

Vuk'uzenzele

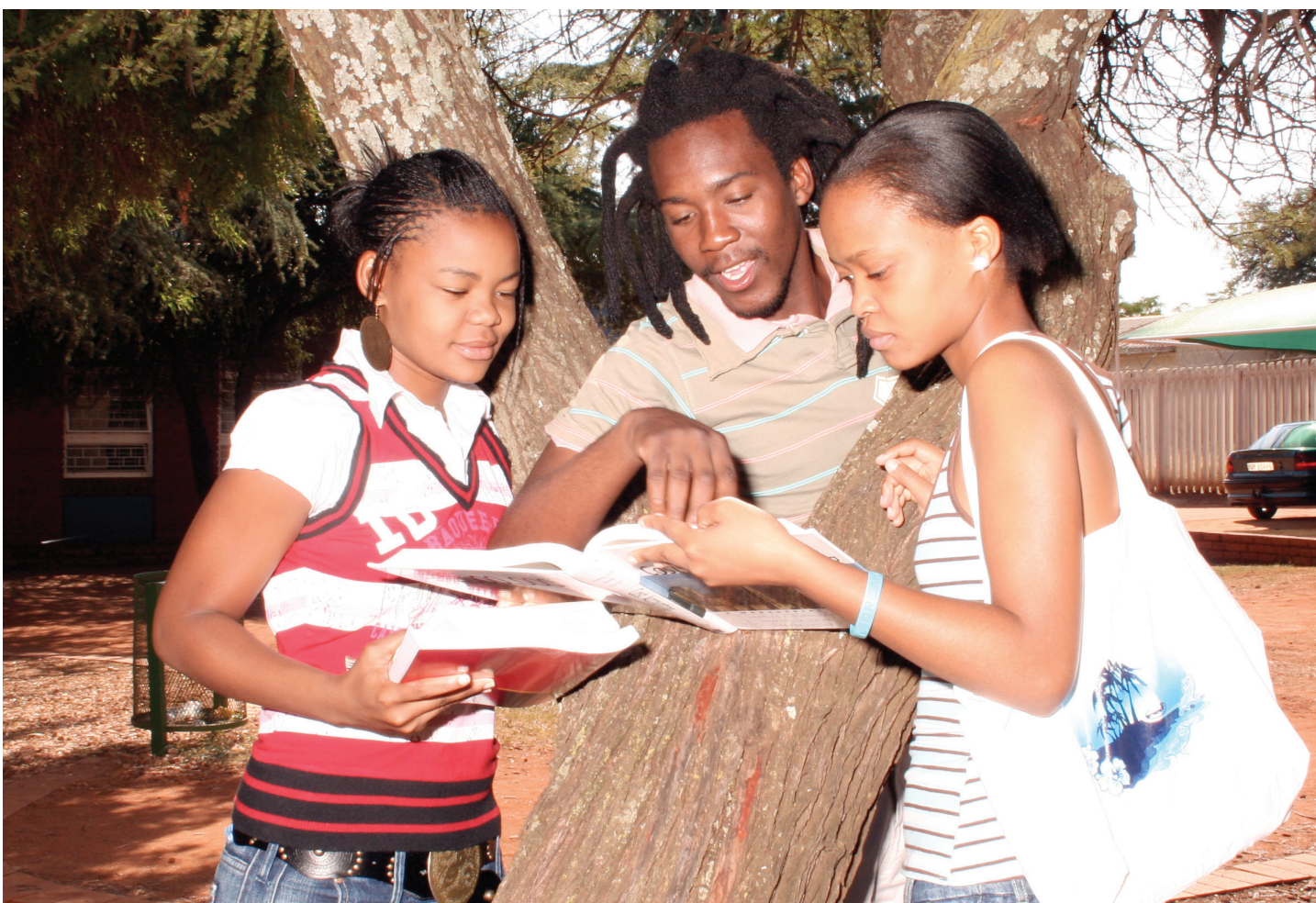
**JOBS
INSIDE:**

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R9 billion more for NSFAS



Government is making more funding available to NSFAS to help students realise their dreams.

