HEALTH MATTERS

Ezempilo

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UNCWABA • 2013

UKUNCELISA IBELE
KUBALULEKILE
NAKUBA U HIV+

UKUNAKEKELA
UNGAWENZA
UMEHLUKO

Sibethulela isigqoko omama bezwe lethu

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UKUQWASHISA NGENYANGA YABESIFAZANE

Halala Ngosuku Lwabesifazane!

UMnyango Wezempilo e-KZN wethulela isigqoko bonke abesifazane basesifundazweni sethu ngenyanga yabesifazane. Njengoba sikhumbula omama abalwela inkululeko, uMnyango ugqugquzela bonke abesifazane ukuba babambe iqhaza ekuphuculeni impilo yomama nezingane esifundazweni.

LOKHU KUNGENZIWA NGO:

- Kuya ngokushesha emtholampilo uma sewazi ukuthi ukhulelwe.
- Kudla ngendlela efanele kanye nokuzivocavoca.
- Ingane yakho ithole yonke imigomo edingekayo.
- Kuhlangana nokuphumela obala ngokuhlukunyezwa.
- Kwenqaba ukwenza ucansi olungaphephile.

KHUMBULA! UNAKEKELO KWEZEMPILO LUYILUNGELO, KUMELE UPHILE IMPILO ENHLE!

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Umyalezo ovela ku

Ngqongqoshe Wezempilo e-KZN, uDkt Sibongiseni Dhlomo

UNcwaba yinyanga yabesifazane. Njengoba sikhumbula izinkulungwane zabesifazane ezamashela e-Union Buildings mhla ziyisi-9 kuNcwaba 1956 ziphikisana nomthetho wamapasi kubantu besifazane, singeze salibala abesifazane banamuhla ababambe iqhaza ekwakheni izwe lethu bebe besabhekana nezinselelo nasemiphakathini.

Okubuhlungu kakhulu ukuhlukunyezwa nokudlwengulwa kwabesifazane ikakhulukazi abadala kanye nezingane okusaqhubeka nanamuhla. Ukuhlukunyezwa kwabesifazane ikakhulukazi ukudlwengulwa kubukela phansi imizamo yokulwa nokubhebhetheka kwegciwane le-HIV kanye nezifo zocansi.

Kubuhlungu kunjalo kepha nginxusa bonke abesifazane abahlukunyezwayo ukuba bangabiki kuphela emaphoyiseni kepha bavakashele nezikhungo zezempilo engakapheli amahora angama-72, besagqoke lezo mpahla abebezigqoke ngesikhathi sesigameko ukuze kuqoqwe ubufakazi. Amacala amaningi okudlwengulwa awaphumeleli ngoba ubufakazi busuke bungasekho. Ukuze ubufakazi bungapheli, musa ukugeza emva kwesigameko, ungazishintshi izimpahla ozigqokile bese uphuthuma uyobika ngokushesha. UMnyango Wezempilo e-KZN usebenzisana nabe National Prosecuting Authority ukuze labo abadlwenguliwe ababikayo batholelwe usizo lwezomthetho.

Ngicela bonke abaholi bomphakathi ukuba balekelele emikhankasweni yethu yokulwa nokuhlukunyezwa kwabesifazane. Lokhu kunganqotshwa ngokuphumela obala.

Njengoba sigubha inyanga yabesifazane, ngicela bonke abesifazane abakhulelwe basheshe baye emitholampilo eseduzane beyobhalisa ukukhulelwa kwabo. Ucwaningo luveza ukuthi uma usheshe uya emtholampilo uma ukhulelwe maningi amathuba okuthola ingane enempilo. Uma kunezinkinga, umsebenzi wezempilo angalekelela ngokuthola isisombululo uma ufike kusenesikhathi. Lokhu kuyosiza wena nengane, ngakho-ke yenza okufanele.

Ekugcineni, ngifisa ukubonga bonke abasebenzi bezempilo besifazane abazinikele, abesifazane abagulayo, kanye nomama besizwe sethu ngobuhlakani babo, ukuzibophezela kanye nokuzinikela. Ukubekezela kwenu ekuhluphekeni, ukwenza izinto eziningi kanye nokukholelwa ekuthini yonke into izolunga. Yisona sizathu esenza ukuba uNkulunkulu aniphe isipho sokuba omama!

Ngifisela bonke abesifazane basesifundazweni sethu inyanga yabesifazane emnandi, enempilo kanye nephephile!

Omama abanempilo bakhulisa izingane ezinempilo. Izingane ezinempilo zikhula zibe namandla bese zifunda kahle zisize ekwakhiweni kwemiphakathi ephumelelayo. Uhlelo lwezempilo olubhekelela omama nezingane luyosiza umphakathi wonke.

okuquketHwe

QEDA

... **QEDA UKUDLWENGULWA KWEZINGANE** Yisikhathi sokuphumela obala ngokudlwengulwa

... **UKUNCELISA IBELE** Gcina imiyalelo yethu

... **IZINDABA ZASE-KZN** UMnyango Wezempilo wethula Izikhungo ze Phila Mntwana, nokunye

... **UMFANEKISO** Amalungelo abesifazane angawabantu

... **UKUNAKEKELA UMPHAKATHI** Okumele ukwazi ukuze wenze umehluko

... **IZINSUKU ZOKUQWASHISA** Izinsuku zokukhunjulwa ngoNcwaba

... **IMPILO YABESIFAZANE** iwudaba lomphakathi, kepha bamba iqhaza

Siyababonga laba abalandelayo ababe neqhaza:

