

Vuk'uzenzele



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Driving COVID-19 jobs in Ekurhuleni
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STAY SAFE
VACCINATE TO SAVE SOUTH AFRICA
TOGETHER WE CAN BEAT THE CORONAVIRUS



Partnership helps develop e-learning
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Gogos' vaccine joy



■ **Nomamelika Philiso (119)** is all smiles after receiving the COVID-19 vaccine.



■ **Chithekile Hlabisa (101)** has already beaten COVID-19 once and has ensured she is protected from the virus by having the vaccine.

More Matshediso and Ndyebo Kopo

Phase 2 of South Africa's mass vaccination programme is reaching the elderly across the country, at vaccination sites and in their homes.

Recently, 119-year-old Nomamelika Philiso of Mandleni village in KwaBhaca in the Eastern Cape received her first dose of the Pfizer vaccine.

Community health workers visited Philiso's home during a door-to-door campaign to register those who are over 60 years of age on the Electronic Vaccination Data System (EVDS).

They registered Philiso on the EVDS and not long after she was vaccinated at her home by senior health professional Thobeka Ludidi from Madzikane KaZulu Hospital.

Ludidi first screened Philiso before administering the vaccine.

Happy and grateful

Philiso expressed gratitude to government for ensuring that she benefited from the vaccination programme.

"I am short of words. I am just happy and grateful," she says.

While Philiso's husband passed away in 1964 and eight of her nine children have also passed away, she is looking forward to spending time with her grandchildren and great grandchildren.

Another recently vaccinated gogo is 101-year-old Chithekile Hlabisa from Mzingazi in Richards Bay.

She received the first dose of the vaccine at Ngwelezana Hospital.

Hlabisa is extremely grateful to have received the vaccine as she spent four weeks in hospital due to the Coronavirus Disease (COVID-19) earlier this year.

Having battled with a heart condition for most of her life, she says it was only by God's grace that she survived. Unfortunately, one of

her daughters succumbed to the disease.

Waiting patiently

Chithekile encourages other senior citizens to take the jab.

"I have been waiting patiently for the vaccine. Having survived COVID-19 and being hospitalised for this virus can be a scary episode.

"I was happy to hear that now we are vaccinating. All people my age and younger than me should take the vaccination as soon as possible."

While she admits she was initially afraid, Hlabisa says receiving more information about the vaccine put her mind at ease.

Pulling out all the stops

Efforts are being made by various sectors to ensure that as many people over the age of 60 as possible register on the EVDS.

Pension payout points, where thousands of the elderly queue for their

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Intsha iyiguggu lethu

Mhla we-16 kuNhlanguvana 1976, intsha yaseSoweto nakwezinye izingxenye zezwe yasuka yalwa nokungabi nobulungiswa kwiMfundo Yabantu Abamnyama.

Ngalolo suku nangezinye ezilandelayo, abantu abaningi abasha balahlekelwa izimpilo zabo. Babulawa ngumbuso onesihluku owawungenandaba nezimpilo zabantu abamnyama futhi owawungenandaba nokudubula abantwana besikole abangahlomile futhi abagqoke umfaniswano wesikole.

Lezi zigameko zaqinisa indlela amazwe ngamazwe abona ngayo umbuso wobandlululo abe esegququzela ukulwelwa kwenkululeko.

Abantu abasha bahlale behamba phambili emibhikishweni yomphakathi, kusukela kumibhikisho yokulwisana nondlovukayiphikiswa e-Latin America ekupheleni kweminyaka ye-1950, kuya kwimibhikisho kulolonke izwekazi lase-Afrika ekupheleni kweminyaka ye-1960.

Umlando ubonisa ngokweqiniso igalelo lesizukulwane sangowe-1976 kwihlangano yabafundi yamazwe ngamazwe nalapho lime khona ekulweni nengcinezelo nokulwa nokungabibikho kobulungiswa.

Lesi sigameko esiyinqophamlando esenzeka eminyakeni engama-45 edlule siyaqhubeka nokubungazwa kuyoyonke i-Afrika kanye nomhlaba wonke.

