



U-Vincent uyintatheli yesiteshi i-RX Radio. Usezindlini zomsakazo ukuzoqopha uhlelo lwakhe.

Namhlanje uhlelo luka-Vincent lugxile ezinganeni eziphila nezimo zempilo ezingezinhle.

Uxoxisana nazo mayelana nezimo ezizithola zibhekene nazo ngalesi sikhathi sobhubhane lwekhovidi.



“Sanibonani balaleli, ngu-Vincent ezindlini zokusakaza i-RX Radio. Namhlanje izivakashi zami engizoxoxa nazo uMulalo, u-Ashley, no-Lina,” kusho u-Vincent.

Izivakashi ziyazethula.

U-Vincent uyaqhubeka, “Ubhubhane lwekhovidi luze nezinselelo ezinzima kakhulu kubantu abakhubazekile. Ningachazela abalaleli bethu ngalokho.”



UMulalo uyaqala, “Nginesifo engiphila naso esithikameza ukusebenza kwezicubu zami: imilenze, izandla, nokuphefumula. Ngesilungu sibizwa nge *spinal muscular atrophy*.

Uma igciwane lekhovidi lalingase lihlangane nokugula kwami, ngangingafa nokufa. Amaphaphu ami awasebenzi njengoba kufanele, uma ayengangenwa yigciwane lekhovidi kwakungase konakale.”



U-Lina wathi, “Nami ngangithuke kakhulu. Nginesifuba esicinanayo esenza ngingakwazi ukuphefumula kahle.

Uma nje ngikhwehlela noma ngiqala ukuphefumulela phezulu, ngangingazi noma isifuba lesi esicinanayo engisijwayele noma sekuyiyo ikhovidi. Yayingasilimaza kakhulu isifuba sami.”



U-Ashley uyaphawula, “Nginesifo sengqondo esibizwa nge *bipolar disorder*. Sithikameza ukusebenza kwengqondo futhi ngithatha imithi yokuselapha.

Ngesinye isikhathi ngizizwa ngidangele kakhulu noma ngithukuthele. Ngesinye isikhathi imizwa yami ishintsha ngokushesha. Kuba nzima kakhulu ukulawula imizwa yami.”



“Ngiyabonga ngokusixoxela ngezimo enibhekane nazo. Ingabe ikhona into enhle eniyizuzile ngesikhathi sobhubhane lwekhovidi?” kubuza u-Vincent.

“Ngikwazile ukuchitha isikhathi esiningi nomndeni wami. Sasidlala imidlalo yezingqwembe ndawonye, lokho bengikuthokozela kakhulu,” kusho u-Lina.



Nami ngibe nesikhathi esimnandi nomndeni wami.
Ngenhlanhla bengikwazi ukuzithathela imithi yami kahle
ngisekhaya," kuphendula uMulalo.

"Ngathatha isinqumo sokusebenzisa leli thuba kangcono.
Ngithole isikhathi sokuxhumana nomndeni wami.
Ngaphinde ngaphenduka ngakhonza uNkulunkulu futhi
ngathandaza," kusho u-Ashley.



U-Vincent ubheka isikhathi ewashini elisodongeni ezindlini zokusakaza. “Ngeshwa wathi sesiphelelwa yisikhathi.”

“Yimaphi amazwi akhuthazayo eningabelana ngawo nezinye izingane ezinokugula ngokomqondo noma emzimbeni?” kubuza u-Vincent.



U-Ashley uphendula kuqala, “Kukhona isithombe esingesihle esakhiwa ngomuntu onesifo esiphazamisa ingqondo.

Kuyaye kuthiwe uyahlanya noma ufuna ukubukwa, ngifuna konke lokho kushintshe. Akuyona into enhle ukungaphili kahle emqondweni.”



U-Lina uyavuma uthi, “Mina iseluleko sami kwabanye ukuthi ziphathe kahle ube nesineke nempilo yakho. Yazi ukuthi wenza konke okusemandleni ngempilo yakho.”

UMulalo uyaqhubeka, “Ungakhathali. Zikhona izinselelo ezimpilweni zethu, kodwa usangawafeza amaphupho akho.”



—Imibuzo

1. Bhala incazelo yala magama: isimo, isifo ophila naso, isithombe esingesihle.
2. Thola amagama kule ndatshana achaza okufanayo nalawa: kakhulu, imibono, ithuba.
3. Kusho ukuthini uma utholwa unesifo esithikameza ingqondo noma umzimba?
4. Ungamsekela kanjani umuntu ophila nokukhubazeka okungokomzimba?
5. Ucabanga ukuthi yibuphi ubunzima imindeni ebhekana nabo uma inelungu eliphila nokukhubazeka?
6. Yimiphi imizwa othola kunzima ukuyilawula? Kungani?
7. UMulalo uthi, “Ngenhlanhla, ngikwazile ukuzelapha ekhaya.” Ingabe kuhlale kuphephile ukuzelapha? Chaza.



Le ncwadi yezindaba ixoxa ngemibiko yomsakazo i-RX Radio. I-RX Radio ngumsakazo wezingane we-inthanethi futhi osakaza izindaba ezithinta zona.

Isakazela esiteshini esisesibhedlela saseKapa i-Red Cross War Memorial Children's Hospital.

I-RX Radio isiza izingane ukuba zikwazi ukuxoxa izindaba ngezinto ezibalulekile kuzona.

[Vakashela i-RX Radio](#)