

Language Groups: Western Cape, Eastern Cape, Northern Cape, North-West

Circles of Support: Caring for Children

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Khomanani
Caring together



AIDS Helpline 0800 012 322
www.aidsinfo.co.za

Circles of Support: Caring for Children

Poverty in South Africa has made life difficult for children. HIV and AIDS have made this situation more difficult. We want all our children to grow into responsible caring adults. To do this, every child needs:

- food
- shelter
- health care
- support of caring adults
- protection from abuse
- education

If you know a child, or children, in need, you could join together with others and start a Circle of Support Group or Child Help Forum. It is much better for children to get care from families and communities than places like orphanages. This is why helping a child often means helping his or her family as well.

AFRIKAANS

Sirkels van Ondersteuning: Hoe om Kinders te Versorg

Armoede in Suid-Afrika het die lewe moeilik gemaak vir kinders. MIV en VIGS het die situasie nog moeiliker gemaak. Ons wil hê dat ons kinders eendag verantwoordelike, sorgsame grootmense word. Om seker te maak dit gebeur, het elke kind die volgende nodig:

- kos
- woonplek
- gesondheidsorg
- opvoeding
- ondersteuning van sorgsame grootmense
- beskerming teen mishandeling

As jy weet van 'n kind, of kinders, wat behoeftig is, kan jy met ander saamspan en 'n Sirkel van Ondersteuning Groep of Kinderhulp Forum begin. Dit is baie beter vir kinders om sorg van hul families en gemeenskappe te kry as van plekke soos weeshuise. Daarom beteken hulp aan 'n kind dikwels ook hulp aan sy of haar familie.



To make a Circle of Support Group:

- Talk with the child and ask what his or her needs are.
- Make a list of people and organisations that could help, e.g. neighbours, friends, teachers, churches and NGOs.
- Make a list of things that need to be done, like washing or shopping.
- Share these responsibilities.
- Have regular meetings.
- Make sure that the support you give is ongoing.

To find out more about what you can do, and about government grants for children in need, phone the Circles of Support Hotline: 0860 222 777.



Om 'n Sirkel van Ondersteuning Groep te vorm:

- Praat met die kind en vra wat sy of haar behoeftes is.
- Maak 'n lys van mense en organisasies wat kan help, bv. bure, vriende, onderwysers, kerke en Nie-regeringsorganisasies.
- Maak 'n lys van dinge wat gedoen moet werk, soos wasgoed of inkopies.

- Deel hierdie verantwoordelikhede.
- Hou gereeld vergaderings.
- Maak seker dat die ondersteuning wat jy gee, aanhoudend gegee word.

Om meer uit te vind oor wat om te doen, en oor regeringstoelaes vir behoeftige kinders, bel gerus die Sirkels van Ondersteuning Hulplyn: 0860 222 777.



Everyone can do something to help children in need.
Children in need often:

- do not get enough to eat; or
- do not have money for school fees or uniforms; or
- have to care for sick family members; or
- have to do adults' work; or
- do not have the love and support of adults.



If you have any questions about HIV and AIDS, you can phone the free 24-hour AIDS Helpline at 0800 012 322. There are other leaflets in this series that give information about HIV and AIDS.

Elkeen kan iets doen om behoeftige kinders te help.
Behoeftige kinders:

- het dikwels nie genoeg om te eet nie; of
- het dikwels nie genoeg geld vir skoolfooie of uniforms nie; of
- moet dikwels vir siek familieledede sorg; of
- moet dikwels grootmense se werk doen; of
- ontvang dikwels nie die liefde en ondersteuning van grootmense nie.

As jy enige vrae oof MIV en VIGS het, bel gerus die gratis 24-uur VIGS Hulplyn by 0800 012 322. Daar is ook ander blaadjies in hierdie reeks wat vir jou inligting oor MIV en VIGS kan gee.



Join together to create Circles of Support for children in need. Phone the Circles of Support Hotline: 0860 222 777 Monday to Friday 7am to 7pm.

CONTACT STAMP

www.aidsinfo.co.za

ISIXHOSA

Iintlanganiso zenkxaso (Circles of Support): Ukhathalelo lwabantwana

Ubuhlwempu eMzantsi Afrika benze ukuba ubomi bube nzima kubantwana. I-HIV ne-AIDS zenze esi simo ukuba sibe nzima kakhulu. Sifuna ukuba bonke abantwana bethu bakhule babe ngabantu abakhathalayo nabanemfanelo. Ukwenza oku wonke umntwana ufuna:

- Ukutya
- Ukhathalelo lwempilo
- Ukhuselelo kuphatho gadalala
- Indawo yokuhlala
- Inkxaso yabazali abakhathalayo
- Imfundo

Ukuba ngaba wazi umntwana okanye abantwana, abafuna uncedo, unokudibana nabanye niqale iQela leNtlanganiso yeNkxaso okanye iNtlangano yokuNceda abaNtswana. Kungcono kakhulu kubantwana ukufumana ukhathalelo kwiintsapho nakuluntu kunakwiindawo ezifana namakhaya eenkedama. Yiyo loo nto ukunceda umntwana kusoloko kuthetha ukunceda usapho lwakhe kunye nomntwana kwakhona ngokunjalo.

