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**COVID-19 COMPLIANT
ESSENTIAL WORKER DURING LOCKDOWN**

A 32GB SD card chockablock with personalized learner support materials - one of many hand-delivered to the homes of local learners by Rhodes's Vulindlela project. The Eastern Cape education department plans to shell out R538m to lease tablets for 55 000 Grade 12s. That's R9 781 per learner. Meanwhile, a small group of Rhodes University staff and students are downloading a wealth of free digital learning resources and hand-delivering them to parents and children in their homes. The cost is under R100 per child. Read more here: <https://bit.ly/GrocVulindlela>. Photo: Dylan Coetzee

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**COVID-19 COMPLIANT
ESSENTIAL WORKER DURING LOCKDOWN**

Time to stand together

By MZUKISI MPAHLWA

Wear your face mask, keep your social distance and stay at home where possible. We ask residents to be ever more vigilant, as we hold each other's lives in our hands.

The Covid-19 pandemic has altered the way we live as a global community - including here in our very own backyard, Makana. If the effects of the virus seemed distant, even removed from us, they have finally hit home. The coronavirus has affected even my own family. We are in isolation, as our son tested positive. He is in recovery and as a family we are thankful.

Covid-19 does not discriminate. It does not choose which person to infect. It does not matter who you are, we are all at risk. Makana Municipality, like so many across the length and breadth of this country had to establish a joint operating committee (JOC) to minimise the risks of the virus and help contain it.

It had to ensure that citizens complied with the lockdown regulations and rules as set out by the government. Makana was no different. The country shut down and the day-to-day movement of people doing their normal duties was curtailed. We all had to adjust during those early days of lockdown level 5.

As a country, we had to rethink the way we operated to make sure that we slow down the spread of the virus. Key elements of prevention were imperative: we had to stay at home and minimise our movement outside our homes; we had to practice social distancing; we had to wash our hands and wear masks.

This was a problem for communities such as ours, where systemic problems were being experienced on a daily basis. Access to water was a problem, as we experienced an unprecedented drought during the months before the lockdown. Washing our hands with soap and water was key in the fight against Covid-19 and we had to react to a lack of water in our municipality.

Water

The Makana JOC prioritised the provision of water to residents and with the help of Departments of Water and Sanitation and Cooperative Governance as well as several NGOs, water tanks were donated to Makana Municipality.

Ward councillors identified where the greatest need for water was and these JoJo tanks donated by the Department of Water and Sanitation were installed across our communities. Cogta's water tanks were installed at most of the schools in our municipality and they donated the temporary use of two water tankers to fill these newly installed tanks.

Together with ward councilors, I conducted inspections across our municipality to see where these tanks were installed and what residents were

experiencing on the ground.

To date we have had more than 100 water tanks installed to assist communities with water for drinking, cooking and washing their hands in the fight against Covid-19.

Food

Covid-19 also highlighted the vast disparities among our communities, where the struggle to find your next plate of food came to the fore. Because of the lockdown, many residents were no longer working and this meant no food on the table.

Within the JOC meetings, through our social partners we began to look for food donations. Government agencies helped ease the burden when it came to providing our people with food. The various NGOs in our municipality came together and formed a food group, which operated within the Makhanda Circle of Unity with the support of Kagiso Trust.

They raised R100 000 for food distribution through their own CovidRelief initiatives. Together with Department of Social Development and SASSA food drives, these saw hundreds of our residents standing in queues waiting for food relief.

This system was deemed inappropriate and a different approach kicked in where food parcels were delivered to qualifying residents through the help of the Makhanda Circle of Unity's food team. The sheer amount of hard work, coordination and level of commitment of the volunteers showed that when there is a crisis in our municipality, people really get together.

Over the past month, a new approach was undertaken to open up community kitchens across our municipality in line with the practices in other provinces. These community kitchens, we were told in the JOC meetings, would operate until the end of this year. A more sustainable approach was needed for food security in our municipality, and the establishment of community gardens was identified as the next step in ensuring that our communities will be able to have access to food.

Homelessness

Another key area discussed in our JOC meetings has been our homeless community. As per the lockdown regulations, all people living on the streets had to be housed in temporary shelters. As the municipality, together with our social partners, we eventually identified two venues, and managed to settle most of the homeless in our town there. Our community once again rose to the occasion and helped with donations for the residents of the shelters. We have received donations from the Sarah Baartman District as well. We arranged 24-hour security around the shelters and our Department of Social Development have been trying to re-unite the homeless with those of their families who live in our municipality. They have already reunited 5 people with



Executive Mayor, Mzukisi Mphalwa with health workers from Settlers Day Hospital inspecting the mobile unit used to screen and test residents. Photo: Julian Jacobs

their families. They have also been managing the day-to-day running of the shelters.

Gender based violence

We have seen that the lockdown across the country has had unintended consequences and many of our communities have experienced an increase in gender-based violence. This has become a national outcry and it has been no different in our municipality. The Department of Social Development has played a leading role in fighting this growing scourge with the help of the South African Police Service. A comprehensive plan to eradicate this from our communities needs to be fast-tracked.

Frontline

In our weekly JOC meetings the health services report highlighted deep inequalities within our local municipality. Regardless of this, our health services have worked hard to ensure that all residents are safe. We want to thank our health practitioners, the nurses and doctors who have been at the frontline of this global pandemic. From screening residents at their homes, to organising a mobile unit to drive to communities to conduct screening and testing, to checking up on those who tested positive and tracing people who came into contact with a positive person – we want to thank them for their unselfish dedication to helping residents.

We need to stress that we are now reaching the peak of this pandemic in our country. We need to continue our efforts to prevent the spread of the coronavirus. It is in our hands. We need to learn to co-exist with this virus, to continue to wear our face masks in public, to continue to wash our hands and practice safe social distancing.

Economy

Another key area where the coronavirus has struck has been local businesses in our municipality. We have seen large numbers of restaurants facing closure, which translates to higher unemployment numbers. We have seen the slow trickling of government's COVID relief fund coming to municipalities. This has created huge anxiety, stress and frustration for most of our residents who have been without work for the last four months. While the government is trying to resolve the blockages to ease the burden of residents, we need to help our communities and support local businesses. Buy local products and let's help revive our businesses.

Schools

During the past two months, schools have reopened and the East Cape Midlands College and Rhodes University have had some students return. This could only happen due to the dedication of these institutions to make every effort to safeguard students, learners and educators.

This remains a concern, as the coronavirus has spread to schools, the college and the university. The virus has affected staff in the municipality, the SAPS, health services and fire department in our town. But the good news has been that most of these people have recovered.

As of 25 July, Makana Local Municipality has had 870 cases in total since March 25. We have had 753 recoveries, 8 deaths and we have 109 active cases.

We want to convey our condolences to the families who have lost loved ones.

The hospitals in our district are ready to accommodate COVID-19 patients. We have quarantine sites ready.

Intsholongwane ye-corona: amaqaku abalulekileyo ngokubekana amabala

Sonke sinendima esifanele ukuyidlala kwidabi lokulwa ukunwenwa kwentsholongwane ye-corona.

- Urhulumente eyedwa akanakho ukuthintela ukunwenwa kwentsholongwane ye-corona; sifuna uncedo nenkxaso yoluntu ngokubanzi ukuze sithintele ukunwenwa kwentsholongwane ye-corona.

- Sihlaba ikhwelo kubantu bonke beli lizwe ukuba badlale eyabo indima bahlukane nokubeka amabala abantu abanale ntsholongwane.

- Ukuba siyabacalula abantu, singenza imeko ibe maxongo nangakumbi ngokuthi:

- * Senze abantu ukuba bazifihle ukuba banesi sifo kuba besoyika ukuhlelwa.

- * Sithintele abantu ukuba bafune uncedo loonyango ngokukhawuleza.

- * Sibenze babe mathidala ukuziphatha ngendlela esempilweni.

- Singayilwa siyahlule le ntsholongwane ukuba senza onke amalinge okuba bavele abantu abanesi sifo.

- Wonke umntu onale ntsholongwane, esikwaziyo ukuyibona, siyinyange size silande emkhondweni abo bebedibene nomntu onayo kusinceda kakhulu kwidabi lokulwa le ntsholongwane iphele.

Intsholongwane ye-corona isichaphazela sonke.

- Ichaphazela umntu osisityebi nolihlwempu, omdala nomncinci, omnyama nomhlophe, abo bahlala ezidolophini nabo basezilalini.

- Abantu abanentsholongwane ye-corona bayafana nje nabanye abantu, kwaye kufuneka banikwe inkxaso noncedo olufanelekileyo.

- Eyona ndlela isebenzayo yokuzikhusela kwintsholongwane ye-corona kukuthatha amanyathelo okuzikhusela, aquka: ukunxiba izafonyo, ukuhlamba izandla rhoqo, ukusebenzisa isibulala-ntsholongwane ngalo lonke ixesha.

Ukubekana amabala kungumqobo kwidabi lethu lokulwa size soyise le ntsholongwane.

- Liqhuba kakuhle idabi lokulwa le ntsholongwane kodwa into esasisokolisayo yingxaki yokubekwa kwamabala kwabantu nomonakalo owenziwa kukucalulana okunje.

- Umonakalo owenziwa kukubekana amabala nokucalulana ungaphezulu kulo wenziwa yintsholongwane uqobo.

- Kufuneka singavumeli ulwazi oluncinci okanye ukucalula abantu luchaphazele indlela esibabona ngayo abantu bakuthi.

- Asinakuyivumela into yokuba abantu bakuthi benziwe izinto zokuhlekisa kuba siboyika ngenxa yokuba begula.

- Izinto esizenzayo zibalulekile

- Sonke sinendima ebalulekileyo esinokuyidlala kwidabi lokuthintela nokulwa ukubekwa kwamabala ebantwini.

- Yonke into esiyithethayo ibalulekile, ke ngoko kufuneka ngawo onke amaxesha siziqisise izinto esizibhala kumakhasi onxibelelwano nakumanye amaqonga onxibelelwano.

- Masisasaze ulwazi oluyinyani hayi izinto ezingamarhe.

- Ingxaki yokubeka abantu amabala ingapheliswa ukuba siyaqhubeka nokusasaza ulwazi ngeendlela zokuthintela esi sifo, size sixelelane ngendlela i-COVID-19 esulela kunye nenyanageka ngayo.

Covid facts and questions

Community champions share Covid info

When the government announced the national state of disaster in March this year, the basis for the response was the known understanding of COVID-19 science. As time has passed, we have learned more about the science of COVID-19, but importantly, we have also been learning what this pandemic means for our communities.

Monde Duma, leading community activist and postgraduate scholar in the Environmental Science Department says “The Eastern Cape Together Community Action Networks (ECT CANs) were started in Makhanda as a partnership between the Environmental Learning Research Centre at Rhodes University (ELRC) and a wide range of community organisations in the rural Eastern Cape”.

“We heard so many questions coming from our communities” says Heila Lotz-Sisitka, SARChI Chair and Professor in the ELRC. “We learned from the Cape Town Together Community Action Networks the importance of mobilising and sharing information and taking action in our communities”.

“While important, we realised that sharing science about COVID-19 and directives from government was not enough. We needed to listen to community questions, we needed to hear their stories, understand their anxieties, fears and the reality of their lives, and respond to their questions from within the community,” say Lwanda Maqwelane and Lawrence Sisitka, materials developers in the ECT CAN.

Taryn Pereira-Kaplan, community activist and scholar in the ELRC says “each time a big question emerges, we work to share good quality information that can be more widely shared via a large network of over 200 community champions in Makhanda and the rural Eastern Cape”. Collaborating with scientists helps make sure the information is accurate.

Janice Limson, SARChI Chair and Professor in Biotechnology Innovation & Engagement concurs. Focusing on the science, the Rhodes University Covid-19 Science Engagement Team formed in March this year comprises a team of scientists, science communicators and engagement specialists, who have developed materials aiming to make the science behinds this coronavirus accessible and understandable. “By explaining the science”, she says, “our team aims to help communities understand how to protect themselves,



Guidelines for Covid 19 safety in community kitchens, developed by the Muizenberg Community Action Network and Cape Town Together (more resources available at <https://www.facebook.com/groups/CapeTownTogether>). '

why certain precautions are needed and also to empower communities to sort the facts from fiction concerning this virus”.

“We develop the information pieces in three languages each time, to reach all members of our communities, and we send them out via WhatsApp to networks who then share them with others” says Monde Ntshudu, networking team leader from Makhanda in the ECT CAN. Importantly, we share messages as members of our communities, we are not writing the messages for others, but as community members equally affected by COVID-19.

The motto of the ECT CAN is “Each One, Teach One”. “We encourage everyone to share good quality understandings of coronavirus implications in their communities with family members, neighbours, children, health workers, police officers, church community members, traditional leaders, and with their friends” says Duma.

“And we welcome questions, because this can help our communities respond better to the COVID-19 pandemic, protecting themselves and others”, says Ludwe Majiza,

community activist and farmer in the ECT CAN.

“We are also supporting action projects, and are working together to support community care practices and water and food security initiatives in Makhanda and the rural Eastern Cape”, says Pereira Kaplan. There are also a range of mobile journalism videos that share views of community members that are being made by Lukhanyo Mashaya, Luke Meterlekamp, William Mponwana and other members of the mo-jo team.

In the rest of these pages, we share information we have developed to respond to two big questions emerging so far:

- What should we do about ongoing medical treatments if we are fearful to go to health care facilities?
- How can we avoid stigmatisation of people with COVID-19?

There are many other questions emerging in our communities that need practical responses and approaches. In this edition we only respond to these two questions, but in future we will share other questions and responses as they emerge from our communities.

Keep up your chronic medication during Covid-19 times

Many people in our communities have chronic illnesses that need treatment over a very long time. These illnesses include TB, HIV/AIDS, hypertension, diabetes and other conditions.

