

AMA LAY COUNSELLORS

SPEAKING MY LANGUAGE



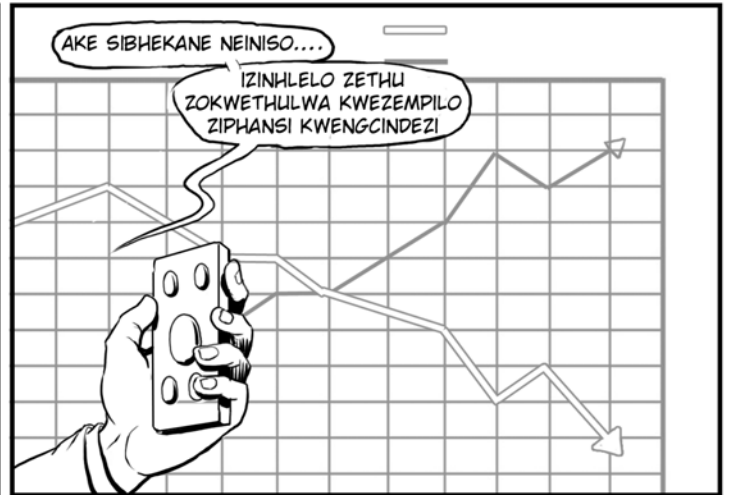


Isikhungo esingumahamba nendlwana (MISS) kulapho kusebenzela khona abeluleki abanjengo Gloria ekunikezeleni ngemisebenzi yezempilo ehlanganisa ezobulili kanye nokwanda kokuzalana besebenzisa amatende esikhashana kanye nezimoto, Ezindaweni ezinokuphithizela njengasezikhumulweni zokulindela izimoto zomphakathi, enxanxatheleni yezitolo, emicimbini yezemidlalo, ezindaweni zokudumisa, nasezindaweni zemisebenzi. Ithimba elisebenza kumahamba nendlwana libuye livakashele izikole ngokubambisana nomnyango wezemfundo emabangeni aphakathi kanye nabasebenzi bezinhlelo zezempilo ezididiyelwe ezikoleni.

Ezikhungweni ezixunyekiwe kunabeluleki abafana noSanele abanikezela ngezinhlelo zokwaluleka ezifuze lezo ezinikezelwa ezikhungweni ezingomahamba nendlwana, yize kunjalo izikhungo eziseShowe edolobheni, nasendaweni yasemakhaya eMbongolwane lezikhungo zivulwa kusukela ngoMsombuluko kuya kuMgqibelo.

Nakuba iprojekthi MSF (Bending The Curves) isemgudwini owethembisayo wokuhlangabezana nenselelo kaUNAIDS ebekelwe umhlaba wonke ku 90-90-90 okumele ifezeke ngonyaka wezi-2020, sibonga ukuzinikela kwabeluleki kanye nabanye abasebenza umphakathi ekunakekelweni nokwelashwa kwalabo abaphila negciwane lesandulela ngculaza, okubhekeke ukuthi okungenani abangu 90% bebe sebhlolele bazazi isimo sabo segciwane lesandulela ngculaza, abangu 90% balabo abatholakale benegciwane lesandulela ngculaza beqallile ukudla imishanguzo, bese kuthi abangu 90% walabo abadla imishanguzo baphumelele ekucindezele- ni izinga legciwane emzimbeni

Sibonga abeluleki bezempilo ngokukhuluma ulimi lwethu kwezempilo



ABELULEKI BAYASILEKELELA
UKWEHLISA INGCINDEZI YOMSEBENZI



Abeluleki bakwa MSF basebenza
kulezizindawo ezilandelayo:

- Ezibhedlela kanye nasemitholampilo
- Izikole zamabanga aphezulu
- Ezindaweni eziphithizelayo njengasezitolo nasedolobheni.



MUNINGI UMSEBENZI
OWENZIWA ABELULEKI,
OKUHLANGANISA
KUIWO LOKHU
OKULANDELAYO...

- Ukweluleka ngaphambi nangemumva kokuhololela igciwane lesandulela Ngculaza.
- Ukuhlololela igciwane lesandulela Ngculaza.
- Ukuthungatha labo abangasafiki emtholampilo.
- Ukweluleka ngezindlela ezifanele zokudla imishanguzo.
- Nokunye okuningi.



BAYATHOLAKALA
KUZONKE IZINDAWO..

