhone vhaņe vha thoma u țiphina nga u vhala hafhu.

Afrika Tshipembe, fulo ła lushaka ła u vhala u tshi itela u țitakadza ła Nal'ibali, ła tshimbidza kũlabu dza u vhala dza vhana dzi fhiraho 4 000, ła gudisa madzanganano na muthu nga muthihi u tshimbidza kũlabu dza u vhala dza vhana kha vhadzulapo vhavho.

Muambeli wa Nal'iba-

li Vho Sally du Preez vho amba uri: "Kũlabu dza u vhala dzo vhofoholowa, fhethu hu songo dzudzanywaho hune vhana vha nga țifhelwa nga bugu, zwițori na miņwe mishumo i elanaho na zwa u vhala na u nũwala i ngaho sa nyimbo na mitambo nga nyambo dzavho dza hayani zwi tshi katela na Tshisimane. Mvelaphanda ya kũlabu idzi dza u vhala i khou tikedzwa nga kha vhuetschedzi, țetschedzo ya zwiko na vhusumisani."

Vho Du Preez vho amba uri: "Fulo ła tshimbidza kũlabu dza u vhala dzine dza khou shuma dzi fhiraho 4000 kha mavundu a țahedzi swikelelaho vhana vha fhiraho 120 000, phesenthe dza 84 dza kũlabu idzi dzi țangana luthihi kha vhege. Kũlabu dza u vhala dzi țetschedza vhana zwikhala zwa u vhala zwi takadzaho tshifhinga tshoțhe".

Vho țadzisa zwauri vhatu vha fhiraho 22 000 vho pfu-



mbudzwa kha zwa u vhala u tshi itela u țitakadza, vhatu vha henefha kha 8 959 zwa zwino vha khou tshimbidza kana u shuma vha sa wani malamba kha kũlabu dza u vhala, nahone vhatu vha fhiraho 17 000 vho dzhena kha netiweke yo țandavhuwaho ya Nal'ibali ya vhațisatshanduko kha zwa u vhala na u nũwala i țivhiwaho sa "FUNda Leaders".

Vho Du Preez vho amba uri vha "FUNda Leaders" vho pfumbudzwa u funza zwa u kona u țibvedza iwe muņe, tzedzuluso na u kona u hu-

mbula ro țangana.

Vho amba uri: "Arali mishumo yo sedzanaho na zwa u vhala i kha nyambo dzine vhana vha sa dzi pfe, u shumisa maitete a sa takadzi kana u swikelea, zwi vha zwi si tsha amba tshithu nahone zwi si tsha tamisa kha vhana. Hu nga vha pfunzo yo dzudzanywaho kana i songo dzudzanywaho, u vhala hone hu tea u pfadza. Izwi zwi dzula zwi mihumbuloni yashu musi ri tshi pfumbudzwa u funza zwa u vhala na u nũwala na zwa u anetshela tshițori".

Vha nga thoma hani kũlabu ya bugu

1. Kha vha rambe khonani dzi dzhene kha kũlabu. Vha nga ramba vhatu vhanzhi nga hune vha funa ngaho, vha nga katela vha hura, dzikhonani kana muța.
2. Vha ite tsheo nga ha lushaka lwa kũlabu ya bugu lune vha khou țođa u vha nalwo – vha nga vhala bugu dza lushaka lukene fhedzi – sa tsumbo, bugu dzo nũwalwaho nga vhaņwali vha Afrika Tshipembe fhedzi – kana bugu dzo fhambanaho?
3. Vha ite tsheo na mirađo ya kũlabu ya bugu nga hune vha đo farela hone mițangano ya kũlabu ya bugu.
4. Kha vha fare muțanganothangeli wa kũlabu ya bugu u itela u ita tsheo ya uri ndi bugu ifhio ine vha đo thoma u vhala yone, na zwauri vha đo țangana lungana u amba nga ha bugu iyo.
5. Kha vha ite uri mițangano ya kũlabu ya bugu i dzulele u nyanyula na u takadza nga u shandukisa fhethu ha u țangana, u sika thero na mbudziso zwa muțangano muņwe na muņwe.

