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**TB
MENINGITIS**

Minister Open Ashbury Biblioteek

"Hierdie biblioteek sal 'n groot inligtingsentrum word."



Sommige raadslede en personeel van Langeberg Munisipaliteit se Administrasie het die opening van die Ashbury biblioteek in Montagu bygewoon. Minister van Kultuursake en Sport van die Weskaap Provinsiale Regering, Anroux Marais, het amptelik die rooi lint gesny om die gebou oop te verklaar.

Minister van Kultuursake en Sport van die Weskaap Provinsiale Regering, Anroux Marais, het onlangs die Ashbury biblioteek in Montagu amptelik geopen.

Hierdie tegnologiefasiliteit, ter waarde van R6.1 miljoen, sal amper 10 000 mense bedien.

Na Marais en Adjunk Burgemeester, Raadslid Gideon Joubert, die rooi lint geknip het wat die amptelike opening van die gebou aangedui het, is hulle op 'n toer geneem om 'n oorsig te kry van die dienste wat aangebied word.

Laerskool Ashbury se koorgroep het twee items tydens die formaliteite opgevoer.

Marais het gesê dat haar wens is dat hierdie biblioteek 'n veilige en bevorderlike omgewing vir beide volwassenes en leerders skep om te lees,

pret te hê, hul geletterdheid te verskerp en in stilte te studeer.

"Dit is so 'n pragtige biblioteek en ek doen 'n beroep op alle inwoners wat van hierdie fasiliteit gebruik sal maak om eienaarskap daarvan te neem en daarvoor te sorg. Hierdie biblioteek is nie net hier vir ons nie, maar ook vir ons nageslag."

Personeellede het reeds storievertellingsessies aangebied, biblioteekoriëntering aangebied en begin om kinders in die gemeenskap oor biblioteeketiket op te voed.

Volgens Cecilia Sani, Direkteur: Biblioteekdienste Weskaapse Provinsiale Biblioteekdienste, is altesaam 9 500 boeke in Maart 2017 by die Ashbury biblioteek afgelewer.

"Ek glo en hoop dat hierdie biblioteek 'n groot inligtingsentrum vir lede van die

gemeenskap sal word. Of dit nou die boeke is of of die gratis toegang tot die internet."

Die biblioteek is toegerus met die volgende:

- Rekenaars met internet-konneksie
- Fotokopie-fasiliteite
- Fiksie en nie-fiksie boeke in drie verskillende tale
- Tydskrifte en koerante
- CD's
- DVD's
- Opvoedkundige programme vir kinders
- Rekenaaropleiding
- Studiefasiliteite
- Hulp met skoolprojekte.

HOE OM BY DIE BIBLIOTEK AAN TE SLUIT:

U kan gratis 'n lid word by enige biblioteek van u keuse in die Langeberg area. Bring jou ID en voltooi 'n aansoekvorm.



Gemeenskapsgroentetuine

'n 'groeierende' sukses in Langeberg

Die Breederivier Wynland Landelike Ontwikkelingsvereniging, in vennootskap met die Departement van Landbou, het onlangs sy jaarlikse erkenningseremonie vir groentetuine in Robertson aangebied.

Die doel van hierdie seremonie, wat op 29 Junie by die Robertson-gemeenskapsaal gehou is, is om erkenning te verleen aan individue wie hul tuine suksesvol gedurende die seisoen bestuur het.

Daar was twee kategorieë vir hierdie seremonie, naamlik: somer en winter groentetuine. Altesaam 33 somer- en 32 wintertuine was vir die kompetisie ingeskryf.

Elke tuin is geëvalueer aan die hand van die volgende kriteria: Netheid en skoonheid; Tuis-oplossings vir plaagbeheer; Samewerking tussen deelnemers en Inisiatiewe om 'n komposhoop te skep. Die tuiniers groei verskillende soorte

groente soos uie, beet, groenbone, wortels, kool, blomkool, brokkoli, groenpepers, soetmielies, aartappels, patats en 'n verskeidenheid pampoenkultivars. Die tuine kan oor verskeie plase in die Langebergstreek gevind word.

Madelain Van der Berg, Ontwikkelings-beampte by Langeberg Munisipaliteit, het genoem dat plaaswerkers lief is vir tuinmaak. "Sedert die projekte ontstaan het die tuiniers se entrepreneursvaardighede baie verbeter. Om te oes en jou eie varsprodukte te eet, spaar geld en verbeter voeding," het sy gesê. Sy het bygevoeg dat die doel van die tuine is vir huishoudelike redes en om bykomende inkomste te skep deur die oes te verkoop. Hierdie projek het in 2007 begin met slegs 10 plase (tuine). "Die munisipaliteit ondersteun hierdie projek deur sade en saailinge jaarliks te borg," het Van der Berg afgesluit.

All die deelnemers het geskenkbewyse ontvang wat deur Robertson Wynvallei geborg was.



'n Paar van die tuiniers wie geskenkbewyse ontvang het wat deur die Robertson-wynvallei geborg is.

Community Vegetable Gardens a 'growing' success in Langeberg

The Breede River Winelands Rural Development Association, in partnership with the Department of Agriculture, recently hosted its annual vegetable garden recognition ceremony in Robertson.

The purpose of this ceremony, which was held at the Robertson community hall on 29 June, is to give recognition to those individuals who have successfully managed their gardens throughout the season.

There were two categories for this ceremony namely: summer and winter vegetable gardens. A total of 33 summer and 32 winter gardens entered the competition.

Each garden was evaluated using the following criteria: Neatness and cleanliness; Home remedies for pest control; Co-operation amongst participants and Initiatives to create a compost heap.

The gardeners grow different types of vegetables such as onions, beetroot, green beans, carrots, cabbage, cauliflower, broccoli, green peppers, sweetcorn, potatoes, sweet potatoes and a variety of pumpkin cultivars. The gardens can be found across various farms within the Langeberg region.

Madelain Van der Berg, Development Officer at Langeberg Municipality, mentioned that farm workers love gardening.

"Since the project's inception, the gardener's entrepreneurial skills have improved quite a lot. Harvesting and eating your own fresh produce save money and improve nutrition," she said.

She added that the purpose of the gardens are for household reasons and to create an additional income from selling the crop.

This project began in 2007 with only 10 farms (gardens).