Ngakho-ke kuyathikameza kakhulu ukuthi ulwazi mayelana nosuku lwe-16 kuNhlanguvana luyancipha kakhulu entsheni yaseNingizimu Afrika. Lokhu kudlange kakhulu entsheni eyaziwa

ngokuthi i-Generation Z, noma abantu abasha abazalwe phakathi kowe-1997 kuya kowezi-2015.

Ucwaningo mayelana Nokuziphatha Kwabantu BaseNingizimu Afrika lwangowezi-2019/2020 olushicilelwe uMkhandlu Wocwaningo Ngezesayensi Yabantu luthole ukuthi ama-40% e-Generation Z awukaze wezwa ngezehlakalo zomlando wange-16 kuNhlanguvana. Iphesenti elifanayo like lezwa ngazo kodwa lazi okuncane kakhulu noma alazi lutho ngazo.

Noma kunjalo, ucwaningo luphinde lwathola ukuthi abantu abasha balesi sizukulwane bavulelekile ukuthi bafunde ngezigameko zomlando futhi bakholelwe ekubalulekeni kwazo okuqhubekayo.

Kumele senze okuthe xa xa njengezwe ukuqinisekisa ukuthi umyalezo wango-1976 udluliswa ngokweqiniso.

Lokhu kungukuzinikela okuhlanganisile kukahulumeni, izikole, izikhungo zemfundo ephakeme, abazali, imindeni, abaculi, amaciko, kanye nawo wonke umphakathi.

Isizukulwane esazalwa emva kokuphela kobandlululo sagcina sizuze izwe elinoMthethosisekelo wentando yabantu lapho izisekelo zenkululeko zivikelwe.

Amathuba abantu abasha abanawo manje ahlukile kakhulu futhi athuthukile kakhulu.

Ukugcina umlando wange-16 kuNhlanguvana uphila kuyisikhumbuzo kwisizukulwane sanamuhla ngokuzidela okukhulu okwenziwa ukuzuza inkululeko yabo.

Usuku Lwentsha luyisi-



khumbuzo samandla amakhulu nokuthi abantu abasha kumele bazakhele ikusasa elingcono.

Ukuzabalaza kwabantu abasha eNingizimu Afrika kuningi kakhulu kulezi zikhathi zanamuhla. Abantu abasha basalokhu behamba phambili kubushosho, kungaba ngenxa yokulwela imfundo yamahhala noma ukulwa nezinkinga zehlabathi ezifana nodlame olubhekiswe kubulili obuthile.

Namuhla umzabalazo omkhulu abantu abasha ababhekene nawo ukuntuleka kwemisebenzi, okube nzima kakhulu ngesikhathi sobhubhane lwe-COVID-19.

Ukudalela abantu abasha amathuba amaningi, nokufinyelela kulawo mathuba, kuyinto eseqhulwini kuhlumeni.

Konke esikwenzayo njengohulumeni kunegalelo ekuphuculeni izimpilo zabantu abasha. Ukubhekana nokungasebenzi kwentsha kudinga ukukhula komnotho ngesivivini, ikakhulukazi emikhakheni yezemisebenzi, kanye nokwakha ikhono lombuso ukuthi ukwazi ukufeza indima yawo yokuthuthukisa.

Lolu hlelo sibuye siluqhuba ngezingenelelo eziqonde ngqo. Ezibandakanya uHlelo

lukaMongameli Lokusungula Imisebenzi, oseluhlinzeke ngamathuba emisebenzi nokwesekelwa kwezindlela zokuphila kubantu abasha abaningi.

Sesethule uchungechunge lwezinyathelo ezengeziwe ukusungula amathuba, ukuthuthukiswa kwamakhono, ukwesekela osomabhizinisi abancane kanye nokubandakanyeka ngokugcwele kwabantu abasha emnothweni.

Lokhu kubandakanya ukusungulwa kwe-National Pathway Management Network, i-SA Youth, ukwenza lula ukuthi abantu abasha babuke futhi bafinyelele kumathuba futhi bathole ukwesekwa ukuthola izindlela ezizobafaka emnothweni.