These illnesses have not gone away with the COVID-19, even though wider reporting on these conditions has reduced.

If people stop treatment they can become very ill, and it is critically important that this additional risk is mitigated. Therefore, everyone in our community must continue to support others to obtain and take the medicines and any other treatment they need for their illnesses.

There are some difficulties for people who need to collect medication, some of which arise from fear and others from physical circumstance:

- * One difficulty is that many people are afraid that if they go to a clinic or hospital they will catch the coronavirus. It is important to remember the virus does not, in itself, come from these places. Nurses and health care workers are being

trained to be very careful to keep the health facilities clean and safe. We constantly see our nurses and health care workers requesting adequate PPEs, which shows their concern and commitment to everyone’s safety.

- * Another difficulty is that the staff at the clinics and hospitals themselves are fearful that they may get the coronavirus from patients, we have heard that many of our health care workers are fearful of this risk. They are fearful for themselves, but also their families and loved ones. Therefore, to protect our health care workers, people who go health care facilities must always practice good hygiene, carefully wash their hands very well before going, always wear masks, and keep a safe distance from other people at the clinic or hospital. This will show their care and concern for the health care workers that are there to help them.
- * A third problem may be that some people may not be able to move themselves to health care facilities due to illness, and may require nurses or other health care workers to visit them at home.

As this is not always possible in current circumstances, there may be need to identify other people in the home or neighbourhood who can assist with collecting medication. Such friends or neighbours would need to take adequate care to avoid risk of infection. It may be helpful to make a ‘street support group’ to assist those most vulnerable in times of most need.

- * Loss of work and income may also affect being able to obtain medication from the normal sources, and people may have to adapt to sourcing medication from other sources. Again, adequate care should be taken to avoid risk of infection. The Department of Health has advised that with the correct papers or scripts indicating the need for medication, these can be obtained from local clinics or hospitals.
- It may not always be easy to connect with the clinics and hospitals at this time as they are under immense pressure. It is very important to keep trying until you are able to

make contact, and arrange to collect medications or receive treatment.

If you are asked to wait for long periods, bear the other in mind patiently, and think about the healthcare workers who are under pressure.

COVID-19 is teaching us how important it is to help and support each other. This includes community members helping each other, and working with the nurses to look after the people who need this.

This can be quite difficult because everyone is concerned and nervous about possibly being infected with the virus. But if everyone carefully follows the guidance on hygiene, wearing masks and keeping a safe distance from other people it should work and be safe for everyone.

The most important thing is that everyone with chronic illnesses must keep upwith their medicines and other treatments.

And everyone else (nurses, family members, colleagues and friends) must do what they can to help with this.

Why it is important to keep taking your medication during the COVID-19 pandemic:

HIV/AIDS

- If you know you are living with HIV, take your ARVs every day. This will strengthen your immune system and empower you to fight Coronavirus if you are infected.
- If you have stopped your ARVS for any reason, please go to the clinic immediately and start again. This could make the difference between life and death for you, because your immune system will be weak if you are infected with Coronavirus and you may not be able to fight it.
- If you don’t know your status and think you may be at risk of HIV, please test immediately and start ARVS if you are positive. You are at risk of HIV is you have more than one sexual partner and don’t always use a condom”.

Source: [RighttoCare.org](#):

Please call the AIDS Helpline 0800 012 322 if you need more information.

DIABETES:

According to a study reported at [Bhekisisa.org](#): “The risk of death from COVID-19 among people with diabetes was highest in those whose blood sugar levels were uncontrolled. Diabetics with well-managed blood sugar levels were much less likely to die than those whose levels were poorly controlled.”

Source: [Bhekisisa.org](#)

The American diabetes Association explains that: “Viral infections can also increase inflammation, or internal swelling, in people with diabetes”. “Having heart disease or other complications in addition to diabetes could worsen the chance of getting seriously ill from COVID-19, like other viral infections, because your body’s ability to fight off an infection is compromised.”

Source: [Diabetes.org](#)

Avoiding stigmatisation

In his weekly newsletter on Monday 29 June President Ramaphosa spoke about how we must refrain from stigmatising people who have tested positive for the coronavirus. ‘Stigmatise’ means speaking badly about someone in disparaging ways, denouncing, ostracising, or condemning someone, giving them a bad name or treating them as if they have done something wrong when they are not able to help what has happened to them.

The President said: “As a society, we have a collective responsibility to stamp out the stigmatisation of people infected with the coronavirus. There have been disturbing reports of individuals being ostracised (pushed away) from their communities and of communities protesting against coronavirus patients being admitted to local hospitals and clinics. This must stop”.

He also said: “We must show understanding, tolerance,

kindness, empathy and compassion for those who are infected with this virus and for their families”, and “We know what to do.”

The 3 most important rules to follow are:

1. Washing hands with soap and water or sanitizer very often, especially if we are in public places.
2. Always wearing a cloth mask whenever we leave the house and go to public places
3. Keeping the correct distance of 1 ½ metres (2 arm lengths) from everyone in public places.

Remember, **no-one is to blame!**

Read more about the work of the Eastern Cape Together Community Action Networks on <https://easterncapetogether.co.za>, or Follow on Facebook <https://web.facebook.com/easterncapetogether> You Tube video material available on <https://bit.ly/39DCSRb>



Akhona Mafani, a talented imbongi from Makhanda interprets this important message with an isiXhosa poem, which he wrote for Makhanda communities. In it he shares a crucial message about how we are all in the COVID-19 pandemic together. He says “Care for each other, look after yourself and others, and remember – no one is to blame!” Visit [youtubehttps://www.youtube.com/watch?v=1fOB28jjdpU](https://www.youtube.com/watch?v=1fOB28jjdpU) to hear his powerful poem ‘Akakho Umntu Onkusolwa’ produced by the ECT CAN mo-jo team.



PLEASE BE SAFE & RESPONSIBLE FOR YOURSELF & OTHERS! LEAD BY EXAMPLE!

Salute to our real-life heroes

During a time of anxiety and panic, South Africa saw a rise of heroes, who heed the call to being at the frontline of the COVID19 war, when many were sheltered and safe in their homes. Rhodes University Community Engagement and Grocott’s Mail would like to honour these frontline workers.

Mlungisi Albert Sandi, Station Manager of Makhanda Emergency Medical Services (EMS) has been one of these individuals who have been risking their lives to save the lives of members of our community.

More on Mlungisi’s story here: <https://bit.ly/2OVZLG6>

DO YOU KNOW A REAL-LIFE LOCKDOWN HERO?

Would you like to acknowledge someone who has been working in the frontlline during the lockdown? Please tell us about them and send a photo of them if you can. Write to community@grocotts.co.za or l.lukwe@ru.ac.za or whatsapp to 066 156 2956



Imibuzo Yoluntu nge-Covid-19

Ngethuba urhulumente emisela imeko yongxunguphalo kwilizwe kwinyanga kaMatshi walo nyaka, oko wakwenza ehlangabezane nolwazi lwezenzululwazi nge-Covid-19. Njengoko ixesha lihamba, kuninzi okuye kwafundwa ngesi sifo, okubalulekileyo, kukuba siye safunda nangendlela lo bhubhane ochaphazela ngayo iindawo esihlala kuzo.

uMonde Duma olitshantliziyo loluntunongumfundi kwizifundo eziphakamileyo kwi-Department of Environmental Sceince uthi: “iQonga loThungelwano loLuntu, Sisonke eMpuma Kapa (ECT CAN) laqalwa njengentsebenziswano phakathi kwe-Environmental Learning Research Centre (ELRC) kwakunye nemibutho yasekuhlaleni eyahlukahlukeneyo esebenza ezilalini eMpuma Kapa.”

“Siye safumana imibuzo emininzi evela kuluntu” utsho njalo uHeila Lotz-Sisitka onguNjingalwazi e-Environmental Learning Research Centre nokwanguSihlalo wePhulo lezoPhando eMzantsi Afrika (SARCHI Chair). Sifunde kwiQonga loThungelwano loLuntu, Sisonke eKapa (the Cape Town Together Community Action Networks) indlela ekubaluleke ngayo ukusebenzisana nokwabelana ngenkcazelo nolwazi nokuba kubekho into esiyenzayo ekuhlaleni.

“Noxa kubalulekile ukwabelana ngolwazi lwezenzululwazi nge-Covid-19 nezikhomba-ndlela ezivela kurhulumente, siye saqonda thina oku akwanelanga. Kuye kwafuneka simamele izimvo nemibuzo evela ebantwini, sive amava abo, siqonde izinto ezibaxhalabisayo, izinto



eziboyikisayo, nendlela abaphilangayo, siphendule imibuzo yabo ngokusuka kwimeko yabo yasekuhlaleni”, utsho uLwande Maqwelane noLawrence Sisitka, abaphuhlisi benkcazelo nolwazi kwiQonga loThungelwano loLuntu, Sisonke eMpuma Kapa.

uTaryn Pereira-Kaplan, olitshantliziyo loluntu nesifundiswa e-ELRC uthi, “sihlandlo ngasinye kuvela umbuzo, senza umguduwokwabelana ngenkcazelo eyinyani size sizame ukuba ifikelele kubantu abangakumbi ngokuthi idluliselwe ngamatshantliziyo asekuhlaleni esithungelana nawo angaphezu kwa-200 eMakhanda nasezilalini eziseMpuma Kapa.

Intsebenziswano esinayo nabezenzululwazi isinceda siqiniseke ukuba inkcazelo esiyikhuphayo ichanekile.

uJanice Limson, uNjingalwazi kwiBiotechnology Innovation & Engagement nokwanguSihlalo wePhulo lezoPhando eMzantsi Afrika (SARCHI Chair) naye uyavuma. NgoMatsi kulo nyaka kwasekwa iqela elijongene neSayensi ye-Covid-19 kwiYunivesiti yaseRhodes, liquka ososayensi, iingcali nengcaphephe kwezoqhagamishelwano, eli qela liye lavelisa izinto ezijolise ekwenzeni isayensi ngekhononavayirasi iqondakale, kube lula nokufumaneka kwayo. “Ngokucacisa isayensi,

uhambisa atsho, “iqela lethu lifuna ukunceda uluntu luqonde indlela yokuzikhusela, lazi isizathu sokuba kufuneka izilumkiso kwanokulixhobisa lukwazi ukwahlula phakathi kwenyani nobuxoki malunga nale vayirasi”

“Siyibhalangeelwimi ezi-3 rhoqo le nkcazelo, ukuze ifikelele kuye wonke umntu, ukuze siyithumele sisebenzisa uWhatsApp kubantu esithungelana ngenkcazelo nabo, ze bona babelane nabanye abantu,” utsho uMonde Ntshudu okhokela iqela lothungelwano kwiQonga loThungelwano loLuntu, Sisonke eMpuma Kapa, kuMakhanda. Okubaluleke ngakumbi, kukuba sabelana ngolwazi njengoluntu, asibhali miyalezo eya ebantwini, kodwa iyasebenza nakuthi ngokufanayo, sonke iyasichaphazela i-Covid-19.”

Isaci esisetyenziswa liQonga loThungelwano loLuntu sithi “Omnye Makafundise Omnye.”

“Sikhuthaza wonke umntu abelane ngolwazi oluchanekileyo namalungu osapho lwakhe, abamelwane, a bantwana, onompilo, amapolis a, inkokheli zemveli, amalungu emvaba zenkonzokwakunye nabahlobo babo ngendlela ikhonoronavayirasi enokuyichaphazela ngayo imeko yasekuhlaleni”, utsho uDuma.

“Kwaye siyayamkela imibuzo, kuba inokunceda abantu bakuthi bakwazi ngcono

ukumelana nobhubhane we-Covid-19, batsho bakwazi ukuzikhusela bona bakhusele nabanye,” utsho njalo uLudwe Majiza, itshantliziyo loluntu nomfama kwiQonga loThungelwano loLuntu, Sisonke eMpuma Kapa.


“Sixhasa iprojekti ezicetywa ngabantu uqobo, kwaye sisebenza sonke ekuxhaseni amaqela asekuhlaleni anceda uluntu kunye namaphulo okuqiniseka ngokufumaneka kwamanzi nokutya eMakhanda nasezilalini eziseMpuma Kapa”, utsho uPereira Kaplan. Kukho nevidiyo eziliqela ezithetha ngezimvo zabahlali nezithe zaqulunqwa nguLukhanyo Matshaya, Luke Meterlekamp noWilliam Mponwana kunye namanye amalungu eqela leMo-jo.

Kwixenye yalo mhlathi, sabelana ngenkcazelo esiye sayiphuhlisa siphendula imibuzo ephambilimbini esiyifumene ukuza kuthi ga ngoku:


- Simele senze ntoni xa sinamayeza esiwathatha (treatment) qho ekliniki/esibhedlele ukuba siyoyika ukuya kwezi ndawo?
- Singakuphepha njani ukusola abantu abane-Covid-19?

Mininzi imibuzo ephakamayoyi kwindawo esihlala kuzo nefuna iimpendulo ezisebenzisekayo. Kweli nqaku siphendula kuphela le mibuzo mi-2, kodwa kwixesha elizayo siyakuphendulaneminye imibuzo ngokuvela kwayo.

Counting Fun





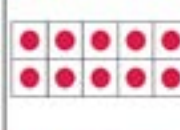




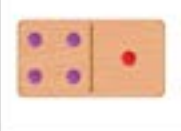


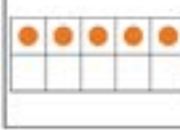





Scan this QR code to gain access to a library of our free resources or go to: <https://bit.ly/3etDmv0>








Fun mathematics activities for Grade R & Grade I learners

Which blocks show five?
Ngeyiphi ibhokisi ebonakalisa isihlanu?