Amukelani Chauke

Finance Minister Pravin Gordhan says financing higher education remains a top priority for government.

The Minister announced the 2016 medium-term budget at the National Assembly recently.

The medium-term budget is used to outline government interventions to tackle economic challenges and spending priorities over a three-year period.

Minister Gordhan said that while access to education had increased over the years, there were not enough resources to fund it. As a result, many students

face financial hardships.

"In addition to the R16 billion added to higher education funding

"We have funded 1.7 million students since NSFAS started, at a cost of just over R59 billion."

Higher Education and Training budget allocation

**2013/14 – R34.3 billion
2014/15 – R36.9 billion
2015/16 – R41.8 billion**

in the February budget, we propose that a further R9 billion is allocated to the National Student Financial Aid Scheme (NSFAS) in the period ahead, raising its funding by over 18 percent a year," he said.

The Minister added that over R8 billion will be used to meet the costs of fee increases for students from households with incomes up to R600 000.

"We will work with the corporate sector and financial institutions to expand bursaries, loans and work opportunities for students.

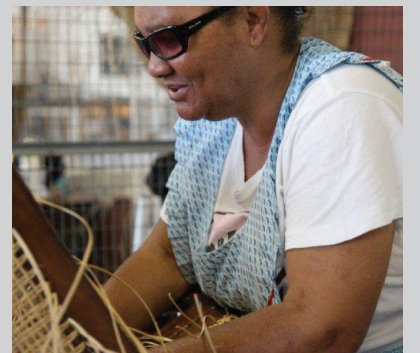
"In seeking a balanced, sustainable roadmap for student finance, we appreciate that graduates who go

on to earn higher incomes will in due course contribute a share of these gains to the next generation," he said.

Meanwhile, Higher Education and Training Minister Dr Blade Nzimande welcomed the additional funding.

He said that with the additional funding, government will be able to extend its reach to NSFAS deserving students who have tended to "fall through the cracks", despite the enormous investment that government has made since 1994.

"We have funded 1.7 million students since NSFAS started, at a cost of just over R59 billion. This was a huge commitment," he added. **V**



KZN Society for the Blind changing lives

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Councillor's home a medicine pick-up point

A COUNCILLOR in KwaZulu-Natal is contributing to the healthcare of people in his community.



Councillor Greatman Thwala (centre) has opened up his home to bring health services closer to his community.

Noluthando Mkhize

The love of community work has led ward councillor Greater-

man Thwala to open up his home to be used as a pick-up point for chronic medication in Mndozo, Newcastle, KwaZulu-Natal.

His house is now known as the Philakahle Pick-up Point. Philakahle means live well in isiZulu.

"As a councillor, I enjoy

helping others as it is part of community work. I am happy to be able to help my community, especially since poverty is a serious challenge in the area."

He added that some community members can't afford transport money to go to the nearest clinic to fetch their chronic medication.

Thwala's gesture forms part of the Department of Health's Central Chronic Medicine Distribution and Dispensing (CCMDD) Programme that makes it possible for stable patients to collect their medication from a pick-up point near their home or work, saving time and money.

The Philakahle Pick-up Point is open Monday to Friday from 7am to 4pm, for patients registered with the Department of Health to pick up their chronic medication.

"We receive 30 to 40 patients a day who come for a variety of medications, ranging from ARVs and medication for mental illness to those for diabetes and hypertension."

The pick-up point is supported by assistant pharmacists, trained by Khethimpilo

Non-Governmental Organisation. A system installed by Medi-Logistics detects patients who do not collect their medication and they can be tracked down by community caregivers.

KwaZulu-Natal Health MEC Sibongiseni Dhlomo said Thwala's efforts benefit the patients and the department.

"Most stable patients are not required to travel to a health facility monthly to collect their chronic medication.

"It also assists the department to decongest public clinics, which provides space and time for nurses and doctors to attend to emergency cases," said MEC Dhlomo.