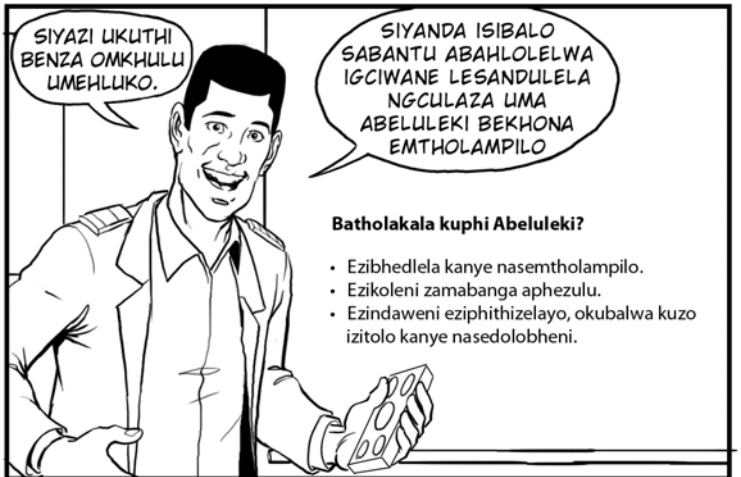


SIYAZI UKUTHI
BENZA OMKHULU
UMEHLUKO.

SIYANDA ISIBALO
SABANTU ABAHLOLELWA
IGCIWANE LESANDULELA
NGCULAZA UMA
ABELULEKI BEKHONA
EMTHOLAMPILO

Batholakala kuphi Abeluleki?

- Ezibhedlela kanye nasemtholampilo.
- Ezikoleni zamabanga aphezulu.
- Ezindaweni eziphithizelayo, okubalwa kuzo izitolo kanye nasedolobheni.



KODWA IZIBALO
AZIKUSHO KONKE
LOKHO.

OKUNGENANI AKE
SIZWE KUGALA NGALABO
ABANOLWAZI LONKE.



UDABA LUKA SANELE

NGIZIWA NGI-NOKUZETHEMBA OKUKHULU NGALE-SISIVINYO...



WHAA... YUSS-SSIS!"



IBHANDE LESIPHEHMOYA LIPHELILE EKUBENI BELISELISHA!



LIMA NGINGANGENA NGEZINYAWO, NGISENGAFIKA KULESISIVINYO NGESIKHATHI...



ABELILEKI BESAN-DULELA NGCULAZA!



NGEKE ABE NENKINGA YOKUNGBHEKELA IMOTO YAMI.....



KUHAMBA KANJANI MFWETHU?!





UDABA LWESIGULI

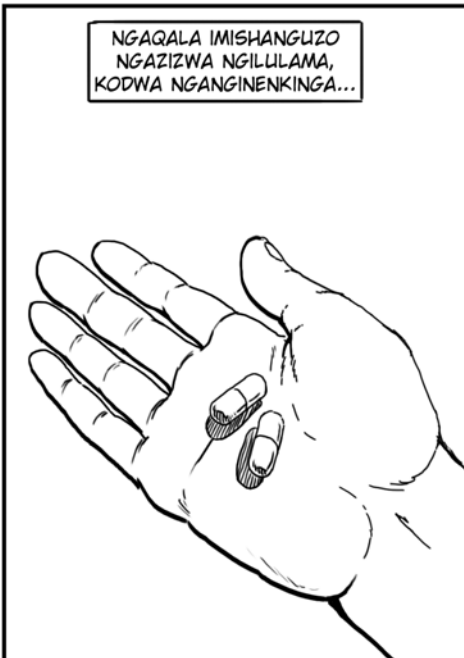


BENGIHLALA
NGIZITSHELA UKUTHI
MHLA NGATHOLA UKUTHI
SENGIHQEKILE NGECCIWANE
LESANDULELA NGCULAZA
NGIYOZIBULALA
NOKUZIBULALA.

NTHABAZATHINI NGCOBO



KODWA NGATHI UMA NGITHOLA
UKUTHI NGIHQEKILE, NGASABA
UKUSHIYA ABANTWANA BAMI.



NGAQALA IMISHANGUZO
NGAZIZWA NGILULAMA,
KODWA NGANGINENKINGA...