			
			
			
			

Circle the correct number, write the number in the empty block.
Bala oononkala kwibhokisi nganye. Biyela inani elichanekileyo, uze ulibhale kwibhokisi esecaleni.

	4 5 2 3	4
	3 1 2 4	
	1 5 4 3	
	0 5 2 3	
	2 4 5 3	

In autumn, leaves start to fall off of the trees. Count the different types of leaves and write the number above the picture, then colour in the same number of blocks. Bala iindidi zalamagqabi ze ubhale inani lawo ngasentla komfanekiso. Faka umbala kwini lebhokisi elilinganayo neli ulibhalileyo.

Circle the one that has the most. Biyela elona linezininzi.




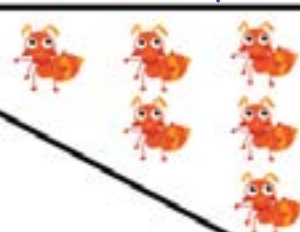








Circle the one that has the least. Biyela elona linezimbalwa.









Puzzle Cards

Cut along the bold lines
Sika phezu kwemigca

Amakhadi ephazili

	1	6	
	2	7	
3		8	
	4	9	
5		10	



4				
				

Brought to you by:



SA NUMERACY CHAIR PROJECT

The work of the South African Numeracy Chair Project, Rhodes University is supported by the FirstRand Foundation (with the RMB), Anglo American Chairman's fund, the Department of Science and Technology and the National Research Foundation. Additional funding for club work and resources is provided by the Vestas Empowerment Trust.

Sonwaba Ngokubala

Facebook: @RUSANC

Imisebenzi
eyonwabisayo
yabafundi
bamabanga
uR kunye nol



www.ru.ac.za/sanc

Find a library of activities
at: <https://bit.ly/3etDmv0>

Bhala inani elichanekileyo kwibhokisi engenanto.

Write the correct number in the empty block.

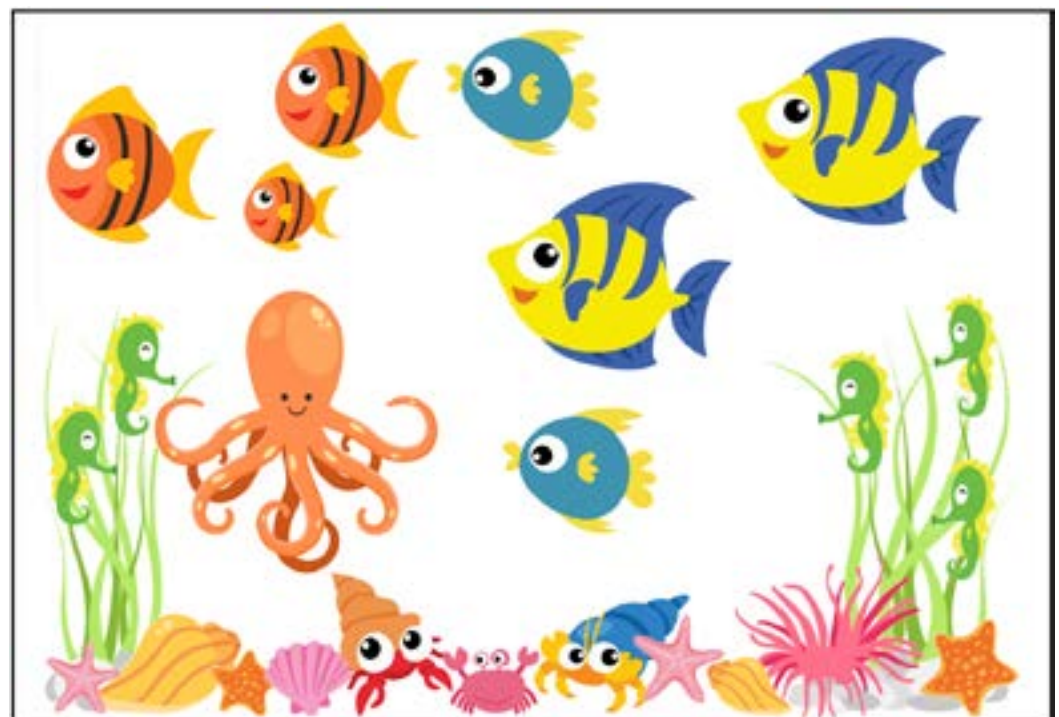
	Yongeza ibel 1 more	
	Ezilinganayo Just as many	
	Nciphisa ngo2 2 less	
	Yongeza ngo4 4 more	
	Nciphisa ngo4 4 less	
	Ezilinganayo Just as many	

Phinda elinani kabini uze ulibhale kwibhokisi engezantsi.

Double the number and write the number in the blocks below.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Zingaphi xa zidibene zonke? How many together?		Mangaphi amaqela ka3? How many groups of 3?
Zingaphi xa zidibene zonke? How many together?		Mangaphi amaqela ka2? How many groups of 2?
Zingaphi xa zidibene zonke? How many together?		Mangaphi amaqela ka3? How many groups of 3?
Zingaphi xa zidibene zonke? How many together?		Mangaphi amaqela ka2? How many groups of 2?



Bangaphi oononkala obabonayo? How many crabs can you see?	Zingaphi iintlanzi ezi-orenji ozibonayo? How many orange fish can you see?
Mingaphi imilenze ye-okthophasi? How many legs does the octopus have?	Zingaphi iintlanzi zonke ziphelele? How many fish altogether?
Zingaphi iintlanzi zenkwenkwezi ozifumanayo? How many starfish can you find?	Mingaphi imigca ekwintlanzi emthubi? How many stripes do the yellow fish have altogether?
Mangaphi amehlo oononkala bonke xa bedityanisiwe? How many eyes do the crabs have altogether?	Mingaphi imisila yazo zonke ezintlanzi? How many tails do all the fish have together?
Zingaphi iingalo zeentlanzi zenkwenkwezi zonke xa zidityanisiwe? How many arms do the starfish have altogether?	Zingaphi ii-seahorse ezizimele phakathi kokhula lolwandle? How many seahorses are hiding in seaweed?
Zingaphi ifin zezintlanzi xa zidityanisiwe? How many fins do the fish have altogether?	Mangaphi amaqokobhe owabonayo? How many shells can you see?

Which blocks below show fifteen?

Ngezphi iibhokisi ngezantsi ezibonakalisa ishumi elinesihlanu?



USammy Seal ulahlekelwe yibhola yakhe. Mncede ayifumane ngokuthi wenze ezizibalo. Qala ku5 ukubala.

Sammy Seal has lost her ball. Help her to find it by completing the sums. Start at 5.

LEBONE CENTRE



Dear Parents and Learners

Welcome to these Lebone Centre pages where we will be sharing tips with you for supporting learning at home, as well as fun literacy activities for children to do.

We know this is a difficult time for everyone, but we also believe that it creates many opportunities for parents and children to be together and to learn together. School is not the only place where you can learn!

We have tried to provide activities for a range of different ages, and also in different languages, so that there is something for everyone. We start with the littlies and go through to the end of Intermediate Phase (Grade 7). In these times, children are playing most of the time, and playing is also learning, but it would be good to set aside a bit of time every day to do some more focused literacy and numeracy activities, and we hope these resources will help you to do that.









- Some key things to remember:**
- **Telling stories and reading together is very valuable!**
 - **Even 10 minutes a day can make a difference**
 - **There are many things around the home that can be used for learning**
 - **There is a lot of free learning and reading material that you can access on your phone or computer**
 - **Check for educational programmes on radio and TV**
 - **Use your local library**



Emoji Emotions

The word *emoji* combines two Japanese words: *e* (picture) and *moji* (character).

Emojis are commonly used to add expression and emotion to electronic communications. Look at the emojis below. In the space provided, write the emotion that you see and describe a time when you have felt this emotion.

 Emotion: _____ _____ _____	 Emotion: _____ _____ _____
 Emotion: _____ _____ _____	 Emotion: _____ _____ _____
 Emotion: _____ _____ _____	 Emotion: _____ _____ _____
 Emotion: _____ _____ _____	 Emotion: _____ _____ _____

Bonus: When you've completed this exercise, compare your answers with a friend. Do you interpret these emoji expressions in the same way?



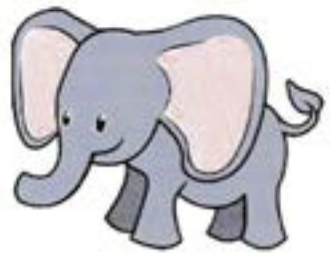
- AARDVARK
- BABOON
- BAT
- BONOBO
- BUFFALO
- CHEETAH
- CHIMPANZEE
- CROCODILE
- ELEPHANT
- GAZELLE
- GELADA
- GENET
- GIRAFFE
- GORILLA
- HARTEBEEST
- HEDGEHOG
- HIPPOPOTAMUS
- HONEY BADGER
- HYENA
- HYRAX
- IMPALA
- JACKAL
- LEOPARD
- LION
- MANDRILL

African Animals Word Search

DIRECTIONS: Find and circle the African animals in the grid. Look for them in all directions including backwards and diagonally.

A	T	J	A	T	N	P	N	K	T	T	L	V	U	L	T	U	R	E	C	X	S	I	
D	I	L	A	Z	R	J	R	W	A	E	C	O	W	K	C	I	U	H	L	O	Q	L	
A	K	B	A	R	E	G	D	A	B	Y	E	N	O	H	H	Z	E	B	R	A	F	L	
L	N	Q	A	O	E	T	H	U	C	Z	T	N	A	H	P	E	L	E	F	L	V	T	
E	J	S	U	M	A	T	O	P	O	P	P	I	N	G	T	L	C	T	K	F	F	L	
G	H	G	W	Y	S	M	A	A	E	O	O	K	T	A	C	O	C	M	C	V	F	E	
E	I	Q	Z	N	C	N	L	F	R	X	F	V	H	Q	N	N	U	K	U	E	M	O	
H	X	S	M	H	G	W	F	C	F	B	S	O	J	I	L	H	D	T	B	O	F	P	
A	S	Y	Y	O	A	A	U	W	A	S	S	Q	U	H	A	D	E	O	T	R	Z	I	A
P	F	R	L	R	R	P	N	E	O	Z	N	R	Q	E	A	T	E	W	E	H	J	R	
J	A	I	T	I	I	Q	L	J	A	C	K	A	L	T	L	O	T	N	T	M	J	D	
X	N	H	G	N	M	P	F	W	L	A	X	M	D	U	A	L	L	J	A	N	P	W	
U	O	M	E	L	I	D	O	C	O	R	C	C	F	Y	A	K	E	A	W	Z	B	I	
G	G	O	H	E	G	D	E	H	B	N	B	O	N	O	B	O	R	Z	F	H	S	L	
K	M	H	K	S	Q	M	Z	K	S	P	R	I	N	G	H	A	R	E	A	F	X	D	
R	A	G	M	O	L	X	N	S	S	A	L	L	I	R	O	G	F	R	E	G	U	E	
A	N	A	D	O	E	E	Z	N	A	P	M	I	H	C	I	R	T	S	O	M	T	B	
V	D	S	M	G	Y	E	F	H	A	V	A	N	D	F	Q	E	X	H	J	Y	S	E	
D	R	A	Z	N	F	V	Y	O	I	M	P	A	L	A	B	J	A	W	C	T	E	E	
R	I	B	B	O	P	E	N	O	O	B	A	B	E	E	U	L	I	N	W	Y	R	S	
A	L	L	R	M	N	K	T	E	N	E	G	P	E	G	N	I	L	H	N	H	V	T	
A	L	E	E	A	N	M	J	Q	X	R	Z	S	M	O	V	O	B	V	M	X	A	L	
T	Y	Q	S	A	V	C	T	T	U	S	T	K	V	V	E	N	F	K	L	I	L	Z	

- MEERKAT
- MONGOOSE
- OSTRICH
- PANGOLIN
- PORCUPINE
- RHINOCEROS
- SABLE
- SERVAL
- SPRINGHARE
- VULTURE
- WARTHOG
- WATERBUCK
- WILDEBEEST
- ZEBRA





Free South African resources!

HOME LITERACY: Daily activities for Playing and Learning Together in English, Afrikaans, isiXhosa and isiZulu from Wordworks at <https://bit.ly/Wordworks> or go to the Wordworks website (www.wordworks.org.za)

BOOKS: Book Dash has available over 140 books to choose from in the 11 official languages...and more! Go to <https://bit.ly/@AgDChPb>

NAL'IBALISTORIES: are free via WhatsApp. Just WhatsApp the word "stories" to 060042254. Also listen to isiXhosa stories on Umhlobo Wenene on Mon, Tues, Wed at 9:30, English stories on SAFM on Mon, Wed and Fri at 13:50, and Afrikaans stories on RSG on Mon, Tues and Wed at 19:10. The Nal'ibali website (www.nalibali.org) and mobi-site (www.nalibali.mobi) are now zero-rated.

MAKHANDA ECD RESOURCES: Anna Talbot from the Rhodes Community Engagement Office has put together 49 days of stories, movement, activities and rhymes in English, isiXhosa and Afrikaans.

You can access this at <https://bit.ly/ECDResources> or e-mail Anna on a.talbot@ru.ac.za if you want to be part of the ECD WhatsApp group.

ONE-STOP SHOP FOR ONLINE EDUCATIONAL RESOURCES:

Social entrepreneur, Travis Petersen, has designed an extraordinary 'one-stop-shop' web portal to assist South African learners from Grade R to 12.

The site is mobile friendly and boasts a very large collection of websites that are zero-rated for data. The four main cellphone networks (Vodacom, MTN, CELL C, Telkom) have zero-rated hundreds of educational websites - you will find all of them on Travis's web portal. The design is very straightforward and the resources readily available. Use this link and share it with all your classmates, friends, and family: shorturl.at/FHQVY

If you wish to contribute educational resources, please make contact with Travis via email: it@mamrera.org.za

Let's keep moving!

