

Project Updates

Boys Town:

- » Documents have been finalised and will be submitted to the courts for the involuntary relocation of 35 occupants from Phase 2
- » Delays caused by internal fighting between informal leadership
- » All stakeholders are currently reviewing the status of the project

Joe Slovo:

- » A survey to identify qualifiers and non-qualifiers for relocation has been completed in Phase 3A and 3C
- » Clearing of Phase 3A for construction has begun

Uhlaziyo lweProjekthi

IBoys Town:

- » Amaxwebhu selegqityiwe ukulungiswa yaye aza kungeniswa ezinkundleni ukuze kufuduswe ngetshova abo bahlali bangama-35 bavela kwiSigaba sesi-2
- » Ukusilela okudalwe ngumlo wangaphakathi ophakathi kwamaqela eenkokeli ezingamiselwanga ngokusesikweni
- » Bonke abaxhasi kungoku nje baxakekile kukuhlola isimo seprojekthi

IJoe Slovo:

- » Uphando lokuchonga abafaneleyo nabangafanelanga kufuduswa selugqityiwe kwiSigaba sika-3A no-3C
- » Ukucocwa kwiSigaba u-3A ukuze kube nokwakhiwa sekuqalisiwe



By-Law: Environmental Health

This by-law sets out what people must do to promote public health and avoid endangering or injuring anyone. We'll have a brief look at parts One and Two of this by-law.

Part One explains the Prevention and suppression of health nuisances. It outlines rules that business and property or land owners as well as residents must follow to keep these spaces clean and free of pests so that the health of individuals and the community is never threatened.

Example:

- » The owner of any premises that is rented to more than one person must make sure that every part of it that is shared by the tenants is always clean.

Keeping animals and poultry is outlined in Part Two. It looks at how many animals may be kept as well as the structures that they are kept in and the cleanliness thereof.

Examples:

- » Any structures in which animals or poultry are kept must be suitably screened from the street to the Council's satisfaction.
- » The owner or occupier of the premises must ensure that all structures in which animals or poultry are kept are always in a proper state of repair.

Part Three of the by-law looks at Medical waste management; Part Four at Trades and Part Five controls The conveying and handling for sale of meat intended for human consumption.



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Community builders: Women making a difference



Above: Maria Ndlezana, Andrea Hendricks, Nomahlubi Mbenya

August is Women's Month and in this issue we'll introduce you to three ladies who are making a difference in their communities.

Maria Ndlezana worked as a private nurse for many years before she decided to follow her dream and open a daycare in Joe Slovo. A fire in Langa in March 2005 destroyed Maria's home and forced her to leave the children behind to move to TRA 5 with her family.

In 2007, her application for a site to open a new centre in Delft was approved and Bulelani ku Yehova opened its doors in November.

"Today, we are a registered daycare with 11 staff and four volunteers who look after 144 children between the ages of six months and six years old; some of them we see from six in the morning until after eight in the evening. We get a subsidy from the Western Cape Department of Social Development and parents pay for their children to attend."

Maria said that the centre has recently been targeted by criminals.

"A year and a half ago I moved from my home to the daycare so that I can keep an eye on it. I decided not to let crime get to me, or stop me from keeping our children off the streets and safe from danger."

Andrea Hendricks of Delft South said that the idea of opening the Little Penguins Educare was sparked by her love for children.

"I've been living here for ten years and initially started a soup kitchen. Seven years ago I quit my job and with my father,

Edward Bester, we started the school."

The Little Penguins Educare started out looking after ten children; today there are 160.

"Many of the children's mothers were domestic workers and members of our church and they had no-one else to turn to," said Andrea.

She agrees that crime is a major challenge facing the community, but much like Maria she's not letting it get her down.

When Nomahlubi Mbenya started the Sinethemba Seniors' Club in 2005, it was for women only. Today, the club is registered with the Western Cape Department of Social Development and has 20 members – including men.

"Our members are all older than 60 years and live in the New Rest community," said Nomahlubi. "We meet at a member's home and make traditional clothing, mats and pillow cases to sell to help pay for our outings."

Nomahlubi said that seeing clubs like this in other communities inspired her to start one in New Rest.

"We also do fun things like take part in the Golden Games – a sports event for people older than 60 – and go on trips like up Table Mountain in the cable car."

Nomahlubi said that the biggest challenge facing the senior's club is not having a proper venue or anywhere to store their materials.

"Other communities have nice places with space outside to exercise. We want the same; a venue that we can leave as a legacy."