UMNYANGO WEZEMPILO E-KZN: UPHIKO LWEZOKUXHUMANA
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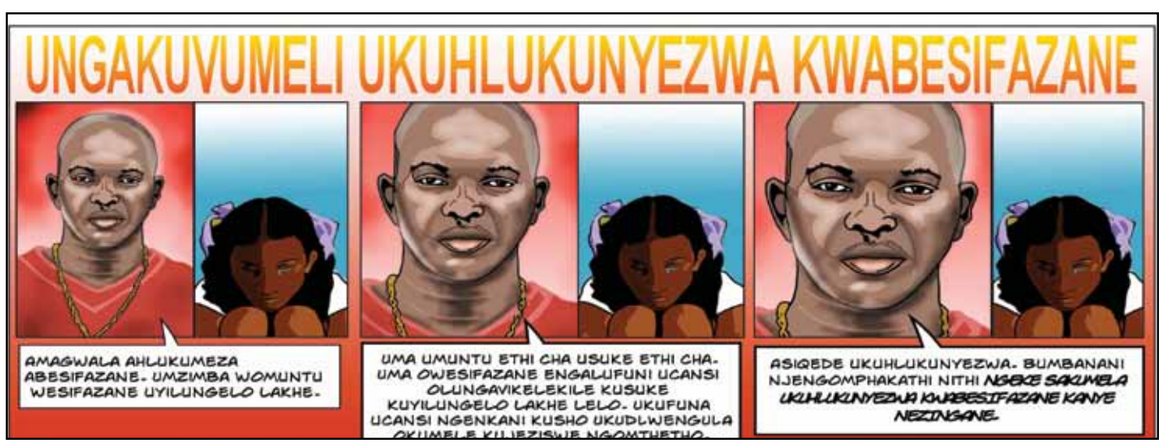
COLIWE ZULU
THANDI ZULU
DERICK MATSENGARWODZI
THEMBA MNGOMEZULU
SARA AULD
DR GUGU MAZIBUKO

Sinike uvo lwakho, noma usitshele ukuthi ucabangani ngalo magazini! P O Box 25439, Gateway, 4321, UCINGO-031 825 6790. I-EMAIL: editor@ezempilohealthmatters.co.za ILUNGELO LOBUNIKAZI

Konke okushicilelwe kulo magazini kuyilungelo le-Ezempilo... Health Matters futhi kungase kuphinde kukhiqizwe futhi kusakazwe mahhala ngezinjongo zokufundisa kuphela.

Zonke izikhangiso ezikulo magazini akukona ukuthi zisekelwa ngokusemthethweni uMnyango Wezempilo Wase-KZN, uMasipala WasEthekwini noma Ezempilo Health Matters



Udaba lukaNandi *

NgoMsombuluko mhla ziyi-15 kuNtulikazi uNandi oneminyaka eyisishiyagalombili wadlwengulwa yilungu lomphakathi elaziwayo. Le ntombazanyana ehlala nogogo ngoba umama wayo efunda yayiye emfuleni iyokukha amanzi ngesikhathi ihlaselwa. Umdlwenguli wabonakala ngaphambi kwesigameko ehamba endaweni kanti ulinde uNandi ukuba aye emfuleni lapho aqamba amanga kuye wathi uthunywe ugogo wakhe ukuba azomthwalela amanzi. Wabe esemdonsela ehlashaneni eliseduzane, wamdlwengula waze wazama nokumklinya. Watholwa ugogo wakhe esehamba emcinga ngoba engasabuyi. Wamthatha ugogo wakhe wamusa esiteshini samaphoyisa ukuyobika. UNandi uyelulekwa futhi uyelashwa njengamanje.

Impilo yengane yashintsha ngomzuzwana.

*akulona igama lakhe langempela

UMA INGANE IBIKA NGOKUDLWENGULWA

Uma ingane ikubikela ukuthi idlwenguliwe, uyithemba layo okubalulekile ukuba uyilalesise ungayingeni emlonyeni. Yenze ibone ukuthi izoluthola usizo kuwe. "Iphutha elenziwa omama abaningi elokuthi uma ingane imbikela bese ebiza elinye ilungu lomndeni ukuba lizomlalelisisa, bese ingane iphinda udaba okwenza izizwe ingasaphephile futhi ingathembi muntu. Yikho kuke kube nezingane ezishintsha izindaba zazo ngenxa yokubona ukuthi amalungu omndeni awazikholwa," kusho uSayitsheni Mzila woPhiko lwe Family Violence, Child Protection and Sexual Offence. Okusemqoka kakhulu ukubika ukudlwengulwa emaphoyiseni ngokushesha ngaphambi kokugeza ukuze udokotela akwazi ukuthola amasampula kulowo odlwenguliwe.

IZIMPAWU ZOKUTHI INGANE IDLWENGULIWE

- Ukubalisa ngobuhlungu besitho sangasese
- Ibe yinkomo edla yodwa
- Ibe nenkinga yokulala noma yokudla
- Ibe nokwesaba abantu besilisa

Lapho kutholakala khona usizo

Childline National Helpline..... **0800 05 55 55**
SAPS (Family violence, Child protection and Sexual offences Unit).....**10111**
noma yisiphi isiteshi samaphoyisa esiseduzane
Child Welfare **031 312 9313**

Yiba nesibindi ukhulume ngokudlwengulwa. Yisikhathi sokuxosha abadlwenguli emiphakathini yethu ngokuphumela obala!

