



Isifundazwe SaKwaZulu-Natali

I-Operation Sukuma Sakhe

Izifundo Eziyisisekelo
ZoMnakekeli Womphakathi

Isiqondiso Somfundi

Incwadi 1



STAND UP AND BUILD

UKUBONGA

UMqondisi-Jikelele UMnu. NVE Ngidi kanye nesekela lakhe uMs. BF Khuzwayo ibonga kakhulu lezi zinhlango ezilandelayo ezibe neqhaza ekutheni ziqedwe ngempumelelo Izifundo Eziyisisekelo zoMnakekeli Womphakathi:

- I-U.S. Agency for International Development (USAID)
- Isifundazwe SaKwaZulu-Natal (KZN) Ihhovisi LikaNdunankulu
- Isikhungo Sesifundazwe Sokuqeqesha Abasebenzi Bakahulumeni
- Umnyango Wezokuthuthukiswa Komphakathi Wesifundazwe Sase-KZN
- Umnyango Wezempilo Wesifundazwe Sase-KZN
- Abasebenzi Bezempilo eSifundeni sasoThungulu
- Abasebenzi Bezempilo eSifundeni sasOgwini
- Abasebenzi bezempilo esikhungweni sezempilo iMabamba, eMhlathuze, eSifundeni sasoThungulu
- ABanakekeli Bomphakathi kuWadi 29, eMhlathuze, eSifundeni sasoThungulu
- Abasebenzi bezempilo esikhungweni sezempilo iNdundulu, eMthonjaneni, eSifundeni sasoThungulu
- ABanakekeli Bomphakathi kuWadi 4, eSanguye, eSifundeni sasoThungulu
- Abasebenzi bezempilo esikhungweni sezempilo iGamalakhe, eHibiscus Coast, eSifundeni sasOgwini
- ABanakekeli Bomphakathi kuWadi 26, eHibiscus Coast, eSifundeni sasOgwini
- Abasebenzi bezempilo esikhungweni sezempilo iShelly Beach, eHibiscus Coast, eSifundeni sasOgwini
- I-BroadReach Healthcare (Pty) Ltd

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I-CCG Njengeqhawe

Uhlu Lwamagama

Igama/Ukunqamulela/Isifushaniso	Incazelo
Amabhakthiriya	Uhlobo lwamagciwane
Amafinyila	Uketshezi olujiyile, isib. oluvela emlonyeni, emakhaleni, emomozini
Amakaka	Indle yomuntu
Amathimba omdeni	Amathimba abhekene nempilo yomndeni ngokupheleleyo
Cwalinga	Hlolisisa isimo noma into ethile
Bhekisisa	Bheka macala onke
Bonisa	Ukukhombisa ukuthi kanjani
EPI	Uhlelo lokugoma abantwana olusabalalisiwe
Engcolisiwe	Konakalisiwe; Kwenziwe kwangcola
Esithathelwanayo	Singadlulela komunye umuntu sisuka komunye noma sidlulele komunye umuntu sisuka esilwaneni
Gqugquzela	Nika usizo lokweseka umuntu ukuze abe nokuzethemba
Gwema	Ukubalekela isimo noma into ethile
Hlanganisela ucwangingo	Ukuqoqa ulwazi yokuluhlola nokuqhathanisa nolunye
isib.	Ngokwesibonelo
I-CD4 count	I-CD4 count ukuhlola kwegazi okubonisa ukuthi amasosha omzimba asebenza kahle kangakanani kubantu abatholakale benegciwane lesandulela-ngculaza (HIV)
I-latex	Uhlobo lwenjoloba olusetshenziselwa ukwenza amakhondomu namagilavu, njll
Ihlule	Ihlule isigaxa esakheka lapho igazi liqina lisuka ekubeni uketshezi libe yinto eqinile
IMCI	Inhlanganisela Yokuqapha Izifo Ezihlasela Abantwana
Imininingane eqondene nezakhamizi	Ulwazi olumayelana nabantu abahlala endaweni ethile
Imiphumela engemihle	Lokho okungahlupha umuntu ngemva kokuba ethathe umuthi, isib. ukuhlanza, ukuqubuka, ukuphathwa ikhanda
Imithambo	Imithambo yegazi ethwala igazi eline-oksijini lisuka enhliziyweni liye kuwo wonke umzimba
Imvume	Nikeza imvume noma vumela
Indawana ehlosiwe	Indawana esuke ihloselwe uhlelo oluthile
Inethiwekhi	Iqoqo lokuxhumana, isib. abantu nezinsizakalo