Useful contact numbers:

Emergencies:

Fires:	107 from a landline OR 021 480 7700 from a cell phone
When a life or property is threatened:	112 from a cell phone
Fire Department (General information):	021 590 1900
The Housing Development Agency Helpdesk:	021 481 2900
City of Cape Town matters:	0860 103 089
Eskom Customer Care:	0860 037 566
Western Cape (WC) Government (general enquiries):	0860 142 142
WC Social Development Hotline:	0800 22 0250
Department of Social Development Disability Programme:	021 483 4015
Master of the High Court (for deceased estates):	021 410 8300
Childline:	0800 55 555 or 021 762 8198
Stop Woman Abuse Hotline:	0800 150 150
Rental Housing Tribunal	0860 106 166
Waiting list database	021 444 0333



Support for construction at Joe Slovo



The Housing Development Agency (HDA) has beefed up the team supporting construction at Joe Slovo and says it has made good progress so far clearing structures to open up land for new houses to be built. The project has recently faced a number of challenges; including resistance from parts of the community, bad weather conditions and delayed approval processes.

All three phases of Joe Slovo are expected to be entirely completed by December 2014.

Joe Slovo was divided into three zones by the City of Cape Town: Zone 30 (Phase 3A), Zone 31 (Phase 3B) and Zone 32 (Phase 3C). There isn't really much difference between houses in the three phases other than their colours; and while the majority of the units are double-storey, 24 single story units for disabled recipients will also be built.

In Phase 3A, 588 homes with solar water heaters were built between August 2011 and October 2012 and have since been handed over to residents. Construction of another 62 houses is underway and if all goes to plan the approved beneficiaries should be able to move in by November 2013. When it's completed Phase 3A will feature a total of 1131 houses.

Logistical reasons have delayed construction in Phase 3B and the HDA says that building there is likely to only begin toward the end of 2014.

Meanwhile, civil works have started at Phase 3C. It is hoped that 222 of the 540 planned units will be ready by May 2014; and work on its electrical substation has reached the halfway mark.

Healthy eating = Healthy living

Living a healthy lifestyle and following a balanced diet are very important. Healthy people have more energy, are less likely to suffer colds and flu and perform better at work and at school.

One way to eat healthily, that won't burn a hole in your pocket, is to follow the five-a-day rule.

The World Health Organisation says that eating at least 400 grams of fruit and vegetables every day will reduce the risk of serious health problems like heart disease, stroke, type 2 diabetes and obesity. Tinned and frozen fruit or vegetables do count toward five-a-day.



By eating different fruit and veg, you are making sure your body gets all the fibre, vitamins and nutrients it needs.

Tips to make sure your family has their five-a-day:

- » Add chopped fruit like apple or banana to porridge
- » Add vegetables to your favourite meals; mix peas with mashed potato or add mushroom and tomato to scrambled eggs
- » Encourage the family to swap biscuits and sweets for fruit
- » Add beans and lentils to stews

Diabetes

Many South Africans are living with diabetes; some don't even know that they have it.

There are two common types of diabetes:

Type 1 occurs when the body stops producing insulin that controls the amount of glucose in the blood. It mostly affects people younger than 30 and can be controlled with regular insulin injections.

Type 2 is the most common kind of diabetes and mainly affects people older than 40 and who are overweight. It occurs when the body does not produce enough insulin or it does not work properly and it can be controlled without medication. Weight loss and exercise do help to manage Type 2 diabetes.

Symptoms of diabetes include: unusual thirst, frequent urination, extreme lack of energy, blurred vision, cuts and bruises that take a long time to heal and tingling or numbness of the hands and feet.

A simple finger-prick test at your local clinic will tell if you have diabetes or not.

Tuberculosis (TB):

Tuberculosis is a serious condition that is common in communities in Cape Town.

Early TB warning signs could include having a phlegmy cough that lasts for more than two weeks, coughing up blood, night-sweats, weight loss and shortness of breath. These symptoms do not mean that you have TB, but it is important that if you have any of them that you do get tested.



TB is curable and the sooner it is diagnosed the better. Local clinics offer free TB testing and results should be available within 48 hours. Treatment usually lasts between six and eight months and it is important that patients complete the full programme.

Community health services

Medical care – including the cost of visits to the doctor, hospital stays and over-the-counter medicine - can be very expensive. The good news is that there are free healthcare facilities like clinics and day-hospitals that offer services to the community.

Clinics are managed by the City of Cape Town and day-hospitals by provincial government; some facilities offer the services of both.

When visiting any healthcare facility, it's important to always have your identity document and proof of address at hand.

If you don't have medical aid, the following services will be provided to you at a free healthcare facility:

- » Family planning
- » Infectious diseases management
- » Ending pregnancies
- » Legal services related to medical attention
- » Dental care
- » Immunisations
- » Primary health care
- » Anti-Retrovirals (ARVs)

Women's Month

On August 09th every year, South Africa pays tribute to the 20 000 women who marched to the Union Buildings in Pretoria against the pass laws in 1956. The march was led by Lilian Ngoyi, Helen Joseph, Rahima Moosa and Sophie Williams.

That day, the women sang a protest song that had been written for the event: "Wathint' Abafazi Wathint' imbokodo!"

Now you have touched the women,
you have struck a rock!

Image from <http://womenshistorynetwork.org/blog>