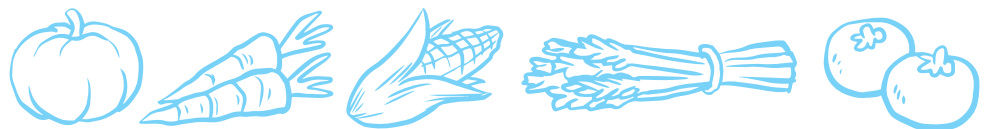
"The municipality supports this project by sponsoring seeds and seedlings on an annual basis," concluded Van der Berg.

All the participants were awarded with gift vouchers sponsored by the Robertson Wine Valley.



Iigadi zoLuntu zeMifuno

'zikhulisa' impumelelo eLangeberg



Umbutho woPhuhliso lwaseMaphandleni waseBreederivier Winelands ebambisene neSebe lezoLimo, kutshanje ubusingathe Umsitho Wonyaka wokunika Ingqalelo Kwiigadi zoLuntu.

Injongo yalo msitho, nowawubanjelwe kwiHolo yoLuntu eRobertson ngomhla wama-29 Juni, kukunika ingqalelo kwabobantu abazilondolozengempumelelo iigadi zabo ngelixesha lolimo.

Kukho iindindi ezimbini kulo msitho ezibizwa: iigadi zemifuno yasehlotyeni kunye neyasebusika. Bekukho zizonke ama-33 eegadi zasehlotyeni kunye nama-32 zasebusika ezithe zangenela olukhuphiswano.

Igadi nganye ihlolwe kusetyenziswa lemigaqo ilandelayo: Ukulinywa kakuhle kunye nokucoceka, amachiza enziwe ekhaya okuthintela izinambuzane, Intsebenziswano phakathi kwabathathi-nxaxheba kunye Nemigudu abayenzileyo ukuzenzela ezabo iinduli zemigquba.

Abalimi balime iindidi ezahlukeneyo zemifuno ezifana namatswele, ii-bhitruti, iimboty eziluhlaza, iminqatha,

amakhabetshu, iikholiflawe, iipelepele eziluhlaza, umbona, iitapile, iibhatata kwakunye neentlobo ezahlukeneyo zamathanga.

Ezi zigadi zifumaneka kwiifama ezahlukeneyo kule Nkqila yaseLangeberg.

UMadelain Van der Berg, Igosa loPhuhliso kuMasipala waseLangeberg, uchaze ukuba abasebenzi basezifama bayakuthanda ukulima. "Ukususela oko yaqaliswayo leprojeki, izakhono zobuchule bokushishina zabasebenzi basegadi ziye zaphucuka kakhulu. Ukuvuna uze utye imveliso eyeyakho entsha kukongela imali kwaye kuphucula nokutya," utshilo. Wongeza ngelithi injongo yezigadi kukuncedisana nekhaya kwanokuba zongezelele kwingenisiso ngokuthengisa izityalo.

Le projeki iqale ngo2007 ngeefama ezili-10(yeegadi) kuphela.

"UMasipala uyixhasa leprojeki ngokuthi abaphe iimbewu kunye nemithombo eleke nyaka,"

Bonke abo bebethatha inxaxheba baye bawongwa ngamakhadi ubani anokuwasebenzisa ukuthenga iziphos ngenkxaso yabakwaRobertson Wine Valley.



Minister opens Ashbury library

"This library will become a great information centre"



The Western Cape Government Minister of Cultural Affairs and Sport, Anroux Marais, recently officially opened the Ashbury library in Montagu.

The state-of-the-art facility, valued at R6.1 million, will serve nearly 10 000 people.

After Marais and Deputy Mayor, Cllr. Gideon Joubert, snipped the red ribbon which signalled the official opening of the building, they were taken on a walkthrough to have a glance at the services on offer.

Ashbury Primary School's Choir Group performed two items during the formalities.

Marais mentioned that her wish is for this library to create a safe and conducive environment for both adults and learners to read, have fun, sharpen their literacy skills, and study in silence.

"This is such a beautiful library. I urge all residents who will be making use of this facility to take ownership of it and look after it. This library is not only here for us but for our offspring too."

Staff members have already hosted storytelling sessions, conducted library

orientation and have started educating children in the community about library etiquette.

According to Cecilia Sani, Director: Library Services, Western Cape Provincial Library Service, a total of 9 500 books were delivered to the Ashbury Library in March 2017.

"I believe and hope that this library will become a great information centre for members of the community to make use of. Whether it is the books or whether it is the free access to the internet."

The library is equipped with the following:

- **Computers with internet connectivity**
- **Photocopy facilities**
- **Fiction and non-fiction books in 3 different languages**
- **Magazines and newspapers**
- **CD's**
- **DVD's**
- **Educational programs for children**
- **Computer training**
- **Study facilities**
- **Help with school projects.**

How to join the Library:

You can become a member at any library of your choice in the Langeberg area, free of charge. Bring your ID and complete an application form.



The Deputy Mayor of Langeberg Municipality, Cllr. Gideon Joubert, with the Western Cape Minister of Cultural Affairs and Sport, Anroux Marais, preparing to cut the red ribbon at the opening of the Ashbury library in Montagu.

Umpathiswa uvula Ngokusemthethweni iThala-Leencwadi laseAshbury

"Eli thala-leencwadi lizakuba yindawo ephambili yolwazi"

UMphathiswa weNtshona-Koloni weMicimbi yeNkcubeko, u-Anroux Marais, uvule ngokusemthethweni i-Thala-leencwadi eMontagu ebutsheni bale nyanga.

Eliziko linezinto zikanokutsho, nelixabisa izigidi ezi-6.1 zeerandi, lizakunceda abantu abanokuba ngama-10 000.

Emva kokuba uMarais kunye neSekela likaSodolophu, uCeba uGideon Joubert, besike ilaphu elibomvu ntoleyo ebibonakalisa ukuvulwa kwesakhiwo ngokusemthethweni, bathathwa bahanja-hanjiswa ukuze babone iinkonzo ekunikelwa ngazo.

Ikwayala yeSikolo samabanga Aphakathi yacula iingoma zambini ngexesha lalomsitho.

UMarais waye wachaza ukuba umnqweno wakhe ngowokuba elithala-leencwadi lidale indawo ekhuselekileyo nefanelekileyo yokwenza abadala kunye nabafundi babe nokufunda, nokuzonwabiswa, babe nokulola izakhono zabo zokufunda nokubhala kwanokufunda ngendzolo. Eli lithala-leencwadi lihle kakhulu.