Lokhu kuyingxenye yokuseqhulwini oHlelweni LukaMongameli Lokusungulela Intsha Imisebenzi, olwethulwa emavikini ngaphambi nje kokuthi kuvalwe izwe ngonyaka owedlule nokuyimanje luzoqaliswa ngokugcwele.

UHlelo LukaMongameli Lokusungulela Intsha Imisebenzi lwalwakhelwe phezu kokuqonda ukuthi ukubhekana nenkinga yokungasebenzi kwentsha kudinga ukucabanga amaqhinga amasha kanye nokusebenzisana okuqinile kuwawonke umphakathi.

Inhloso-ngqangi ukuthola izindlela ezisebenzayo, kungaba ekuthuthukisweni kwamakhono noma kumithethonqubo yezemisebenzi, nokusabalalisa lokhu ngokushesha ukuze kuzofinyelele kubantu abasha abaningi ngokusemandleni.

Okubaluleke kakhulu, kuyabonisa ukuthi abantu abasha kumele babe ngumongo wanoma ngumuphi umzamo wokufukula ukuqashwa kwentsha. Abantu abasha bayiguggu lethu, futhi bayisikhali sethu kule mpi.

Sethulela isigqoko ukuqina kwawo wonke umuntu omusha odlala indima yakheekwakheni nasekuthuthukiseni leli lizwe.

Abantu abasha abavolontiya emiphakathini yakithi, abakha izwe lakithi ngoHlelo lukaMongameli Lokusungula Imisebenzi, baqhuba amabhizinisi abo futhi bayafunda ukuthi baphucule izimpilo zabo.

Bangabantu abasha abaphemba indlela yabo futhi baletha nemindeni yabo.

Sethulela isigqoko abantu abasha abaqhubeka nokusebenzela ukuphucula izimpilo zabo. Abantu abasha badlala indima yabo; badinga uhulumeni, kanjalo nomphakathi wonke, ukudlala eyethu.

Izwe lethu libhekene nezikhathi ezinzima, kodwa sisebenza zinsuku zonke ukwenyusa amathemba.

Siyakubona ukulokoza kwethemba lokukhula emnothweni wethu, futhi siyathemba ukuthi lokhu kuzoholela emathubeni angcono kithi sonke. Umsebenzi wethu manje ukuqinisekisa ukuthi abantu abasha bame ngomumo futhi bayakwazi ukufinyelela kula mathuba, nokuzisungulela awabo. **U**

Gwema ukusha kulobu busika

Allison Cooper

Njengoba ubusika budinga ukuthi si-fudumale, buphinde bandise ubungozi bokushiswa amakhandlela, imililo, izitofu, izifudumezi kanye namanzi abilayo.

“Ukusha kuba mandla kakhulu ngesikhathi sasebusika futhi abazali nabanakeli kudingeka ukuthi bacophelise ukuqinisekisa ukuphepha kwabo nokwezingane zabo,” kusho uDokotela u-Gary Dos Passos.

UnguMphathi weNgxenye Yabashile esibhedlela i-Red Cross War Memorial Children's Hospital (i-RCW-MCH) aphinde abe ilungu lekomidi labaphathi be-Burn Society of South Africa.

Nakuba imililo eyenzeka ngephutha ingeke yagwemeka, ukulimala ngokusha okuningi kungagwemeka ngokuqaphelisisa okufanele, komuntu omdala kanye nokulandela izindlela zoku-



■ Ukushiswa ilangabi kungalimaza kakhulu.

phepha.

“Ukushiswa ngumlilo kuyalimaza futhi kunomthelela omkhulu wempilo yonke nangokwengqondo kulabo abasindile kanye nemindeni yabo,” kusho u-Dkt u-Dos Passos.

