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MBUSO, LEADING THE FIELD

JRHF: So Mbuso, you started working with Jabulani at the start of 2014 with the Building Services team.

Mbuso: Yes, I have been working for Jabulani for three years and I'm getting a lot of things in my mind. I have learnt so many new things: fixing pipes, checking septic tanks, cutting grass, plumbing, making things with wood. When I was applying for the job, I didn't really know what it was but I just knew I needed a job to save my family and I'm lucky because I love my job and I have no problem getting up in the morning to come to work. I'm not applying for any other jobs because I love it here.

JRHF: How did you come to be working for Jabulani?

Mbuso: I learnt about Jabulani when I worked for Rumdel, when they were building the tar road to Zithulele. I first did a certificate with the Fire Brigade in East London and then I got a job as the assistant to the manager in Rumdel. My job was to meet with all the families who live along the road. I had to negotiate with them about where the road was going to go through their land. Some things maybe needed to move, for other people it was about negotiating that where they planned to build in the future, they might not be able to because of building the road. It was a hard job. It was not easy negotiating with people. I had to meet with chiefs and headmen and get their help when making meetings with the community. I went on a three month course in East London before I got the job as they had to teach me about negotiating with communities because this is not an easy thing and then I came back here so that they could test me to see if I could do it.

JRHF: And before you worked for Rumdel, what had you been doing?

Mbuso: In 1995 I did grade 11 in Mthatha [Mbuso is from around Zithulele but went to school in Mthatha] and I passed but in grade 12 I dropped out because my health was not good. I didn't go back to school for 3 or 4 years. When it was the time of going back to school, my father died and my sister died in the same year, and then I only had my mother. I was the only one to support my family because my sister had 3 children and I had to take over supporting them, so I couldn't go back to school. It is a miracle of God to work for Jabulani and support my family. I am able to buy things for my family including my grandmother.

JRHF: How did you manage before you got the jobs with Rumdel and then Jabulani?

Mbuso: I went to a community programme that taught me about agriculture, food security and being healthy. I learnt



about safe water use, how to check the land, how to decide what to grow well because of the land and the water and for what is good for you to eat, how to check for things that will kill your plants and what to do about that. I learnt about the poisons you can put on your food for weeds but how this can affect the vegetables you are growing. I then went to Sea View school to try and teach the students about agriculture, but I didn't take a long time there because the students weren't interested, they only were interested in things like mathematics. So, I made a garden in my home and planted vegetables for my family. I have three gardens now. I grow spinach, potatoes, sweet potatoes, mielies... lots of things! I go after work to check my gardens and I go on Fridays after work to see what is happening on my land and to maybe fix holes in the fences from the cows. It is hard work but I don't like crime. There is no future at all in crime. If you're not working, you're not thinking. If you work and perform, you don't go and do the wrong things. Drinking leads to wrong things because the brain is not okay, you're not thinking nice and then you turn to crime.

JRHF: But Mbuso, what can we do then about all the people around here who don't have jobs because there are not a lot of jobs and we can't employ everybody?

Mbuso: Even if you're not working, you need to keep the mind busy, even if just playing soccer or working in your garden. People could group together, plant together instead of making crime. Prepare your soil, put a little money together and buy seeds, sell your things around here, try and buy a pig, not to eat but to breed other pigs to sell. Use some money to feed your family and buy some more seeds and take the rest to the bank. If you don't have money to buy a fence for your garden, use inkberry plants like I do. It is hard and maybe people are lazy. People are talented but they struggle to break out of drinking and smoking. I try to get them involved and doing things. I encourage them to come and play soccer.

JRHF: How did you get into playing soccer?

Mbuso: I didn't want to always stay with my family around our home when I was growing up but my father told me I couldn't go to taverns and he encouraged me to play soccer. I love all sport. I'd like to teach my children to play cricket and baseball. I would like people to have opportunities to play other sports but I love soccer.

JRHF: Why do you like sport so much?