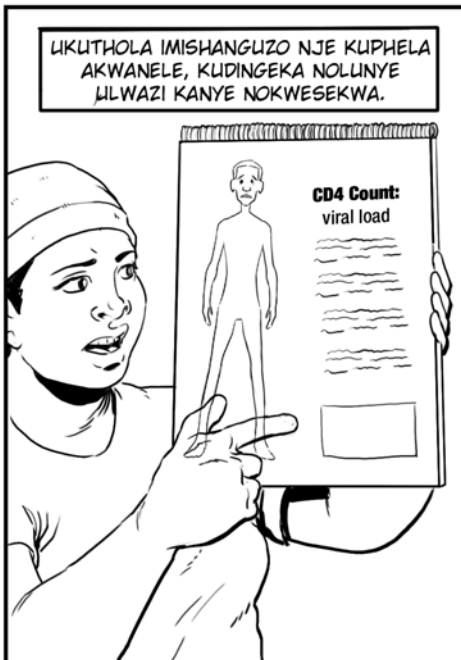
NGANGIPHUZA UTSHWALA
NGIKHOHLWE UKUGWINYA
IMISHANGUZO YAMI.



LIKUHLANGANA NOMELELEKI
KWANGISIZA IMPELA.



WANGENZA NGABONA UKUTHI UMA
KUBA WUMKHLABA OJWAYELEKAYO
UKULIBALA UKUGWINYA IMISHAN-
GUZO YAMI NGINGAFA NOKUFA.
NGASABA KUSUKELA LAPHO.



UKUTHOLA IMISHANGUZO NJE KUPHELA
AKWANELE, KUDINGEKA NOLUNYE
ULWAZI KANYE NOKWESEKWA.

CD4 Count:
viral load



NGIYABONGA KAKHULU KUBELULEKI BAMI,
NGIZIZWA NGINGCONO KAKHULU.

UDABA LUKA LINDIWE

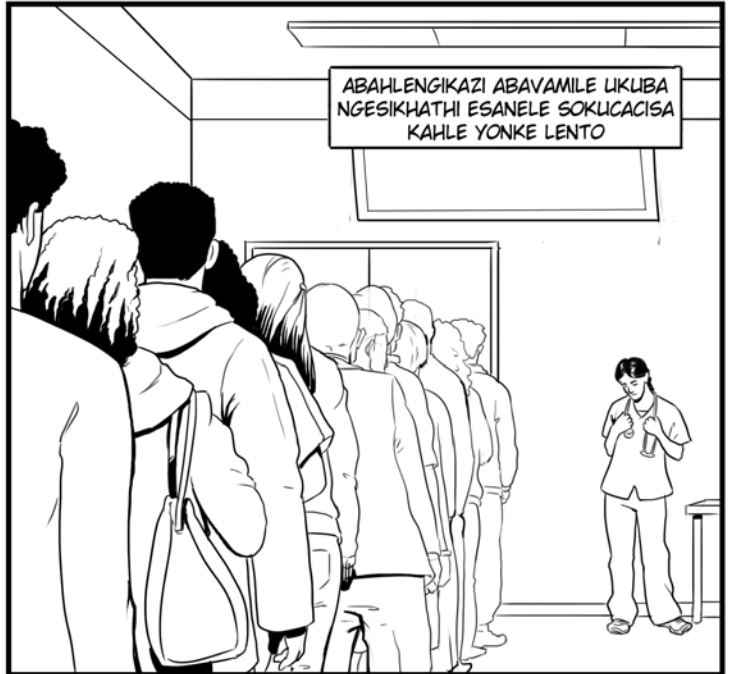
ABANYE ABANTU
BANEMINYE
IMIBONO EXAKILE
NGEMISHANGUZO.



ABANYE ABANTU BESIFAZANE BAKHOLELWA
UKUTHI IMISHANGUZO INGABENZA BAKHULUPHALE,
KANTI ABESILISA BONA BAKHOLELWA EKUTHENI
INGABENZA BAMILE AMABELE..



YONKE LEMIBONO
EYINZWABETHI IGCINA
ISIYENZA ABANTU
BANGAYIGWINYI
IMISHANGUZO YABO.



ABAHLENGIKAZI ABAVAMILE UKUBA
NGESIKHATHI ESANELE SOKUCACISA
KAHLE YONKE LENTO



NANSI IMISHAN-
GUZO YAKHO.

KUMELE
UWAGWINYE NJALO
AMAPHILISI AKHO,
KUNGENJALO
UZOGULA.

NGIWAGWINYA NJALO
MHLENGIKAZI.

NGIFISA
SENGATHI NGABE
BENGINESIKHATHI
ESANELE SOKUME-
LULKA, KODWA
ANGINASO.

NGICELA
OLANDE-
LAYO!



EMVA KWEZINYANGA...

INKINGA LE...

NGIZIW
NGIGULA.

LIYAGULA, IZINGA
IEGCIWANE SELIDLON-
BELE KAKHULU EMZIMBENI
WAKHO, KANTI AMASOSHA
APHANSI KAKHULU..

