

# Vuk'uzenzele

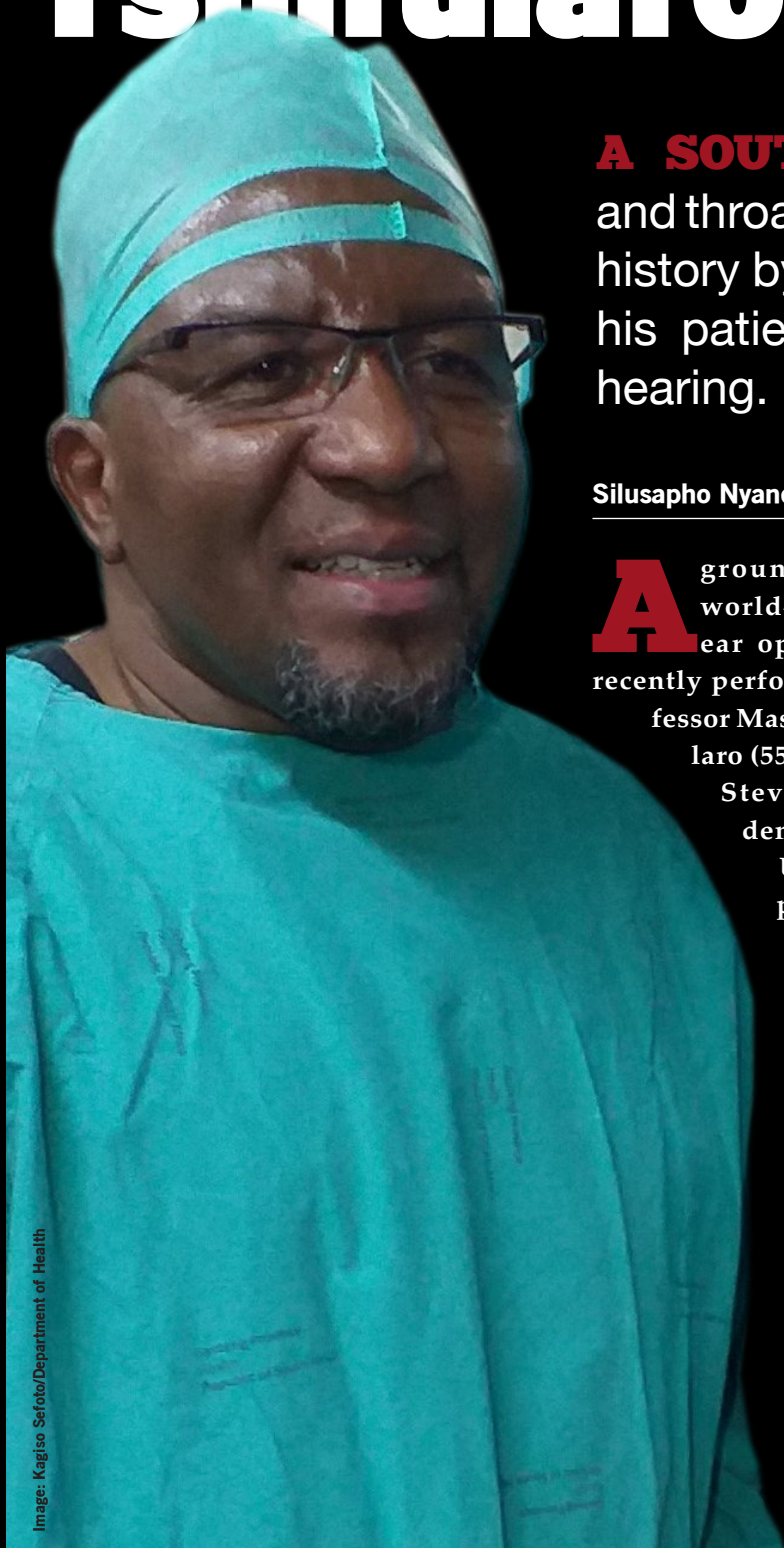


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## Halala! Prof Tshifularo Halala!