Uhlu Lwamagama

Igama/Ukunqamulela/Isifushaniso	Incazelo
Ingasese	Indawo yakho lapho abantu bengeke bakubone noma bakuzwe khona; ukuba nesikhathi nendawo yokuba wedwa
Ingxube kaSawoti noShukela	Ingxube kaSawoti noShukela
Inhlekelele	Isimo esinzima noma esiphuthumayo
Iseli	Iseli ingxenywe encane kunazo zonke izinto eziphilayo. Umzimba womuntu wakhiwe yizigidi zamaseli
Isibulala-zinambuzane	Ushevu obulala izinambuzane
Isifo esingamahlalakhona	Ukugula okuyohlala kukhona kumuntu ukuphila kwakhe konke, isib. umfutho wegazi ophezulu, isifo sikashukela, igciwane le-HIV
Isifungo	Ukwenza isithembiso
Isimo sobulili	Ibuphi ubulili umuntu athanda ukuba nobudlelwane bezocansi nabo, isib. abantu bobulili obuhlukile kobakhe noma abanobulili obufana nobakhe
Ithuba	Ukuba nethuba lokukwazi ukwenza okuthile
Izakhamzimba	Ukudla okunomsoco okusiza izinto, isib. umzimba, izitshalo ukuba ukhule
Izifo zomgudu womoya	Izifo ezidalwa amagciwane ahlasela amakhala, umphimbo, umgudu womoya namaphaphu
Izigaba zokukhula	Izigaba zokukhula ezihambisana nezinto abantwana abazenzayo ngokufanele iminyaka/ izinyanga zabo
Izinganekwane	Okuthile okungelona iqiniso
Izinkulisa	Izizinda sokunakekela abantwana bakhule ngendlela efanele
Izintandane Nezingane Ezisesimweni Esibucayi (Ama-OVC)	Izingane ezingenabazali noma izingane ezingenabanakekeli
Izixwayiso	Izinyathelo ezithathwayo ukuze uvikeleke entweni engaba yingozi noma engakulimaza
LAC	Ithimba elibhekene nesifo sengculazi endaweni
LTT	Ithimba elibhekene nesimo sendawo
MAM	Ukungondleki Okuyingozi Kakhulu
MCWH	Impilo Kamama Nengane
MNCWYH	Impilo Kamama Okhulelwe, Ingane, Abesifazane Kanye Nentsha
MUAC	Ukukala Ububanzi Obungenhlana Kwengalo

Uhlu Lwamagama

Igama/Ukunqamulela/Isifushaniso	Incazelo
Ngamabomu	Ukwenza okuthile ngenhloso
Ngokuphikelelayo	Ukwenza okuthile ngendlela efanayo ngaso sonke isikhathi, isib. ukusebenzisa ikhondomu ngendlela efanayo njalo lapho umuntu eya ocansini
Ngokuqhubekayo	Njalo nje
Ngokuthekileyo	Okumele kusetshenziswe umuntu othile noma iqembu elithile ngenhloso eqondene nokuthile
Ngokwedlulele	Kakhulu
Njalo	Into eyenzeka kaningi
Njll	Njalonjalo
Okungenabuthi	Kuphephile; akuyona ingozi
Okungukuthi	Okungukuthi
Okunzima	Okunqala kakhulu
Okuqhubezelayo	Ukugqugquzela inqubekela phambili, ukukhula noma ukwamukela okuthile
Okutholakalayo	Kungabonakala noma kuyanakeka, isib. uma izinga legciwane egazini lekhasimende litholakala kusho ukuthi izinga legciwane egazini lekhasimende liyanakeka futhi lingabonakala uma kuhlolwa igazi
Okuvezwe ngendawo	Ulwazi olutshengiswe ngesithombe noma ngomdwebo ukuze kuzwakale kalula
Okuvikelayo	Okuhlose ukunqanda into edala izidingo noma ukuvimba ubunzima singakenzeki
Okweqile	Okungaphezulu
Qiniseka	Qinisekisa ukuthi okuthile kuyenzeka noma umuntu wenza okufanele akwenze
Qinisekisa	Ukuhlola kokuqiniseka ukuthi into iyiqiniso noma iyiyona, ukugcizelela into ethile
RTHB	Ibhuku Lendlela Yempilo
SASSA	i-Ejensi yaseNingizimu Afrika Ebhekele Inhlalakahle Yabantu
TB	Isifo Sofuba
Thola	Ukuthola; ukuqaphela
Tolika	Ukutolika kusuka kolunye ulimi kusiwa kolunye ukuzwe kuchazwe okuthile
Tshengisa	Bonisa ukuthi kwenziwa kanjani
Ubuhlungu obuhlabayo	Ubuhlungu obuhlaba buphindelela kungavumi uphefumule