Ndibongoza bonke abahlali abaza kusebenzisa eliziko ukuba balenze elabo kwaye balinakekele. Eli thala-leencwadi alenzelwanga thina kuphela kodwa lenzelwe nenzala yethu."

Abasebenzi sele beqalisile ukubamba iiseshini zokubaliswa kwamabali, baqhuba noqhelaniso nethala-leencwadi bekwabafundisa nabantwana basekuhlaleni ngendlela yokuziphatha kwithala-leencwadi.

Ngokutsho kukaCecilia Sani, uMalathisi: weeNkonzo zaMathala-eencwadi, kwiNkonzo zaMathala-eencwadi kwiPhondo laseNtshona Koloni, zingama-9 500 iincwadi ezaye zanikezelwa kwithala-leencwadi laseAshbury ngoMatshi 2017.

"Ndiyakholwa kwaye ndikwathemba okokuba elithala-leencwadi lizakuba liziko eliphambili lolwazi anokuthi ngalo amalungu oluntu alusebenzise – nokuba ziincwadi okanye nokuba kukufikelela simahla kwi-intanethi."

Ithala-leencwadi lizakuxhotyiswa ngoku kulandelayo:

- Iikhompyutha ezine intanethi.
- Oomatshini bokwenza iikopi



Umbono ngaphakathi kwisakhiwo esitsha Sethala-leencwadi lase-Ashbury

- Iincwadi zeentsomi kunye nezemabali enyane ngeelwimi ezi-3 ezahlukeneyo
- Iimagazini namaphephandaba
- iiCD
- iiDVD
- Iinkqubo zokufundiswa kwabantwana
- Uqeqeshelo lwekhompyutha
- Iindawo zokufundela
- Ukuncedwa nangeeprojekti zesikolo

Wenza kanjani ukubhalisa kwithala-leencwadi?

Ingaba lilungu simahla kungekho ntlawulo nakweliphi lelinye lethala-leencwadi ozikhethela lona kummandla waseLangeberg. Yiya uphethe incwadi ye-ID uze uzalise amaxwebhu okwenza isicelo.



UMasipala waseLangeberg usingathe iseshoni yeeSMME eMontagu

UMasipala waseLangeberg ebebambe iseshoni yaMashishi Amancinci nasaKhulayo ngobambiswano neSebe lokuPhuhliswa kwaMasishini Amancinci nasaKhulayo kunye noSEDA, malunga nezibonelelo ezifumanekayo zokukhuthaza amashishini.

Leseshoni, nebibanjelwe kwiHolo yoLuntu laseMontagu kulenyanga iphelileyo, ibatyhilele malunga nobuninzi

bezibonelelo ezifumanekayo nezikhuthaza imveliso yeeSMME. Osomashishini baye bachazelwa ngezi zibonelelo zifumaneka kwaDSBD, kwanokuba bangazifaka njani izicelo zazo.

USEDA uphinde wabachazela oosomashishini malunga neenkonzo zabo kwanendlela abonokuba luncedo ngalo.

Babe malunga nama-41 oosomashishini basekuhlaleni abathe beza kule ndibaniselwano.



Bangaphezu kwama-41 oosomashishini basekuhlaleni ebebeye kwiseshoni yooSomashishini Abancinci nabaSakhulayo eMontagu.

Langeberg Munisipaliteit gasheer vir KMMO sessie in Montagu



More than 41 local businesses attended the Small Medium Micro Enterprise session in Montagu.

Langeberg Munisipaliteit het 'n sessie oor produkaansporings vir Klein Medium en Mikro Ondernemings (KMMO) in samewerking met die Departement van Kleinsake-ontwikkeling (DSBD) en SEDA aangebied.

Die sessie wat verlede maand by die Montagu gemeenskapsaal gehou is, het insig gegee oor 'n reeks produk-aansporings vir KMMO's. Die besighede is ingelig oor hierdie aansporings wat deur DSBD beskikbaar gestel is en hoe om aansoek te doen.

SEDA het ook die besighede ingelig oor hul dienste en hoe hulle kan help.

Ongeveer 41 plaaslike besighede het die geleentheid bygewoon.

Langeberg Municipality hosts SMME session in Montagu



Langeberg Municipality hosted a Small Medium Micro Enterprise (SMME) session on product incentives in collaboration with the Department of Small Business Development (DSBD) and SEDA.

The session, which was held at the Montagu Community Hall last month, provided insight about a range of product incentives for SMME's. The

businesses were briefed about these incentives, which have been made available by DSBD, and how to apply for them.

SEDA also briefed the businesses about their services and how they can be of assistance.

About 41 local businesses attended the event.

I-KULTUURKIS YASELANGEBERG

'ILangeberg ibhiyozela abadlali basekhaya abatsha nabanesiphiwo ngoSuku loLutsha'

UMasipala waseLangeberg ngobambiswano noMbutho i-RAD ubambe i-Kultuurkis yaseLangeberg yonyaka e-Ashton kulenyanga iphelileyo, kubhiyozelwa iziphiwo zolutsha kulenkqila kwicandelo lobugcisa kunye nemidlalo yeqonga.

Malunga nama-300 ababukeli bebezokuzibonela ukudlala kwamaqela ali-13 kwiHolo leDolophu laseAshton ngomhla wama-16 Juni ngelokubhiyozela uSuku loLutsha.

Amaqela ebedlala ebequka: i- Next Step Dance Academy neFirst Step Ballet (yaseMcGregor); iNkqubo yoLuntu i-Oyisa(yaseNkqubela); uLucanda

noMandy (Iimvumi zaseNkqubela); i-New Generation Community Arts Development (yaseRobertson); i-Robertson Brass Band (yaseRobertson); iQela Labadlali Beqonga lamaKoisan (laseRobertson); i-Dancescape yaseMzantsi Afrika (yaseZolani); UJukadian (waseBonnievale); i-Ashton Arts Crew (yaseAshton); i-RAD Legends Drumline (yaseMontagu); i-NIELO (yaseMontagu); i-LJ Duo neZolani Combined Voices (yaseMontagu naseZolani) kunye ne-Askoeke neStofskoppers (yakwaKoo).

Injongo yalo mnyadala ibikukuboniswa kwezona ziphiwo zolutsha lwasekhaya.