Arali vha tshi țođa u dzhena kha netiweke ya "FUNda Leader" ya Nal'ibali' kha vha loge kha www.nalibali.org, kha mobisaithi – www.nalibali.mobi, kana kha call centre kha 021 180 40 80.

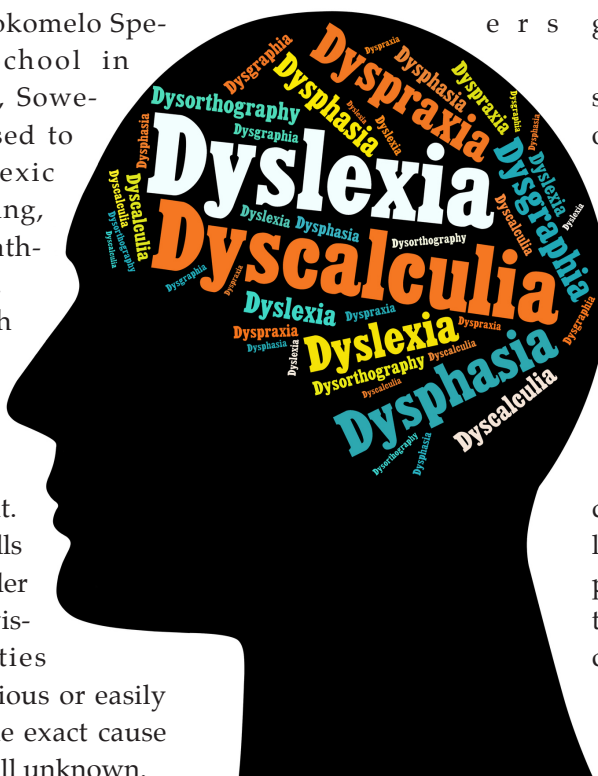
New resources for dyslexic kids

A PARTNERSHIP between government, the MTN SA Foundation and Samsung is ensuring that dyslexic learners have access to better resources.

Silusapho Nyanda

A multimedia centre at Tlhokomelo Special School in Meadowlands, Soweto, is being used to develop dyslexic learners' reading, writing and mathematical skills.

People with dyslexia struggle to link letters to the sounds that the letters represent. The condition falls within the broader category of 'invisible' disabilities as it is not obvious or easily identifiable. The exact cause of dyslexia is still unknown.



The centre at Tlhokomelo uses modern technology to teach learners

how to read and formulate sentences. It has helped 133 learners to improve their grammatical skills.

"Since the programme started, we have seen a lot of improvement in counting, reading and writing. Some learners were very confused by numbers, but now they are interested in them," said Reuben Tshiswise, one of the school's teachers.

The programme uses computers to teach learners how to draw, sort colours and formulate and read sentences. "The programme develops their thinking skills," Tshiswise confirmed.

School principal Josh Maluleka explained that learners have pens which they

use to scroll sentences, which the computer then reads aloud. The school has 16 teachers who have been trained to use the system.

"The learners have shown a huge improvement as they progress into other classes," Maluleka said.

Social Development Deputy Minister Hendrietta Bogopane-Zulu attended the opening of the multimedia centre and said there was little understanding of dyslexia in South Africa.

"The need for the early identification and recognition of dyslexia in South Africa remains pressing as there is very little understanding and barely any intervention measures for dyslexic learners in our schools. Awareness of this

DID YOU KNOW?

- Dyslexia affects about 10 percent of the population
- It is a language-based learning problem that makes writing, reading, spelling and the pronunciation of words difficult.

What are the symptoms of dyslexia?

- Difficulty in reading aloud.
- Slow and labour-intensive reading and writing.
- Problems spelling.
- Avoiding activities that involve reading.
- Mispronouncing names or words, or problems retrieving words.

learning difficulty remains low across the country," said Deputy Minister Bogopane-Zulu.