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UKUNCELISA IBELE

Kuseyinto okumele yenziwe *noma une-HIV

ENYE YEZINDLELA ZOKUQINISEKISA ukuthi ingane yakho ayilitholi igciwane ukuyincelisa ibele ngoba ubisi lwebele luhamba phambili ekuvikeleni izifo. Yingakho uMnyango Wezempilo e-KZN unxenxa bonke omama abasebasha ukuba behlise izinga lokudluliseleka kwegciwane lisuka kumama liya enganeni. Enye yezindlela eyokuba kuqinisekiswe ukuthi omama abanegciwane le-HIV bancelisa izingane zabo ibele ezinyangeni zokuqala eziyisithupha ngesikhathi besadla imishanguzo. Yingakho uMnyango ukhethe ukuthi ngonyaka wezi-2010 ungabe usaluhambisa ezibhedlela nasemitholampilo ubisi olusemathinini ukuze kugqugquzelwe omama ukuba bancelise izingane zabo. Ukuze omama abasebasha bakwazi ukuthola lonke ulwazi abaludingayo ngokuncelisa ibele, uMnyango uzohlinzeka ngoqeqesho kubo bonke abasebenzi bezempilo mayelana nokuncelisa ibele. UMnyango esifundazweni usuqalise okubizwa ngokuthi yi-'Human Milk Banks' ukwelekelela izingane ezizalwe ngaphambi kwesikhathi kanye nalezo ezigula kakhulu okungelula ukuba zithole ubisi lomama bazo. Khuluma nomsebenzi wezempilo noma uxhumane ngqo noMnyango Wezempilo ukuze uthole olunye ulwazi. Sebenzisa le miyalelo engezansi ukuze ikulekelele ekunakekeleni amabele akho ngesikhathi uncelisa:

Ukunakekela amabele akho ngesikhathi uncelisa

Omama abaningi bazitshela ukuthi abanalo ubisi olwanele lokuncelisa. Ngisho nalabo abalambayo kepha bayakwazi ukwakha ubisi olwanele lokuncelisa izingane zabo. Ubuningi bobisi olwakhiwa amabele akho luya ngokuthi ingane yakho incela kangakanani. Uma incela kakhulu nobisi lukhiqizeka kakhulu.

Okumele ukubheke ngesikhathi uncelisa ibele

IZINGONO EZIBUHLUNGU NEZIKLAYEKILE

Uma uzwa ubuhlungu ngesikhathi uncelisa, lokho kusho ukuthi ingane ayilutholi ubisi olwanele. Uma ingane idonsa izingono ziyoba buhlungu noma ziklayeke okungaholela ezifweni.

Ukukuvimba kanye nokukwelapha

- Bamba ingane ngendlela yokuthi iwufake wonke umlomo engonweni.
- Ungawadonsi amabele uma uwakhipha emlonyeni wengane. Ayincele ngokuthanda kwayo. Uma ufuna ukuyiyekisa ingakaqedi ukuncela, yikhiphe kahle.
- Yelapha izingono ezibuhlungu ngokuzigcoba ngobisi lwebele uma uqeda ukuncelisa. Ungasebenzisi insipho noma ukhilimu – umzimba ukhiqiza amafutha emvelo agcina izingono zihlanzekile.
- Gwema izimpahla ezikubambayo.
- Ukuze izingono zingabi buhlungu, zishayise ngomoya kanye nelanga uma kungenzeka.
- Ncelisa ngawo omabili amabele.
- Uma zibuhlungu kakhulu, ncelisa ingane ubisi lwebele ulukhamele esipunwini ngesandla zize zibe ngcono izingono – izingono ziba ngcono emva kwezinsuku ezimbili (Buza umsebenzi wezempilo ukuthi ulukhama kanjani ubisi ebeleni)

IMITHAMBO EVALEKILE

Uma ibele linesigaxa esibuhlungu uma uncelisa lokho kusho ukuthi umthambo uvalwe ubisi. Kubalulekile ukuba uqhubeke uncelise ukuze ibele lingabi nobuthi. Kusuke kusaphephile ukuncela kwengane.

Ukwelapha umthambo ovalekile

- Beka izimpahla ezimanzi ebeleni elibuhlungu ngaphambi kokuba uncelise.
- Qhubeka nokuncelisa ingane kulo lelo bele elibuhlungu uqinisekise ukuthi ingane idonsa ngendlela efanele.
- Hlikihla ngobunono isigaxa ngesikhathi ingane incela, lokhu kuzosiza ukuvula umthambo ovalekile.
- Ncelisa ngezindlela ezahlukene ukuze ubisi luphume ndawo zonke.
- Uma ungeke uncelise, khama ubisi ngesandla ukuze kuvuleke umthambo ovalekile.
- Gqoka izimpahla ezikukhululayo bese uphumula ngokwanele.

Imithambo eminingi evalekile ivuleka emahoreni angama-24. Uma unemfiva kuze kuphele izinsuku ezimbili, udinga ukwelashelwa ibele ngakho udinga ukuxhumana nomsebenzi wezempilo okunguyena oyokusiza kulokhu.

UBUHLUNGU NOKUVUVUKALA KWAMABELE

Amabele ayavuvukala aqine uma kusaphuma ubisi okokuqala. Uma uncelisa kancane nobisi luyehla ngakho-ke kubalulekile ukuncelisa ingane uma ifuna ukuncela.

Ukukuvimba kanye nokukwelapha

- Qala ukuncelisa ngehora lokuqala ingane izelwe.
- Qiniseka ukuthi ingane uyibambe ngendlela efanele.
- Ncelisa ingane kuwo womabili amabele ngokuwashintshanisa.
- Emva kokuncelisa, beka izindwangu ezipholile futhi ezimanzi ukukusiza ekuvuvukaleni okuyophela emva kwezinsuku ezimbili.

KHUMBULA ukuthi ukuncelisa ibele kuyisiqalo esifanele enganeni yakho. Kumahhala kanti kunazo zonke izinto ezivikela ingane, ngakho yenza okufanele enganeni kanye nakuwe!