Umbutho i-RAD iqhube uvavanyo lwezakhono ngaphambi komnyadala

weKultuurkis, khonukuze babone iziphiwo ezikhoyo apho ukuze babaqeqeshe ukuphucula indlela abazakudlala ngayo.

Kusoloko kukho ithuba lokuba abadlali abanamava bangaziqaphela iziphiwo mhlawumbi bafune nokubanceda baqhubele phambili uphuhliso lwabo. Ngamanye amaxesha baye bafumane namathuba okuba babonise ngezziphiwo zabo kumaqonga amakhulu. Ngaphambili, isininzi zolutsha labadlali begqibela besiyakudlala kwindawo zaseBaxter, e-Artscape naseKKNK.

Uqeqesho luzakuqhubekeka lusenziwa kula maqela rhoqo, kwaye kungenzeka banikwe nethuba lokuba badlale kweminye iminyadala.

Umnyadala waseMontagu uyaqhubeka kwaye uMbutho i-RAD uzakubahlawulela imali yonkungenakuba bayafuna ukuthatha inxaxheba. Kulo mnyadala kuza kubakho abagwebi kwaye abo bathatha inxaxheba bazakufumana iziqinisekiso zokuthatha inxaxheba ukuba badlale ngendlela ephume emagqabini.

Eneneni kubaluleke kakhulu ukufumana uqeqesho olulungileyo kunye nomntu ozahlala ekucebisa umzekelo kwiintlobo ezifana nebhaleyi, ukudanisa kunye nomdlalo weqonga. Ababantwana bangaziphilisa ngalemidlalo ukuba ngaba banesiphiwo ngokwaneleyo, kwanokuba bafumana isikhokhelelo esichanekileyo.



Langeberg Kultuurkis

‘Langeberg vier plaaslike, jong en talentvolle kunstenaars op Jeugdag’

Langeberg Munisipaliteit, in samewerking met RAD Stigting, het verlede maand sy jaarlikse Langeberg Kultuurkis in Ashton gehou om die streek se jong talent in die kunste en drama te vier.

Ongeveer 300 toeskouers het op 16 Junie die 13 groepe sien optree by die Ashton Stadsaal ter viering van Jeugdag.

Die groepe wat opgetree het, het ingesluit: Next Step Dansakademie en First Step Ballet (McGregor); Oyisa Gemeenskapsprogram (Nkqubela); Lucanda en Mandy (sangers van Nkqubela); New Generation Gemeenskap Kunste Ontwikkeling (Robertson); Robertson Blaasorkes (Robertson); Koisan Dramagroep (Robertson); Dancescape Suid-Afrika (Zolani); Jukadian (Bonnievale); Ashton Arts Crew (Ashton); RAD Legends Drumline (Montagu); NIELO (Montagu); LJ Duo en Zolani Combined Voices (Montagu en Zolani) en Askoeke en Stofskoppers (Koo).

Die doel van hierdie fees is om die beste in plaaslike jong talent uit te beeld.

Die RAD Stigting het voor die Kultuurkis-fees oudisies gehou om die



Hier is een van die talentvolle groepe wat opgetree het by die Langeberg Kultuurkis.

talent te identifiseer en hulle opleiding te gee om hulle vertonings te verbeter.

Daar is altyd ‘n kans dat ervare kunstenaars die talent sal raaksien en dalk wil help om hulle verder te ontwikkel. Sommige kere kry hulle selfs geleenthede om hulle talente op ‘n baie groter platform te vertoon. In die verlede het baie van hierdie

jong kunstenaars by die Baxter-teater, Artscape en KKNK opgetree. Opleiding sal voortdurend aan hierdie groepe verskaf word en hulle sal moontlik die geleentheid kry om by ander geleenthede op te tree.

By die Montagu-fees sal die RAD Stigting vir hulle betaal om in te skryf indien hulle wil optree. Hier sal daar beoordelaars wees

en deelnemers sal sertifikate ontvang indien hulle optredes uitstaande is.

Dit is baie belangrik om die nodige opleiding te kry in genres soos ballet, dans en drama. Met die regte leiding kan hierdie kinders ‘n loopbaan maak uit die kunste indien hulle talentvol genoeg is.

LANGEBERG KULTUURKIS

‘Langeberg celebrates local, young and talented performers on Youth Day’

Langeberg Municipality in collaboration with RAD Foundation hosted its annual Langeberg Kultuurkis in Ashton last month, to celebrate the region’s young talent in the arts and drama sector.

About 300 spectators witnessed 13 groups perform at the Ashton Town Hall on 16 June in celebration of Youth Day.

The groups that performed included: Next Step Dance Academy and First Step Ballet (McGregor); Oyisa Community Programme (Nkqubela); Lucanda and

Mandy (singers from Nkqubela); New Generation Community Arts Development (Robertson); Robertson Brass Band (Robertson); Koisan Drama Group (Robertson); Dancescape South Africa (Zolani); Jukadian (Bonnievale); Ashton Arts Crew (Ashton); RAD Legends Drumline (Montagu); NIELO (Montagu); LJ Duo and Zolani Combined Voices (Montagu and Zolani) and Askoeke and Stofskoppers (Koo)

The purpose of this festival is to showcase the best in young local talent.

The RAD Foundation conducted auditions before the Kultuurkis festival, to identify the talent out there and provided them with training to enhance their performances.

There is always a chance that experienced artists would notice the talent and might want to assist in furthering their development. Sometimes they even get

opportunities to showcase their talents on a much bigger platform. In the past, a lot of these young artists ended up performing at the Baxter Theatre, Artscape and KKNK.

Training will continue to be provided to these groups on an ongoing basis and they might be given the opportunity to perform at other events.

The Montagu festival is taking place and RAD Foundation will pay for them to enter if they want to participate. At this event there will be judges and the participants will receive certificates if performance is outstanding.

It is very important to get the correct training and mentorship in genres such as ballet, dance and drama. With the correct guidance, these kids can make a career out of the arts if they’re talented enough.



The RAD Legends Drumline (Montagu) captivates the crowd with their talent.



TB MENINGITIS V&A



Kan TB jong kinders affekteer of is dit 'n siekte vir volwassenes?

TB kan en word deur enigen van enige ouderdom gekontrakteer. Kinders onder die ouderdom van vyf jaar en diegene met 'n siekte wat hul immuunstelsel se vermoë om infeksies te beveg verlaag, soos dié met MIV of ander chroniese siektes, is meer vatbaar vir TB-kontraktering en het dikwels meer ernstige TB.