The MEC added that people across the province should inquire from their clinics about where to register to get enrolled at pick-up points closer to their homes. **V**

FAST FACT

KwaZulu-Natal has 256 673 patients accessing care through pick-up points.

Laat jou toets vir diabetes

Diabetes is aan die toeneem in Suid-Afrika en wêreldwyd, maar vroeë diagnose en behandeling kan help om gevaarlike komplikasies te voorkom.

Diabetes ontstaan wanneer die liggaam glukose nie behoorlik kan verwerk nie. Glukose word verkry uit die kos wat ons eet. Baie mense het diabetes mellitus, maar word nooit gediagnoseer nie.

Tipe 1-diabetes is 'n progressiewe outo-immuunsiekte wat gewoonlik by kinders en jong volwassenes gediagnoseer word; terwyl diabetes-2 deur ongesonde leefstylkeuses veroorsaak word en gewoonlik by volwassenes ontstaan. Vroue

kan ook swangerskapdiabetes ontwikkel wanneer hulle swanger is. Dit is moontlik om 'n gesonde lewe te lei indien die simptome van diabetes vroegtydig gediagnoseer word, die pasiënt behoorlike mediese sorg ontvang en gesonde leefstylveranderinge maak.

Wêrelddiabetesdag word elke jaar op 14 November gevier. Vanjaar se tema is "Oë op Diabetes". Die doel is om individue aan te moedig om hul vir diabetes en insulienweerstandigheid te laat toets en om groter bewustheid van die siekte te kweek.

Wat veroorsaak diabetes?
'n Ongebalanseerde dieet wat



Alle Suid-Afrikaners moet hulle laat toets vir diabetes en insulienweerstandigheid.

hoog in vette en koolhidrate is, is dikwels die oorsaak van diabetes. Verfynde voedsel wat baie suiker bevat, kan tot tipe 2-diabetes bydra omdat dit gewigstoename veroorsaak.

Meer as drie miljoen Suid-Afrikaners het óf tipe 1-diabetes, wat 'n oorerflike toestand is, óf tipe 2-diabetes, wat ontstaan wanneer die liggaam nie genoeg insulien produseer nie of die liggaam nie daarop kan reageer nie. Onbeheerde diabetes kan lei tot nierversaking,

hartaanvalle, amputasies en beroerte, asook ander komplikasies.

Algemene tekens en simptome:

- Buitegewone dorstigheid
- Baie gereelde urinerig
- Buitegewone gewigsverlies
- Gebrek aan energie
- Wasige sig
- Gereelde of herhaalde-lyke infeksies
- Snye en kneusplekke wat stadig genees, pit-

swere en jeukende vel

- 'n Tinteling of gevoel-loosheid in die hande of voete.

Al hierdie simptome hoef nie teenwoordig te wees nie, en hulle verskil van persoon tot persoon. Raadpleeg jou dokter as jy enige van hierdie simptome het.

Inligting voorsien deur die Regering se Mediese Skema vir Werknemers. **V*

Wenke om diabetes te help beheer:

- Moenie maaltye oor-slaan of uitstel nie.
- Monitor jou bloedsuiker soos deur jou gesinsdokter aanbeveel.
- Meet medisyn sorgvuldig af en neem dit op die regte tyd.
- In konsultasie met jou dokter, pas jou medikasie aan of eet bykomende peuselhappies wanneer jy jou fisiese aktiwiteite verhoog.

Bemagtig mense met gestremdhede

'N ORGANISASIE SONDER winsoogmerk bied aan visueel gestremde mense en diegene met ander gestremdhede in Mzingazi aan die KwaZulu-Nataalse noordkus, die geleentheid om vaardighede te verwerf en beter lewens te lei.



Die *Nawe Zifunze Vereniging vir Mense met Gestremdhede (Disabled Association)* verander die lewens van talle mense wat met gestremdhede leef.

Thandeka Ngobese

Die *Nawe Zifunze Vereniging vir Mense met Gestremdhede (NAZIDI)*, wat in 2004 gestig is, het 80 lede. *Nawe Zifunze* beteken "jy is in staat om jouself te voed" in isiZulu.