Being active during the Covid-19 pandemic is not easy. However, now more than ever, it could help save your life!

There is evidence from more than 130 000 persons in the United Kingdom that those who were physically inactive were nearly 40% more likely to be hospitalised with COVID-19. One of the unintended consequences of the quarantine restrictions has been a decrease in physical activity and an increase in sedentary behaviour (sitting) in adults, with decreased activity and more screen time in children and youth.

Adults should be doing 30-minutes of moderate-to-vigorous physical activity and

children 60 minutes of moderate-to-vigorous physical activity per day.

Adherence to these guidelines has been shown to reduce physical and mental stress and improve sleep. It also helps to improve your overall health.

Here are a few tips for keeping active in lockdown:

- Dance to music
- Run up and down stairs
- Jog around your garden or yard
- Skip with a skipping rope
- Try exercise classes online
- Do some stretching exercises



Ukubaluleka kokufundisa umntwana ukulima:

- Asazi isityalo sivelaphi
- Ayazi ukuba akuyomfuneko ukuthenga rhoqo, unakho ukulima.

Indlela zokwenza isitiya xa ungena mhlaba:

- Ungasebenzisa ibhekile okanye inkonkxa
- Itayala
- Ibhafu ne emele endala

Uzuza ni umntwana?

- Ufunda ubuchule bokulima
- Ufunda ukubala xa ephosa imbewu emhlabeni
- Wakheka imithambo yeminwe kwizandla zakhe

- Usebenzisa ukuhlakanipha ecinga nzulu
- Ufunda amava obomi
- Unethuba lokonwaba nomzali wakhe
- Isityalo sithatha ixesha elingakanani phambi kokukhula ufunda ukuvakalisa izimvo nembono zakhe
- Ufunda ukunakelela isityalo ngokuthi asinkcenkeshe, ancothule nokhula

Izinto ezinokunceda:

- Khangela icala eline langa ulime kulo
- Mjonge umntwana xa esusa ukhula akasusi nesityalo
- Khetha izityalo ezihluma ngokukhawuleza, umzekelo inkozo zethanga, tumata

Fyn motoriese vaardighede vir voorskoolse kinders

Benodighede:
nklere-hanger (coat hanger) of wasgoed-draad 10 wasgoedpennetjies

Instruksijs:

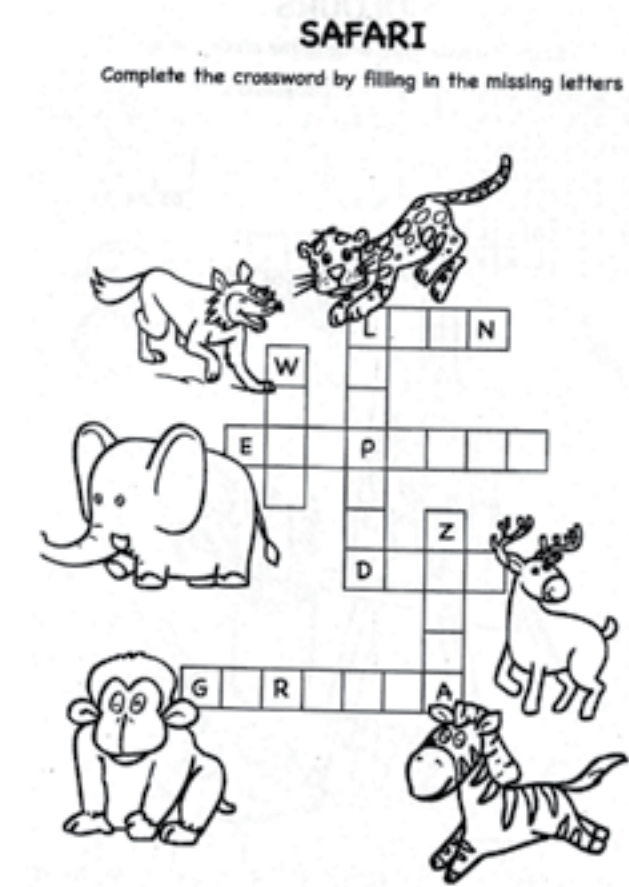
1. Neem die wasgoedpennetjies en laat die kind hullenommervan 1 tot 10.
2. Meng die pennetjies deurmekaar.
3. Kinders moet dit in volgorde op die hanger of draadhang. Hullemoethullevingersgebruik.
4. Wanneer hulle die pennetjies gerangskik het van 1 tot 10, moethulle di tel, end an ook rugtel vanaf 10 tot 1.
5. Julle kan ook ander instruksies byvoeg soos "Hang 5 pennetjies op." "Haal 2 pennetjies af."



write a crazy SUMMER story!

Fill in this story with names of your summer friends and the correct parts of speech to come up with a truly outrageous story. Maybe some day this experience will happen to you!

One day, _____ and _____ decided to _____ while on their summer vacation. _____ grabbed a _____ and hit the road! _____ thought they should _____ which _____ thought was very wild. "It's summer vacation! We have to _____!" _____ exclaimed. While on their journey _____ saw a _____ climbing a _____ and that scared _____. Later, it was time for a snack so _____ suggested they eat _____ and _____ and drink _____ juice. Summertime is all about _____ experiences, and _____ and _____ wanted to make the most of it. After a quick _____ in the _____, it was time to _____. It had been another _____ summer day!



Okokuzonwabisa kwakwaNal'ibali ★ Nal'ibali fun

Ubona ntoni kulo mfanekiso?

- Bangaphi abantu?
- Zingaphi izilwanyana?
- Ingaba lusuku okushushu okanye olubandayo?
- Zingaphi iincwadi?
- Bangaphi abantu abanxibe iiglasizamehlo?
- Bangaphi abantu abathwele iminqwazi?
- Ingaba uGogo noNeo bafunda ngantoni?
- Ingaba uMali notata wakhe bafunda ngantoni?

What can you see in this picture?

- How many people?
- How many animals?
- Is it a hot or a cold day?
- How many books?
- How many people are wearing glasses?
- How many people have hats on?
- What are Gogo and Neo reading about?
- What are Mali and her dad reading about?

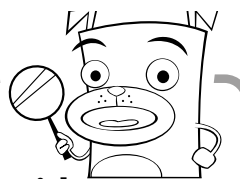
Faka umbala emfanikisweni. Colour in the picture.

Impendulo: a. 5, b. 13, c. okushushu, d. 3, e. 3, f. 2, g. ngobandayo, h. ngeentliziyo / **Answers:** a. 5, b. 13, c. hot, d. 3, e. 3, f. 2, g. parties, h. fish

isiXhosa : English

www.nalibali.org | www.nalibali.mobi

At-Home Scavenger Hunt



Directions: Explore your home and the area around your home to find the items listed below. Once you find the item, write a check mark next to it.

Inside

- ☐ Find something made of metal.
- ☐ Find a fiction book.
- ☐ Find a tool that helps you pick things up.
- ☐ Find an item that is a need rather than a want.
- ☐ Find an object that makes your life easier.
- ☐ Find something on which you can write.
- ☐ Find a photo of someone you love.
- ☐ Find a nonfiction book.
- ☐ Find an item that holds meaning for you.
- ☐ Find something that uses electricity.

Outside

- ☐ Find something that makes a noise.
- ☐ Find something shiny.
- ☐ Find something made of a natural resource.
- ☐ Find an item that is natural and green.
- ☐ Find something to recycle.
- ☐ Find something that uses photosynthesis.
- ☐ Find an item that does not need sunlight.
- ☐ Find something that is living.
- ☐ Find something that is nonliving.
- ☐ Find an item that is helpful to humans.

Which item on the inside list was most difficult to find? Why do you think that is?

What item on either list was most interesting to find? Why? Record your answer and sketch an illustration of the item on the back of this sheet or another piece of paper.

Get story active!

After you and your children have read *Mama Mabena's magic*, try out some of these ideas.

If you have 10 minutes...

- Look at the patterns that Mama Mabena paints as well as the pictures that the children painted (pages 14 and 15). Ask your children what colours, shapes and other things they can see.
- Look at the animals in some of the pictures and ask your children to suggest what they are doing and thinking.

If you have 30 minutes...

- If you have some powder or watercolour paint, give your children some styrofoam or plastic trays and let them have fun mixing red, yellow and blue paint together in different ways to create new colours.

If you have one hour...

- Fill large plastic containers with water and collect some thick paintbrushes - the kind used to paint a house. Take your children outside and let them paint pictures on pathways and the side of your house using the water.
- Encourage your child to write a story about their own magic! Begin by discussing the things that they are good at and love doing. Let younger children draw pictures to create their stories and then write the words they tell you to. Allow older children to try writing on their own - emphasise composing a fabulous story, rather than correct handwriting and spelling!

Colour your Nal'ibali bookmark and then cut it out and paste it together. Isatshisi sakho sencwadi sikaNal'ibali sinike imibala uze emva koko usisike kahuhle kwaye usincamathelise.

Yenza ibali linike umdla!

Zama enye yazi ngcebiso emva kokuba wena nabantwana bakho niyifundile incwadi ethi *Umlingo kaMama Mabena*.

Ukuba unemizuzu eli-10...

- Jonga kwiphetheni ezipeyintwa nguMama Mabena kunye nemfanekiso ezipeyintwa ngabantwana iphepha le-14 nele-15. Bobuze abantwana bakho ukuba babona eyiphi imibala, eziphi izakhe kunye nezinye izinto abanako ukubona.

- Jonga kwizilwanyana ezikwiminye imfanekiso wandule ukucela abantwana bakho ukuba baxhaze oko zikwenzayo.

Ukuba unemizuzu engama-30...

- Ukuba unawo umgubo okanye ipheyinti enemibala engamanzu, unganka abantwana bakho igwebu elithile kunye nezithebe zeplastiki uze ubukeke bonwabele ukuxuba ngeendlela ezahlukeneyo ipheyinti ezibomvu, ezikhulazi nezibomvu ngeenjongo zokuyila imibala emihla.

Ukuba uneureye enye...

- Gcwalisa izigubuthelo ezikhulu zeplastiki ngamanzu uze uqokelele ibhrashi zepheyinti ezingqindlile - ezi zifana hwashe nezo zokupeyinta izindlu. Abantwana bakhulise endaweni ubuselele ukuba bapeyinte imifanekiso yeenkedlana necala lendlu yakho besebenzisa amanzi.
- Mkufutshane umntwana wakho ukuba abaleli ibali ngomlingo angawakhe! Qala ngokuwaxa ngesinto agawesa kuzo kwanezo othandayo ukuzenza. Bawumele abantwana abancinci ukuba bazobe imifanekiso kuyilo lwamabali abo, uze ubhale phantsi la magama bakucela ukuba uwabhole. Zama ukuba abo babale abantwana babalele ngokunwaba - gcinisa ekubeni bayile ibali eligawelileyo, endaweni yakulungisa indlela ababala ngayo nabapela ngayo.

It starts with a story... Ewe, kuqala ngebali.

Paste each side of your bookmark on a piece of cardboard (like from a cereal box) to make it last longer!

Icala ngalinye lesalathiso sencwadi malincanyathelise kwikhadlithodi encinci (njengebhokisi yesityeli) ukuze uyenze ibe ndana!

Neo



Early Childhood Development

What is it?

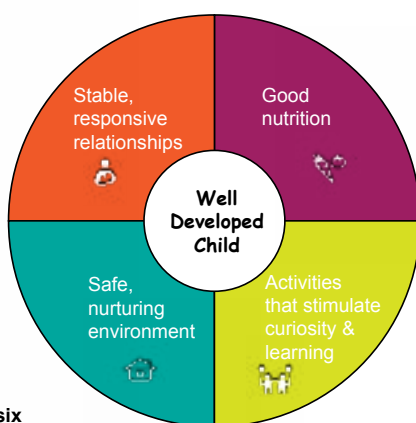
Early Child Development refers to the way a child grows and learns from birth to age eight; it includes many different areas such as learning to walk and talk.

Why?

How a child develops in the early years affects their ability to succeed throughout their life. A strong foundation will allow them to reach their full potential.

What can I do?

Caregivers play a critical role in helping a child grow by providing the right environment and activities, as well as observing development & helping where needed.



What you do for your child before they turn six could be the difference between them making it in life or not!



What your child is learning in their early development stages

In the first few years a child's brain is growing super fast. They are developing skills in many areas. Brain development during this time can impact higher level skills like motivation, problem-solving and getting along with others later on in life.

Social and Emotional

Your child is learning how to control their feelings and get along with others

Intellectual/Cognitive

They are learning how to think and figure things out

Language and Communication

They are learning to understand and use language

Physical/Movement

Their bodies are growing and they are learning to use the different parts



Even though Sipho is only a year old, his mother has started reading to him because it helps develop his language skills.

Lebo's father understands that his 3 year old daughter is learning emotional intelligence. When she comes to him crying, he takes the time to listen and sympathise.



6

Ways to Boost your Baby's Brain Development

Did you know that your baby's brain grows fastest just after birth and will reach half its adult size by 3 months? Here are some ways in which you can help your baby grow smart and strong....