Beïnvloed TB net die longe of kan dit ander dele van jou liggaam beïnvloed, soos byvoorbeeld jou brein?

Jy kan TB in enige deel van jou liggaam ontwikkel, maar Pulmonale TB (long) is die mees algemene vorm van TB. Jy kan TB van die ruggraat ontwikkel, wat verlamming veroorsaak, of TB in die uterus (baarmoeder) wat onreëlmatige bloeding kan veroorsaak, en natuurlik, TB van die membrane rondom die brein, wat as as TB meningitis bekend staan.

Wat is TB Meningitis en hoe verskil dit van virale- of bakteriële meningitis?

Meningitis is 'n infeksie (of inflammasie) van die meninges (die membrane / weefsel-lae om jou brein wat jou brein beskerm). Dit kan veroorsaak word deur TB (mycobacterium tuberculosis) wat gewoonlik met 'n stadiger progressiewe siekte gepaard gaan as meningitis wat veroorsaak word deur bakterieë (soos Neisseria meningitides, Streptococcus pneumoniae). Bakteriële meningitis gaan gepaard met 'n vinnige aanvang van koors, hoofpyn, braking en nekstyfheid. Kinderimmunisering (bv. Die BCG) word by geboorte gegee om die baba te help om teenliggame teen infeksies soos TB te bou. Alhoewel dit ingeënt word, kontrakteer sommige mense nog steeds infeksies waarvoor hulle geïmmuniseer is.

Virale meningitis word veroorsaak deur 'n virus en is die mees algemene tipe meningitis. Dit gaan gepaard met koors, hoofpyn, naarheid, braking, en sensitiwiteit vir 'n stywe nek. Die meeste mense met hierdie tipe meningitis word op hul eie binne 7-10 dae beter, sonder hospitalisasie of binnearse antibiotika.

Hoe en waarom kontrakteer kinders TB Meningitis?

Kinders kry meningitis van volwassenes. Hul immuunstelsels ontwikkel nog steeds en hulle sal TB makliker kontrakteer as volwassenes, wat dan vanaf die longe na die brein kan versprei. Die BCG immunisering wat by geboorte toegedien word, beskerm teen TB meningitis en ernstige TB vir kinders onder 5 jaar. Moeders wat voorheen TB gehad het bied 'n mate van beskerming aan hul babas deur middel van teen-liggame wat in borsmelk gevind word. Moeders wie borsvoed en wie met TB gediagnoseer was, moet egter individueel geraadpleeg word om die beste uitkoms vir beide ma en baba te verseker. Beide kinders en volwassenes kan TB meningitis kontrakteer. Dit is egter meer algemeen by kinders, veral omdat hul immuunstelsels nie so goed ontwikkel is as volwassenes nie.

Beïnvloed TB Meningitis slegs kinders in minder gegoede gemeenskappe of kinders sonder behoorlike voedinggesondheidsorg?

Sekerlik speel voeding en higiëne 'n rol in die algemene gesondheid van kinders en volwassenes. Maar ENIGE kind wie aan TB blootgestel word en wie se liggaam die ekstra spanning van ondervoeding het, staan 'n kans om TB of TB meningitis te kontrakteer. Alhoewel ons meer siekte in armer gemeenskappe sien, het dit meer te doen met die nabyheid aan mekaar - baie

mense in een huis, gedeelde slaapreëlings en die gebrek aan toeganklikheid tot algemene infeksiebeheer- en voorkomingsmaatreëls.

Wat is die simptome van TB Meningitis?

- Koors, hoofpyn, naarheid en braking.
- Koors, hoofpyn, naarheid en braking
- Sensitiwiteit teenoor lig
- Nekstyfheid, lusteloosheid
- Later: aanvalle, swakheid in dele van die liggaam, verlies van bewussyn

Wat is die behandelingsopsies

- Hang af van die oorsaak -
- Virus: bedrus, pynverligting,
- Bakteriële: hospitalisasie, binnearse antibiotika wat afhang van watter tipe bakterieë die meningitis veroorsaak, simptome verligting
- TB: gewoonlik hospitalisasie totdat die persoon beter voel, 6-9 maande anti-TB medikasie wat deur die mond geneem word, simptome verligting

Is dit dodelik of kan dit genees word?

Dit kan genees word. As die TB multi-dwelm bestand is, kan dit langer neem om te genees. Soms kan die pasiënt sterf weens komplikasies van die siekte of die TB reageer nie op behandeling nie.

As jy dit een keer gehad het, kan jy dit weer kontrakteer of is jou liggaam immuun?

Jy kan TB weer en weer kontrakteer, daarom is dit so belangrik dat ons almal verantwoordelikheid vir die genesing van TB neem.

Kan jy jou kind teen TB Meningitis inent?

Die BCG immunisering wat by geboorte gegee word, beskerm teen TB meningitis en ernstige TB, by kinders onder 5 jaar.

Het die Wes-Kaap Departement van Gesondheid 'n spesifieke strategie om TB in die Wes-Kaap aan te spreek?

Ja. Aktiewe gevallestudie en toetsing word op alle vlakke van sorg uitgevoer. Gemeenskapsgebaseerde dienste doen toetsing tydens elke huisbesoek, spesifiek by die huise waar daar vorige TB-gevalle was. Kliënte word na hul kliniek verwys vir verdere sorg en toetsing indien nodig. Gesondheidsorgwerkers by klinieke kontroleer alle pasiënte vir simptome en toets waar nodig. Uitgebreide berading word aan nuwe TB-pasiënte gebied, aangesien die behandeling lank is en baie ondersteuning nodig word; Dié pasiënte wat goeie ondersteuning van familie, vriende en gesondheidswerkers kry, het 'n beter kans om TB te klop.

Vind dit. Voorkom dit. Genees dit.

Is TB Meningitis by kinders meer algemeen by kinders wat MIV+ is?

JA, MIV+ kinders (en volwassenes) het verswakte immuunstelsels en het meer risiko om TB-siektes, longe en meningitis te ontwikkel. Daar is voorkomende behandeling (profylaxis) wat die kans kan verminder dat die persoon met MIV+ TB kan kry. Antiretrovirale terapie, wat die hoeveelheid MIV in die bloed verminder en tot 'n beter immuunstelsel lei, sal ook die persoon met MIV+ se kans om TB-siekte te ontwikkel, verminder. Profylaxis - voorkoming van TB by kinders onder 5 jaar en MIV + persone deur daaglikse behandeling van 'n enkel anti-TB-geneesmiddel (isoniazid) om die kans om TB-siekte te verminder nadat hulle in kontak gekom het met 'n volwassene wie TB het. By kinders word dit gewoonlik vir 6 maande gegee; By volwassenes, vir 36 maande.