Die organisasie ontmoedig mense met gestremdhede om vir aalmoese te vra, en

moedig hulle aan om eerder vaardighede aan te leer sodat hulle 'n betekenisvolle bydrae tot die ekonomie kan lewer en 'n inkomste kan verdien.

Die vereniging lei visueel gestremde mense en diegene met gestremdhede op in naaldwerk, kookkuns, tuinbou, kralewerk en die herstel van rolstoele.

Die voorsitter van die vereniging, Paradise Jali, wat ook met 'n gestremdheid leef, sê die vereniging het ten doel om mense aan te moedig om by hul omstandighede verby te kyk.

"Die feit dat ons met gestremdhede leef, beteken nie dat ons nie dinge vir onself kan doen nie. As ons met die nodige vaardighede toe-

gerus word, kan ons, ons eie besighede begin en bestuur en uitblink in wat ons ook al doen," sê hy.

Die vereniging het as 'n tuinbouprojek begin.

"Ek het besef dat baie mense met gestremdhede nie genoeg kos in hul huise het nie, en ons het dus begin om groente soos spinasie, wortels, beet en uie te plant en te verbou. Namate ons lede toegeneem het, het ons besluit om ook meer dinge as net

werkprojekte. Dit versprei ook kospakkies en klere aan benadeelde mense en verskaf opleiding in lewens- en rekenaarvaardighede.

"Ons doen ook opleiding in kunsvlyt, soos kralewerk. Verder help ons gestremde mense in die gemeenskap met ondersteunende toestelle soos rolstoele en kieres. Ons help en verwys ook mense met aansoeke vir maatskaplike toelaes na die Departement van Maatskaplike Ontwikkeling," verduidelik hy.

Die Richardsbaai Nywerheidsontwikkelingsone (RBIDZ) het onlangs naaimasjiene aan die organisasie geskenk.

"Die ontwikkeling van minder bevoorregte mense se vaardighede en inkomstepotensiaal is 'n belangrike aspek van nasiebou, waartoe die RBIDZ verbind is," sê Khanyi Dlamini, bestuurder van RBIDZ se Spesiale Projekte en Korporatiewe Maatskaplike Belegging. **V**

"Die feit dat ons met gestremdhede leef, beteken nie dat ons nie dinge vir onself kan doen nie."

tuinbou te doen," vertel hy.

Vandag bestuur die organisasie 'n sopkombuis ná skool vir weeskinders en kwesbare kinders; 'n pluimveeprojek, 'n internet-kafee en naald-

KZN Society for the Blind changing lives

THE KWAZULU-NATAL Society for the Blind is making a difference in the lives of visually impaired people in the province, with more than 200 visually impaired people now able to provide for their families.

Thandeka Ngobese

The society trains visually impaired people (including the partially and completely blind) in the production of cane furniture and baskets and assists them to sell their products for a profit. It also has an early childhood development centre for visually impaired pre-schoolers and offers braille literacy and telephony training.

Speaking to *Vuk'uzenzele*, Kenneth Ngwenya, the manager of the cane workshop, said people are empowered with skills, which helps them

to open their own businesses.

"The cane workshop has been training people as cane weavers for the past six years and there are 64 qualified

"Our communities think that if you are blind you cannot work."

weavers on site in Umbilo.