KZN HEALTH NEWS

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U-MEC uDhlomo, uNdunakulu UMkhize kanye noNdlunkulu uThandi Zulu kwethulwa Izikhungo ze Phila Mntwana

USIZO OLUKHULU LOKUNAKEKELWA KWEMPILO YEZINGANE NGESIKHATHI UMNYANGO WETHULA IZIKHUNGO ZE PHILA MNTWANA

UMnyango Wezempilo e-KZN ubambisane nesishayamthetho sesifundazwe ekuqaliseni izikhungo zokunakekelwa kwezingane esifundazweni sonke ezibizwa ngokuthi Phila Mntwana. Lokhu kuchaza ukutholakala kalula konakekelo lwezempilo lwengane yakho kanye nezingane eziningi ezizophila isikhathi eside.

Kungani uMnyango wenza lezi zikhungo?

Ziningi kakhulu izingane ezineminyaka engaphansi kwemihlanu ezibulawa ukungondleki kahle kanye nokungatholi usizo lwezempilo. Izingane ezikule minyaka zisengozini yokuhlaselwa yizifo ezinjengesifo sohudo, ukungaphefumuli kahle kanye nezinye izifo ezithathelanayo ezinjenge-TB. Izingane ezingondlekile ziba sengozini yokufa kunalezo ezondlekile. Ukuze kuqinisekiswe ukuthi izingane zithola usizongqangi kwezempilo, uMnyango Wezempilo kanye ne Provincial Council on AIDS eholwa uDkt Zweli Mkhize, banqume ukuqalisa iziKhungu zePhila Mntwana ukubhekelela impilo yezingane kanye nokwehlisa izinga lokufa kwezingane.

Zizosebenza kanjani lezi zikhungo?

Lezi zikhungo zizogqugquzela ezempilo kanye nokugwema izifo ezinganeni kanti zizoba sezigcemeni. Zizoqinisekisa ukuthi abazali bezingane ezineminyaka engaphansi kwemihlanu zithola usizo ngokushesha bese uma kunesidingo zedluliselwa kwezinye izikhungo zezempilo uma kudingeka. Lezi zikhungo zizovulwa nsuku zonke kanti zinonompilo abaqeqeshelwe ukweluleka kanye nokunakekela ngokugwema izifo. Leli thimba liyobuye lisizwe yimitholampilo engomahambanendlwana kanye namathimba emindeni zikhathi zonke.

Yiziphi izidingo ezizohlinzekwa yiziKhungo ze Phila Mntwana?

Lezi zikhungo zizohlinzeka kuso sonke isifundazwe ngalokhu okulandelayo:

- Ukubheka ukukhula.
- Ukuhlolela ukungondleki.
- Ukuhlinzeka ngamavithamini.
- Imingenelelo yesifo sohudo.
- Ukugqugquzela ukuncelisa ibele.
- Ukuhlolela i-TB.
- Ukulandelela izephulamthetho; ngemigomo kanye nokuthinta ukukhula kahle kwengane.
- Ukwedluliselwa kolunye usizo.
- Ukwelekelelwa ngokuthinta i-HIV ne-AIDS.

QAPHELANI izikhangiso ezingamanga

UMNYANGO WEZEMPILO uhlola ukudayiswa ngokungekho emthethweni kwemikhiqizo yezempilo engekho emthethweni bese uqwashisa umphakathi ngokuyiqaphela le mikhiqizo.

UMKhandlu Wesifundazwe we-AIDS oholwa uNdunakulu uDkt Zweli Mkhize ujube uMnyango Wezempilo oholwa uDkt Dhlomo ukuba uyibheke le mikhiqizo edayiswa abantu abazenza abelaphi bendabuko, osokhemisi, odokotela, njll. "SiwuHulumeni sifisa ukubona umphakathi onempilo kanti sifisa nokusebenzisana nazo zonke izinhlaka ukulwa nalesi sihlava. Bonke abakhiqiza le mithi nabayidayisayo, sinxusa ukuba bakuyeke lokhu ngoba kulimaza abantu," kusho uDhlomo.

Ngenyanga ezayo uMnyango uzohlangana nababambiqhaza ukuze kutholwe isixazululo kulolu daba kepha unxusa wonke umphakathi ukuba uyiqaphele le mikhiqizo engagunyaziwe ngoba ingadala izinkinga kanye nokufa uqobo.

Halala RK Khan Ngokuzuza!

IsiBhedlela saseThekwini, i-RK Khan sizuze umklomelo osezingeni eliphezulu ngokwethula indlela yabo entsha yokwehlisa isikhathi sokulinda eKhemisi.

ISIBHEDLELA SABUYA NOMKLOMELO osezingeni eliphezulu we Innovative Partnerships in Service Delivery, owethulwa engqungqutheleni yoNgqongqoshe base-Afrika beziDingo Zomphakathi obubanjelwe eRepublic of Congo ngenyanga eyedlule. I-CEO yasesiBhedlela i-RK Khan uDkt Prakash Subban uchaza ukuthi isibhedlela siwuzuze kanjani lo mklomelo: "Besinenkinga yemigqa emide ekhemisi lethu ngoba usuku nosuku sibona iziguli ezingaphezu kwe-1800. Lokhu bekwenza iziguli zidinwe, abasebenzi bangathokozi ngokusebenza ngisho sekushaye isikhathi sabo sokushayisa. Wonke umuntu engeneme. Bekumele siqhamuke nesu lokulungisa lesi simo nakuba kungekho zimali. Sakhetha ukubandakanya izikhungo ezisemphakathini ezibandakanya amathempeli, amasonto kanye namahholo omphakathi sase senza uhlelo esilusebenzisayo lokuthi iziguli zezifo eziyisimbelambela zilande imithi yazo ngezinsuku ezithile. Sisazozihlolela esibhedlela iziguli kepha bese sizedlulisela ezikhungweni eziseduze namakhaya azo ukuze zilande imithi yazo. Lokho kusho ukwehla kwesikhathi sokulinda ekhemisi yasesibhedlela kanti futhi izikhungo ziseduze nemiphakathi ngakho iziguli zonga nemali yokugibela," kusho uDkt Subban ejabule.