TB Meningitis: Q&A

Can TB affect young children or is it an adult disease?

TB can and is contracted by anyone, of any age. However, children under the age of five and those people with an illness that reduces their immune system's ability to fight infections, such as those with HIV or other chronic illnesses are more susceptible to contracting TB and often have more severe TB.

Does TB only affect the lungs or can it affect other parts of your body, for example your brain?

You can develop TB in any part of your body, but Pulmonary TB (lung) is the most prevalent form of TB. You can develop TB of the spine, which causes paralysis, or TB in the uterus (womb) which can cause irregular bleeding, and of course, TB of the membranes around the brain, is known as TB meningitis.

What is TB Meningitis and how does it differ from viral or bacterial meningitis?

Meningitis is an infection (or inflammation) of the meninges (the membranes/layers of tissue around your brain which protect your brain). It can be caused by TB (mycobacterium tuberculosis) which usually presents with a more slowly progressive illness, than meningitis caused by bacteria (such as Neisseria meningitides, Streptococcus

pneumoniae). Bacterial meningitis presents with a rapid onset of fever, headache, and vomiting and neck stiffness. Childhood immunization (for example the BCG) is given at birth in order to assist the baby to build antibodies against infections such as TB, even if vaccinated some people still contract and develop infections for which they were immunised.

Virale meningitis is caused by a virus and is the most common type of meningitis. It presents with fever, headache, nausea, vomiting, and sensitivity to light, stiff neck. Most people with this type of meningitis get better on their own within 7- 10 days, without hospitalisation or intravenous antibiotics.

How and why do children contract TB Meningitis?

Children contract meningitis from adults. Their immune systems are still developing and they will contract TB easier than adults, which can then spread from the lungs to the brain. The BCG immunization given at birth protects against TB meningitis, and severe TB, in children under 5 years. Mothers who have had TB previously offer some protection to their babies through anti-bodies found in breast milk – However, breast feeding mothers diagnosed with TB need to be individually consulted to ensure the best outcomes for both mother and baby. Both Children and adults can contract

TB meningitis; however it is far more prevalent in children, especially as their immune systems are not as well developed as those of adults.

Does TB Meningitis only affect children in less affluent communities or children without proper nutrition healthcare?

Certainly nutrition and hygiene play a role in the general health of children and adults. However ANY child who is exposed to TB and whose body has the added stress of being malnourished stands a chance of contracting TB or TB meningitis. Although we see more disease in poorer communities this has more to do with proximity to one another – many people in one home, shared sleeping arrangements and the lack of accessibility to general infection control and prevention measures

What are the symptoms of TB Meningitis?

- Fever, headache, nausea and vomiting
- Sensitivity to light
- Neck stiffness, lethargy
- Later: seizures, weakness in parts of the body, loss of consciousness

What are the treatment options?

- Depends on the cause
- Viral: bed rest, pain relief
- Bacterial: hospitalisation, intravenous

antibiotics which will depend on what type of bacteria caused the meningitis, symptomatic relief

- TB: usually hospitalisation until the person is feeling better, 6-9 months of anti-TB medication taken by mouth, symptomatic relief

Is it fatal or can it be cured?

It can be cured. If the TB is multi-drug resistant it may take longer to cure. Occasionally, the patient may die due to complications of the disease or the TB not responding to treatment.

If you've had it once, can you contract it again or is your body immune?

You can contract TB again and again, that is why it is so important that we all take responsibility for curing TB.

Can you vaccinate your child against TB Meningitis?

The BCG immunization given at birth protects against TB meningitis, and severe TB, in children under 5 years.

Does the WC Department of Health have a specific strategy in place to address TB in the Western Cape?

Yes. Active case finding and screening is performed at all levels of care. Community based services, do screening during every home visit, specifically

Continue on pg 7



i-TB yeMeninjatisi: Q&A

Ingaba i-TB (isifo sephepha) iyabachaphazela abantwana okanye isisifo sabantu abadala?

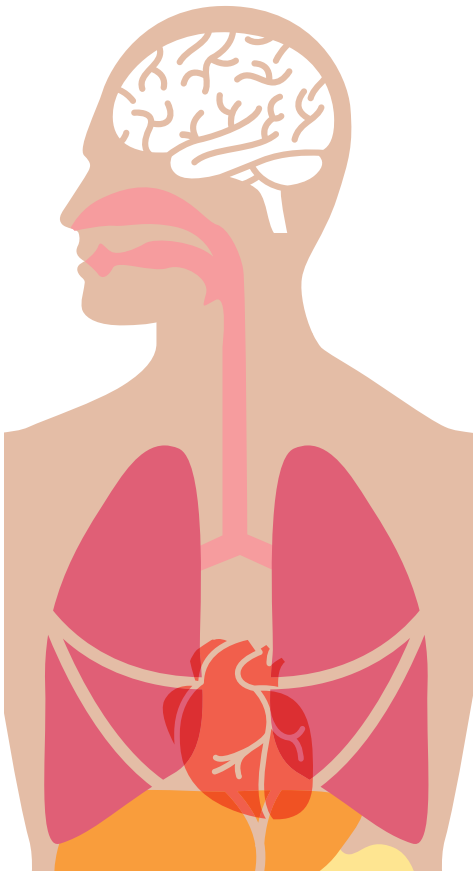
I-TB (isifo sephepha) inakho kwaye ingafunyanwa nangubani na, okuyo nayiphina iminyaka. Sekunjalo, abantwana abangaphantsi kweminyaka emihlanu kunye nabo baphila nezigulo ezinciphisa amandla amajoni omzimba ukuba alwe izifo ezosulelayo, ezifana ne-HIV okanye ezo zinganyangekiyo bona basengciphekweni enkulu yokuba bangayifumane i-TB futhi ibe nobuzaza bagule kakhulu yi-TB.

Ingaba i-TB ihlasela imiphunga kuphela okanye ingawachaphazela namanye amalungu omzimba wakho, umzekelo ubuchopho?