NGABE YINI
IMBANGELA YOKUTHI
LINGAYIDLI IMISHANGUZO
YAKHO NGENDELELA?



UXOLO,
BENGIYDLA.

EISH AWLITHI
KENGKUCELELE OMLINYE
UMUNTU ONGAKUSIZA.



ILAPHOKE
LANGINGENELELA KHONA
NJENGOMELULEKI,NGINASO
ISIKHATHI SOKULALELA.

NGOKUXOXISANA,
UYAKWAZI UKUTHOLA
IMBANGELA YANGEM-
PELA YOKUNGAWADLI
NGENDLELA
AMAPHILISI.



LUMA SISUKE SESINOLWAZI,
SISUKE SESINGAKWAZI UKUFUNDISA
NGEGCIWANE LESANDULELA NGCU-
LAZA KANYE NEMISHANGUZO.



SINIKA IZIGULI UHLA
LOKULANDELA INDLELA YOKUTHATHA
IMISHANGUZO NGENDLELA UKUZE
UMUNTU AKWAZI UKUZINAKEKELA
YENA GOBO LWAKHE.



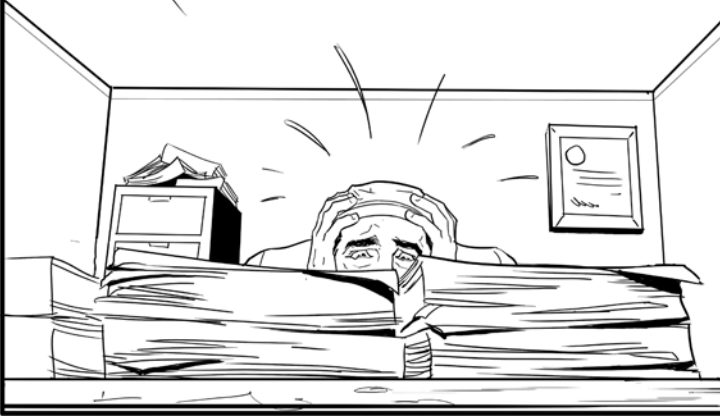
LUMA IMITHOLAMPILO
KANYE NEZIBHEDLELA KUNGABA
NABELULEKI ZINGABA ZINCANE
IZIGULI EZINGAZITHOLA
SEZIGULA.



ODOKOTELA NABAHLENGKAZI BANGATHOLA ISIKHATHI
ESANELE SOKUNAKEKELA ABANTU ABAGULAYO.

UDABA LUKADOKOTELA

NGIFUNA UKUKHULUMA IQINISO,
SINGANE ISIKHATHI ENGINASO
SOKUKHULUMA NEZIGULI.



NGIKHUMBULA NGELINYE ILANGA, UMSEBENZI
WASEPULAZINI EFIKA ENEZILONDA EMLONYENI
NASESIPHONGWENI.



LEZI IZIMPAWU EZEJWAYELEKILE ZEGCIWANE
LESANDULELA NGCULAZA, KODWA LOMLISA WALA
WAPHETHA UKUHLOLELWA LELIGCIWANE.



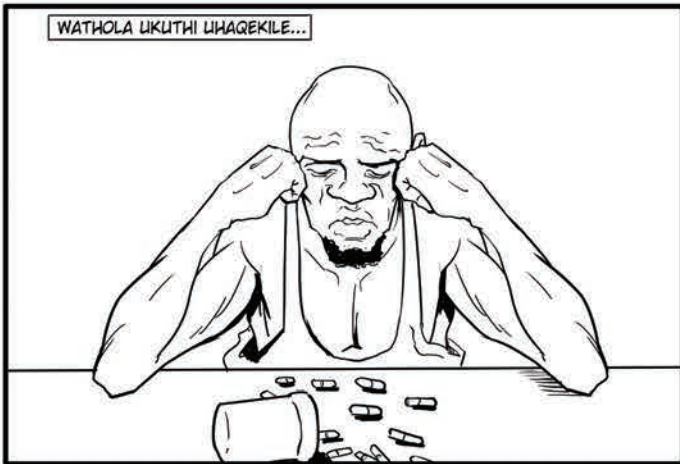
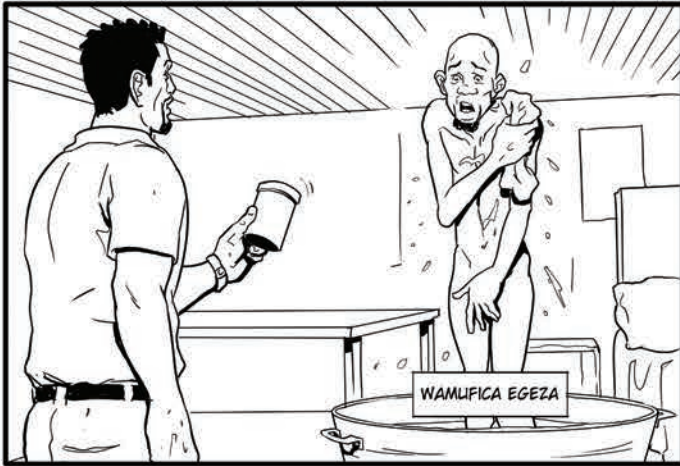
NGANXUSA UKUTHI UMELULEKI ANGENELELE

