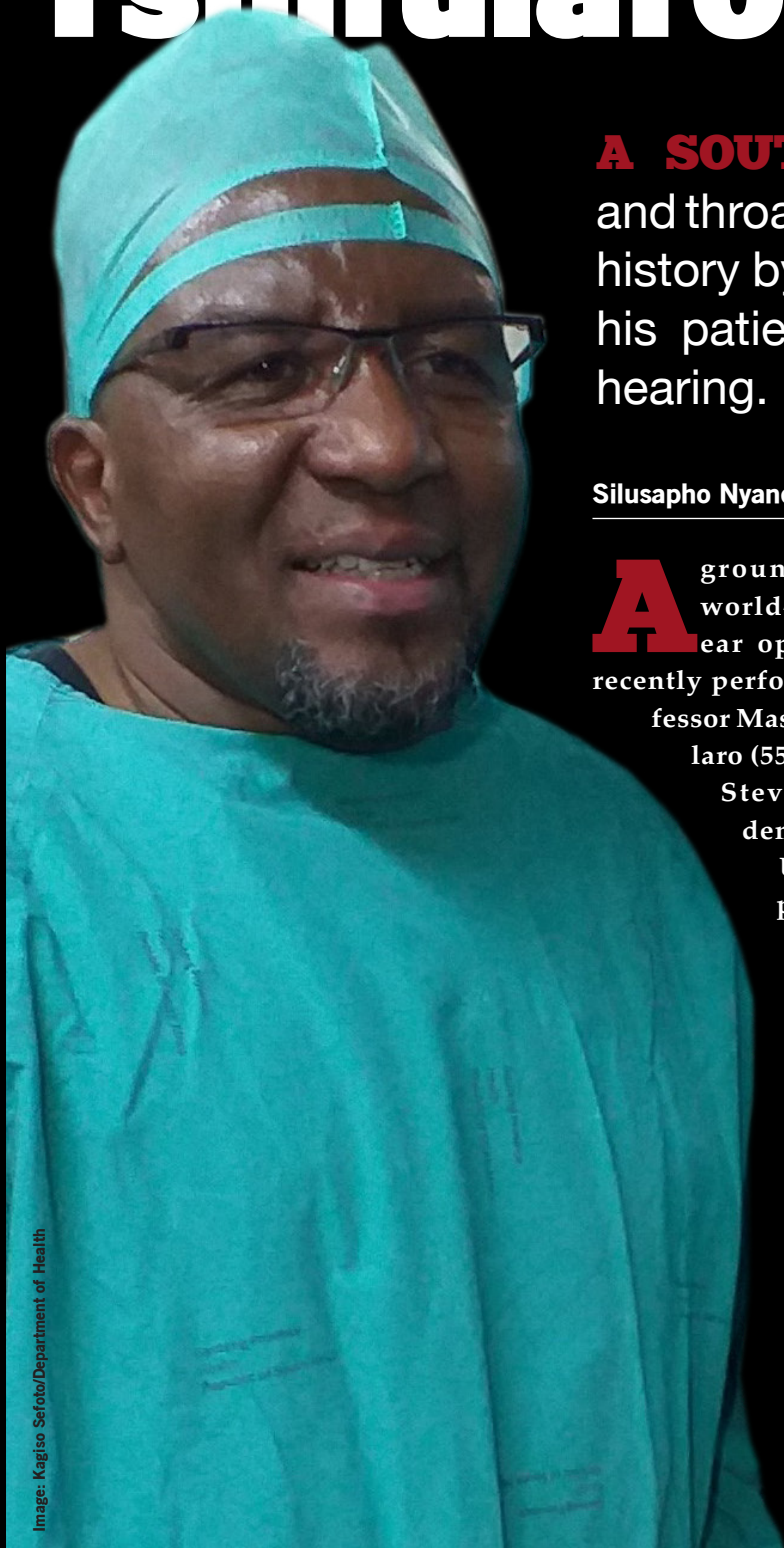


Vuk'uzenzele



Produced by Government Communications (GCIS) English/isiNdebele | USihlabantakana 2019 UmGadangiso I

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,



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

we fund additional theatre time for these operations over weekends. We also coordinate 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**