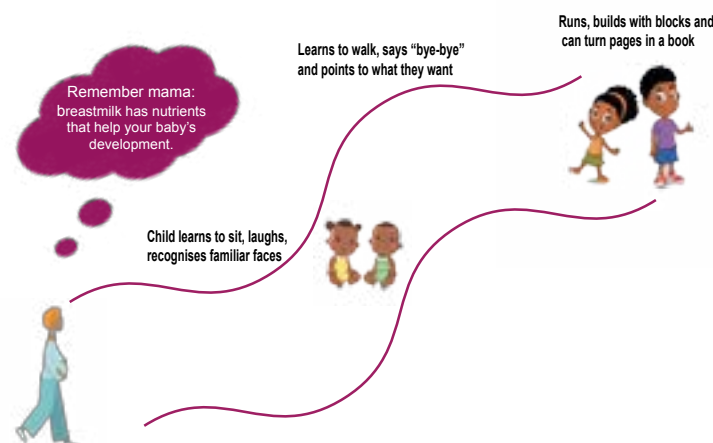


As your baby grows older encourage them to play and explore on their own. Playing on their own is also important to boost self-esteem and self-reliance



The First 1000 Days

- The first few years of a child's life are the most important in ensuring that they have the best chance in life.
- By the time a child turns 6 their brain is almost fully developed.
- Brains are built and grow through touch, talk, sight and sound during early childhood experiences.
- As a caregiver you can help your child explore the world and make sense of it.
- Breastfeed if you can and give your child healthy food.



Day 0 - 270
Pregnant

Day 271 - 635
Year one

Day 636 - 1000
Year two



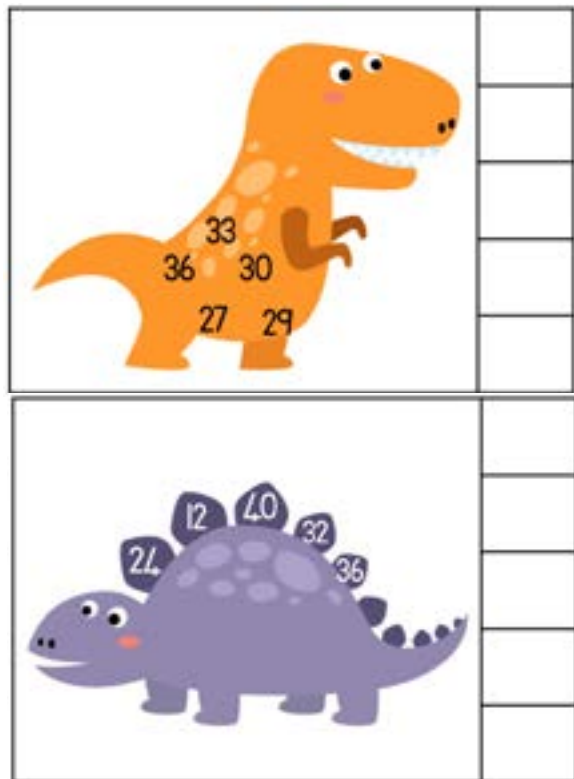
Counting Fun



Fun mathematics activities
for Grades 2 and 3

Arrange the numbers in each picture from smallest to
greatest in the boxes next to the dinosaur.

Bhala lamanani, qala kwelincinane unyukele kwelikhulu.



Play this game with a friend. Throw the dice or pick a
number and move forward. If you land on a picture, do
what the picture tells you to do.

Dlala lomdlalo nomhlobo. Phosa idayisi okanye khetha
inani ubheke phambili. Ukuba ume kumfanekiso,
wenza lento uyixelelwa ngumganekiso lowo.



Fill in the missing numbers in these patterns.

Fakela amanani angekhoyo kweziphatheni.

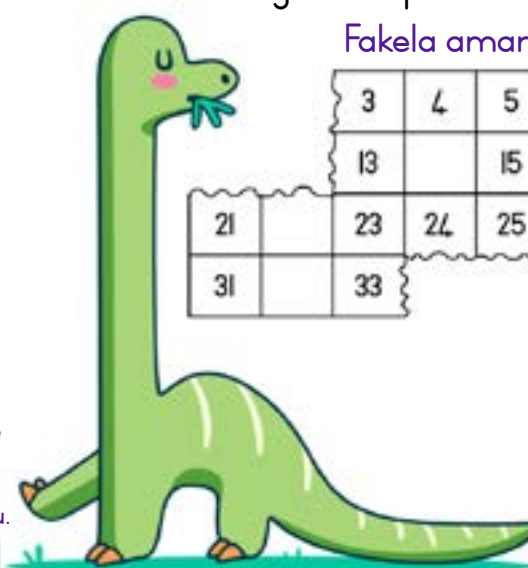


Cut these numbers out to use instead of dice.

1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Can you complete these two number charts?

Fakela amanani angekhoyo.



Dinosaur Game
Umdlalo weedayinaso

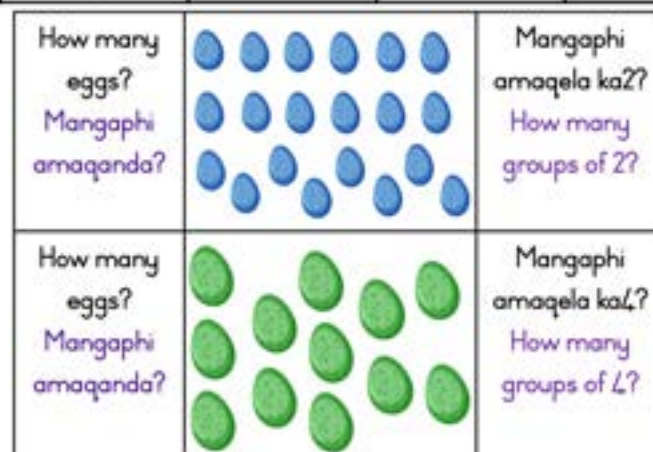
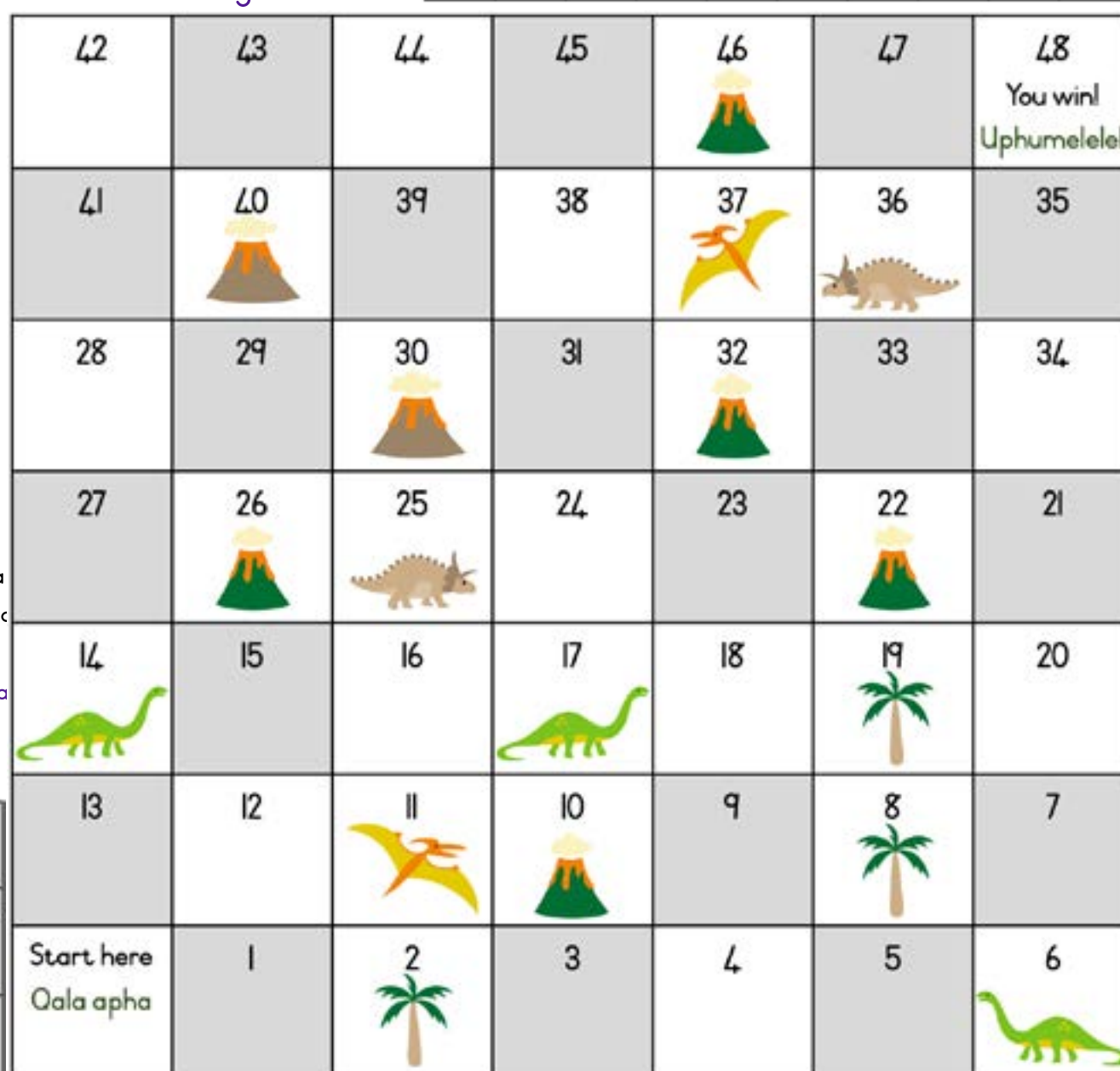
		3	4	5	6
		13		15	
21		23	24	25	26
31		33			

16	17	18	19	
26	27		29	30
36				40
				50

Count in 2s to complete this number chart.

Fakela amanani angekhoyo.

20				28			34	36	38
		44				52			58
					70				
	82								



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Sika lamanani uze uwasebenzise endaweni ledayisi.

Sonwaba Ngokubala



Imisebenzi eyonwabisayo yabafundi bamabanga ul kunye no2

Qikelela ukuba zingaphi iizinto ezibhabhayo kulomfanekiso.

Estimate how many spaceships there are.



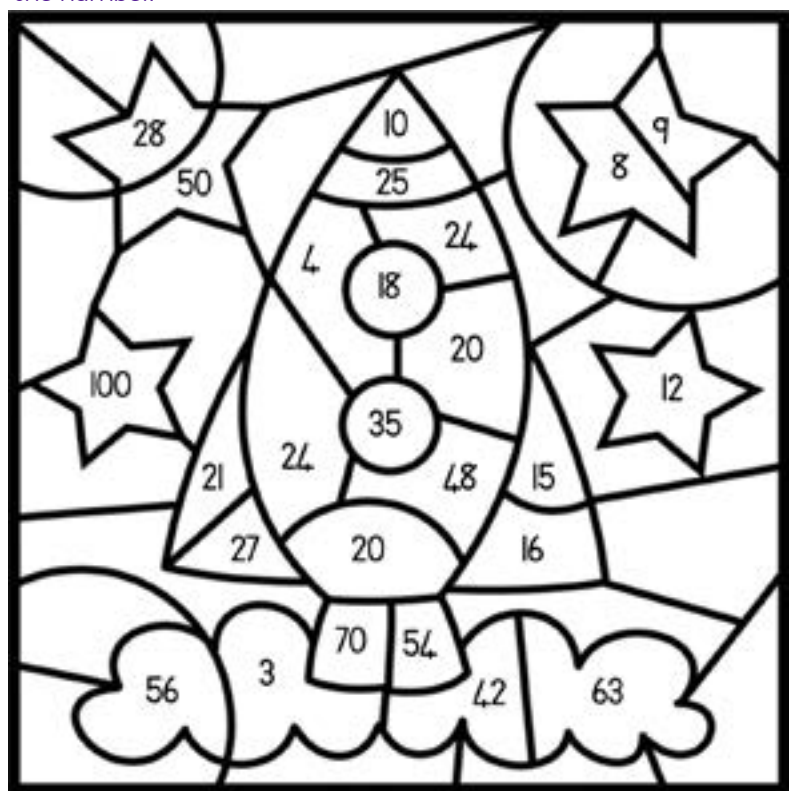
Ngoku zibale ukuba zingaphi.
Now count the spaceships.
Ingaba uqikelelo lwakho belusondele kwelinani ulifumeneyo?
Was your estimate close to the number that you counted?

Sebenzisa letafile uze usombulule izibalo ngezantsi. Use the table to help you to answer the sums below.

x	1	2	3	4	5	6	7	8	9	10
1	1	2	3	4	5	6	7	8	9	10
2	2	4	6	8	10	12	14	16	18	20
3	3	6	9	12	15	18	21	24	27	30
4	4	8	12	16	20	24	28	32	36	40
5	5	10	15	20	25	30	35	40	45	50
6	6	12	18	24	30	36	42	48	54	60
7	7	14	21	28	35	42	49	56	63	70
8	8	16	24	32	40	48	56	64	72	80
9	9	18	27	36	45	54	63	72	81	90
10	10	20	30	40	50	60	70	80	90	100

8 x 3 =	3 x 3 =	10 x 7 =	4 x 4 =
2 x 2 =	10 x 10 =	9 x 6 =	8 x 5 =
4 x 5 =	7 x 4 =	5 x 5 =	1 x 3 =
6 x 4 =	10 x 5 =	2 x 5 =	7 x 8 =
6 x 8 =	6 x 2 =	7 x 3 =	4 x 10 =
2 x 10 =	6 x 3 =	9 x 3 =	6 x 7 =
2 x 4 =	7 x 5 =	3 x 5 =	9 x 7 =

Khangela zezizibalo zikulomfanekiso, uze ufake umbala ongqamelana kunye neloona. Find the answers to these sums in the picture and colour them in with the colour that matches the number.



Ndibona ngambini! Zingaphi izibini ongazisombulula kwezi ngemizuzu emibini? Seeing double! How many of these doubles can you solve in 2 minutes?



6 + 6 =	20 + 20 =	33 + 33 =	8 + 8 =
11 + 11 =	5 + 5 =	100 + 100 =	13 + 13 =
7 + 7 =	12 + 12 =	10 + 10 =	4 + 4 =
21 + 21 =	16 + 16 =	34 + 34 =	25 + 25 =
18 + 18 =	24 + 24 =	2 + 2 =	9 + 9 =

Phinda-phinda inani eliphakathi ngelilisecaleni ukuze ufumane inani elingaphandle. Multiply the middle number by the number next to it to find the outer number.



