

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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"MANJE SESIFIKILE ISIKHATHI SOKUTHI SONKE SISEBENZISANE, NGENHLOSO YOKUHLONIPHA U-NELSON MANDELA, SAKHE ININGIZIMU AFRIKA ENTSHA FUTHI ENGCONO KUMUNTU WONKE WAKULELI."

UMONGAMELI CYRIL RAMAPHOSA

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SIKWAKHELA INGOMUSO ELINGCONO
SIHAMBAMBA EZINYATHELWENI ZIKAMADIBA



Abaholi bendabuko bangukhiye emizamweni yokululama

Ezinyangeni ezimbalwa ezedlule, sava-lelisa kabuhlungu kumakhosi endabuko amabili ahlonishwa kakhulu ezweni lakithi.

Isizwe samaZulu siqeda ukutshala iNkosi u-Goodwill Zwelithini ka Bhhekuzulu ose-buse iminyaka engamashumi amahlanu. NgoMasingana, isizwe sabaPedi satshala u-Kgoshikgolo Thulare Thulare III, owakhothama emva kwesikhathi esingaphansi konyaka egcotshiwe.

Ngokukhothama kwabo, silahlekelwe ngamaqhawe okulondolozwa kwesiko lethu, kanye nabagcini bomlando abahlonishwayo kubantu babo.

Ngaso lesi sikhathi, bebedlala indima ebalulekile ekuthuthukisweni kwezindawo ezisemakhaya, futhi bezinikele ekuqhubeni izinhlelo zokuphakamisa izimo zempilo yabantu babo.

Ngokufika kwentando yeningi labantu ngowe-1994, kwakuseqhubeni kuhulumeni omusha ukugcinwa kobuqotho nokuba semthethweni kobuholi bendabuko ngokuhambisana nomthetho womdabu kanye namasiko ngokoMthethosisekelo Wezwe.

Isikhungo sobuholi bendabuko siyaqhubeka nokudlala indima ebalulekile ezimpilweni zezigidi zabantu kulo lonke izwe lakithi, ikakhulukazi ezindaweni zasemakhaya. Abaholi bendabuko besekela futhi baqhuba intuthuko emiphakathini yabo.

Muva-nje, ngibe nethuba lokuba nenkulumo-mpikiswano ngokuvulwa kweNdlu Kazwelonke Yabaholi

Bendabuko, eyayimayelana nezinkinga ezibhekene nezwe njengamanje.

Okwangihlaba umxhwele kakhulu ngale ngxoxo kwabangukuthi ubuholi bendabuko buyaziqonda izimo ezinzima zomnotho ezibhekene nezwe lakithi, futhi bufuna ukuba yingxenywe yokubhekana nezinsalele eziningi zokungathuthukiswa kanye nobubha ezindaweni zabo.

Ngilokhu ngisho ukuthi ukuvuseleleka komnotho wethu emva kobhubhane lwegciwane le-Corona kumele kubandakanye wonke umuntu, futhi kungabikhona muntu oshiyeka emuva.

Impumelelo yoHlelo Lokwakhwiwa Kabusha Nokuvuselelwa Komnotho ihleli ekubambisaneni okunamandla hhayi nje phakathi kuka-hulumeni, amabhizinisi nabasebenzi kuphela, kodwa nobuholi bendabuko kanye nezinye izinhlangano zomphakathi.

Okwakulokhu kuphawuleka kwababebambe iqhaza kwinkulumo-mpikiswano muva-nje kwakungukuthi abafuni ukuthembela ekuphileni noma imiphakathi yabo ihlale ibheke usizo lwezimali kuhulumeni.

Bafuna ukuhlinzekwa ngokwesekwa okufanele, ukuqeqeshwa kanye nesimondawo esivumela imiphakathi yasemakhaya ukuthi izimele.

Bafuna ukuvala ukwahlukana kwedolobha – namakhaya ekufinyeleleni kwezinsiza zikahulumeni kanye nezinsiza zomkhakha ozimele.

Abafuna ukukubona ukuthi izindawo zasemakhaya zibe izikhungo zemisebenzi yo-



mntho, amathuba ezimboni kanye nokuqashwa. Lokhu kubonisa izifiso zoHlelo Lokuthuthukiswa Kwesifunda (i-DDM), olwethulwa ngowezi-2019.

Abaholi bendabuko basesimeni esihle kakhulu ukuqinisekisa ukuthi izinhlelo zesifunda ziphendula izidingo zangempela zemiphakathi futhi zibonisa impilo eyiyona ezindaweni zasemakhaya.