Ingozi Yokugandeleleka Komkhumbulo Nokuqobeka Komzimba Womntwana

Njengoba yanda kangaka nje imibiko yokuzibulala kwabantwana eSewula Afrika - ongomncani kina-bo boke okhe wazibulala begade aneminyaka esithandathu nje kwaphela ngomnyaka wee-2017 — kuqakatheke khulu ukuthi ababelethi bafunde bebazi koke okuphathelene nokugandeleleka komkhumbulo nokuqobeka komzimba womuntu (*i-depression*), bebakwazi nokumbona umntwana ocephazelekileko. Ngomnyaka wee-2018, i-South African Depression and Anxiety Group (*i-SADAG*), ethola amakhulukhulu wemibiko qobe lilanga ngokugandeleleka emkhumbulweni nangokuqobeka emzimbeni kwelutjha nangokugula ngengqondo, ibika bona izehlakalo zokulinga ukuzibulala kwelutjha ezima-31.5% zifuna ukulungiswa ngokwelatjha; bali-17.6% abantu abatjha abakhe bacabanga ukulinga ukuzibulala; kesinye nesinye isiqhenyana sabafundi beyunivesithi abane, munye wabo kutholakele ukuthi uphethwe kugandeleleka komkhumbulo nokuqobeka emzimbeni, kanti-ke bangaphezulu kwama-20% abafundi beminyaka eli-18 ubudala esekhe balinga ukuzibulala kanye namkha amahlandla

angaphezulu kelilodwa.

Ngokutjho kweHlangano yezamaPhilo yePhasiloke (*i-WHO*), isiquntu sabantu abagula ngengqondo bathoma ukugula eminyakeni yobudala elinganiselwa keli-14, kodwana ubunengi babo ababonakali, ngalokho-ke abelatjhiswa.

"Kungakho-ke kuqakatheke kangaka ukuthi ababelethi, abotitjhere, abogogo nabobamkhulu, iinhlobo kunyenomphakathi bazi ukuthi ukugandeleleka komkhumbulo nokuqobeka komzimba kungabaphatha nabantu abatjha," kutjho *i-SADAG*.

Kuqakathekile ukwazi amatshwayo wokugandeleleka komkhumbulo newokufisa ukuzibulala, wazi nokuthi isizo lalokho ulithola njani, kusese nesikhathi.

Amatshwayo Wokugandeleleka Komkhumbulo Nokuqobeka Komzimba

Ngokutjho kukaDorhodere wengqondo u-Pralene Maharaj wesibhedlela sabagula ngengqondo *i-Sterkfontein Psychiatric Hospital* esise-Krugersdorp ngaphasi komNyango wezamaPhilo we-Gauteng, amatshwayo wokuthi umntwana ugandeleleke umkhumbulo

ayahlukahluka, kuye ngokuthi umntwana mdala kangangani ngeminyaka yokubelethwa, kuye nangokuthi ubuchopho bakhe bukiliphi izinga lokukhula.

Amanye amatshwayo asiyeleliso kungaba kukuthi umntwana uphelelwa lithando lokwenza izinto namkha imidlalo ebekathanda ukuyenza esikolweni phambilini, akhehle emzimbeni namkha athele umzimba, aqothelwe kuhlubayela, angasawuqedi umsebenzakhe wesikolo ekufanele awenzele ekhaya, abe yikomo edla yodwa ngetlasini, amamaksi wakhe womsebenzi wesikolo ehle, kube budisi nokulalela izinto ezifundiswa ngetlasini.

"Nanyana kunjalo, kodwana kunzima ukuthola ukugandeleleka komkhumbulo nokuqobeka komzimba ebantwaneni, ngoba kungaba mraro loyo imiraro ebonakalako eyakhele phezu kwawo. Isibonelo, mhlambe umntwana uthathele kude ngokufunda, begodu udosa budisi eemfundweni zakhe, usalela emva ngokufunda. Kuqakatheke khulu ukuthi umntwana kutholakale kuhle ukuthi mbala uphethwe yini, begodu nakelatjhwako elatjhe ngokupheleleko," kutjho uDorh.

Maharaj.

Ukuzibulala Kwelutjha

Ngokwemibiko ye-SADAG bayanda abantwana abagandeleleke emkhumbulweni nabaqobeka emzimbeni begodu ziyanda neembawo *i-SADAG* ezithola zibuya ebantwaneni abaphelele lithemba kangangokuthi bebafuna nokuzibulala kesinye isikhathi.

Nanyana laphokhanye umuntu ozibulalako azibulala ngaphandle kobanyana kube nomuntu olimukako notjhejako ukuthi ufuna ukuzibulala, kodwana ubunengi bezehlakalo zokuzibulala ziba neentjengiso ngaphambi kobana umuntu azibulale. Igadango elingeliphambili lokukhandela ukuzibulala komuntu, kufunda ukubona amatshwayo womuntu osengozini yokuzibulala; amatshwayo owabonako ungewathathi lula, begodu kufanele wazi ukuthi kufuze uwathathele amagadango waphi.

