

Speech by MEC Neliswa Nkonyeni on the occasion of the
MOTHERS UNION ANNUAL CONFERENCE at Shelley Beach.

19 October 2007

Programme Director

President of the Mothers' Union –Mrs F. N. Ngubane

Respected Delegates

All protocol observed

‘ Our children are our only future,
But we are their only hope for their present and
their future.’

Lana ngamazwi obuhlakani esiwanikezwa umbhali u **Zig Ziglar**
nengibone ukuthi siwasebenzise njengaloku sihlaziya
ingqikithi yalomhlangano othi *UHAMBO LOMZALI/ JOURNEY OF
A PARENT.*

Ngifuna ukuzwakalisa okukhulu ukubonga ngokumenywa
ukuthi ngizoba yingxenye yalomhlangano wonyaka we
Nhlangano Yawonina, The Mothers' Union.

Ngithinteke kakhulu uma ngibheka nezihloko okuzoxoxiswana
ngazo kulombuthano ikakhulukazi lezi ezithi:

- The Role and Expectation of the Mother
- Role and Expectation of a Girl Child
- Orphans and Vulnerable Children

- Economic Development ---Small businesses

Kwamina-ke inkulumo yami yanamhlanje ngibone kukuhle ukuthi ihambe ngendlela efaka zona lezihloko kodwa igxile futhi kuloku:

- To fight inequalities and prejudices against women.
- To facilitate access to knowledge for women as well as general information about health, nutrition and child-care.
- To promote awareness about the importance of health for women and members of their family.

Okunye futhi okukhulu okufanele sibone ukuthi sikunqanda kanjani, wudaba lwezifo ezikhungethe izwe ezisigulisayo ziphinde zisibulale isidingo singekho, *disease of lifestyle*. Kulempelasonto kufanele sivumelane ngokuthi zinganqandeka kanjani. Kuluku, uMnyango wezeMpilo uqhakambisa i *Healthy Lifestyle*

Ngizoqale ke ngokuthi ngigxuse kithina sonke ukuthi make siqalise ngokuzithanda siqikelele izimpilo zethu kanye nalezo zimindeni yethu.

Lokho singaqalisa ukuthi sikwenze uma sibheka ukuthi yini esiyidlayo, sibheka futhi nanokuthi uma kukhona izinto ezisixakile empilweni, sivakashele izikhungo zezempilo.

Sonke siyazi ukuthi ukuvimbela kulula kulokulapha. Siyazi futhi ukuthi kulula ukulapha isifo uma nje sisheshe sabonakala.

Ngifuna ukuqinisa ukuthi uMnyango wezeMpilo kulesifunda unawo ama resources, services and programmes okubhekana nako konke okungasikhathaza emazingeni ahlukenene empilo.

Isihloko esikhulumela phezu kwaso sithi *Uhambo Lomzali, Journey of a Parent.*

Bonke abazali mabazi ukuthi uma owesifazane esola ukuthi uzithwele, thina njengoMnyango wezeMpilo sithi akeze kithina ngoba sizokwazi ukumnakekela kuze kufike isikhathi lapho ebeletha khona. Kuba yithina futhi esihamba phambili sinakekela ingane ikhula, siyigoma siluleka nanokuthi yikuphi okuyifanele, konke loku sibe sikwenza mahhala kulaba abantulayo.

Izeluleko isizikhiphayo ziphinde zigcede nakulabo asebashaqwe igciwane legculazi ukuthi lesisifo singadluleli kubantwana abazalwayo.

Preventable and curable diseases

1.HIV and AIDS

Masikwazi singabazali ukwazisa abantwana bethu ukuthi igculazi singayinqoba siphinde siyivike uma nje:

- sizithiba [abstain]
- sithembeka kulaba esithandana nabo [being faithful to a partner who is faithful to you.

- condomise

Masikwazi futhi ukwazisa amalunga emindeni yethu ukuthi lukhona usizo olutholakala kulabo asebeshaqwe yiyona igculazi, inqobo uma beze phambili bazozihlola, *voluntary counseling and testing*.

2. Tuberculosis

Lapha sithi, ungalokuthi uthule uma uhlala nelunga lomndeni eselikhohlele kwaphela amasonto amabili. Isifo se TB siyingozi kakhulu ngoba sihamba ngomoya. uMnyango wezeMpilo I Tuberculosis uyihlola uphinde uyilaphe mahhala.