Njengoba i-DDM yasekela izinhlelo zendawo ezixile kwizidingo, amandla kanye namathuba ezindaweni ezithile, abaholi bendabuko sebeqalise indlela yabo yokubhekana nokuthuthuka komnotho wasekhaya.

Sebesungule uHlelo lwe-InvestRural, olwethulwa e-Nyakatho Ntshonalanga ngenyanga edlule. Kuyakhuthaza kakhulu ukuthi abaholi bendabuko bahlanganyele ngalolu hlelo futhi bafuna ukusebenzisana neziphathimandla zasendaweni ukuqinisekisa ukuthi luyimpumelelo.

Ngesikhathi senkulumo-mpikiswano eNdlini Yesizwe Yabaholi Bendabuko kwaphakamiswa ukuthi okuzokwenza ukuthi uhlelo

lwe-InvestRural luphumelele ukuthi izinhlelo zendabuko ziqeqeshwe, zinikwe amandla futhi zicijwe ngamakhono.

Ababambiqhaza abaningi bachaza ngezinhlelo zomnotho esezisemazingeni athethuthuthukiswa. Kusuka kwimisebenzi yezolimo kuya ekwakhiweni kwemikhqizo ethile kuya kwezamandla avuselekayo.

Okwakucace bha ukuthi isikhungo sabaholi bendabuko siyaqonda ukuthi ukuqeqeshka emsebenzini kuyadingeka emabhizinisini asemakhaya amancane, apha-kathi kanye nezinkampani ezincane nemifelandawonye ukuthi babe yingxenywe yomnotho ohlanganisile.

Abaholi bendabuko abakuhluma bethula imibono yabo 'yokuthuthukiswa kwamakhosi', abazibona hhayi njengabagcini bamagugu nje kuphela kodwa nanjengabaqhubi bokuchuma nenqubekela-phambili kwezomnotho. Sebethole Imisebenzi eminingi namathuba omnotho azosungula imisebenzi futhi athuthukise izindlela zokuziphilisa ezindaweni zasemakhaya.

Abaholi bendabuko baphinde bazwakalisa isifiso sabo sokudlala indima ebonakalayo kwinqubo yezinguquko zomhlaba. Kusukela ngowezi-2018, abaholi bendabuko banikezela ngen-dawo engamahektha ayizi-1 500 00 ukuthi ithuthukiswe, kunethemba lokuthi lokhu kuzokwanda ngokuzayo.

Ukusungula iqhingasulo elihleliwe nelisimeme, sivumile ukubamba iNgqungquthela kaMongameli Yezomhlaba ngonyaka ozayo. Kuzoxoxwa ngezinkinga ezikhona ngezinguquko zomhlaba kanye nomthelela wazo emhlabeni ohlala abantu, omningi wawo usezindaweni zasemakhaya.

Umuzwa wenkulumo-mpikiswano eNdlini Yesizwe wabonisa ukuthi ukuvuselelwa komnotho kuhamba phambili emicabangweni yethu. Ngasikhathi sinye kwakuluphawu oluthembisayo ukuthi abaholi bendabuko bayayithokozela indima yabo yokuba yingxenywe yomzamo kazwelonke wokuvuseleleka ngokuqalisa imisebenzi nokuqhamuka namaqhinga amasha.

Ifa elihle kakhulu labaholi abakhulu elokuthi imbewu yentuthuko abayitshalayo ngesikhathi sokubusa kwabo ikhule ibe yizihlahla ezinkulu ezivikela futhi ezikhoselisa imiphakathi yabo ngezizukulwane ngezizukulwane.

Njengoba sisebenza ngokubambisana njengezwe ukwakha kabusha umnotho wethu, sizoqhubeka nokuthembela ekwesekweni yisikhungo sabaholi bendabuko, esiyingxenywe emangazayo yemuva lethu, imanje lethu kanye nekusasa lethu. **U**

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. **U**

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 ukusindisa izimpilo

Allison Cooper

Inhlango ezimele i-Sunflower Fund ime-ma bonke abantu base-Ningizimu Afrika ukuthi baqinise ukwehlukana kwabo ngokobuhlanga esizindeni sokugcinwa kwegazi elinikelwayo ukuze kusindiswe izimpilo zezingane.

Ngokuka-Palesa Mokomele, oyinhloko ye-Sunflower Fund yezokumaketha kanye nezokuxhumana, uthi izinkulungwane zeziguli zihlonzwa njengezinezifo ezihlobene negazi minyaka yonke.