Hlangana Namatshwayo Wengozi Kubalwa Nalokhu Okulandelako:

- Umntwana nangabe ukhe walinga ukuzibulala phambilini;
- Nakathanda ukukhuluma ngokufa namkha ngokuzibulala;
- Ukugandeleleka komkhumbulo

nokuqobeka komzimba;

- Ukutjhoguluka kweenkxathi namahlandla wokulala;
- Ukwelha kwekanuko yokugoma namkha kobudisi bomzimbakhe;
- Ukukhuluma namkha ukukhamba msinyana khulu namkha kabuthaka khulu kungandeleleka enimjaye ngayo;
- Umzimba ohlala udiniwe/ uqobekile namkha ophelile mamandla;
- Ukuzizwa komuntu ayinto enganamsebenzi, ahlale ngokuzisola ngalokhu nangalokhuya namkha ahlale azibeka umlandu;
- Ukuzizwa uhlezi macuphe soke isikhathi, ukuhlala unesiqhasuqhasu namkha ukuhlala ngokusilinga abantu; ukuphila ngeendakamizwa namkha/kunye nokuphila ngotjwala. **V**

Ngingenza Njani?

Ukugandeleleka komkhumbulo nokuqobeka komzimba womntwana kumbi khulu, ngalokho-ke kuqakathekile ukuthi umntwana ogandeleleke umkhumbulo noqobeka umzimba ahlolisise kuhe. Vakajihela umtholapilo wabagula ngengqondo wangekhenu namkha uvakatjhele isibhedlela sabagula ngengqondo namkha ubonane nodorhodere ngaphandle kokurijada. Ungadosela:

- Inomboro yesizo lezamaphilo womkhumbulo yakwa-Cipla esebenza ubusuku nemini ku: 0800 456 789.
- *i-SADAG* enomborweni ethi: 011 234 4837 namkha iZiko eliKhandela iZenzo zokuzibulala ku: 0800 567 567.

Amandla Wokufunda Ndawonye

Jauhara Khan

USaziwako wethelvi-tjhini u-Oprah Winfrey wathoma ijima lokufunda e-United States lokhuya nakavula isiqhema sakhe sokufunda iincwadi ngeminyaka yee-1990. Iincwadi ezaziphakanyiswe nguye zazithengiswa zibangelanwa, kangangokuthi zagcina zithungelele imisebenzi yebizelo yabatloli abanengi esele banegama. Le-ijima lakhe labuye lakhuthaza abantu ephasini zombelele ukuthi bazivulele zabo iinqhema zeencwadi bese bathokozela ukufunda godu.

ESewula Afrika, ijima lokufunda lelizwe loke i-Nal'ibali liphetha iinqhema zokufunda zabantwana ezingaphezulu kweenkulungwana ezine (4 0000), kanti linjalo nje godu lifundisa abantu kunye neenhlango ukusungula nokuphatha iinqhema zokufunda zabantwana eendaweni ngeendawo.

UmKhulumeli we-Nal'ibali u-Sally du Preez uthi: "Iinqhema zokufunda ziindawo eziledlhileko lapho abantwana bangathokozela khona ukufunda iincwadi, iindatjana ezitloliweko neminye imise-

benzi ekhambisana nokutlola nokufunda, njengeengoma nemidlalo ngamalimi wabo webele kunye nangesiNgisi. Ukusimelela nokunziza kweenqhema zokufundezi kusekelwe ngamahlelo wokufundisa ngomnqopho wokudlulisela ilwazi lokwenzakabasakhulako, ukwabelana ngemithombo yamandla neensetjenziswa kunye nangokusebenzisana nababelani.

Ijimeli liphetha iinqhema zokufunda ezisebenzako ezingaphezulu kwee-4 000 kizo zolithoba iimfunda ze-Sewula Afrika, kanti-ke lifika ebantwaneni abangaphezulu kweenkulungwana ezili-120 000; ama-84% waleziinqhema zokufunda zihlangana kanye ngeveke, ubuncani bakhona. Iinqhema zokufunda zinikela abantwana ithuba lokufunda elihle nelimnandi lokuthi bahlale bafunda, kutjho u-du Preez.