Ihalalisela isibhedlela ngokuphumelela iNhloko yoMnyango Wezempilo e-KZN, uDkt Sibongile Zungu ithe uMnyango usabheka uhlelo lokuqalisa uhlelo olufanayo nakwezinye izibhedlela ukuze kwehliswe isikhathi sokulinda. "Siyaziqhenya nge-RK Khan ngokuzuza lo mklomelo kanti le ndlela yabo ikhombisa ukuthi uHlelo Lwezempilo Lukazwelonke lungani. Lungokusebenza ngokubambisana nomphakathi kanye nokufundisa abantu ukuba babambe iqhaza, ngakho sifisa ukubona lokhu nakwezinye izikhungo zikahulumeni" kusho uDkt Zungu.

AMALUNGELO ABESIFAZANE ANGAMALUNGELO ABANTU

SAWUBONA ZAMA, WADANGALA NJE NGABE KWENZEKENI?

YEBO LINDI, NGIPHATHEKE KABI KANTI NGETHUKILE. UJABU UNGIDLWENGULILE IZOLO EBUSUKU WABE ESEHAMBA. NGENZENJANI?

HHAYI BO ZAMA! ANGAKUDLWENG ULA KANJANI!

SAWUBONA SISI. KWAKUBI UKUTHI UJABU UKUDLWENGULILE KODWA ANGIKUKHOLWA LOKHO NGOBA NIYATHANDANA.

YINI NGAWE XOLANI? UKUTHI ABANTU BAYATHANDANA AKUSHO UKUTHI OWESILISA ANGENZA NOMA KANJANI KOWESIFAZANE - UMZIMBA WOMUNTU UYILUNGELO LAKHE OKUMELE LIHLONISHWE KANTI WONKE UMUNTU UNELUNGELO LAKHE EBUDLELWANENI. UMA OWESIFAZANE ENQABA UKWENZA UCANSI KEPHA OWESILISA EQHUBEKA, LOKHO KUYOSHO UKUTHI USEYAMDLWENGULA NOMA NGABE BAYATHANDANA.

NGIYAZI UKUTHI UXOLANI UMNGANI WAKHO KODWA UBELALA NABANYE ABANTU BESIFAZANE. ANGIFUNE ZIFO MINA! IZOLO UBUYE EDAKIWE NGATHI UMA NGENQABA NOCANSI WAVELE WANGIDLWENGULA. AKASEBENZISI NAMAKHONDOMU. UNGAJABULA UMA LOKHU KUNGENZEKA KUDADEWENU?

AKULUNGILE NGEMPELA LOKHU. NGIYAXOLISA ZAMA, ANGIZANGE NGICABANGE KANJALO. AKEKHO UMUNTU WESILISA OKUMELE ENZE NOMA YINI KUMUNTU WESIFAZANE ENGATHANDI NOMA NGABE BAYATHANDANA. UNGIPHOXILE UJABU. YIKHO SINENKINGA YE-HIV/AIDS NGOBA SINGABANTU BESILISA ASIBE SISAYICABANGA IMIPHUMELA.

KULUNGILE XOLANI FUTHI NGIYAJABULA UMA USUBONA KANJALO. KUMELE UFUNDISE NABANGANI BAKHO. ZAMA, KUMELE SIKHULUME NGOKUDLWENGULWA UKUZE KUPHELE. NGIZOKUPHEKEZELA SIYOBIKA EMAPHOYISENI.

UQINISILE, UMA SINGAPHUMELI OBALA BANINGI ABAZODLWENGULWA KANYE NABAZOTHELELEKA NGEZIFO ZOCANSI. NGIZOYOMBIKA UJABU UKUZE AZI UKUTHI IMBI LENTO AYENZILE.

QEDA UKUHLUKUNYEZWA NGOKUPHUMELA OBALA

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YIBA NOKUFANELE UKUZE UBE UNOMPILO

Izinkulungwane zabantu baseNingizimu Afrika ziphila nokukhubazeka noma ukugula okwenza zingakwazi ukuzinakekela bese zithembela konompilo. Umsebenzi wonompilo uyadlulela ekunakekeleni ngezempilo ngoba abanye bagcina sebelapha ngokomoya nangokomqondo kulabo abakudingayo. Yini edingekayo ukuze ube unompilo bese wenza umehluko empilweni yomunye umuntu.

Kubalulekile ukuvumela isiguli osinakekelayo ukuba senze lezo zinto esikwazi ukuzenza – lokhu kubenza bakwazi ukuzethemba kanye nokuzenzela izinto.

Okumele ube yikho

Akusho ukuthi noma ubani angaba unompilo bese efuna ukuholelwa ngalokho. Kudinga ukuba ube nesineke kanye nokuqonda umuntu omnakekelayo ikakhulukazi ngoba kungahle kwenzeke ukuthi lowo muntu omnakekelayo aguquguquke, asheshe adinwe noma avele angakwamukeli. Kuwubizo ukuba unompilo ngoba unakekela labo abadingayo. UMnyango Wezempilo e-KZN uhlinzeka ngokuqeqeshwa konompilo kanye nolwazi abaludingayo emsebenzini wabo.

Yini Eyenziwa Onompilo?