Esikhathini saphambili, lokhu kuhlonzwa kwakuvame ukuholela ekufeni. Kodwa esikhathini sanamuhla, ukushintshwa kwamangqamuzana egazi kungaba yindlela yokwelapha esebenza ngempumelelo ekusindiseni izimpilo ngokushintsha lawo mangqamuzana egazi omuntu angasekho esimweni sempilo

esiyiso ngalawo asenempilo.

Okubuhlungu, ukuthi abaningi balabo abangazuza kule nqubo abatholi ukwelashwa abakudingayo ngoba ukuthola onikela ngesicubu sohlobo lwakho kunzima.

"Iziguli zohlanga zisengcupheni enkulu ngenxa yabantu abancane ababhalisile abanikela ngamangqamuzana egazi kwabamnyama, amakhaladi kanye namaNdiya," kusho uMokomele.

Ithuba lesibili lempilo

Impilo ka-Zyaan Makda (oneminyaka eyi-19) yaguquka yabheka phansi mhla ehlonzwa njengonesifo segazi esibizwa nge-*heterozygote haemoglobinopathy*, okuyisifo esibeka engcupheni impilo futhi okuyisifo segazi esingalapheki, ngonyaka wezi-2007.

Ithuba elihle lokusinda lalincike ekunikelelweni ngamangqamuzana egazi, kodwa umuntu onamangqa-



Impilo ka-Zyaan Makda yaguquka kakhulu sibonga usizo akaluthola kowanikela.

muzana egazi afana nawakhe akatholakalanga. Ngenxa yalokho, kwafanele afakelwe igazi njalo emva kwamaviki amabili.

"Imithambo yegazi ezandleni zami yaqhuma futhi kwamele ukuthi ngifakwe ipayipi esifubeni sami. Ngaphinde futhi ngabhekana nokukhathala njalo, ngakhishwa inyongo kanye namatshe enyongo futhi ngakhahlanyezwa ukungasebenzi kahle kwegilo. Ngangihlala ngiphutha esiko-

leni ngezizathu zokwelashwa futhi ngangingakwazi nokuba yingxenywe yezemidlalo. Ukuchitha isikhathi esiningi esibhedlela kwabanzima kakhulu," kusho yena.

Isimo sika-Makda saphinde sadala ukulahlekelwa ukukhumbula izinto kanye nokudlikiza futhi kwamele ukuthi ahlale ekhaya iminyaka emithathu engayi esikoleni. Nakuba zikhona lezi zinsesele, kodwa waqhubeka nokuhlalela ethembeni. Eku-gcineni u-Makda wamthola umuntu ozomnikelela, kodwa indlela yakhe eya empilweni yabe isekude ukuphela. Kwakumele ukuthi ahlinzwe ekhanda ukuze kususwe isibazi ebuchosheni bakhe.

"Sengineminyaka emithathu manje ngafakelwa kabusha izicubu futhi ngiphila impilo engangingacabangi ingaphileka, ngiyabonga kulowo waseJamani owatshengisa isenzo sobuntu kanye nomusa ngokunginikelela."

Yiba yithemba lomunye umuntu

U-Naledi Senamela (one-

minyaka eyi-14) wahlonzwa kwatholakala ukuthi une-*leukaemia* (okuyisifo somdlavuza wegazi) ngoNhlaba kowezi-2020. Wengeza inani leziguli eziningi ezidinga ozonikela ngezitho ezihambisana nezazo.

"Emva kokuhlonzwa kwami, angisakwazi ukuthola imiphumela egculisayo esikoleni. Angisakwazi ukuba yingxenywe yezemidlalo noma ngenze izinto engangizijabulela phambilini," kusho uSenamela, onephupho lokuba ngudokotela. Labo abafisa ukunikela abaneminyaka ephakathi kweyi-18 kanye nengama-55 bangasiza uSenamela kanye nabanye abaningi abadinga ukunikelelwa ngokuthi babhalise kwiwebhusayithi ye-Sunflower Fund.

Udinga nje kuphela ukwenzisa uhlolo ngokotini osaboya i-cotton swap kanye nemizuzwana nje yesikhathi sakho. Faka isicelo sokuthola ukotini osaboya wokuhlola kwa-Sunflower Fund ngokuvakashela kule webhusayithi ethi: www.sunflowerfund.org noma ushaye ucingo kule nombolo ethi: 0800 12 10 82. **U**