Ungezelela ngokuthi bangaphezulu kwee-22 000 abantu abafundiselwe ukuzifundela ngomnqopho wokuzithabisa; ubuncani babo bazii-8 959 abantu abaphethe namkha abavolontiyela iinqhema zokufunda, kanti-ke bangaphezulu kwee-17 000 abantu abajoyine ihlelo elibanzi



lethungelelwano labatjho-tjhozeli bokufunda be-Nal'ibali, elibizwa ngokuthi yi-"FUNda Leaders."

U-Du Preez uthi iimphathimandla ze-FUNda Leaders zifundiswe ukufundisa umuntu ukusebenzisa amandla wengqondwakhe ukuzikhulumela ngobugagu, nokurhubhulula amaqiniso wezinto nokucabanga ndawonye.

"Nayibe imitlolo ehlelelwe ukufundwa itlolwengamalimi abantwana abangawezwako nabangawazwisiko abantwana begodu kusetjenziswe

iindlela abangakhgoniko ukuzithola namkha eziduma (ezingabakariko), imitlolo leyo iba lilize lakolize nengatjho litho ebantwaneni, begodu ababi netjisakalo yazo. Nanyana kufunda kwesikolweni nanyana kufunda kokuzifundela nje, ukufunda kufanele kube nelitho elilitjhoko kiloyo ofundako (ngamanye amagama kufanele kumzuzise okuthileko). Ngilokhu-ke esihlale sikukhumbula soke isikhathi nasifundisa abantu abakhulu ukufunda nokutlola nokucoca indaba," kutjho u-du Preez ahlathulula. **V**

Usithoma Njani Isiqhema Sokufunda

1. Mema abangani ukuthi bajoyine isiqhema sakhe sokufunda. Ungamema abantu abanengi ngendlela ongakhona ngayo; hlangana nabo kungaba bomakhelwana, abangani nomndeni.
2. Thatha iquonto lokuthi ufuna mhlobobani wesiqhema sokufunda - nizakufunda iincwadi zomhlobo othileko kwaphela - isibonelo, iincwadi ezitlolwe batloli beSewula Afrika kwaphela - namkha nizakufunda imihlobobani yeencwadi?
3. Thatha isiquonto ngokuvumelana namalunga wesiqhema sokufunda ukuthi nizayibambela kuphi imihlangano yesiqhema sokufunda.
4. Biza umhlangano ngaphambi komhlangano wesiqhema sokufunda lapha niyokubonisana ngokuthi niyokuthoma ngokufunda yiphi incwadi, nokuthi nizakuhlangana amahlandla amangaki nizokucocisana ngencwadi le.
5. Imihlangano yesiqhema sokufunda yenze ukuthi ihlale ikarisa, amalunga ahlale ayithokozela, unande utjintja iindawo enibambela kizo imihlangano, wakhe nommongondaba nemibuzo yalowo nalowo mhlangano.

Nawufisa ukujoyina ihlelo lethungelelwano le-Nal'ibali, elibizwa ngokuthi yi-"FUNda Leaders," ngena ku-www.nalibali.org kumobisite ethi: www.nalibali.mobi, namkha ufowunele iziko lesizo ku: 021 180 4080.

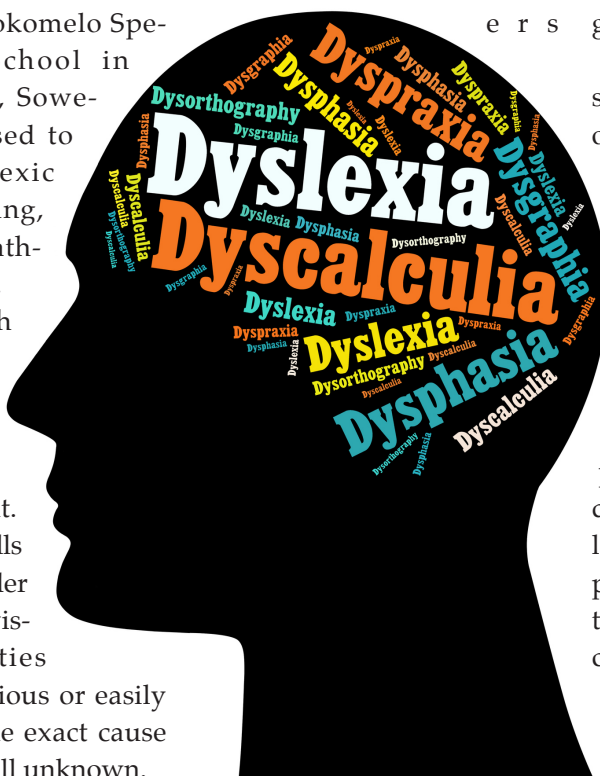
New resources for dyslexic kids

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. **V**