Uhlu Lwamagama

Igama/Ukunqamulela/Isifushaniso	Incazelo
Ucansi	Ukuya ocansini
Ukhubazekile	Ingxenywe yomzimba ayisasebenzi kahle, isib. ingalo, umlenze, isandla, njll
Ukuba nolaka	Ukumemeza futhi ngezinye izikhathi ukuziphatha okunobudlova. Ukushesha ukuthukuthela
Ukubuyiselwa Amanzi Alahlekile Emzimbeni	Ukusetshenziswa kwengxube kashukela nosawoti ukuvikela noma ukulapha ukulahlekelwa amanzi emzimbeni
Ukuchayeka	Okwembulekile; ukwenza okuthile okubeka umuntu engcupheni, isib. uma iklayenti lichayeke ku-HIV, kusho ukuthi iklayenti lenza okuthile okulibeka engcupheni yokuthola i-HIV
Ukucwasa	Ukuphatha omunye umuntu ngendlela engalungile ngoba engase abukeke ngokuhlukile noma enesifo esithile. Ngezinye izikhathi abantu abaphila ne-HIV baphathwa kabi ngabanye abantu, isib. bangase bangabavumeli labo abane-HIV ukuba badle nabo noma basebenze eceleni kwabo
Ukuchayeka engcupheni	Ongenakuzisiza; osesimweni esibuthaka; osengcupheni yokuba kwenzeke okuthile okubi
Ukudideka	Ukungabe usazi
Ukufa	Isimo sokuhlukana komzimba nomphefumulo
Ukukhubazeka	Lapho umuntu engakwazi ukwenza okuthile ngendlela ejwayelekile
Ukugqugquzela ngokuvukuza	Ukuhlela nokugqugquzela iqembu labantu ukuze bathathe isinyathelo ngokuvumelana ukuze bazuze injongo ethile
Ukugqugquzela umphakathi	Ukusebenza ndawonye ngenhloso yokuthuthukisa umphakathi, ukugqugquzela umphakathi ukuze wenze lokho
Ukuphelelwa amanzi emzimbeni	Yilapho umzimba ungasenawo amanzi noketshezi ngendlela obekufanele ube nako ngayo
Ukukhula okuvinjiwe	Into engakwazanga ukukhula ngendlela okumele ikhule ngayo
Ukungenelela	Ukungenelela okuhleliwe nguntu oyedwa noma abaningi; imvamisa umdeni noma umphakathi
Ukungondleki	Ukungondleki ngenxa yokungadli ngokwanele, noma ukungadli ngendlela efanele
Ukungondleki Ngokuyingozi	Ukungondleki okuyingozi okubeka impilo yomntwana engcupheni
Ukuphelelwa amanzi emzimbeni	Ukuphela kwamanzi okuyingozi emzimbeni okubangwa ukugula okudalwa ukuphalaza nesifo sohudo
Ukuphika	Ukungafuni ukwamukela isimo noma iqiniso
Ukuqiniseka	Ukuqiniseka ngawe ngokwakho