Mbuso: In sport, you can make friends, focus on other things and not get into crime. Sport is good because fathers can teach their children and that is good for them to do together. It also keeps you fit and healthy. If people have to come to practice, it teaches them about being committed and being on time. We don't have sponsorship for our team but it gives people something to do. Before a game, I draw on the board and plan who is going to do what. It is like mathematics! We plan different things for different games depending on the team and how solid they are. We look at specific players on the team and decide how we are going to play. I am teaching the goalkeeper to direct things from the back because they can see everything. People must learn to use their brains and not just kick the ball. I am teaching people to plan, to solve problems, to be flexible to try different options depending on what ends up happening on the field; if something we've planned doesn't work, try something else. We change systems, we change combinations.

JRHF: That sounds amazing. How did you learn how to do this strategising and planning?

Mbuso: No one taught me how to do this. I learnt how to do this from watching players on TV. I learnt their strategies, I looked at how the whole field is working, watching what they all do, not just the guy with the ball. I watched their systems, their combinations and formations on the field. I learnt how to change things around depending on how things go in the game.

JRHF: You are obviously very passionate about soccer, it's quite contagious!

Mbuso: Yes, in my dreams I would play for an overseas team. My favourite player is Ronaldino from Portugal. He is very skilful that guy. Even David Beckham, yo, I like him! My favourite South African team is Kaiser Chiefs. The World Cup is coming up and there is a qualifying match in PE for that and I'd love to go.

JRHF: How do you stay motivated each day? How did you end up doing what you're doing instead of smoking and drinking in taverns?

Mbuso: Before I went into Grade 4, my father told me to do the right things otherwise he will beat me. He encouraged me to do soccer. I also learnt how to cook and I do the cooking in my family. I even cook for my mother as it is my time to cook for her; she is too tired to cook any more. I wake up at 4a.m., I wash my children, I boil milk for cornflakes and I feed my family, then I wash myself and come to work. I am the breadwinner for my family. I don't have a choice but luckily I love my job and it has changed my life.

JRHF: What do you want to see happening in the future?

Mbuso: At the end of my life, I don't want to see separate races. I want people to come together so we can move forward. I don't want to see crime. I don't want to see people hurting each other.

We couldn't agree more. We'd also like to see what Mbuso would like to see. What a privilege it is to work with people like Mbuso and to know that we are in this together.

ENABLING INCLUSION

One of the components of the Rural Ability Programme (RAP) is a focus on access to education for children with disabilities. In 2015, the RAP started training local pre-school teachers and playgroup facilitators on disability and the philosophy of inclusive education. This training challenged the perceptions held about the capability of children with disabilities to go to school, to learn and be part of their community.

Two years on and the impact of this training and sensitisation has been made clear through a few pleasing changes; just at Jabulani's Zithulele pre-school there are three learners with disabilities enrolled this year. Principal Thandeka attributes this change to the education and awareness raising she did in the community and at community meetings after undergoing the training from RAP. Parents were encouraged to bring their children to



School assessments



Ovayo at pre-school



Andile & father in the classroom adapted for his hearing loss

school because ALL children have the right to education.

This year we're expanding our support to primary schools with a view to supporting children with barriers to learning to complete their schooling. The RAP has found that many children with barriers to learning do not make it to senior school due to a lack of support and access to resources such as trained teachers and (remedial) therapy. There is a general feeling that all children who struggle should be sent to special schools but the reality is that special schools are overburdened, under supported, struggling to cope with the needs of children in the area, and are far away.

We'll be working with Zithulele Hospital's Occupational Therapists, Speech and Language Therapists and Audiologists to support a local primary school in each of the areas in which we operate. Although we cannot screen and support every child in every school, we will work together to

screen children in one foundation phase class at each school (one of our classes alone has 95 Grade 1s who need to be screened!). Children who are found to be experiencing barriers to learning will then have a programme developed that will be supported by their class teachers, the Community Disability Worker, and the child's parents (in their home.) While not all children will be screened, all the teachers in the school will receive training and will learn from the assessments and interventions that the learners are receiving, with the hope that by understanding the philosophy of inclusive education and with the development of a few practical skills, teachers and other learners will be better equipped to support children with disabilities.

During this process, we will be sharing our learning from this initiative with the Department of Education in the hope that we will see some progress towards realising access to education for children with disabilities in rural areas.