Onompilo banikeza usizo kubantu abanezinkinga zempilo okungaba semzimbeni noma emqondweni. Okunye okwenziwa unompilo kubandakanya ukugeza ogulayo, ukumgqokisa, ukupheka, ukuqinisekisa ukuthi isiguli siyidla ngendlela imithi yaso bese bephekezela isiguli uma siya emtholampilo noma esibhedlela. Kubalulekile ukuba onompilo bahlole indawo lapho kuhlala khona isiguli ukuze babone ukuthi yini edingekayo ukuze isiguli sihlale kahle. Ongoti bathi kubalulekile ukuba isiguli naso sibe yingxenye yokuthathwa kwesinqumo ngempilo esizungezile.

Fundisa umuntu omnakekelayo

Kubalulekile ukuvumela isiguli osinakekelayo ukuba senze lezo zinto esikwazi ukuzenza – lokhu kubenza bakwazi ukuzethemba kanye nokuzenzela izinto. Uma kukhona izinto abakwazi ukuzenzela zona ezinjengokuwasha, ukubhandisha, ukudla, zama ukuba ungabenzeli yonke into. Ungabafundisa ukuzenzela lezo zinto. Iziguli ezigula ngengqondo zona zithatha kancane uma zifunda into ngakho yiba nesineke kuzona – badinga ukwelekelelwa kanye nokugqugquzelwa. Fundisa namalungu asemancane omndeni ukuba abe nesineke ezigulini. Usizo lomndeni kanye nolomphakathi lubalulekile esigulini ukuze sikwazi ukunqoba ukugula kwaso.

Imali yesibonelelo Sabanakekela Abangenakuzimela

Uma unakekela ingane eneminyaka engaphansi kwe-18 ephila nokukhubazeka okukhulu futhi edinga ukunakekelwa zikhathi zonke, uyakwazi ukuthola imali yesibonelelo eyi-R1200 ngenyanga eMnyangweni Wokuthuthukiswa Komphakathi.

Wazi kanjani ukuthi ungayithola?

Kumele:

- **Ube umzali, unompilo noma umbheki oqokwe yinkantolo**
- **Ube isakhamuzi saseNingizimu Afrika**
- **Uhole imali engengaphezulu kwe-R151 200 ngonyaka uma ungawedwana. Uma ushadile, imali yenu seninobabili ingabi ngaphezu kwama-R302 400 ngonyaka.**

Okumele kuqashelwe Onompilo

- Yazisa umsebenzi wezempilo noma udokotela ngempilo yesiguli kanye nemithi engasiphathi kahle.
- Yiba nebhukwana ozobhala ngempilo yesiguli bese uliphatha njalo uma niya emtholampilo.
- Buza uma ungazi ukuthi kumele wenzeni.

KUXHUNYWANA NOBANI

South African Social Security Agency (SASSA),
1 Bank Street, Pietermaritzburg, TEL: **033 846 3300**
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Gcina isikhumba sengane yakho sithambile futhi somile njengoba kuyinhloso kamama wemvelo.

Uhlelo lokuvikela nokugcina ukoma enganeni luletha ukoma okuyisikhathi esingamahora ayisi-9 bese kuthi ukwembozeka ngokusakotini kuvumele isikhumba sengane ukuba sikwazi ukuphefumula, lokho kunikeze nomama isikhathi sokuphefumula.

Themba ama Huggies mama ukugcina ingane yakho ithokomele, ijabule futhi yomile.

HUGGIES®
Disposable Nappies
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HUGGIES Disposable Nappies Dry Comfort BABY CORNER

IBELE LIHAMBA PHAMBILI!

Ukuncelisa ingane yakho ibele kuyisiqalo esihle ongasinika ingane yakho, uHuggies uyakuqonda ukuthi akuyona into elula kubo bonke omama kanti futhi kuke kube nzima, ikakhulukazi uma uqala ukuba ngumama. Sibe sesikuhlelela la masu alandelayo azokusiza ekunceliseni ukuze nithokozele ithuba lokuba ndawonye nomntanakho bese nengane yakho ilala kamnandi nasebusuku. Ingane esuthi yaphumula kahle isuke isho nokuphumula kukamama!

1. Ncelisa ingane ngokushesha okumangalisayo – kuhle kakhulu uma iqeda kuzalwa, uma wena kanye nengane yakho niphilile.
2. Buza umsebenzi wezempilo noma umuntu onolwazi ngendlela efanele yokubamba ingane uma uyincelisa – ubuhlungu bukhomba ukuthi kunenkinga. Kujwayelekile ukuthi kuqale ngokuqina kepha uma kuze kube buhlungu kusho ukuthi kukhona okungahambi kahle.
3. Ingane yakho mayisondele kuwe. Ukuthintana ngesikhumba kuyayithokoziza ingane yakho.
4. Yincelise kakhulu ingane ngezinsuku zokuqala – inikeze ubisi lwebele njalo emva kwamahora amabili, nakaningana uma ingane ilufuna.
5. Yincelise womabili amabele noma ngabe ithanda elilodwa.
6. Ungayincelisi ingane ibhodlela lanoma yini uma usaqala ukuyincelisa ibele ngoba lokho kuzokhinyabeza ikhono layo lokuncela.
7. Uma uzwa ubuhlungu emva kwesikhathi kade uncelisa lokho kuyosho ukuthi kunezilonjana engonweni yakho eziyodinga ukuba uthole ukwelashwa kanye nengane yakho.
8. Yekela ingane incele ize isuthe, ungayikaleli isikhathi!
9. Yisuse ngokucophelela ingane ebeleni, faka umunwe ekhoneni lomlomo wengane yakho bese uyisusa kahle ingane engonweni.
10. Putshuza ubisi ebeleni bese uligcoba engonweni. Uma kungenzeka yomisa izingono zakho emoyeni. Lokhu kuvikela ezifweni.