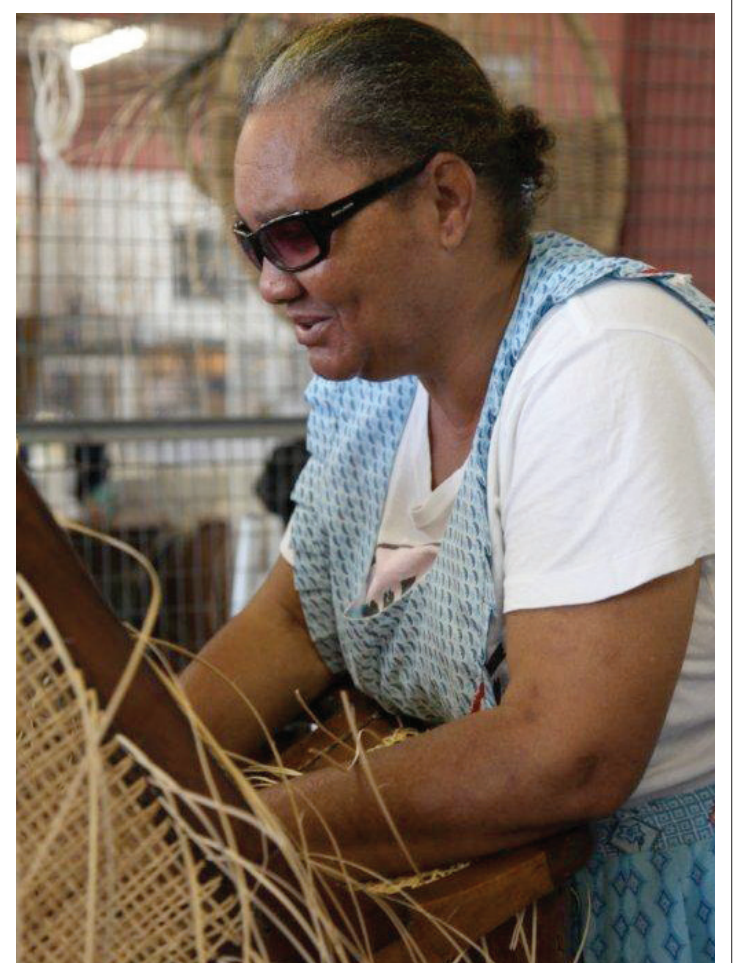
"The workshop offers a variety of cane items for sale to the public, including furniture such as coffee tables, chairs, sofas and cribs," said Ngwenya.

Nonhlanhla Ngidi, an employee in the furniture section, joined the society in 2010. She lost her eyesight in 1990 after both eyes were severely affected by cataracts. Being part of the society has assisted her to do something with her hands to improve her life.

"I am able to earn money to buy a few items for home. I am also able to do something for myself," she said.

In the weaving section, baskets are formed and shaped mostly by young people, who are all completely blind.

Zwelenkosi Mkhize, an employee in this section who



Visually impaired people in KwaZulu-Natal are learning invaluable skills.

was born with poor eyesight; is grateful for the opportunity that the society provides.

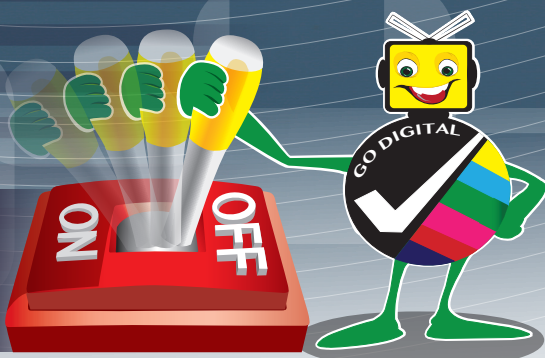
"Our communities think

that if you are blind you cannot work. I always tell a blind person that being blind is not the end of life," he said. **V**

GODIGITAL

SOUTH AFRICA

**ANALOOG-
AFSKAKELING**



ALLES WAT JY OOR ANALOOGAFSKAKELING (ASO) MOET WEET

1. Waarvoor staan ASO?

ASO staan vir analoogafskakeling (*Analogue Switch-Off*).

2. Wat beteken ASO?

Dit is die proses waartydens die terrestriële (analoë) televisiesein afgeskakel word. Sodra die analoogsein afgeskakel is, sal dit deur 'n digitale sein vervang word.

3. Hoe sal ASO my TV-beeld beïnvloed?

As jy nie die regte dekodeerder (die sogenaamde Set Top Box [STB]) het nie, sal jy nie meer TV kan kyk nie.