Ingayifumana i-TB nakuliphi ilungu lomzimba lakho, kodwa isifo sephepha semiphunga lolona hlobo luxhaphakileyo. Ungabanayo i-TB kumnqonqo, ntoleyo engakwenza ungakwazi ukuhamba, okanye ube ne-TB esibelekweni ntoleyo yenza ukuya exesheni kungahambi ngendlela, kwakhona futhi, i-TB kwiimaleko ezijikeleze ubuchopho, neyaziwa njenge-TB yemeninjatisi (yasebuchotsheni).

Yintoni i-TB yeMeninjatisi kwaye yohluka kanjani kwimeninjatisi engenabungozi okanye leyo inobungozi nebulalayo?

Imenenjatisi [isigulo sokuhlaselwa yintloko ebuhlungu nokuqina kwemisipha yentamo] kukosuleleka (okanye ukudumba) kwiimaleko ezisebuchotsheni(iinwebu/imaleko yemicwe ejikeleza negquma ubuchopho bakho nekhusele ubuchopho bakho). Oku kungabangelwa nayi-TB (iiqela



leentsholongwane zesifo sephepha) nezithi ngokuqhelekileyo zizivelise ngokwesigulo esithe chu siqhubeka, kunokuba kubangelwe yintsholongwane (efana ne-Neisseria meningitides, i- Streptococcus pneumoniae). Intsholongwane yemenenjatisi enebungozi nebulalayo nezibonakalisa ngokomkhuhlane ongapheliyo, intloko ebuhlungu, ukugabha kunye nokuqina kwemisipha yentamo. Ugonyo lwabantwana (umzekelo i-BCG) inikwa abantwana xa bezalwa ukuze ibancedise ekwakheni izilwa-mzimba zeentsana ukuze zibenakho ukumelana nokosulelwa zizifo ezifana ne-TB,

nokuba ke sebegonyiwe abanye abantu baye bayifumane kwaye babonakalise neempawu zokosuleleka sesosifo bebegonyelwe sona.

Imenenjatisi engenabungozi bukhulu ebangelwa yintsholongwane kwaye lolona hlobo lwemenenjatisi luxhaphakileyo kakhulu. Iye izibonakalise ngokomkhuhlane, intlonko ebuhlungu, isicaphu-caphu, ukugabha, ukungadibani nokukhanya, ukuqina kwentamo. Abantu abaninzi abanoluhlobo lwemenenjatisi baye babengcono ngokunokwabo kwiintsuku nje ezisi-7 ukuya kwezili-10, bengakhange baye kwagqirha okanye bafakwe isibulali-zintsholongwane.

Kanjani futhi kutheni abantwana befumana i-TB yeMenenjatisi?

Abantwana bayifumana imenenjatisi kubantu abadala. Amalungu kunye namajoni omzimba abo asakhula ngenxa yoko bangayifumana lula i-TB kunabantu abadala, ntoleyo eyenza isasazeke ukusuka kwimiphunga ukuya ebuchotsheni. Ukugonyelwa i-BCG nenikwa ebantwana ukuzalweni ibakhusela kwi-TB yemenenjatisi, nakwi-TB kubantwana abangaphantsi kweminyaka emihlanu. Oomama abakhe banayo i-TB ngaphambili bona bazikhusela iintsana zabo ngezibulali-ntsholongwane zomzimba ezifumaneka kubisi lwebele lukamama – Sekunjalo, oomama abancancisayo nabafunyaniswe bene-TB kufuneka babonwe buqu ukuze kuqinisekise iziphumo ezihle kumama kunye nomntwana.

Qhubeka kwiphepha 8

TB meningitis: Q&A

from page 6

to those homes where there have been previous TB cases. Clients are referred to their clinic for further care and testing of necessary. Health care workers at clinics check all patients for symptoms and test where necessary. Extensive counselling is offered to new TB patients as the treatment is long and a lot of support is required; those patients who have a good support system in family, friends and health care workers have a better chance of beating TB.

Find it. Prevent it. Cure it

Is TB Meningitis in children more prevalent in children who are HIV+?

YES, HIV+ children (and adults) have weakened immune systems and are more at risk of developing TB disease, lungs and meningitis. There is preventative treatment (prophylaxis) which can decrease the chance of the HIV+ person getting TB. Antiretroviral therapy which decreases the amount of HIV in the blood, and leads to a better immune system, will also decrease the chance of the HIV+ person developing TB disease. Prophylaxis – preventing TB in children under 5 years and HIV+ persons by giving daily treatment of a single anti-TB drug (isoniazid) to decrease the chance of developing TB disease after coming into close contact with an adult who has TB. In children, this is usually given for 6 months; in adults, for 36 months.

WATER ANALYSIS



ANALYSIS	ASHTON	BONNIEVALE	McGREGOR	MONTAGU	ROBERTSON	SANS 241-1 2015
	Sample no.: 16378 Date Sample: 2017/07/17 Date Analysed: 2017/07/18	Sample no.: 16383 Date Sample: 2017/07/17 Date Analysed: 2017/07/18	Sample no.: 16388 Date Sample: 2017/07/17 Date Analysed: 2017/07/18	Sample no.: 16392 Date Sample: 2017/07/17 Date Analysed: 2017/07/18	Sample no.: 16399 Date Sample: 2017/07/17 Date Analysed: 2017/07/18	
pH (at 25°C)	7.77	7.67	7.77	7.37	7.32	≥ 5 - ≤ 9.7 Operational
Colour (mg/l as Pt)	<4	41	5	<4	<4	≤ 15 Aesthetic
Conductivity (mS/m) (at 25°C)	80.0	118	11.0	69.0	26.0	≤ 170 Aesthetic
Turbidity (NTU)	10.5	1.0	1.3	0.92	1.4	≤ 5 Aesthetic ≤ 1 Operational
Free Chlorine (mg/l)	0.12	0.42	0.14	1.8	0.99	≤ 5.0 Chronic Health
Aluminium (ug/l asAl)	1577	650	468	323	315	≤ 300 Operational
Iron (ug/l asFe)	257	32	38	<24	<24	≤ 300 Aesthetic ≤ 2000 Chronic <0.05Health
E.coli (count per 100ml)	<1	<1	4	<1	<1	Not Detected Acute Health -1
Heterotrophic Plate Count (count per 100ml)	6	9	120	<1	<1	≤ 1000 Operational
Total Coliform Bacteria (count per 100ml)	<1	<1	308	<1	<1	≤10 Operational



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IMIBUZO OKANYE IINGCEBISO?