TRANSLATING PROBLEMS INTO SOLUTIONS

There are many benefits to healthcare providers and patients being able to communicate effectively. More holistic treatment can be provided, patients' autonomy can be recognised, patients can make better decisions about their own healthcare, and their adherence to treatment is likely to be better. But in a country where many healthcare providers do not share the same first language as their patients, this ability to communicate effectively is severely hampered.

Academic articles on this topic show us that miscommunications can lead to life-threatening misdiagnoses and mismanagement; and not being able to communicate with a healthcare provider can lead to delays in seeking healthcare due to uncertainty, emotional stress and dissatisfaction with services. And this is just due to language barriers, without even getting into the complications that can arise from cultural and social barriers too! Studies that have been done on this issue in South Africa tend to recommend the deployment of interpreters within the Department of Health, but there is no indication of this being on the horizon, let alone the radar.

So here at Zithulele, we have obviously made our own plan and the partnership between the Hospital and Jabulani has once again made this plan possible. In order to allow clinicians to be clinicians and nurses to work as nurses rather than translators, we have been employing our own translator assistants since 2010. Not only do our translator assistants provide language interpretation, but they also navigate the challenging world of trying to provide some "cultural interpretation" too. While the usual approach is to only verbalise what the healthcare provider says to the patient and vice versa, there are instances where some cultural insight from the translator can be instrumental in assisting the healthcare provider to understand the real issue or the wider context affecting the presenting concern. Our translator assistants also play a crucial role in assisting clinical departments to run smoothly – they assist with data capture and other administrative tasks, they ensure that consulting rooms are well stocked with relevant paperwork and clinical supplies, they assist on outreach clinic visits,

they assist with queue management, and with fetching and carrying equipment for healthcare professionals and patients (for example, getting wheelchairs from storage, or even fixing them when required).

While it's easy to come to an agreement on the importance of having them in place, funding for what we deem to be this essential service is not as easy to come by. Currently, being able to employ and pay these translators is made possible through donations to Jabulani by the clinical team at Zithulele. If you feel led to assist with funding the Jabulani support team in place at Zithulele Hospital (currently includes translators, an OPD clerk, a switchboard assistant, and ARV/TB counsellors) either regularly or as a once-off donation, please get in touch.



Back to front, L-R: Sim, Thandiwe, Lungi, Sandi, Asmen, Lethu, Nomawonga, Athini, Sandisiwe, Usapha, Ayanda

AT A GLANCE

HANDING OVER EYES

Mercy Ships SA agreed to fund and develop an eye care programme in and around Zithulele back in September 2012. As Jabulani was already established on the ground and had a good working relationship with Zithulele Hospital and the Eastern Cape Department of Health (ECDOH), the decision was made for the eye care programme to operate under Jabulani's umbrella. Now that the programme has been operational for a few years, is embedded into the health support work happening in the area, and with the founding of 'Grace and Dignity NPC' who operate independently of Mercy Vision SA and have their own Memorandum of Understanding with the ECDOH, Grace and Dignity have taken over employment of the eye care team. We are proud of what has been achieved while part of the Jabulani team and we look forward to a continued partnership working alongside each other in Zithulele and the surrounding areas, bringing services to people with the same passion and determination that we have witnessed over the years.



OUR VILLAGE, YOUR VILLAGE

Nothing could be easier than making us money while spending your own. All you need to do is make us one of your beneficiaries on the MySchool MyVillage MyPlanet fundraising initiative. While Woolworths is probably the most well-known partner, there are actually many other places that also take part in this initiative...literally hundreds of places where you may already be spending money.

Engen, Loot, Wimpy, and Waltons just to name a few and you can easily search for other businesses in your area. If you register us as a beneficiary, at no cost to yourself and only taking about one minute of your time, every time you use your card we'll get a percentage of your purchase value. Go [here](#) to apply online for a card or [here](#) to add us as a beneficiary if you're already a member. Please make sure you select "Jabulani Foundation" as the beneficiary as there are a few different Jabulanis registered. This process is simple and you'll get your card number immediately.



MySchool MyVillage MyPlanet
EVERY SWIPE COUNTS

LIKE US?

If you haven't already "Liked" the 'Jabulani Rural Health Foundation' Facebook page, do so now to receive regular updates of what we do in Zithulele, by clicking [here](#).