Siyafuna ukuthi nibambisane nathi ngalesisifo ikakhulukazi ukuqikelela ukuthi labo abathola imithi yaso bayithatha ngendlela. Loku sikusho ngoba ubungozi obukhona yilobo bokuthi abantu bagcina behlaselwa i *Multi Drug Resistant TB* kanye ne *Extreme Drug Resistant TB*, okuyizinhlobo okunzima ukuzilapha.

3. Oral health and Dental Hygiene

Ukubola kwamazinyo, Dental decay, sesitholile ukuthi sekuyisifo esi chronic neselihlasela u 50 percent wabantwana bengakafiki eminyakeni eyisithupha.

Masifundisane namhlanje ngezinkomba okufanele sizibheke:

- Bleeding gums when you brush or floss.

- White or red patches on your gums, tongue, cheeks or the roof of your mouth
- Gums that have pulled away from teeth.
- Pain when chewing, as well as,
- Bad breath.

4. Different types of cancers

Ziningi izinhlobo zemidlavuza ezikhona nokunzima ukuzelapha uma sekuthathe isikhathi eside zinganakiwe. Lapha sibalula lena elandelayo:

- +Lung cancer
- +Throat cancer
- +Cancer of the stomach
- +Prostrate cancer

Engithanda sigxile kuwo namhlanje yilomdlavuza ohlasele abantu besifazane owaziwa ngele **Cervical Cancer**.

Lapha sithi asisekho isidingo sokuba abantu bakithi baqhubeke babulawe umdlavuza wesibeletso. Siqgugquzela omame ukuba baxoxisane ngokubaluleka kokwenziwa kwe Pap Smear. Makwaziwe ukuthi wonke umame kubhekekile ukuthi ayenze le Pap Smear uma esedlulile eminyakeni engamashumi amathathu.

Masifundise abantwana bethu ukuthi ibangelwa yini yona le **Cervical Cancer**?

- Ukuqalisa ngocansi usemncane, ungakabi ngisho neminyaka engu 18,
- Ukwenza ucansi oluyingozi olungavikelekile nokufaka ukuya ocansini nomuntu onezifo,
- Ukulala nabantu abaningi abahlukene,
- Kanye nokungayenzi i PAP SMEAR noma ukungadli imithi olayelwe yona emva kokwenza yona i PAP SMEAR.

Omunye futhi umdlavuza ohlupha abantu besifazane yilowo owaziwa ngele **Breast Cancer**.

Lapha sithi yazi amabele akho uye emtholampilo uma unalezimpawu:

- Uma uzwa nanoma uluphi uhlobo lwesigaxa
- Noma ikuphi ukopha okuphuma ezingonweni
- Izifaca enyameni
- Ukushintsha kwesimo noma usayizi emabeleni

Bazalwane abathandekayo, Uhambo Lomzali alulula neze kulezikhathi esiphila kuzo. Bangingi abakhona nalapha phakathi kwethu abahleli phansi kwezimo zengcindezi emakhaya. Kufanele sibonisane ngelokuthi akusizi ukuthula uma uhlukunyezwa endleni. Okuyingozi kakhulu ukuthi lokuhlukumeza kungadlulela nakubantwana nasezihlobeni kuphinde kuphele ngokuthi kuphume isidumbu.

UMnyango weze Mpilo masazi ukuthi usebenzisa neminye iminyango kahulumeni efana no Safety and Security kanye no

Justice Department kuma Crises Care Centre esiwavula kuzo zonke izikhungo zethu.

Lapha sisebenza ukunakekela abesifazane abahlukumezekile nalabo abandlwenguliwe siphinde sibanike ukwelashwa okufanele.

Iseluleko esikhulu yilesi esithi ungathuli uma unukubezwa noma ubona kwamakhelwane kuqhubeka into efana naleyo!

Basibambisane sisonke ukubuyiswa kwesithunzi sawo wonke umuntu, *the restoration of dignity of every citizen.*

Masizithande.

Iningi lalezimo kanye nezinhlupheko esibhekane nazo ezweni masivumelane ukuthi zikhona ngendaba yobubha, *Poverty and hunger*, loku ke kuyizimo esingakwazi ukuxoxisane ngazo njengoba sihlangele nje kulempelasonto.

Poverty alleviation and economic opportunities

Isiqubulo soMnyango wezeMpilo sithi:

Silwa Nezifo; Silwa Nobubha; Sinika Ithemba.

Emizamweni yokulwisana nezifo, uMnyango wezeMpilo uthi makubanjiswane. Emkhankasweni wokulwisana nobubha, imiNyango yonke kahulumeni wa KwaZulu-Natal ithi amathuba avulekile.