**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

**T**he 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**

## lingxaki ezihamba nesifo sokudakumba kwengqondo ebantwaneni

**N**gokwanda kwamanani abantwana abazibulalayo eMzantsi Afrika – oyena mntu mncinci wayeneminyaka nje emithandathu ubudala ngowama-2017 – kubalulekile ukuba abantu abadala bafunde yonke into abanako ukuyifunda malunga nengxaki yokudakumba kwengqondo (*i-depression*) nokuthi bangayiqaphela njani ebantwaneni.

Ngowama-2018, i-South African Depression and Anxiety Group (i-SADAG), netsalelwa umnxeba yonke imihla ngamakhulu-khulu abantu abanemibuzo enxulumene neengxaki zolutha nesifo sokuphazamiseka engqondweni, inike ingxelo yokuba ngama-31.5% abantu abatsha abakwinqanaba lokufikisa abazame ukuzibulala abadinge unyango; baza abayi-17.6% bacinga ukuzama ukuzibulala; umfundi omnye kubafundi abane abasedyuni- vesithi kufunyaniswe ukuba banengxaki yesifo sokudakumba kwengqondo; ize ibe

ngabangaphezu kwama-20% abaminyaka ili-18 ubudala asebezame kaninzi ukuzibulala.

Ngokutsho koMbutho wezeMpilo weHlabathi (i-WHO), isiqingatha sabantu abagula ngengqondo baqalwa sesi sifo xa beneminyaka eli-14 ubudala, kodwa abaninzi abaziwa futhi abafumani nyango.

"Kungoko kubalulekile ukuba abazali, ootitshala, oomhakhulu notat'omkhulu, izalamane noluntu lwasekuhlaleni luyazi ukuba ingxaki yokudakumba kwengqondo iyakwazi ukungena nakubantu abatsha," itshilo i-SADAG.

Kubalulekile ukuza zi iimpawu zokudakumba kwengqondo nezomntu ofuna ukuzibulala nokuthi ungalufumana njani uncedo ungekashiywa lixesha.

### limpawu zokudakumba kwengqondo

Ngokutsho kogqirha wezifo zengqondo (*i-psychiatrist*) uGq Pralene Maharaj wesibhedlele sabagula ngengqondo seSebe

lezeMpilo laseGauteng i-Ste-rkfontein Psychiatrist Hospital e-Krugersdorp, uthi iimpawu zokuba umntwana unengxaki yokudakumba kwengqondo ziyohluka ngokweminyaka nokukhula kwengqondo.

Ezinye zeempawu ezibonisa ukuba umntu oza kuqalwa sesi sifo ziquka ukungathathi nxaxheba kwimisebenzi yesikolo ebekade eyithanda, ukwehla okanye ukongezeka kobunzima bomzimba, iingxaki zokungalali kakuhle, ukungawugqibi umsebenzi wesikolo owenziwa ekhaya, ukungathathi inxaxheba eklasini, ukwehla kwama-nqaku nobunzima ekuzinzeniseni ingqondo.

"Noxa kunjalo, isifo sokudakumba kwengqondo kunzima ukusibona ebantwaneni kuba kusenokuba yingxaki efihlakeleyo. Umzekelo, mhlawumbi banengxaki yokufunda kwaye bengakwazi ukumelana neemeko zasesikolweni. Kubaluleke kakhulu ukuba baxilongwe kakuhle size

saziwe esi sifo banaso kwaye banyangwe ngokupheleleyo," utshilo.

### Ukuzibulala kwabantu abatsha abasafikisayo

I-SADAG ibona ukwanda kwenani labantwana abafunyenwe benesifo sokudakumba kwengqondo nelaba-yitsalela umnxeba benengxaki yokuziva bengakwazi ukuzinceda, bephelelwe lithemba futhi befuna nokuzibulala.

Nangona abanye abantu benokuzibulala bengakhange babonakalise zimpawu zicacileyo zokuba bafuna ukuzibulala, futhi abaninzi ababonakalisi kwazimpawu. Eyona ndlela isebenzayo ukuthintela ukuzibulala kukufunda ukuzibona kwangethuba iimpawu zomntu osemngciphekweni wokuzibulala, ezi mpawu uzithathele ingqalelo kwaye wazi ukuba kufuneka wenze ntoni xa uzibona.