Place your finger on 75. Go 2 numbers to the right. Then go 3 numbers down. Now go 1 number up and then go 2 numbers to the left. Jump 1 number up. Go 2 numbers to the right. Where are you?



Beka umnwe wakho ku75. Hamba ka2 uye ngasekunene. Uze uhle ka3. Ngoku nyuka kanye(!) uze uhambe ka2 ukuya ekhohlo. Tsiba kanye (!) unyoke. Hamba ka2 uye ekunene.

Sebenzisa letafile ukuphendula lemibuzo: Kuza eliphi inani emva ko675? Kugala eliphi inani phambi ko475? Ngeliphi inani eliphakathi kuka500 kunye no550? Ngeliphi inani elikhulu ngel100 kuno250? Ngeliphi inani elinciphe ngo200 kuno675?

Use the table to answer these questions: What number comes after 675? What number comes before 475? What number is between 500 and 550? What number is 100 more than 250? What number is 200 less than 675?

25	50	75	100
125	150	175	200
225	250	275	300
325	350	375	400
425	450	475	500
525	550	575	600
625	650	675	700

Jonga lamanani abanjwe ngulomntu. Look at the numbers the astronaut is holding. Bigela elonani likhulu nelona lincinane. Circle the largest number and the smallest number.

108	703	730	448
910	901	898	777
426	873	383	543
497	794	966	999



Krwela umgca ngaphantsi kwawo onke amanani aphakathi kuka 500 kunye no 900. Underline all the numbers between 500 and 900. Bhala lamanani uwakrwele umgca ngaphantsi kwezibhokisi zingezantsi, qala kwelincinane unyukele kwelikhulu.

Write the underlined numbers from smallest to largest in the blocks below.

--	--	--	--	--	--	--

Qhubeka Uthatha Itritimenti (okanye amayeza/liplisi)Yakho Yokugula Ngexeshale COVID-19

Uninzi lwabantu kwindawo esihlala kuzo lunezigulo ezifuna usoloko usitya amayeza/iipilisi(chronic) ixesha elide. Ezi zifo ziquka iTB, iHIV/AIDS ihigh-high(High Blood Pressure) iswekile nezinye. Ezi zigulo azivelanga ngokunyamalala ngenxa yobukho be COVID-19. Ukuba abantu bayayeka ukuthatha itritimenti yabo basenokugulela ukufa, kubaluleke gqitha ukunqanda oku kungenzeki. Abantu mabaqhubeka bethatha itritimenti yabo namayeza ezinye izigulo abasenokugula ngazo.

Uninzi lwabantu abanezigulo baya kwikliniki okanye ezibhedlele ukuze bafumanane amayeza nezinye itritimenti,mabaqhubeka besiya kwezi ndawo. iSebe LezeMpilo lifuna abantu baqhubeka beyithatha itritimenti namayeza abo. Isebe lithi abantu abanezigulo ezifuna basoloko besitya amayeza ixesha elide (chronic) bamele baqhubeka beyowathatha amayeza njengoko beyalelwe ngugqirha.

iSebe loyikisela kuba iikliniki nezibhedlele zingagcwali kakhulu ze kubekho abantu abaninzi abaya kuzo ngexesha elinye. Liye lacela iikliniki nezibhedlele ukuba zenze iindawo ezisecaleni ukuze abo

kufuneka bayothatha amayeza abo baye kwezindawo, kungabi yomfuneko ukuba badibane nezinye izigulane. Kwezinye iiklinikinezibhedlele,kubakho igumbi elisecaleni,kanti kwezinye idla ngokuba yintente engaphandle kwesakhiwo. Iikliniki kunye nezibhedlele zikhuthazwa ukuba zikhuphe amayeza azakuhlala kangangeenyanga ezi-2 qho umntu eyothatha amayeza. Anganikwa amayeza enyanga enye qha. Le nto izakunceda abantu bangasoloko besiya qho ekliniki ukuyothatha amayeza abo. Ezinye iikliniki nezibhedlele ziye zalilandela eli cebiso,kodwa ezinye khange zililande.

Kodwa kusenokubakho ezinye iingxaki kubantu abafuna ukuthatha amayeza abo:

- Enye ingxaki kukuba abaphangeli ezikliniki okanye ezibhedlele bakhathazwa kukuba abantu abeza kubo basenokubaphathela icoronavirus. Xa abantu besiya kwezindawo bamele bahlambe imizimba,ngakumbi izandla zabo, ngaphambi kokuba baye, banxibe iimaski, bagcine nomgama ofanelekileyo phakathi kwabo nabanye abantu xa besekilini okanye esibhedlele. Oku kuzakubonisa ukuba bakhusela bona,oonesi nabanye abantu.
- Ingxaki ye-3 kukuba

mhlambi omnye akakwazi kuziyela ekliniki kwaye oonesi kufuneka baye kumbona ekhayeni lakhe. Oku kusenganzima kakhulu okwangoku, mhlambi kungayimfuneko ukuba kufunwe omnye umntu (nokuba lilungu losapho) onokusa lomntu ekliniki okanye aye kumthathela amayeza/iipilisi zakhe azifunayo.

- Kwkhona uninzi lwabantu lusebenzisa iikliniki ezikufuphi kwindawo abasebenza kuzo, kuba zikufuphi kubo. Ngoku kuba kungasaphangelwa abakwazi ukuya kwezikliniki kwaye abawafumani amayeza/iipilisi zabo. iSebe licebisa ukuba baye kwikliniki okanye izibhedlele ezikufuphi namakhaya abo, baye namaphepha abo abonisa uhlobo lwamayeza/iipilisi abazidingayo.

Kusenokungabi lula ukuphinda uqhagamishelane neekliniki nezibhedlele kodwa kubalulekile uzame. Mhlambi kwezinye iimeko unganakho ukufonela iikliniki okanye isibhedlele uchaze oko ukufunayo nexesha ozakukuthatha ngalo amayeza/iipilisi okanye ukufumana itritimenti yakho. Kwezinye imeko kungafuneka ukuba abantu baye ngokwabo baze balinde de babonwe ngunesi.



uMongameli Ramaphosa Uthetha Ngokubeka Abantu Ibala Elibi

NgoMvulo umhla we-29 Juni 2020 kwincwadana yakhe yendaba zeveki uMongameli Ramaphosa uthethe ngendlela esingamelenga ngayo ukubeka ibala elibi, abantu abatheste phosithivu Kwikhorona yayirasi. [‘Ukubeka ibala` kuthetha ukuthetha kakubingabantu, ukubanika igama elibi okanye ukubaphatha njengabantu ababi]

uMongameliuthe: Njeng-abantu, sinembopheleleko yokuba siyisiphule nengcambu into yokubeka abantu abane khorona yayirasi ibala. Kukho ingxelo ezikhathazayo zokugx-othwa kwabantu kwindawo abahlala kuzo nokutoyi-toyelwa kwezigulana ezinekhlorona yayirasi ezingena kwizibhedlele zasekuhlaleni nakwikliniki. Le nto mayiyekwe.

Uphinde wathi: Simele sibonise uvelwano, ububele, imfesane, ukuqonda nonya-mezele kwabo bayebosulelwa yilevayirasi sicingele nentsapho zabo.

uMongameli uyaqonda ukuba abantu bayayoyika le vayirasi kwaye abayiqondi kakuhle eyona nto yenzekayo. Uthe lo ngunobangela wokuba abantu babekane amabala. Uthe olu loyiko luyaqondakala., kodwa waphinda wathi: sonke siyayazi into esimele siyenze ukuze sizikhusele, sikhusele nabanye.

Oku kuthetha ukuba ngalo lonke ixesha masithi nca kwimigqaliselo emikhulu eyi-3:

- Gcina umgama othe qelele (imitha ezi-1.5) komnye umntu xa uphakathi kwabantu abaninzi
- Nxiba imaski (egguma umlomo nempulo) ngalo lonke ixesha xa udibana nabanye abantu ongahlali nabo ekhaya
- Hlamba izandla rhoqo ubuncinane imizuzwana eyi-20, usebenzisa isepha okanye isibulala-zintsholongwane (sanitizer)

Ukongezelela kwezi zinto, simele:

- Sizihlalele sodwa ukuba siye sadibana nabantu abaye bosuleleka
- Sifune ingcebiso kwinkonzo zezempilo ezikwindawo zoth-esta, ekliniki, kwagqirha okanye esibhedlele ukuba sinempawu zokuguliswa yile vayirasi.

Okona kubaluleke ngakumbi kukuba sonke sisebenze kunye sixhasane njengoko sisilwa nalevayirasi sikhusele wonke umntu kwindawo esihlalakuzo.

!!QAPHELA!!

GCINA UMGAMA ONGANGE 1.5M

LUMKELANI UKUNCAMATHELANA

NXIBA I-MASK EGQUMA UMLOMO NEMPUMLO NGAMAXESHA ONKE

MUSA UKUKHOHELELA OKANYE UKUTHIMLA UNGABUGQUMANGA UBUSO

HLAMBA IZANDLA NGESEPHA OKANYE USEBENZISE I-SANITIZER

NCEDA UHLALE UKHUSELEKILE KWAYE UTHABATHELE WENA NABANYE UXANDUVA! KHAWUBENGUMZEKELO!

Kutheni kubalulekile ukuthabatha amachiza akhongelixesha likabhubhane we-Covid-19:

Intsholongwane ye-HIV/AIDS

“Xa uzazi ukuba Uphila nentsholongwane yeHIV, selai ipilisi zakho yonke imihla. Oku kuzakuncedisana nokomeleza amajoni omzimba kwaye kukuxhobise ekulweni nalo bhuhane we Corona”.

Ukuba ubukhe waziyeke iipilisi ngezizathu ezithile, khawuleza uyekwiziko lezempilo elikufutshane nawe khona ukuze uphinde uqalise ukuzithabatha. Oku kungenza umahluko omkhulu ekusindiseni impilo yakho xa kungenzeka wosuleleke yilentsholongwane ye-Corona. Xa ungaziseli iipilisi zakho usebungciphekweni bokungakwazi ukulwa nalentsholongwane yeCorona.

Zivavanyele intsholongwane ye-HIV ukuba uwuqinisekanga ngesimo sakho kwaye uqalise ukuthatha amachiza ukuba ifumanekile egazini lakho. Usebungciphekweni bokufumana intsholongwane ye-HIV xa usabelana ngesondo nabantu abaninzi ningasebenzisi sikhuseleli”

Tsalela umnxeba ngeenkcukacha nge AIDS

ku o800 012 322

Source: righttocare.org

Intsholongwane ye-Diabetes

NNgokuchazwa luphando eBhekisisa.org: ‘Amathuba okubhubha kwabantu abanesifo seswekile yilentsholongwane yeCovid-19, aphezulu kakhulu xa iswekile ingazinzanga emzimbeni. Umntu onesifo seswekile esinakekelweyo, unamathuba ambalwa okubulawa yilentsholongwane ye Covid-19. Iqumrhu lesifo seswekile laseMelika lichaza lisithi:

Ukosuleleka yilentsholongwane ye-Covid-19 konyusa ukudumba komzimba ebantwini abaneswekile’. Ukuba nesifo sentliziyo okanye ezinye iingxaki zezigulo kuyawanyusa amathuba okuguliswa yintsholongwane yeCovid-19. Oku kunjalo kuzo zonke iintsholongwane ezigulisayo ngenxa yoko kuba umzimba wakho engomelelanga”

Source: diabetes.org

uAkhona Mafani, oyiMbongi enesiphiwo yalapha kuMakhanda, uguqule le miyalezo wayenza umbongo wesiXhosa, eyibhalela abahlali bakuMakhanda.

Kulo mbongo usibonisa ukubaluleka kokuba sonke siyachatshazelwa ngulo bhuhane we-Covid-19. Uthi, “Masikhathalelaneni, sizikhusele sikhusele nabanye, sikhumbule - akukho mntu esinokumsola”

Sicela uye kwijelo lethu le-YouTube <https://www.youtube.com/watch?v=1fOB28jjdpU>uzivele ngokwakho lo mbongo unamandla, Akakho Umntu Onokusolwa, iveliswe liQonga loThungelwano loLuntu, Sisonke eMpuma Kapa, iqela le Mo-jo

COVID-19 vrae vanuit die gemeenskap

Toe die regering in Maart vanjaar die nasionale noodtoestand aangekondig het, was dit gebaseer op die wetenskap van COVID-19, en op die kennis wat wetenskaplikes op daardie stadium van die virus gehad het. Soos die weke verby gegaan het, het hulle al meer uitgevind omtrent COVID-19. Maar baie belangrik, ons het ook geleer wat die pandemie hier ter plaatse beteken vir ons mense.

Monde Duma, 'n gemeenskaps-kampvegter en navorser in die Department van Omgewingswetenskappe by Rhodes Universiteit sê "Die Oos-Kaap Staam Saam Gemeenskaps Uitreik Netwerk (ECT CAN) het in Makhanda begin as 'n vennootskap tussen die Omgewingsleer Navorsingsentrum (ELRC) en 'n hele klomp gemeenskaps organisasies in die Oos-Kaapse platteland".

"Ons het soveel vrae vanuit ons gemeenskappe gehoor" sê Heila Lotz-Sisitka, die SARChI Leerstoel en Professor in die Omgewingsleer Navorsingsentrum. "Ons het by die Kaapstad Staam Saam Gemeenskaps Aksie Netwerke gesien hoe belangrik dit is om die nodige inligting en nuwe kennis te mobiliseer en te deel, en om stappe te neem in ons gemeenskappe".