4. Wat is 'n STB?

Dit is 'n toestel wat meer algemeen as 'n dekodeerder bekend staan en wat 'n digitale sein na 'n analoë sein omskakel.

5. Hoe kan ek 'n STB bekom?

Daar is twee maniere om 'n STB te bekom:

- Gesubsidieerde mark
- Kleinhandelsmark

6. Hoe sal ek weet of ek onder die gesubsidieerde of kleinhandelsmark val?

Gesubsidieerde mark:

- Elke huishouding binne die *Square Kilometre Array*- (SKA-) area kwalifiseer vir 'n regeringsgesubsidieerde STB.

Vir diegene wat buite die SKA-gebied val, geld die volgende vereistes:

- Jy moet 'n Suid-Afrikaanse burger wees.
- Jy moet 'n huishoudelike inkomste van minder as R3 200 per maand verdien.

Besoek jou naaste tak van die Suid-Afrikaanse Poskantoor om vir 'n regeringsgesubsidieerde STB aansoek te doen. Neem die volgende dokumente saam:

ID, bewys van fisiese adres en bewys van inkomste of 'n beëdigde verklaring.

Kleinhandelsmark

- As jy meer as R3 200 verdien, sal jy jou eie STB by 'n kleinhandelswinkel moet koop. Meer inligting hieroor sal op radio en TV en in koerante verskaf word sodra die STB's beskikbaar is.

7. Wie het nie 'n STB nodig nie?

Enigiemand wat reeds TV deur middel van 'n dekodeerder kyk, bv. *DStv*, *Open-View* en *M-Net*.

8. Wat is dubbele verligting?

Dubbele verligting is 'n oorgangstydperk in 'n digitale uitsaaimigrasie waartydens die analoë en digitale seine gelyktydig uitgesaai sal word.

9. Is Suid-Afrika tans in die stadium van dubbele verligting?

Ja, die dubbeleverligtingstydperke het op 1 Februarie 2016 begin.

**Kontak die Go Digital-inbelsentrum by:
0800 11 11 88 vir meer inligting.**

Zwi Khou Itea! Dit is besig om te Gebeur!

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Department:
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REPUBLIC OF SOUTH AFRICA



SKA area enters digital broadcasting space



Minister Faith Muthambi turned off analogue television in the Northern Cape.

Ntambeleni Gabara

Residents in the core towns of the Square Kilometre Array (SKA) area recently became the first South Africans to enter the digital broadcasting space in the country.

FAST FACT

The migration to the broadcasting digital system is expected to be complete by December 2018.

Communications Minister Faith Muthambi recently turned off the analogue television transmission, and over 3 700 households in the towns of Carnarvon, Vanwyksvlei, Brandvlei, Vosburg and Wiliston have been successfully migrated to the much-awaited digital platform.

"We have moved from analogue to digital and the chapter has been closed in this area. We will be doing this in phases, in all nine provinces.

"Turning off the analogue terrestrial TV transmission meant that a digitalised era of high-definition TV has come for our people in the SKA area."

The analogue switch off is the process in which analogue television broadcasting is converted to and replaced with digital television.

Digital broadcasting is far more efficient, allows better picture and sound quality and once analogue transmissions are switched off, a large amount of radio frequency spectrum will be released. This can then be used for new broadcasting and other communications services, such as broadband.

Minister Muthambi said she is looking to complete the process of migrating to the broadcasting digital system by December 2018.

Registrations are underway in the Free State, Mpumalanga and Limpopo provinces. Poor households who qualify for the government subsidy are urged to register for free set-top boxes at their local Post Office.

Registrations will open in the North West, Eastern Cape, KwaZulu-Natal, Western Cape and Gauteng at a later stage.

The department established the Digital Terrestrial Television (DTT) Contact Centre to assist South African audiences with DTT support, by channeling all queries to the relevant digital migration stakeholders.

The DTT Contact Centre has been instrumental in ensuring that an average of 99 percent of activations within the Northern Cape's SKA areas. ■

**For more information,
call the Go Digital
Call Centre on
0800 11 11 88.**