### limpawu ezibonakalisa ukuba angazibulala nanini na ziquka:

- amalinge okuzama ukuzibulala kwixesha elidlulileyo
- ukuthetha ngokufa okanye ngokuzibulala

- ukudakumba kwengqondo
- ukutshintsha kwamaxesha okulala
- ukutshintsha komdla wokutya okanye kobunzima bomzimba.
- ukuthetha okanye ukuhamba ngesantya esingaqhelekanga okanye ukucotha
- ukudinwa okanye ukuphelelwa ngamandla
- ukuziva ungeyonto, ukuzisola okanye ukuziva unetyala
- ukuba nexhala ngokugqithisileyo, ukudideka okanye ukuhlala unomsindo; kunye nokusebenzisa gwenxa iziyobisi okanye notywala. **V**

### Ndingenza ntoni?

Isifo sokudakumba kwengqondo ebantwaneni siyingxaki kwaye kubalulekile ukuba umntwana ahlolisise kakuhle. Yiya kwikliniki yabaphazamiseke engqondweni ekufutshane nawe, isibhedlele okanye ugqirha ngokukhawuleza. Usenokutsalela umnxeba: wokunceda abaphazamiseke engqondweni osebenza imini nobusuku we-Cipla othi: 0800 456 789. woncedo we-SADAG kwa: 011 234 4837 okanye i-Suicide Crisis Line othi: 0800 567 567.



# Ukubaluleka kokufundisana

Jauhara Khan

Igqala likamabonakude u-Oprah Winfrey waqala iphulo elikhuthaza ukufunda e-United States ngokuthi aseke eyakhe iklabhu yokufunda iincwadi ngeminyaka yowama-1990. Iincwadi ezikuluhlu lweencwadi azithandayo zaba zezona zithengwa kakhulu ngesiquphe nje, waba ngolo hlobo wenza ababhali abaninzi bathathwe njengababhali abadumileyo ngesithutyana nje esifutshane. Oko kukwavuselela abantu ehlabathini jikelele ukuba baqalise iiklabhu zabo zokufunda iincwadi nokonwabela ukufunda kwakhona.

EMzantsi Afrika, iphulo lesizwe lokufundela ukuzonwabisa u-Nal'ibali, lineeklabhu zokufunda zabantwana ezingaphezulu kwama-4 000 futhi uqeqesha abantu kunye nemibutho yasekuhlaleni ukuba ibe yiyo eqhuba la maphulo okufunda abantwana kwezondawo bahlala kuzo.

Isithethi sikaNal'ibali u-Sally du Preez uthi, "Iiklabhu zokufunda iincwadi zindawo ezipholileyo, ezingenami-

qathango ingqingqwa apho abantwana bafunda ngokonwaba, amabali neminye imisetyenzwana enxulumene nokufundwa kwezakhono zokufunda nokubhala efana neengoma nemidlalwana eqhutywa ngeelwimi zabo zee-nkobe nangesiNgesi. Ezi klabhu zokufunda iincwadi zixhaswa ngokunikwa iingcebiso, izixhobo zokusebenza kunye nokungena kwizivumelwano zokusebenzisana namaqumrhu ahlukeneyo."

UNal'ibali uneeklabhu zokufunda iincwadi ezingaphezulu kwama-4 000 ezifumaneka kuwo olithoba amaphondo weli lizwe futhi zifikelela kubantwana abangaphezulu kwama-120 000, kwaye ama-84% ezi klabhu adibana kanye ngeveki ubuncinane. Iiklabhu zokufunda zinika abantwana amathuba okufunda kamnandi rhoqo, utshilo u-du Preez.

Wongeza wathi ngabantu abangaphezulu kwama-22 000 abaqeqeshelwe ukufundisa abantwana ukufundela ukuzonwabisa, kungoku nje ngabantu abangama-8 959 abaqhuba iiklabhu zokufunda okanye abasebe-



nza nezi klabhu njengamavolontiyayo, ize ibe ngabantu abangaphezulu kwama-17 000 abayinxalenye yabantu abathatha inxaxheba kumaphulo kaNal'ibali okufundisa ukufunda nokubhala. Abantu babizwa ngokuba zi-FUNda Leaders.