ISHIYELE
KIMI
LENDABA



UMELULEKI WAYA EPULAZINI LAPHO
EHLALA KHONA LOMLISA.





UDABA LUKA GLORIA

LINGUMELULEKI, KUMELE
UKWAZI UKUKHULUMA
NAWOWONKE UMLINTU...

KODWA NGISAXAKEKA
UMA KUMELE NGIKHULUME
NOMUNTU OSEKHULILE.



ABANQENI UKUKHULUMA
UPHELE AMAHORA AMANINGI



NGIYAZITHANDA IZINGANE,
ZINOMNDLANDLA OMNINGI!



ZIYALUDINGA USIZO.
SIYANDA ISIBALO SEZINGANE
EZISHONAYO NGENXA
YEGCIWANE LESANDULELA
NGCULAZA.



SIDINGA UKUHLOLA IZINGANE EZINGI,
FUTHI SIDINGA UKUZIGCINA ZIYIDLA
IMISHANGUZO YAZO.



AKULULA NEZE NGOBA IMISHANGUZO YEGCIWANE LESANDULELA NGCULAZA IDLIWA IMPILO YONKE, KANTI IZINGANE ZIBAYICABANGA NJENGENTO YESIKHASHANA NJE.



KUBUYE KUBE NENKINGA YOKUZENYEZA LAPHO SEBENGENA EBUDLELWANENI BEZOTHANDO. ININGI LABO LIYAYIYEKA IMISHANGUZO NGOBA BENGAFUNI ABALINGANI BABO BAZI.



ININGI LABASEBENZI BEZEMPILO BAKUTHATHA KALULA NJE UKUTHI IZINGANE ZIKHULE NGOKWANELE UKUTHI ZINGAKWAZI UKUZITHATHELA IMISHANGUZO YAZO NGENDELELA, KANTI KWESINYE ISIKHATHI AKUNJALO.



KLIKE KWABA NODABA LOMFANYANA OWAYENENKINGA YOKUTHI AMAPHILISI AWASAMSEBENZELI NGISHO EWADLA.



WAWUBONA NJE UKUTHI AKATHANDI UKUKHULUMA.

AKE LINGIXOXELE NJE NGEMPILO YASEKHAYA

IKAHLE

ESIKOLENI KHONA KUHAMBA KANJANI?

KUHAMBA KAHLE



KODWA NGAQHUBEKA NOKLUMPEKA NGEMIBUZO WAZEWAGCINA ESEVULELEKILE.

ANTI INKING YAMI IZINKOMO.

IZINKOMO?

KWESINYE ISIKHATHI KUYENZEKA KULAHLEKE EYODWA, BESE KUDINGEKA UKUTHI NGIHAMBE NGIYOYICINGA.





SIHLALA
ENDAWENI
ENAMAWA



MANJE KUYENZEKA KUTHATHE USUKU LONKE...



UKUTHOLA INKOMO EYODWA.



KODWA MANJE KUYINKINGA
KANJANI LOKHO?

UDOKOTELA
WATHI AMAPHILISI AMI
KUMELE NGIWADLE NGO
8 EKUSENI, HHAYI NGO
3 EKUSENI.

UKUBUYE UNGAWADLI
AMAPHILISI AKHO KUN-
GAKWENZA UGCINE
USUGULA.

KUNGCONO
KHONA UKUWADLA
NGO 3 EKUSENI KUNO-
KUTHI UNGAWADLI
NHLOBO.

HAWU
BENGIGENALO
ULWAZI...



IZINGANE NGEKE WAZIFANISA NABANTU ABADALA. UMA
LIFUNA UKUZISIZA, KUMELE UKWAZI UKUCABANGA NJENGAZO.



NJENGOMELULEKI, KUMELE UHLEZI UKHONA, IKAKHULUKAZI
UMA ABANTWANA BEKUDINGA. UMNYANGO WAMI UHLEZI
UVULIWE NJALO NJE.