Amasu Aphuma Phambili Okuncelisa Ibele avela kwa Huggies®

Ubisi lwebele lungukudla okunomsoco nokuphelele kwengane, qalisa ingane yakho ngendlela efanele.

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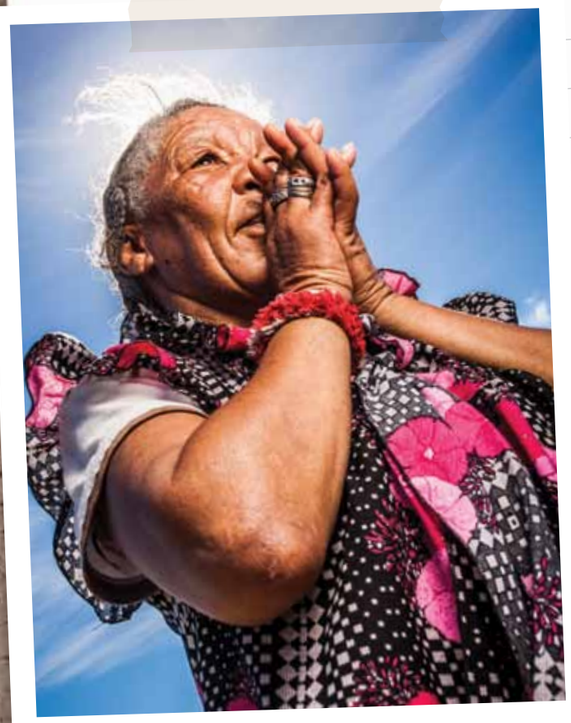

INYANGA YABESIFAZANE

Wathint' abafazi wathint' imbokodo You strike a woman, you strike a rock!

Njengoba isizwe sigubha inyanga yabesifazane, uMnyango Wezempilo e-KZN ufisa yonke imiphakathi ukuba ilwe nokuhlukunyezwa kwabesifazane. Baningi abesifazane abancane nabadala kanye nezingane ezidlwengulwa emakhaya. Ngale nyanga asihlangane njengomphakathi sivikele abesifazane kanye nezingane bese sibika konke ukuhlukumeza. Masiphumele eshashalazini!

Usuku Lomhlaba Jikelele Lwabantu Abasha

UNCWABA 12

Usuku Lomhlaba Jikelele Lwabantu Abasha lasungulwa yi-United Nations mhla ziyi-12 kuNcwaba 2000. Inhloso ukwazisa ngabantu abasha, iqhaza nezidingo zabo emphakathini. Likhulu iqhaza lentsha njengabaholi bakusasa, njengoMnyango sifisa babambe iqhaza nasempilweni yabo! Ukusoka, ukusebenzisa amakhondomu kanye nokuhlolela igciwane le-HIV kungukubhekelela impilo yabo.

Inyanga yabanikela ngezitho zomzimba

Badingeka kakhulu abanikela ngezitho zomzimba ukuze kuphephe abaningi abahlaselwe yizifo ezibulalayo. Uhulumeni uqwashisa abantu ukuba bangahehwa ngemali ekudayiseni izitho zomzimba ngoba kuyicala lokho. Akumele uphephise impilo ngendlela engekho emthethweni. Khuluma nomsebenzi wezempilo uma ufisa ukunikela ngesitho somzimba kepha ungaluthwa yilabo abafuna ukwenza imali!

1–7 KUNCWABA
Usuku Lomhlaba Jikelele Lokuncelisa Ibele

Mandulo ogogo babethi ubisi lwebele lungugo, nochwepheshe nabo bavumelana nalokho. Ngaleli sonto izinhlangano zezempilo emhlabeni zigqugquzela omama abasebasha ukuba bancelise izingane zabo ibele ngoba luyikho konke okudingwa yingane ekuyivikeleni ezifweni.

UNCWABA 5-9 ISONTO LERHEUMATIC FEVER kanye NE RHEUMATIC HEART DISEASE

I Rheumatic fever iyisifo esihlasela izingane kanye nabantu abasha. Sihlasela izindawo ezihlukene zomzimba okubandakanya amathambo, inhliziyo, isikhumba, umgudu wemizwa kanye nengqondo. Ingaqala emva kokuphathwa umphimbo obuhlungu. Ayelapheki kepha ikhona imithi yokwehlisa ubuhlungu. Ukuze uthole ukwelulekwa okufanele, khuluma nomsebenzi wezempilo noma uthinte Ezempilo e-KZN ku 0800 00 5133.

UNCWABA 6-12 ISONTO LOKUQWASHISA NGOVENDLE

Uvendle yisifo esiyingozi esingaholela ezinkingeni zokuphefumula, ukukhubazeka, kwesinye isikhathi nokufa uma singelashwanga ngendlela. Abasengozini yokuhlaselwa yiso abakhulelwe, izingane kanye nalabo abanamasosha omzimba antekenteke. INingizimu Afrika iyizwe elingenaso isifo sikavendle ngenxa yemizamo kahulumeni yokusivimba. Omama kumele baqikelele ukuthi izingane zabo zigonyelwa uvendle ukuze siqhubeke nokuba yizwe elingenaso isifo sikavendle.

UNCWABA 26-31 ISONTO LEMITHI YENDABUKO YASE-AFRIKA

Imithi yesimanje iyasiza ekwelapheni izifo kepha lokho akusho ukuthi izindlela zakudala zokwelapha kumele zishaywe indiva. Leli sonto elokuqwashisa ngeqhaza elibanjwe abelaphi bendabuko. Nakuba kumele silihloniphe iqhaza labo kepha kumele sivakashele labo abavunywe uMnyango Wezempilo ukuze sibe nesiqinisekiso sokuthi basemthethweni.