U-du Preez uthi amalungu e-FUNda Leaders aqeqeshelwa ukukwazi ukufundisa umntu atsho akwazi ukubonakalisa izakhono zakhe zobugcisa, ukuzihlola izakhono zakhe ezifihlakeleyo nokucinga kunye ngokusebenzisana.

"Ukuba imisebenzi ibha-

lwe ngolwimi olungaziwayo ngabantwana, uze ube usebenzisa iindlela zokufundisa abantwana ezingalandeleki lula okanye ezinganiki mdla, ziye zingabi nantsingiselo kwaye zingabalungeli abantwana. Nokuba abantwana bafunda besesikolweni okanye kwenye indawo engesosikolo, ukufunda kona kufanele ukuba kuvakale kubo. Sihlala sikubeke engqondweni oku xa siqeqesha abantu abadala ukufundisa izakhono zokufunda nokubhala kunye nokubalisa amabali," utshilo. **V**

Ungayiqala njani iklabhu yokufunda iincwadi

1. Cela abahlobo ukuba babe yinxalenye yale klabhu. Ungacela abantu abaninzi kangangoko ufuna, kwaye ungafaka nabamelwane, abahlobo okanye abantu bakowenu.
2. Thathani isigqibo sokuba loluphi uhlobo lweklabhu yokufunda iincwadi enifuna ukuba nayo – ingaba niza kufunda iincwadi zohlobo oluthile kuphela – umzekelo, iincwadi ezibhalwe ngababhali baseMzantsi Afrika kuphela – okanye iindidi ngeendidi zeencwadi?
3. Thathani isigqibo ningamalungu ale klabhu yokufunda iincwadi ukuba niza kuzibambela phi iintlanganiso zale klabhu yokufunda iincwadi.
4. Bambani iintlanganiso yangaphambi kokusekwa kweklabhu yokufunda iincwadi nithathe isigqibo sokuba niza kufunda eyiphi iincwadi kuqala, kwaye niza kudibana kangaphi ukuxoxa ngencwadi leyo.
5. Iintlanganiso zeklabhu yokufunda iincwadi mazihlale zivuselela kwaye zinike umdla ngokutshintsha iindawo zokudibanela, niqambe izihloko nemibuzo yentlanganiso nganye.

Ukuba ufuna ukuba yinxalenye yee-FUNda Leader zikaNal'ibali ngena ku – [www.nalibali.org](http://www.nalibali.org), kwiwebhusayithi yeselula ethi: [www.nalibali.mobi](http://www.nalibali.mobi), okanye kwiziko loncedo ku: 021 180 40 80.

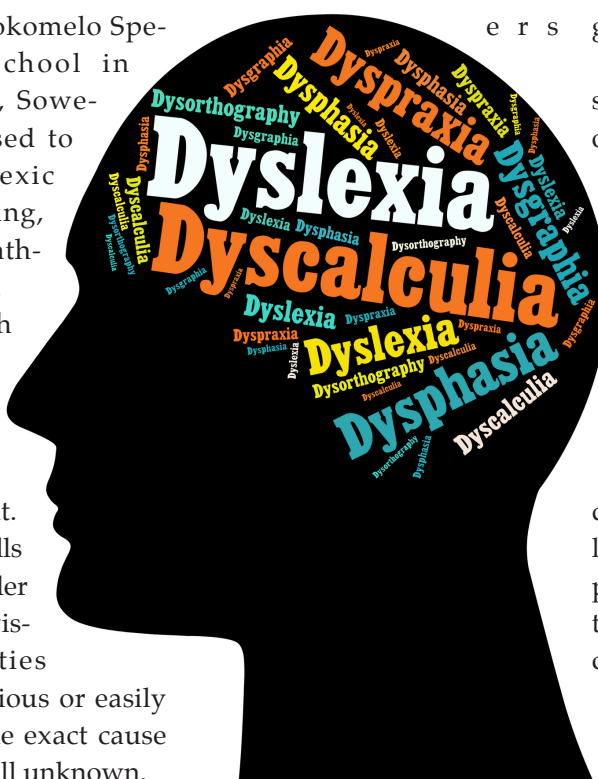
## New resources for dyslexic kids

**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. **V**