

Vuk'uzenzele

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Bead worker embraces her heritage

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Basic Education gives matriculants a second chance

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Black Mambas strike poachers

THE WOMEN-LED BLACK MAMBA

Anti-Poaching Unit is a poacher's worst nightmare as they relentlessly patrol fences, look for snares and remain alert to any threats to the wild animals they are dedicated to protecting.

The Black Mamba Anti-Poaching Unit is the first majority female anti-poaching unit in South Africa.

It was established in 2013 by conservationist and field ecologist Craig Spencer, Managing Director of Transfrontier Africa NPC, to protect the Olifants West Region of Balule Nature Reserve.

They are part of the Department of Environment, Forestry and Fisheries (DEEF)

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Ukusheshe kutholakale umdlavuza wesibeletso kusindisa izimpilo

KUSUKELA EMINYAKENI YOBUDALA YAMA-20, abesifazane kumele baye njalo ukoyokwenziwa ama-*pap smear* ukuze kutholwe umdlavuza wesibeletso ngaphambi kokuba kube nzima ukuwelapha. Lo ngu-myalezo wabesifazane esiwusabalalisa Ngenyanga Yokuqwashisa Ngomdlavuza Wesibeletso ngoMandulo.

Silusapho Nyanda

Abesifazane kumele benze ama-*Pap smear* njalo emitholampilo yangakubo, ukholelwa kulokho osinde kumdlavuza wesibeletso.

UZibulani Dlamini* (oneminyaka engama-45) wathi ukuba wayenolwazi olwanele ngomdlavuza, ngabe wahlolwa ekuqaleni.

“Uma uhlala unobuhlungu ngezansi nesisu, kumele uyohlolwa. Ezinye izimpawu ukopha ngesikhathi kanye nangemuva kokuya ecansini, ujugungu oluphuma esithweni sangasese kungalindelekile, ukuya esikhathini ngesikhathi okungalindelekile ngaso kanye nobuhlungu obukhulu

ngesikhathi usesikhathini,” kusho yena, exwayisa ngokuthi kwabanye abantu besifazane, akukho zimpawu nhlolo, yingakho kubalulekile ukhulolwa njalo.

Ngokwe-Cancer Association of South Africa (i-Cansa), umdlavuza wesibeletso wenzeka kumaseli asemfonyeni wesibeletso lapho kuxhumana isitho sangasese somuntu wesifazane nesibeletso.

“Uwumdlavuza wesibili ovamile kwabesifazane baseNingizimu Afrika futhi ubangelwa kakhulu yi-*human papilloma virus*, igciwane elivamisile elisatshalaliswa ngokuthintana kwesikhumba nesikhumba, uketshezi oluphuma emzimbeni kanye nokuya ocansini,” kusho i-Cansa kusizindalwazi sayo.



Ngokwe-Cansa, ukusheshe kutholakale umdlavuza wesibeletso kwandisa amathuba okwelashwa futhi kungasheshe kuvimbele ukuguquka ngokushesha kwamaseseli esibeletso abe wumdlavuza.

UDlamini watholakala ukuthi unomdlavuza ngoMbaso 2018 ngemva kokuya emtholampilo ngenxa yobuhlungu ngezansi

NGABE BEWAZI?

- Yenziwa mahhala i-*Pap smear* futhi ingenziwa kunoma yisiphi isikhungo sezempilo esifana nomtholampilo noma isikhungo sezempilo somphakathi.
- Abantu abanomdlavuza wesibeletso kanye nabantu besifazane abafuna ukwazi kabanzi ngesifo bangathinta i-Cancer Association of South Africa ku: 0800 22 66 22.

nesisu kanye nakunkimfi.

Wathi imiphumela yakhe ye-*pap smear* yabuya emva kwenyanga wase edluliselwa esibhedlela sendawo, nesamdululisa e-Nelson Mandela Academic Hospital eMthatha lapho atshelwa

khona ukuthi unomdlavuza wesibeletso.

“Odokotela bangitshela ukuthi ngenxa yokuba mandla komdlavuza, kwakungcono ukususa sonke isibeletso ukuze bavimbele ukuthi usabalalele nakwamanye amalungu.”

UDlamini uthi kudingeka ukuthi kube khona umkhankaso wokufundisa abantu besifazane kabanzi ngomdlavuza wesibeletso, ukuthi unomthelela kanjani kubantu besifazane nokuthi bangayokufuna kuphi ukwelashwa.

“Abantu besifazane abasola ukuthi kukhona okungahambi kahle kumele bafune usizo lwezempilo ngaleso sikhathi,” kuphetha uDlamini. **V**

* UZibulani Dlamini akulona igama lakhe langempela.