Uhlu Lwamagama

Igama/Ukunqamulela/Isifushaniso	Incazelo
Ukuthelaleka	Ukuguliswa isifo esithile
Ukuthola	Ukuthola okuthile – ngokuvamile usizo; ukuba nelungelo lokusebenzisa noma lokuthola okuthile, isib. umtholampilo, izibonelelo zikahulumeni
Ukuvuthwa	Ukuvuthwa kuncike ezintweni eziningana, isib. ulwazi
Ukuvuvuka	Ukuvuvuka okudalwa ukungondleki ngendlela
Ukuyalelwa	Imiyalo yokwenza okuthile, isib. indlela yokuthatha umuthi
Ukuzibophezela	Isithembiso sokwenza lokho esikushoyo
Ukuzila	Ukungakwenzi nhlobo okuthile
Ukwengezelela	Ukunenezala okuthile kokuthile ukuze kube ngcono noma kupheleliswe
Umthelela	Ukuthinteka kokuthile
Unolwazi	Unolwazi ngento ethile; lapho umuntu etshelwa okuthile
Us/Iny/Uny	Usuku/Inyanga/Unyaka
Usihlalo Wendlu Yempi	Umuntu ohlanganisa okwenzeka Endlini Yempi Yokulwa Nobubha

Umyalezo ovela



UMnu. NVE Ngidi
UMqondisi-Jikelele:
WeSifundazwe saKwaZulu-Natal

Umyalo onikezwe uHulumeni ngabavoti ukuletha impilo engcono kuzo zonke izakhamuzi, kungakhathaliseki ukuthi zivotele bani.

Ukucabanga ngalokhu okwenza uHulumeni waKwaZulu-Natal avuselele ukuzibophezela kwakhe kokunikeza usizo eziyisidingo kuyo yonke imiphakathi yalesi sifundazwe esihle.

Ngiyajabula ukuphawula ukuthi abaphathi abakhona manje, ngaphansi kobuholi bukaNdunankulu uZweli Mkhize kanye namalungu eKomiti Eliphezulu, baye banquma ukuvuselela le phrojekthi enhle 'iSukuma Sakhe' – Stand up and Build.

Umongo wephrojekthi 'iSukuma Sakhe' ukuhilela wonke amalungu omphakathi ukuba alamukele futhi aligxilise kuwo iqiniso lokuthi uhulumeni ngeke akwenze eyedwa.

Ukubusa ngentando yabantu kumayelana nokuthi sinakekele izimpilo zethu. UHulumeni ufisa ukugxilisa isiko lokuzethemba, kuyilapho ngesikhathi esifanayo eqaphela ukuthi umphakathi wakhiwa ilungu ngalinye elikuwo.

Ngemuva komuntu ngamunye, umnyombo womphakathi umndeni. Kuye kwathiwa imindeni ejabulayo yakha imiphakathi ejabulayo, kanti imiphakathi ejabulayo yakha izizwe ezijabulayo.

Ngale phrojekthi 'iSukuma Sakhe' sithi ngamaphrojekthi anjengale ethi 'One Home One Garden (Umuzi Owodwa Ingadi Eyodwa)', singakha imiphakathi enempilo nejabulile. Yona-ke iyobe seyenza kube nemiphakathi ejabulile nechumile, yona eyokwenza kube nesizwe esinempilo nesijabulile.

Ukwakha isizwe okwethu sonke. Thina njengezakhamuzi zalesi sifundazwe esihle kufanele sikhwingce sishone khona, sibhekane nezinseselele ezingelula zokungafundi, ububha, ubugebengu, nokugula.

Ngakho-ke ngiyamncoma uNdunankulu, iSigungu Esiphezulu kanye neSishayamthetho saseKZN ngokuzibophezela kwabo ukuqondisa lesi sifundazwe ekusaseni elingcono neliqhakazile.

Ngokubambisana singenza okuningi.

Umulayezo we CCG

Mnakekeli Womphakathi Othandekayo (CCG)

I-Operation Sukuma Sakhe iyakwamukela esifundweni eSiyisisekelo Sabanakekeli Bomphakathi!

Phakathini nalezi zinsuku eziyi-10 zokuqeqeshwa, uzofunda ukuthi ungazigcina kanjani wena namaklayenti akho ninengqondo nomzimba onempilo futhi ufunde ulwazi olusha ngendlela yokuvimbela izifo nokuthi ungaluthola kanjani futhi kuphi usizo lwezempilo kanye nensizakalo zezehlalakahle uma kwenzeka wena noma iklayenti lakho nizinga.