Kusukela ku-15 KUNCWABA
Inyanga Yokunikela Ngomnkantsha kanye Nokuqwashisa Ngomdlavuza Wegazi

ILeukaemia ingumdlavuza wegazi (noma yomnkantsha oyithishu ethambile phakathi namathambo) odinga ukunikelelwa istem cell umuntu onethishu efana nse nalowo oyidingayo (amastem cells ayisizinda sazo zonke izitho zomzimba kanye namathishu asemzimbeni womuntu futhi angasiza ukuhlumelelisa amathishu alimele okungasiza ezifweni ezinjengomdlavuza, isifo sikashukela kanye nezinye izifo zegazi). Ama-75% abantu base-Ningizimu Afrika anomdlavuza wegazi okuyilabo abaneminyaka engaphansi kwengama-25. Abangabokudabuka e-Afrika baba nenkinga enkulu yokuthola abazobanikelela abafanele. Yenza umehluko empilweni yomunye ngokubhalisela ukuba unikele ngesitho somzimba. Kumahhala futhi kuphephile kanti ungaphilisa umuntu othile! **Ukuthola kabanzi, shayela u-The Sunflower Fund inombolo yamahhala ethi 0800 12 10 82**

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IMPILO YABESIFAZANE IWUDABA LOMPHAKATHI

Uma ufundisa owesifazane usuke ufundisa isizwe kepha uma ufundisa owesilisa usuke ufundisa umuntu oyedwa!

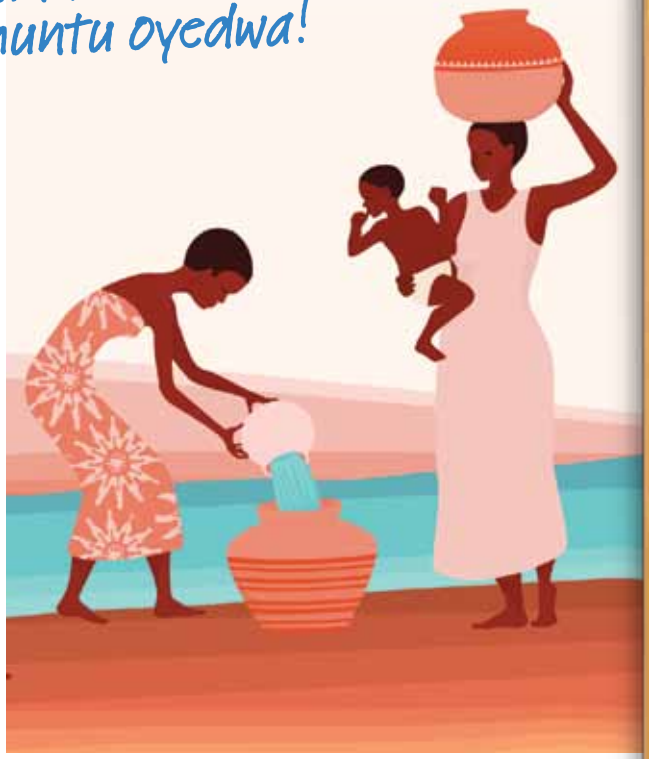
UMNYANGO WEZEMPILO e-KZN ubeke eqhulwini impilo yabesifazane kepha lokhu kungalunga uma abesifazane bezibambela iqhaza ngempilo yabo. Omama, ikakhulukazi basemakhaya bazikhandla kakhulu bebhekelela izidingo zomndeni bese begcina bengayinaki eyabo impilo bethi, "Angikwazi ukuya emtholampilo namuhla ngoba akekho ozonakekela umndeni wami." Yikho lokhu okwenze ukuthi babe baningi abantu besifazane ababulawa yi-TB ngoba bambalwa abathatha imithi yayo ngendlela kanti i-TB ihlasela abesilisa nabesifazane.

Kungani kumele njengomphakathi sigqugquzele impilo yabesifazane

Uma kuphila owesifazane, wonke umuntu uyasizakala. Uma owesifazane ephilile uba namandla okunakekela umndeni wakhe. Owesifazane onempilo ungukuphila kwezingane kanye nesizwe!

Ilungelo lowesifazane lokuthi chabo

Owesifazane uba sengozini enkulu yokuthola isifo socansi kunowesilisa ngoba yena akabi nazimpawu ezisheshe zibonakale uma esenaso. Inkinga enkulu eyokuthi abesifazane basehluleka ukuthi cha ocansini olungaphephile. Owesifazane unelungelo lokuthi cha ocansini olungenakhondomu ikakhulu uma umlingani wakhe engathembekile. Njengomphakathi kumele sigqugquzele abesilisa ukuba bahloniphe lokho okushiwo abesifazane ngoba basuke bephephisa impilo yabo.



BANGASIZA KANJANI ABESILISA

Bonke abesilisa bangayiphephisa impilo yabesifazane ngoku:

- **Khulisa izingane ezihlonipha abesifazane kanye nokuthatha ngokulinganayo abafana namantombazane**
- **Bamba iqhaza ekuhlelweni komndeni**
- **Gqugquzela umlingani wakho ukuba aye kohlolwa bese umnika nemali edingekayo.**
- **Mlekelela emisebenzini yasekhaya**
- **Thembeke kumlingani wakho bese wenza ucansi oluphephile.**
- **Ngabekezeleli nanoma yiluphi uhlobo lokuhlukunyezwa kowesifazane**
- **Gqugquzela izingane zakhe ukuba zinakekele impilo yazo ngokugwema izifo.**
- **Shintsha inkoleloze yokuthi indoda yangempela yileyo elala nabantu besifazane abaningi!**