"Hoewel dit belangrik is om die wetenskaplike feite oor COVID-19 te deel met ander, sowel as die instruksies van die regering, is dit nie genoeg nie. Ons moes mooi na die gemeenskap se vrae luister, en na hulle stories, om hulle bekommernisse en vrese en lewens realiteite te verstaan, en hulle vrae vanuit die gemeenskap self te beantwoord", verduidelik Lwandane Maqwelane en Lawrence Sisitka, materiaalstrykers in die ECT CAN.

Taryn Pereira-Kaplan, gemeenskapskampvegter en navorser in die ELRC verduidelik verder: "Telkens as 'n nuwe, groot vraag opkom, werk ons hard om betroubare inligting bymekaar te maak wat dan



wyd versprei kan word deur 'n netwerk van meer as 200 gemeenskaps champions in Makhanda en die Oos-Kaapse platteland". Samewerking met navorsers help om die inligting so akkuraat moontlik te maak.

Janice Limson, SARChI Leerstoel en Professor in Bioteegnologie-innovasie en Betrokkenheid stem saam. Die Rhodes Universiteit Covid-19 Wetenskap Uitreik Span, wat in Maart vanjaar gestig is, fokus op die wetenskap van COVID-19, en bestaan uit 'n span wetenskaplikes en wetenskaplike betrokkenheidspesialiste wat materiaal ontwikkel om die wetenskap agter die koronavirus toeganklik en verstaanbaar te maak. "Ons span mik om gemeenskappe te ondersteun om hulself te beskerm, ons verduidelik waarom sekere voorsorgmaatreëls nodig is, en ons mik om gemeenskappe te bemagtig om die feite van fiksie te sorter rakende hierdie virus", verduidelik sy.

"Ons berei die inligtingstukke elke keer in drie tale voor, om al ons gemeenskappe te bereik, waarna ons dit uitstuur met WhatsApp na netwerke wat dit dan verder versprei" sê Monde Ntshudu, netwerk spanleier van Makhanda in die ECT CAN. 'n Belangrike aanslag is om inligting te deel in ons gemeenskappe, eerder as om vir ander mense aan te sê wat hulle moet doen; ons deel inligting as mede-gemeenskapslede wat self ook met COVID-19 moet worstel.

Die ECT CAN se slagspreuk is "Each One, Teach One" - "Elkeen Help Een". "Ons moedig almal aan om betroubare inligting en insig oor coronavirus implikasies

in hulle gemeenskappe te deel met ander: met familie, vriende, bure, kinders, gesondheidswerkers, polisiesamptenare, gemeentes by die kerk, tradisionale owerhede," sê Duma.

"En ons verwelkom meer vrae, want dit kan ons mense help om die COVID-19 pandemie hok te slaan, en om hulself en ander veilig te hou", sê Ludwe Majiza, 'n Oos-Kaapse boer en ook 'n gemeenskapskampvegter in die ECT CAN.

Perreira-Kaplan verduidelik verder: "Ons ondersteun ook aksie-projekte, en staan saam om gemeenskaps-sorg dienste, water en kos aksies in Makhanda en die Oos-Kaapse platteland te ondersteun", sê Pereira Kaplan. In 'n ander projek werk Lukhanyo Mashaya, Luke Meterlekamp, William Mponwana en ander lede van die "mo-jo" span aan video's waarin gemeenskapslede die geleentheid kry om oor hulle ondervindinge te praat.

In die res van hierdie artikel deel ons die inligting wat ons bymekaar gemaak het om twee groot vrae aan te spreek wat tot dusver opgekom het:

- Wat doen mens as jy chroniese medikasie of mediese behandeling moet kry en jy is huiwerig om hospitaal of kliniek toe te gaan?
- Hoe verhoed ons dat mense met COVID-19 gestimuleer of sleggemaak word?

Daar is nog baie meer vrae in ons gemeenskappe, wat praktiese raad en praktiese benaderings benodig. In hierdie uitgawe spreek ons net hierdie twee vrae aan, maar in die toekoms sal ons ook verdere vrae en antwoorde vanuit ons gemeenskappe deel.

Voortsetting van mediese behandeling tydens COVID-19

Baie mense in ons gemeenskap het chroniese siektes wat langtermyn behandeling vereis. Hierdie toestande sluit in TB, MIV/VIGS, hipertensie (hoë bloeddruk), suikersiekte (diabetes) en ander. Hierdie siektes is nog steeds met ons tydens COVID-19.

Wanneer mense met hierdie siektes hulle behandeling of medikasie stop, kan hulle ernstig siek word, en dit is baie, baie belangrik om dit te verhoed. Mense met chroniese siektes moet definitief voortgaan met hulle medikasie en ander behandelings.

Daar is 'n paar probleme wat dit moeilik maak om met chroniese behandeling vol te hou:

- Pasiente is bang dat hulle die coronavirus gaan kry by die kliniek of hospitaal. 'n Mens moet onthou die coronavirus kom nie van hierdie plekke af nie, en die personeel daar probeer hulle bes om die plekke skoon en veilig te hou. Sels wanneer iemand by die hospitaal of kliniek positief toets vir die virus, word alles moontlik gedoen om die plek veilig te maak vir pasiente en vir die personeel wat elke dag daar werk.

- Die personeel by die hospitale en klinieke is

natuurlik ook besorg dat mense die coronavirus na hulle toe kan bring. Wanneer mense na die kliniek of hospitaal toe gaan, moet hulle behoorlik was, veral hulle hande. Hulle moet altyd 'n masker dra, en die regte afstand hou van ander mense. Dit sal die verpleegsters en ander mense wys dat hulle versigtig is.

- 'n Derde probleem is dat sommige mense te swak is om self na die kliniek of hospitaal toe te gaan, en hulle wag gewoonlik vir 'n verpleegster om hulle by die huis te kom sien. Nou is dit miskien nie moontlik nie, so dit mag nodig wees om iemand te vra ('n vriend of familielid) om die medikasie te gaan haal, of die pasient na die kliniek te neem vir die behandeling wat hulle nodig het.

- Baie mense gebruik 'n kliniek naby hulle werkplek, omdat dit makliker is om daar uit te kom. Wanneer mense nie werk toe gaan nie, kom hulle nie by hierdie klinieke uit nie en kry nie hulle medikasie nie. Die Departement stel voor dat mense hulle medikasie moet kry by plaaslike klinieke of hospitale, as hulle 'n voorskrif het om te wys watter medisyne hulle moet kry.

Dit is dalk nie altyd

maklik om met die klinieke of hospitale in aanraking te kom nie, maar dit is baie belangrik om dit te doen. Dit mag dalk moontlik wees om die kliniek of hospitaal te bel om hulle te laat weet watter medisyne or behandeling benodig word, en om 'n tyd te reel vir die behandeling of om die medisyne op te tel. In ander gevalle sal mense maar moet gaan en wag totdat 'n verpleegster hulle kan sien.

In hierdie tyd van COVID-19 is dit baie belangrik dat ons mekaar moet help en ondersteun. Gemeenskapslede moet mekaar help, en saamwerk met die mediese personeel om om te sien na die mense wat sorg nodig het. Dit is nie altyd maklik nie; almal is bekommerd en angstig dat hulle miskien ook die coronavirus infeksie kan kry. Maar, as almal die reëls volg vir higiëne, maskers dra en 'n veiligie afstand handhaaf, behoort dit te werk en veilig te wees vir almal.

Dit is uiters belangrik dat mense met chroniese siektes moet voortgaan met hulle medikasie en ander behandelings, en amal wat kan help (verpleegsters, familie en vriende) moet inspring om dit moontlik te maak.

Waarom dit belangrik is om u medikasie tydens die COVID-19 pandemie te neem:

MIV / VIGS

"As jy weet dat jy met MIV leef, neem jou ARV's elke dag. Dit sal jou immuunstelsel versterk en jou bemagtig om Coronavirus te beveg as jy MIV het."

"As u om enige rede jou ARVS gestaak het, gaan dadelik na die kliniek en begin weer. Dit kan 'n verskil tussen lewe en dood vir jou inhou, omdat jou immuunstelsel swakker sal wees as jy Coronavirus kontrak, en dit is moontlik dat jou liggaam dit nie sal kan veg nie. As jy nie jou status ken nie en dink dat MIV 'n risiko vir jou kan wees, moet jy onmiddellik toets en ARVS begin as jy positief is. Jy loop 'n risiko om MIV te kontrakteer as jy meer as een seksmaat het en nie altyd 'n kondoom gebruik nie."

Bron: [righttocare.org](https://www.righttocare.org/):

Bel asseblief die AIDS-hulplyn 0800 012 322 as jy meer inligting benodig.

SUIKERSIEKTE:

'n Studie wat op Bhekisisa.org gerapporteer was, dui aan dat "die risiko vir sterfte van COVID-19 onder mense met suikersiekte was die hoogste by diegene wie se bloedsuikervlakke onbeheerbaar was. Mense met 'n goed bestuurde bloedsuikervlak was baie minder geneig om te sterf van COVID-19 as dié waarvan die bloedsuikervlakke swak beheer is".

Bron: [Bhekisisa.org](https://www.bhekisisa.org/)

Die Amerikaanse suikersiekte vereniging verduidelik dat:

"Virale infeksies kan ook inflammasie of innerlike swelling in mense metsuikersiekte verhoog ". "As hartsiektes of ander komplikasies bykomend is met suikersiekte, dan is die kans om ernstig siek te raak as gevolg van COVID-19 en ander virusinfeksies, omdat die liggaam se vermoë om 'n infeksie te beveg, in die gedrang gebring word." Bron: [Diabetes.org](https://www.diabetes.org/)

President Ramaphosa praat oor stigma en die Coronavirus

Op Maandag 29 Junie, in sy weeklikse nuusbrief, sê President Ramaphosa: "Moenie mense veroordeel as hulle positief toets vir die coronavirus nie. Hy sê ons mag nie mense stigmatiseer as hulle die virus kry nie". Stigmatiseer beteken om sleg te praat van mense, hulle te veroordeel en sleg te behandel, asof hulle slegte mense is.

Die President sê: "As 'n nasie, het ons 'n gesamentlike verantwoordelikheid om te waak teen die stigmatisering van mense wat met die coronavirus geïnfekteer is. Daar is ontrustende nuus dat geïnfekteerde mense uitgeskop word deur hulle gemeenskap, en van gemeenskappe wat nie coronavirus pasiente in die plaaslike hospitale en klinieke wil toelaat nie". Sulke optrede moet dadelik stop.

Hy sê ook: "Ons moet simpatiek wees, verdraagsaam en vriendelik, en wys dat ons verstaan en omgee vir

mense met die virus, en hulle families".

Wat doen ons om veilig te bly? Ons volg altyd, ten alle tye, die drie groot reëls:

1. Hou jou afsand (1,5 meter) vanaf ander mense in die openbaar
2. Dra jou masker waar jy ander mense teekom buite jou huis
3. Was jou hande dikwels vir minstens 20 sekondes, met seep en water of sanitizer.

Verder moet ons ook:

- Self-isoleer as ons in aanraking was met mense wat geïnfekteerd is
- As jy self die coronavirus simptome kry, meld aan by 'n toetsstasie, 'n kliniek, dokter se spreekkamer of hospitaal. Dis goed om eers te skakel vir instruksies oor hoe om te werk te gaan.

Ons almal moet saamwerk en mekaar ondersteun om ons gemeenskappe veilig te hou en die coronavirus se blus te blaas!



Akhona Mafani, 'n talentvolle imbongi uit Makhanda vertolk hierdie belangrike boodskap met 'n isiXhosa-gedig, wat hy vir Makhanda-gemeenskappe geskryfhet. Daarin deel hy 'n belangrike boodskap oor hoe ons almal saam in die COVID-19-pandemie is. Hy sê: "Sorg vir mekaar, pas op vir jouself en ander, en onthou – dit is niemand se skuld nie!"

Besoek youtube <https://www.youtube.com/watch?v=1fOBz8jjdPU> om sy kragtige gedig 'Akakho Umntu Onkusolwa' te hoor, vervaardig deur die ECT CAN-mo-jo-span.



WEES ASSEBLIEF VEILIG EN VERANTWOORDELIK VIR JOUSELF EN ANDER! LEI DEUR VOORBEELD!

Taking fight to ward level

From Page 2

But we need residents to fight this coronavirus by wearing your face masks, keeping your social distance and staying at home where possible.

We know as a municipality we can't do this on our own. We need your help. We need you to take responsibility. We will continue to try and do our best to provide you with water, sanitation and access to healthcare. We call on our social partners to continue to assist us, to help guide us and to join hands as we face this enemy together.

The next phase of our fight against the coronavirus will be fought at ward level. Our ward councilors will be trained in dealing with the coronavirus. They will now form Ward JOCs or War Rooms across our local municipality. They will need your help as residents. It will require more sacrifices, dedication, vigilance and a humanitarian approach. We call on residents to pull together to form a new way of responding to a crisis of this magnitude. We cannot miss this opportunity to leave a legacy for our children by showing how our municipality and its people rose to the occasion to stand together and fight the coronavirus amid systemic inequalities. What I have seen over the past four months has heartened my resolve and I am happy that civil society organisations are focused on making our municipality a beacon of hope to others. Let's forget about our squabbles and fights: we have a bigger enemy to defeat. I thank you.

• Mzukisi Mphahla is the Executive Mayor of Makana Municipality



Executive Mayor, Mzukisi Mphahla visiting schools to check their readiness after schools were allowed to bring back grade 12s and grade 7s. Here he is listening to the principal of Samuel Ntlebi Primary as she explained how students will be safeguarded at school. Photo: Julian Jacobs

Coronavirus: stigma talking points

We all have a role to play in containing the spread of coronavirus.