Ulwazi namakhono ozowafunda kulokhu kuqeqeshwa kuzokusiza ukuba ufundise imiphakathi ngokuyeluleka ukuba ihlale inempilo futhi uyinikeze amasu mayelana nokuthi ingazitholaphi usizo ezibalulekile zokuthuthukisa izimpilo zayo. Lokhu kuqeqeshwa kuzothinta izigaba eziningi kanye nezinhlobo zabantu kusukela kubantwana abasanda kuzalwa, izinsana nezingane, intsha, abantu besilisa abadala, abantu besifazane abadala, omama abakhulelwe, abantu asebekhulile, abantu abaphila ne-HIV nalabo abaphila nokukhubazeka.

Lesi sifundo siqukethe izingxenye eziyisithupha. Okuyilezi:

INgxenye 1 Iqhaza Le-CCG:

Le ngxenye ihlanganisa injongo yalokhu kuqeqeshwa, iqhaza lakho njenge-CCG kanye nokuthuthukiswa kwamakhono kanye nendlela yokurekhoda, yokubika, nokulandelela.

INgxenye 2 Ukuphila Ngendlela Enempilo:

Le ngxenye ihlanganisa zonke izindlela zokuhlala unempilo futhi ugweme ukuthola izifo.

INgxenye 3 Impilo Kamama Nengane:

Le ngxenye ihlanganisa konke okuphathelele nempilo yabesifazane neyabantwana kanye nezidingo zokuphilisana nabanye.

INgxenye 4 Izifo Ezithathelwanayo:

Le ngxenye ihlanganisa izifo kanye nezimo ezingasabalala kusuka komunye umuntu kuya komunye nezingasuka esilwaneni ziye kumuntu.

INgxenye 5 Izimo Ezingamahlalakhona:

Le ngxenye ihlanganisa izifo nezimo ezingathathelani kodwa eziyophatha isiguli isikhathi eside.

INgxenye 6 Ukunakekela Nokusekela:

Le ngxenye ichaza indlela yokuthola usizo ezifana nomazisi, imali yesibonelelo sikahulumeni, amaqoqo okusekelana, izingadi zokudla nendlela yokunakekela labo abaphila nokugula noma ukukhubazeka.

Njenge-CCG, njengoba uzobe unalolu lwazi oluningi kangaka uzoba iqhawe elinamandla ekwakheni umphakathi. Uzofunda amagama amasha; uthole amakhono amasha kanye namathuluzi amasha azokusiza emsebenzini wakho.

Funda konke ongakufunda, ubuze yonke imibuzo ongayibuza futhi ube neqhaza lapho kuxoxwa ngesikhathi sezifundo. Kungcono ukubuza imibuzo lapho usafunda ukuze uthole izimpendulo ngaphambi kokuba ubuyele emphakathini. Xoxa nabanye ngezinto obhekane nazo nangezinseselele ezingase zibe khona noma nixoxe ngezinto ezinganisiza uma nibuyela emphakathini. Sebenzisa leli thuba ufunde konke ongakufunda. Ungesabi ukuxoxa noma ukubuza imibuzo; lokhu kuqeqeshwa okwakho futhi kumelwe uthole okungcono kakhulu kukho.

Ngaso sonke isikhathi buyela encwadini yokuqeqeshwa ngisho noma usuqedile ukuqeqeshwa. Lokhu kuyokusiza ukuba ugcine lolu lwazi lulusha engqondweni yakho futhi uyoba ngcono kulokho okwenzayo. Kuhle ukuhlale ufunda.

Leli ithuba elihle kakhulu kuwe ngoba wenza umehluko ekuphileni kwabantu abaningi emphakathini wakini!

ISIPHANDLA SESIFUNDAZWE SAKWAZULU-NATAL



Incazelo yeSiphandla seSifundazwe imi kanje:

Umugqa ohlukanisile omaZombezombe

Umugqa ohlukanisile omaZombezombe umelela iZintaba Zokhahlamba Ezinhle nezinkulu, eziba luhlaza ehlobo bese zimbozwa iqhwa ebusika.

Imbali isigude (Strelitzia)

Imbali isigude (Strelitzia) imbali enesikhathi eside ihlotshaniswa neSifundazwe njengophawu oluyimbali olufanekisela ubuhle bemvelo beSifundazwe.

Isiqephu esimise okomsila wejuba

Isiqephu esimise okomsila wejuba into eluhlaza lapho kume khona iBhubesi kanye neSilo Sasendle sibonisa ukuxhumana kanye nokubambisana kwezakhamizi zeSifundazwe.