Ungakugwema kanjani ukusha

Ukushiswa ngumlilo ku-

ngagwemeka ekhaya. Nawa amanye amasu:

- Gcina umentshisi, okokuthungela umlilo, okubhethekisa masinya umlilo (uphethiloli nophalafini), amakhandlela, izibani zegesi nezikaphalafini kanye nezifudumezi kude nalapho kufinyelela khona abantwana.
- Ungaphosi izinto ezibhe-

bhethekisa masinya umlilo emalangabini. Lokhu kuyingozi kakhulu.

- Ungavumeli abantwana badlale eduze kophalafini noma izibani zegesi noma izifudumezi.
- Ungaphathi umntwana ngesikhathi upheka noma ushiye abantwana bengabhekiwe eduzane noma ekhishini.
- Qiniseka ukuthi akufinyeleleki eketeleni. Thenga i-ikelata elingenayo intambo uma ukwazi.
- Ungaphakamisi imigqomo noma amabhodwe okubalisa amanzi eduze kwabantwana.
- Qhelisa izibambo zamabhodwe ngaphambi kwesitofu.
- Faka amakhandlela ebhodloleni lengilazi elishona phakathi elinesihlabathi phakathi ukuze azocima uma ewa phansi.
- Ungambozi imililo ngesihlabathi. Ukushisa kuhlala amahora amaningi esihlabathini.

- Faka kuqala amanzi abandayo ebhavinini, bese ulandela ngashisayo. Hlola amanzi okugeza ngendololwane yakho kuqala njalo nje.

Uma ushiswe ngamalanga-bi, yima kanjalo, iwa phansi bese uyagingqika ukuze kuzocisha amalanga-bi.

“Ukushisa komlilo, amanzi ashisayo noma ukushiswa ugesi kuzoqhubeka kushise izicubu zomzimba noma ngabe kudala umlilo ususiwe.”

“Nqanda ukusha ngokugcina ingxenye eshile yomzimba ngaphansi kompompwa wamanzi abandayo imizuzu engama-20. Ungasebenzisi iqhwa, amanzi aneqhwa, ibhotela noma ngumuphi umkhizizo osamafutha esilondeni sokusha,” kusho u-Dkt u-Dos Passos. **U**

Ukuthola amanye amasu okugwema ukusha, vakashela ku: www.childsafe.org.za

Good health by the cupful

THE PEBBLES PROJECT and UK-based tea company Twinings have teamed up help farmworkers stay healthy.

Allison Cooper

Tea farmworkers and their families, in remote parts of the Western Cape, now have access to healthcare closer to their homes, as a result of a mobile health service in the area.

The mobile clinic was launched by non-profit organisation, the Pebbles Project, and Twinings, a United Kingdom-based tea company, to support around 800 farmworkers and their families on a number of rooibos tea farms in Clanwilliam and Citrusdal.

The mobile clinic conducts wellness screenings and provides routine health check-ups, primary healthcare support and over-the-counter



■ Rooibos tea farmworker Johanna Beukes with Sister Lenay Zimri, who runs the new mobile health service.

health products.

It will also conduct health and wellness workshops on topics such as family planning, maternal health, hygiene, TB, HIV/AIDS, substance abuse and lifestyle diseases.

Sophia Warner, the Chief

Executive Officer of the Pebbles Project, says a lack of access to quality healthcare poses a major challenge for those working and living in farming communities in remote areas where Twinings sources rooibos tea.

“Many farmworkers do not

receive regular health check-ups or the medical attention or information they need in time, and consequently suffer risks of more serious health conditions that could have been prevented if treated earlier.”

A lack of information also

contributes to health challenges which impacts the farmworkers' ability to work and care for their families.

“The goal of the project is to enable rooibos tea farmworkers to take control of their health and receive the medical support they need,” says Warner.

Albert Smit, from a farm in Jakkalvlei, says the farmworkers are grateful. “We are so happy... As a result of the service, we have less staff having to visit the local clinic and less absenteeism at work,” he adds.

The Pebbles Project's partnership with Twinings is part of the company's responsible sourcing programme called Sourced with Care.

Céline Gilart, the Head of Social Impact for Twinings, says Sourced with Care ensures that the company sources responsibly, but also acts as a force for good to improve the quality of life in communities from which it sources. **U**