- Government alone cannot contain the spread of the coronavirus; we need the help and support of communities to stop the spread.
- We call on everyone in the country to play their part and desist from stigmatising people.
- If we discriminate against people, we might make it worse by:
 - o Driving people to hide the illness to avoid discrimination.
 - o Preventing people from seeking health care immediately.
 - o Discouraging them from adopting healthy behaviours.
- We can only beat the virus if we continue to actively identify cases.
- Every case of the virus, which we identify, treat and then contact trace brings us closer to eradicating it.

Coronavirus affects all of us.

- It infects the rich and the poor, the young and the old, black and white, those who live in the cities and those in the villages.
- People with coronavirus are no different from anyone else, and must be assisted with the appropriate support and treatment.

- The best protection against coronavirus is to take the adequate precautions, viz. wear a mask, wash your hands regularly, sanitise, sanitise, sanitise.
- Stigma keeps us from defeating the virus.
- We are making inroads in our fight against the virus but continue to struggle with stigma and the resultant discrimination.
- The weight of the stigma and discrimination can be more burdensome than the virus itself.
- We must not allow prejudice or ignorance to dictate how we view our fellow compatriots.
- We cannot allow our fellow citizens to be ostracised, merely because we fear they are ill.

Our actions matter.

- We all have an important role to play in preventing and stopping stigma.
- What we say matters, and we must at all times be thoughtful when communicating on social media and other communication platforms.
- Let us spread facts and not rumours.
- Stigma can be defeated if we continually share information on how to prevent infection, and share how COVID-19 is transmitted and treated

Koronavirus:gesprekspunte oor stigma

Ons het almal 'n rol te speel om die verspreiding van die koronavirus in toom te hou.

- Die regering kan nie alleen die verspreiding van die koronavirus in toom te hou nie; ons benodig gemeenskappe se hulp en ondersteuning om die verspreiding te stop. Ons vra vir almal in die land om hulle deel te doen en nie mense te stigmatiseer nie. As ons teen mense diskrimineer, kan ons dit erger maak deur:
 - o Mense daarna te dryf om diskriminasie te vermy deur die siekte weg te steek.
 - o Te voorkom dat mense onmiddellik gesondheidsorg verkry.
 - o Hulle te ontmoedig om gesond op te tree.
- Ons kan slegs die virus oorwin as ons gevalle steeds aktief identifiseer. Elke geval van die virus wat ons identifiseer, behandel en dan die kontak naspoor, bring ons nader aan die uitroei daarvan.

Koronavirus raak ons almal.

- Ryk en arm, oud en jonk, swart en wit en die wat in stede en in dorpe woon, word aangesteek. Mense met die koronavirus is dieselfde as almal anders en moet gepas ondersteun en behandel word. Die beste beskerming teen die koronavirus is om genoegsame voorsorgmaatreëls te neem, naamlik om 'n masker te dra, jou hande gereeld te was, te ontsmet, ontsmet, ontsmet. Stigma keer dat ons die virus oorwin.
- Ons maak vordering in ons stryd teen die virus, maar ons sukkel steeds met stigma en die gevolglike diskriminasie. Die oorwig van die stigma en diskriminasie kan meer beswarend as die virus self wees. Ons moenie toelaat dat vooroordeel en onkunde voorskryf hoe ons ons medelandgenote sien nie. Ons kan nie toelaat dat ons medeburgers, bloot omdat ons bang is dat hulle siek is, verstoot word nie.

Ons optrede maak saak.

- Ons het almal 'n belangrike rol om te vervul om die stigma te voorkom en te stop. Wat ons sê maak saak en ons moet te alle tye dink wanneer ons op sosiale media en ander kommunikasieplatforms kommunikeer. Kom ons versprei feite en nie gerugte nie. Stigma kan oorwin word as ons voortdurend inligting deel oor hoe om infeksie te voorkom en hoe KOVID-19 oorgedra en behandel word.

COVID-19 screening and testing sites (MAKHANDA)

Anglo African Clinic
3 Huntley Street Makhanda
046 622 3430

Consultation times: 07h30-16h30

Dlukulu Clinic
Sani Street, Makhanda
046 622 5253

Consultation times: 08h00-16h00

Joza Clinic
Nompondo Street, Makhanda
046 637 0348

Consultation times: 07h30-16h30

Ragland Road Clinic
Dr Jacob Zuma Street, Makhanda
046 622 3855

Consultation times: 07h30-16h30

Settlers Day Clinic
Cobden Street, Makhanda
046 622 3033

Consultation times: 08h00-16h30

Middle Terrace Clinic
Middle Terrace, Makhanda
046 622 9896

Consultation times: 07h30-16h30

V Shumane Clinic
Near the Catholic Church, "T" Street, Rhini, Makhanda
046 637 0242

Consultation times: 08h00-16h00

For more information contact the following clinic supervisors:

- **Anglo African Clinic-** Mrs M Haywood
- **Dlukulu Clinic-** Mr L Mshiywa
- **Joza Clinic-** Mrs M Haywood
- **Ragland Road Clinic-** Mrs L Masindine
- **Settlers Day Clinic-** Mrs N Tshongweni
- **Middle Terrace Clinic-** Mr N Isaacs
- **V Shumane Clinic-** Mrs M Assumption

PSAM
Public Service Accountability Monitor

Source: Eastern Cape Department of Health Makana Sub-District Office, Makhanda

COVID-19 iindawo zovavanyo (eMAKHANDA)

Anglo African Clinic
3 Huntley Street Makhanda
046 622 3430

Amaxesha okubonisana: 07h30-16h30

Dlukulu Clinic
Sani Street, Makhanda
046 622 5253

Amaxesha okubonisana: 08h00-16h00

Joza Clinic
Nompondo Street, Makhanda
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Ragland Road Clinic
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V Shumane Clinic
Near the Catholic Church, "T" Street, Rhini, Makhanda
046 637 0242

Amaxesha okubonisana: 08h00-16h00

Ukufumana ulwazi oluphangalelayo nxibelelana nabaphanthi abamiswa kwezi kliniki ezilandelayo:

- **Anglo African Clinic-** Mrs M Haywood
- **Dlukulu Clinic-** Mr L Mshiywa
- **Joza Clinic-** Mrs M Haywood
- **Ragland Road Clinic-** Mrs L Masindine
- **Settlers Day Clinic-** Mrs N Tshongweni
- **Middle Terrace Clinic-** Mr N Isaacs
- **V Shumane Clinic-** Mrs M Assumption

PSAM
Public Service Accountability Monitor

Umthombo: Isebe Lezempilo eMpuma Koloni, isithili se-ofisi yaseMakana

CLASSIFIEDS

adverts5@ads.grocotts.co.za

CHILD WELFARE NOTICES



1. Biological parents of **Nkosinathi Nabo** who whereabouts are unknown to the foster family are requested to contact Mrs S Harty - Social Worker from Child Welfare, Port Alfred at 046 624 5793 regarding their child. The mother's name is known as **Nomachina Nabo**, she was from Kenton-On-Sea but now the family moved from Kenton and their whereabouts are unknown. The father of the child is unknown.

2. Biological father of **Thabo Yali** who is unknown to the foster family is requested to contact Mrs S Harty - Social Worker from Child Welfare, Port Alfred at 046 624 5793 regarding his child. The mother of the child was **Ntombekhaya Yali** and is deceased.

3. Biological father of **Zubenathi Sesman** and **Siphosethu Sesman** who is unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding his children. The biological mother was **Noluvuyo Sesman** and is deceased.

4. Biological father of **Siyamthanda Zono** who is unknown to the maternal family of the child, is requested to contact Mrs S Harty - Social Worker from Child Welfare Port Alfred at 046 624 5793. The biological mother was **Phumeza Zono** and is deceased.

5. Biological father of **Lubabalo Sandlana** who is known as **Thanduxolo Gwabeni** by the maternal family of the child is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793. The biological mother was **Jo-Ann Sandlwana** and is deceased.

6. Biological mother of **Sivenathi Qengqana** who whereabouts are unknown to the paternal family, is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding her child. She is known as **Gcobisa Zetshu**. The biological father was **Michael Makhwenkweni Qengqana** and is deceased.

7. Biological father of **Asisipho Noling** and **Hlonela Noling** who whereabouts are unknown to the maternal family, is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding his children. He is known as **Tswana**. The biological mother was **Nomandla Noling** and is deceased.

8. Biological father of **Kwakhanya Tozini** whose whereabouts are unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding his child. He is known as **Philile Cwilashe**. The biological mother was **Nomfazwe Tozini** and is deceased.



9. Biological father of **Liyabona Momo** who is unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding his child. The biological mother was **Vuyokazi Veronica Momo** and is deceased.

10. Biological father of **Zukhanye Nqojela** who is unknown to the maternal family, is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding his child. The biological mother was **Thandeka Vivian Nqojela** and is deceased.

11. Biological father of **Precious Dube** who is unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding his child. The biological mother was **Abongile Dube** and is deceased.

12. Biological father of **Bongani Badi**, who is unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred regarding his child. The biological mother was **Phumeza Margeret Badi** and is deceased.

13. Biological father of **Sinoxolo Mjacu** who is unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 627 5793 regarding his child. The biological mother was **Ntomboxolo Mjacu** and is deceased.

14. Biological father of **Nomatshawe Anelisa Mazantsi** and **Xabiso Mazantsi** who is unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding his children. The biological mother was **Zoliswa Mazantsi** and is deceased.

15. Biological father of **Lisekho Tisana** who is unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred regarding his child. The biological mother was **Nokuzola Tisana** and is deceased.

16. Biological mother of **Sisipho Salaze** who is unknown to the paternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding her child. The biological father was **Mzukisi Tuweni** and is deceased.

17. Biological father of **Sinesipho Montoeli** who is unknown to the maternal family is requested to contact Mrs S Harty - Social Worker at Child Welfare Port Alfred at 046 624 5793 regarding his child. The biological mother was **Lizzy Montoeli** and is deceased.

MISCELLANEOUS WANTED

CARS AND BAKKIES WANTED

in any condition. Old Models are welcome too. Please contact Himat on 082 722 6183

CHILD WELFARE NOTICES



1. Child Welfare Grahamstown is looking for the biological father of a girl child born on **06/03/2010**. The biological mother of the child is **Siziwe Veronica Mpako**. Please could the father or anyone knowing his details contact **Ms Ziyanda Mooi** - Social Worker at Child Welfare SA Grahamstown on 046 636 1355 as soon as possible.

2. Child Welfare Grahamstown is looking for **Festos Macebele** who is the biological father of **the twins (male and female)** born **19/09/2018**. The biological mother is **Noluvo Ngcozela**. Please could anyone with information regarding his whereabouts contact **Vuyokazi Bikitsha**, Social Worker from Grahamstown Child Welfare at 046 636 1355.

3. Child Welfare is looking for the biological father of a male child born **31/10/2009**. The biological mother is **Unathi Villionia Limba**. Please can anyone with information regarding his whereabouts contact **Vuyokazi Bikitsha**, Social Worker from Grahamstown Child Welfare at 046 636 1355.

4. Child Welfare Grahamstown is looking for the biological father's of a female child born **19/05/2008** & a male child born **28/05/2014**. **Miss Anita Bruintjies**, the biological mother of the children passed away on **09-01-2019**. Please could anyone with information regarding their whereabouts contact **Shade Tobias**, Social Worker from Grahamstown Child Welfare on 046 636 1355.

SALON

Carol's Unisex
9 Temlett Street
046 622 2811

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EMPLOYMENT OFFERED



The Centre for Social Development is looking for a young, dynamic, isiXhosa-speaking graduate with a passion for literacy to take up a NESP lecture/study position towards a masters degree. Please see details on our website.

The closing date is **15 August 2020**

LEGALS

ESTATE LATE ESTATE LATE DAVID BOYCE CLAASSEN

BORN ON THE 9TH MAY 1949 who died on the **30TH JUNE 2019** of **1 Woseley Street, Grahamstown, 6139** IDENTITY NUMBER

490509 5014 086 MARRIED IN COMMUNITY OF PROPERTY TO **MARY CLAASSEN**, IDENTITY NUMBER **480101 0026 083**

ESTATE NUMBER 1569/2020

All persons having claims against the above Estate are required to lodge such claims with the undersigned within thirty (30) days from the date of publication hereof.

DATED at GRAHAMSTOWN this 21st day of July 2020

DOLD AND STONE INC
Attorneys for Executor
10 African Street
GRAHAMSTOWN, 6139
(Ref S.G McNaughton /Mori-Lee)

NOTICE TO CREDITORS IN DECEASED ESTATE

In the Estate of the late **MBUZELI PATRICK CANA** Identity Number **630204 5451 089** who died on **8th July 2020**, married in community of property to **NOLUTHANDO PATRICIA CANA**, Identity Number **640707 0651 089**, and who resided at **32D Makanaskop, Grahamstown, 6139**

Estate Number: 1905/2020
- Master of the High Court, Grahamstown

All persons having claims against the abovementioned estate are hereby called upon to file their claims with the undermentioned within 30 (thirty) days from date of publication hereof.

BRENDA CAMPBELL ATTORNEYS
87 High Street
Grahamstown, 6139
PO Box 3, Grahamstown, 6140
Telephone 046 622 2757
Fax no: 086 662 8644
Email legal@brendacampbell.co.za

LOST OR DESTROYED DEED

Notice is hereby given in terms of Regulation 68(1) of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Transfer No. T19705/1999 passed by the Grahamstown Transitional Local Council in favour of LulamaYekanye, Identity Number 490813 0306 08 7, in respect of Erf 2785Rini, Makana Local Municipality, Division of Albany, Eastern Cape Province which has been lost or destroyed.

All persons having objection to the issue of such copy are hereby required to lodge the same in writing with the Registrar of Deeds at King William's Town within two weeks after the date of publication of this notice.

Dated at Grahamstown this 31st July 2020

Brenda Campbell Attorneys
87 High Street, Grahamstown, 6139
legal@brendacampbell.co.za
046 622 2757