Inkanyezi emhlophe

Lenkanyezi imele inkanyezi eyayibikezela ukuzalwa kukaKristu. (uVasco da Gama, umhloli wamazwe wezikhathi zangaphambili oyiPutukezi, waqamba indawo egudle ugu ngokuthi iNatalia ngosuku lukaKhisimusi ka-1497; elithi Natal = Ukuzalwa).

Ukuzimelela kweBhubesi

iBhubesi lidlala indawo ebalulekile esikweni labaNsundu (IesiZulu). UNdabezitha iNkosi kuthiwa iNgonyama (iBhubesi). IBhubesi libuye limelele isici esibalulekile soPhawu lombuso waseNdiya kanye noMbutho waseBukhosini bamaNgisi. Ngakho-ke ukuzimelela kwebhubesi kumelela kahle iSici esisho Ubunye.

Ukuzimelela kweSilo Sasendle

Ukuzimelela kweSilo Sasendle kuhlukaniswa noMongo Wophawu lweSifundazweni saseNatal sangaphambili. IBhubesi kanye neSilo Sasendle kumelele kuhlukaniswa ndawonye kwesiFundazwe saKwaZulu sangaphambili kanye nesaseNatal kanye nobunye babo bonke abantu beSifundazwe (amaZulu, amaNdiya naBelungu).

Indlu yesiZulu enguguqasithandaze

Indlu yesiZulu ihlezi phezu kweHawu. Lendlu ingenza ikhanda elifanelekayo leNtonga yeSifundazwe ngenxa yalokho ihlanganisa iSiphandla Sesifundazwe kanye neNtonga yeSifundazwe.

Umkhonto Ovundlile kanye neWisa

Umkhonto kanye neWisa izimpawu zegunya futhi zibekwe ngemuva kwehawu.

Isiqubulo

Sithi Masisukume Sakhe.

Isicoco

Isicoco siwuphawu lokuhlakanipha.

IZIMPAWU ZESIZWE ZASENINGIZIMU AFRIKA

Isiphandla Sezwe



Indima Yesiphandla Sezwe

Isiphandla Sezwe, noma isifanekiso sezwe, wuphawu olubonakalayo oluphakeme ukwedlula zonke izimpawu eZweni njengoba lwaqaliswa ngoSuku Lwenkululeko mhla zingama-27 kuMbaso 2000. Noma iyiphi incwadi enesiphandla Sezwe kusho ukuthi ivunywe nguMongameli waseNingizimu Afrika.

Ifulege Lesizwe

Ifulege laseNingizimu Afrika ngaso sonke isikhathi kufanele libekwe ngakwesokudla sezilaleli. Ifulege lisetshenziswa kuyo yonke imicimbi yesizwe.

Isilwane sesizwe

Insephe

Insephe ingu-75 cm ukuphakama futhi inesisindo esingaba ngu-40 kg. Idla kokubili utshani namahlamvu futhi ingahlala ingawaphuzi amanzi ngoba ithola umswakamo owanele emahlamvini athambile.

Inyoni yesizwe

Idwa

Leli dwa elishayela phezulu lingaba cishe yimitha ukuphakama futhi lidla imbewu, izinambuzane nezilwane ezihuquzelayo.

Inhlanzi yesizwe

I-galjoen

I-galjoen litholakala kuphela ogwini lwaseNingizimu Afrika. KwaZulu-Natal laziwa nangokuthi inhlanzi emnyama noma i-black bream. Lidla ibheyithi ebomvu, izimbaza ezincane nezimbambelela.

Imbali yesizwe

I-giant noma i-king protea

I-giant noma i-king protea itholakala kakhulu ezindaweni eziseningizimu nentshonalanga neziseningizimu yeNtshonalanga Kapa. Kuneziningana ezihlukahlukene ngombala nangokuma.

Isihlahla sesizwe

Umsonti

Lolu hlobo lutholakala kakhulu eTable Mountain, ogwini oluseningizimu nempumalanga yeKapa, eZintabeni Zokhahlamba, eSoutpansberg naseBlouberg eLimpopo. Uma sisemahlathini singakhula size sifike kumamitha angu-40 ukuphakama.