Ingaba unazo kusini na iingcebiso malunga nendlela esinokuphucula ngalo unxibelelwano kunye nawe? Okanye, ingaba unemibuzo ethile malunga nelineye lamanqaku ethu?

Nceda ke uqhagamshelane no-Matthew Sheldon, ku-msheldon@langeberg.gov.za okanye umtyelele kwisakhiwo sakwaMasipala esise-28 Main Road, Ashton, 6715



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Langeberg_Muni

i-TB yeMeninjatishi: Q&A (Continued)

Ukusuka kwiphepha 7

Abantwana kunye nabantu abadala bangayifumana i-TB yemeningitis; nangona kunjalo ixhaphake kakhulu ebantwaneni, ikakhulu njengokuba amalungu kunye namajoni emizimba yabo engakakhulu kakuhle ngokufana nalo abantu abadala.

Ingaba i-TB yeMeninjatishi ichaphazela abantwana abakwindawo zabantu abasokolayo okanye abangafumani sondlo-sempilo sifanelekileyo?

Ngokuqinisekileyo isondlo kunye nococeko zidlala indima kwimpilo jikelele yabantwana nakweyabantu abadala. Sekunjalo NAWUPHI NA umntwana ohlala nabantu abane-TB nomzimba wakhe oxinzeleleke kukungondleki unethuba lokufumana i-TB okanye i-TB yemeningitis. Nangona sizibona izifo ezininzi kwiindawo zabantu abahluphekileyo oku kubangelwa kukuhlala ngokusondelelana kwabo omnye komnye – abantu babebaninzi kwikhaya elinye, balale ndaweninye futhi bangabinakho nokufikelela kwizinto ezikhoyo zokulawula nokuthintela ukosuleleka.

Zithini iimpawu ze-TB yeMeninjatishi?

Ngumkhuhlane, intloko ebuhlungu, isicaphu-caphu kunye nokugabha Ukungandibana nokukhanya Ukuqina kwentamo, ukuphelelwa ngamandla okanye umdla Kamva: ukuxhuzula, ukutyhafa kwamalungu athile omzimba, nokumkelwa zingqondo

Zeziphi iindlela zokuyinyanga?

Kuya ngokuthi ibangelwa yintoni Engenabungozi: ubesebhedini,

izithomalalisa zintlungu Enebungozi nebulalayo: ulaliswa esibhedlele, ufakwa izibulali-ntsholongwane nezithi zixhomekeke kuhlobo lwentsholongwane ebangelwe yimeninjatishi, ukubonakalisa iimpawu zesifo i-TB: ubukhulu becala ulaliswa esibhedlele ade umntu azive engcono, usele amayeza alwa i-TB iinyanga ezi-6 ukuya kwezili-9, ukubonakalisa iimpawu zesifo

Ingaba iyabulala okanye iyanyangeka?

Inakho ukunyangeka. Ukuba yile-TB engavumi kunyangeka ingathatha ixesha elide ukuba inyangwe. Maxa wambi, isigulane singade sibhubhe ngenxa yobuzaza besisifo okanye kuba i-TB inganyangeki.

Ukuba wakhe wanayo ngaphambili, ungabanayo kwakhona okanye ingaba umzimba wakho uyakwazi ukumelana nayo?

Unakho ukuyifumana i-TB kwakhona nakwakhona, yiyo lonto kubalulekile ukuba sonke siluthathe uxanduva lokuyinyanga i-TB.

Ingaba unakho ukumngonya umntwana wakho angabinayo i-TB yeMeningitis?

Ukugonyelwa i-BCG nanikwa xa umntwana ezalwa imkhosela angabinayo i-TB yemeninjatishi, kunye ne-TB enobuzaza, kuba ntwana abangaphantsi kweminyaka emihlanu.

Ingaba iSebe lezeMpilo laseNtshona Koloni linalo iqhinga elithile lokuhlalabazana ne-TB eNtshona Koloni?

Ewe. Amaphulo okufunyaniswa nokuhlolwa enziwa kuwo onke amanqanaba okhathalelo. Iinkozo zokhathalelo zoluntu, zenza uhlolo ngamaxesha batyelela ngawo amakhaya, ingakumbi kulomakhaya kwakhe kwabakho kuwo abantu abane-TB ngaphambili. Izigulana ziye zithunyelwe

kwikliniki zabo ukuba bayokunakekelwa banzi kuzo kwaye bazixilonge ukuba kuyadingeka.

Abasebenzi bonakekelo lwempilo ezikliniki baye bazihlotele iimpawu izigulane futhi bazixilonge ukuba kuyadingeka. Kunikwa iingcebiso ezinzulu kwizigulana eziqala ukuba ne-TB nanjengoko ixesha lonyango lulude kwaye ludinga inkxaso enkulu; ezo zigulana zokwaziyo ukuyifumana inkxaso kwiintsapho zabo, kwizihlobo kunye nabasebenzi bonakekelo lwempilo banamathuba angcono bona okuyoyisa i-TB.

Yifumane. Yikhusela. Yinyange.

Ingaba i-TB ye Meninjatishi yabantwana ixhaphakile kakhulu kwabo bantwana bane-HIV?

Ewe- abantwana abane-HIV (kwanabantu abadala) amajoni omzimba wabo abuthathaka kwaye basengciphekweni enkulu yokuba naso isifo se-TB, semiphunga kunye nemeninjatishi. Lakhona unyango lokuyikhusela (amanyathelo okuyikhusela) nathi anciphise amathuba kumntu one-HIV ukuba afumane i-TB. Ukusebenzisa i- Antiretroviral nezithi zithobe inani leentsholongwane ze-HIV egazini, zize zenze amajoni omzimba wakho abengcono, nazo ziyawanciphisa amathuba okuba umntu one-HIV asifumane isifo se-TB.

Amanyathelo okuyikhusela – Ukuthintela i-TB kubantwana abangaphantsi kweminyaka emihlanu nakubantu abane-HIV ngokuthi banikwe mihla yonke unyango lwabo lweepilisi ezilwa i-TB (i-isoniazid) ukunciphisa amathuba okufumana isi se-TB emva kokuba behlangene nomntu omdala onesifo se-TB. Kuba mntwana, bavamise ukunikwa iinyanga zibe-6, ize abantu abadala, bayinikwe iinyanga ezingama-36.



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