SETSWANA

Ditlhophha tse di Nayang Tshegetso: Go Tlhokomela Bana

Khumanego ya mo Afrika Borwa e ketefaditse botshelo jwa bana. HIV le AIDS e dirile gore seemo seno se nne bokete le go feta. Re batla gore bana botlhe ba gole ba nne bagolo ba ba nang le boikarabelo. Go dira seno, ngwana mongwe le mongwe o tlhoka:

- dijo
- bonno
- tlhokomelo ya botsogo
- tshegetso ya bagolo ba ba mo tlhokomelang
- go sirelediwa mo go sotliweng
- thuto

Fa e le gore o itse ngwana, kgotsa bana ba ba tlhokang, o ka kopana le ba bangwe mme lwa simolola Setlhophha se se Nayang Tshegetso kgotsa Lekgotla la Dipuisano tsa Thuso ya Bana. Go botoka thata gore malapa le batho ba motse ba tlhokamele bana go na le gore ba tlhokomelwe kwa mafelong a a tshwanang le a dikhutsana.



Ukwenza iQela leNtlanganiso yeNkxaso:

- Thetha nomntwana umbuze ukuba luyintoni na uncedo alufunayo.
- Yenza uluhlu lwabantu kunye nemibutho enokunceda, umzekelo, abamelwane, abahlobo, ootitshala, iicawe kunye nemibutho ezimeleyo (NGOs).
- Yenza uluhlu lwezinto ekufuneka zenziwe, njengokuhlamba impahla okanye ukuthenga ezivenkileni.
- Yabelana ngolu xanduva lwemisebeuzi.
- Yibani neentlanganiso rhoqo.
- Qiniseka ukuba inkxaso oyinikayo iyaqhuba.

Ukufumanisa ngokungaphaya malunga nokuba yintoni ongayenza, kunye namalunga nenkxaso karhulumente yabantwana abafuna uncedo, tsalela umnxeba inombolo yeNtlanganiso yeNkxaso eyi-0860 222 777.



Ke ka lebaka leo go thusa ngwana gantsi go rayang go thusa le balelapa la gagwe.

Go Dira Setlhophha se se Nayang Tshegetso:

- Buisana le ngwana mme o mmothe gore o tlhokang.
- Kwala maina a batho le mekgatlho e e ka thusang, ka sekai baagelani, ditsala, barutabana, dikereke le mekgatlho e e seng ya puso (di-NGO).
- Kwala dilo tse di tlhokang go dirwa, tse di tshwanang le go tlhatswa le go reka dilo tse di tlhokwang.

- Sikarisanang maikarabelo ano.
- Tshwarang dikopano ka metlha.
- Tlhomamisa gore o tswaledisa tshegetso e o e nayang o sa kgaotse.

Go bona mo go oketsegileng ka seo o ka se dirang, le kaga madi a puso a go thusa bana ba ba tlhokang, leletsa nomoro ya Thuso kaga Ditlhophha tse di Nayang Tshegetso ya: 0860 222 777.



Wonke umntu angaanento ayenzayo ukunceda abantwana abafuna uncedo. Abantwana abafuna uncedo basoloko:

- bengafumani ukutya okwaneleyo ukuba batye; okanye
- bengenayo imali yokuhlawula imali yesikolo kunye neyunifom; okanye
- kufuneka ukuba bakhathalele amalungu osapho agulayo; okanye
- kufuneka ukuba benze umsebenzi wabantu abadala; okanye
- abanalo uthando kunye nenkxaso yabantu abadala.

Ukuba ngaba unayo nayiphi na imibuzo malunga ne-HIV ne-AIDS, ungatsalela umnxeba kwinombolo inombolo yoNcedo yasimahla ye-AIDS ku-0800 012 322. Akhona amanye amaphetshana kolu luhlu anika ulwazi olumalunga ne-HIV ne-AIDS.



Mongwe le mongwe a ka dira sengwe go thusa bana ba ba tlhokang. Bana ba ba tlhokang gantsi:

- ga ba na dijo tse di lekaneng; kgotsa
- ga ba na madi a go duelela sekolo kgotsa yunifomo; kgotsa
- ba tshwanetse go tlhokomela maloko a lelapa a a lwalang; kgotsa
- ba tlamega go dira tiro ya bagolo; kgotsa
- ga ba na bagolo ba ba ba ratang le ba ba ba tshegetsang.

Fa e le gore o na le dipotso dipe fela kaga HIV le AIDS, o ka leletsa nomoro e e sa duelelweng ya 0800 012 322 ya AIDS Helpline ba ba nnang ba le teng ka metlha. Go na le dipampitshana tse dingwe mo tlhatlhamanong eno tse di noyang tshedimosetso kaga HIV le AIDS.