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I-NHI: Sekusele kancane ukuthi wonkhe umuntu athole izinsizakalo zezempilo eziseqophelweni eliphezulu

U mthethosivivinywa obubhekwe ngamehlo abomvu Womshwalense Wezempilo Kazwelonke (i-NHI) usukhishwe ngokusemthethweni yiPhalamende – ngaleyo ndlela-ke umphakathi uzothola ithuba lokubamba iqhaza uxoxisane ngawo.

Ukukhishwa Komthethosivivinywa kusondeza iNingizimu Afrika ekuqaliseni i-NHI.

UMthethosivivinywa usayinwe Ungqongqoshe Wezempilo, uDkt. Zweli Mkhize, futhi wemukelwa yiKhabhinethi ngoNtulikazi.

Nge-NHI uhulumeni ufuna ukufeza isibophezelo sakhe sangokomthethosisekelo sokuhlazeka ukunakekela kwezempilo jikelele okuseqophelweni eliphezulu lwabantu bonke njengalokho kuphokophelwe Yisigaba 27 soMthethosisekelo kanye Nemigomo Yentuthuko Esimeme (ama-SDG) Yenhlalngano Yezizwe (i-UN).

I-NHI iphokophele uku-



qinisekisa ukuthi izakhamuzi zaseNingizimu Afrika, abazinze kuleli ngokugcwele, ababalekele kuleli, iziboshwa, abokufika kuleli ababaluliwe kanye nazo zonke izingane bazothola izinsiza zezempilo.

Izikhungo zezempilo zokwelwapha izifo ezijwayelekile ezifana nemitholampilo noma odokotela abelapha zonke izifo zizoba yizindawo zokuqala abaya kuzo abantu uma bedinga izinsizakalo zezempilo. Izinsiza zezempilo zizoba mahhala kulezi zikhungo.

“Sesiside isikhathi uhlelo

lwethu lwezempilo luqhutshwa ngendlela engakwazi ukugcinika futhi engenabo ubulungiswa. Uhlelo lwezempilo lukahulumeni beluthwele umthwalo omkhulu ngokuphathelene nomthwalo wezifo kuleli lizwe, ngokubhekelela abangama-84% besizwe sethu ngezinsiza ezincane uma kuqhathaniswa nohlelo lwezempilo oluzimele olunikeza ngezinsiza ebantwini abayi-16% kuphela,” kusho Ungqongqoshe uMkhize.

I-NHI iphokophele ukulandela ezinyathelweni zamazwe afane ne-Britain kanye ne-Japan nawo

NGABE BEWAZI?

- Kulindeleke ukuthi i-NHI ibize imali ezigidi zezigidi ezingama-256 zamarandi.
- I-NHI izobe isiqaliswe ngokuphelele ngowezi-2026.

aqalise izinhlelo zawo ezifana nalolu.

Ngabe isebenza kanjani i-NHI?

Nge-NHI, umuntu uzobhaliswa njengomsebenzisi we-NHI. Kuzodingeka ukuthi abantu ababhalisiwe baye ezikhungweni zezempilo ezelapha izifo ezijwayelekile ezifana nemitholampilo noma odokotela abelapha zonke izifo nezizosebenza njengezikhungo zokuqala ekutholwa kuzo izinsizakalo zezempilo.

Uma esesikhungweni sezempilo sezifo ezijwayelekile, umsebenzi wezempilo uzo-nquma izinga lokunakekela

elidingeka esigulini futhi uma kunesidingo adlulisele isiguli ukuze siphinde siyokwelashwa.

Abantu bazothola izinsizakalo zezempilo nokwelashwa mahhala kodwa uma umuntu esiya ngqo kungoti wezokwelapha uzokhokha.

Kwenzekani ezikimini zensiza yokwelapha?

Ngaphansi komthethosivivinywa, izikimu zensiza yokwelapha zizopheliswa kancane kancane njengethulusi elibalulekile lokuthenga izinsizakalo zezempilo - zigcine zingasekho.

Izikimu zensiza yokwelapha zizobe-ke sezisebenza njengensiza yokusekela i-NHI. Insiza yokusekela i-NHI izohlazeka ngezinsiza ezingekho ohlwini le-NHI ezifana nokuhlazeka ngenhloso yokwenza umzimba ube muhle.

“Bonke abantu baseNingizimu Afrika bazothola izinsizakalo zezempilo eziseqophelweni eliphezulu mahhala,” kusho uMkhize. **V** – **SANews.gov.za**