Uma siqhubeka nale Conference masazi ukuthi i Department of Health, kade yasithatha isinqumo sokuthi izimpahla kanye nemisebenzi ethile, yona isizozithola kuzinkampani zabantu abaNyama kanye nakuma Co-operatives asungulelwe labo abazimisele ngokusebenzisa amakhono abo.

Mangicacise futhi ukuthi kulonyaka nje ka 2007 isingaphezu kwezigidi eziyishumi nesishagalombili, **R18 million**, imali uMnyango wezeMpilo oyisebenzisile kusekwa ama Co-operatives, kuthengwa nezimpahla kuwo.

Mangisho futhi ukuthi kule District yasoGwini iyodwa nje, ngo 2007 sesikhiphe imisebenzi inani layo elingaphezu kuka R2, 4 million.

Kungakubi kakhulu ukuthola ukuthi akekho noyedwa uMama we Mothers' Union lapha, oke wahlomula kuloluhlelo.

Kuningi esikudinga kubantu bakithi. Imisebenzi kanye nezimpahla uMnyango ozithola kosomabhizinisi abaNyama kanye nakuma Co-operatives yilezi ezilandelayo:

Laundry consumables:

This includes liquid soap, degreaser, disinfectant detergent, hand liquid soap, cloth mangle gloves kanye nama maintenance service agreements.

Disposable paper and related items:

This includes drape, sanitary towels, maternity pads, theatre caps, urinal covers, disposable diapers, overshoes, disposable sheets, cleaning wipes and medical dressing towels.

Clothing and Textiles:

This includes bedspreads, blankets, theatre boots, coats, gowns, pyjamas, nightdresses, orthopaedic pants, pillowcases, sheets, bath towels, trousers, nurses' uniforms, vests theatre, etc.

Curtains for institutions:

This includes installation and supplying of curtains, cubicle railings, blinds etc

Gardens and Grounds:

This entails cleaning and maintenance of gardens and grounds at all our institutions.

Supply of meat, vegetables and eggs

Siyazi sonke ukuthi ezibhedlela kuyadliwa, izinkampani ezipheka khona sizibhekile ukuthi ukudla zikuthenga kuphi. Undunankulu wesifunda sethu u Dr Sbusiso Ndebele uthi MASISUKUME SAKHE.

iSilo sama Bandla Onke, Inkosi Goodwill Zwelithini uthi makubuyelwe emhlabathini. Masenze izivande ukuze sizokwazi

ukuphilisa imindeni yethu ngokudla okunomsotho siphinde sithole nemali.

Loluhlelo lwama Co-operatives kuhle ngisho ukuthi lusekelwa yiyo yonke iminyango yalesifunda kanti ke ngokunjalo imiqathango yokusebenza kwalo ayiqinile neze njengaloku uhulumeni akayidingi ngisho ne Tax Clearance Certificate kulaba abangamalunga ayo.

Uhulumeni wesifunda sa KwaZulu Natal wenza konke ukuqikelela ukuthi umphakathi uyaluthola usizo lokuxhasa ngezezimali.

Ithala Bank kumanje yiyona esebenza ukukhipha izimali kanye nezeluleko ngokuphathelene ngokubunjwa kanye nokusebenza kwama co-operatives.

Bazalwane abathandekayo, bomama bethu, bodadewethu, masiwasebenziseni lamathuba evezwe intando yeningi, kudala sihlupheka.

Singomama abazithandayo nabazithembayo, masingabheki kulaba esishade nabo nalaba esithandana nabo ukuthi ibona abazosiphilisa. Kuyingozi loko ngoba kwandisa amathuba okuthi sixhashazwe, thina nezingane zethu.

Umbhali onohlonze u **Simone Tredoux**, uyagcizelela ukuthi uma abesifazane behlezi ngaphansi kwesandla sokuhlukunyezwa, makhulu amathuba okuthi bangenwe izifo ezinhlobonhlobo kubalwa nalo leligciwane legculazi:

'As long as women need to live within abusive relationships, in order to survive economically, they will remain vulnerable to abuse, marital rape, and in consequence of that, to HIV and AIDS.'

I wish you all the wisdom in your deliberations, ngithi lenkongolo yanonyaka mayiphele ngoshintsho ezimpilweni zethu kanye nalezo zemindeni yethu.

Masingazithambisi, singavumeli ukungenwa izifo ezingagwemeka. Usizo lukhona kunjalo nje nawe zinakekele uzivocavoce, uphinde ukhule ngokwenza ama screening adingwa umzimba wakho kanye nawabantwana bakho.

Let us support one another as women building a South Africa that truly belongs to all those who live in it.

I thank you