FLORENCE AND WATSON

A TREASURE BOX FOR FAMILIES WITH CHILDREN IN GRADES 1 TO 5.

AN AFTER SCHOOL COLLABORATION

ENGLISH AND ZULU VERSION

UFLORENCE NO WATSON BANIPHATHELE
IBHOKISI LOMCEBO LEMINDENI NEZINGANE
EZIFUNDA KUGRADE 1 UKUYA KU 5.
We are Florence and Watson, honey badgers of a very rare sort. Singing songs while telling stories is our favourite sport.

Everyone has been having a tough time since schools have been closed, so we got together with our friends -- Petal the mouse, Lula the giraffe and Buffel the buffalo -- to make this pack to help families with learners in grades 1 to 5.

National and Provincial education departments are working hard to bring educational resources to children, and we encourage parents and older siblings to assist younger children to do their schoolwork. This pack focuses instead on fun games and enrichment activities to help children get active and creative while they are at home. We hope this resource will bring households together, to learn more about COVID-19, and help each other feel supported and safe.

Take the cover off the book; on the inside you’ll find a board game. Cut out the 6 character tokens and the dice. To construct the dice, fold along all the lines, and glue the flaps. The board game instructions are embedded in the game; the objective is to race your household members to the finish line!

As your family works through the activity challenges, please share with us! Send messages, photos or video clips to this number via WhatsApp 061 332 4349. We hope that you’ll find it interesting and fun!


Bangani bami abancane akumunandi njengoba zizithola ngathini? Yingakho sihlangane nabagani bethu uPetel izikhulu, kanye nozulwa indulumisile abanokuhle uyilunywa. Sihilangene sonke sifuna ukusisa, sifuna futhi nokunifundisa. Sifuna ukusisa imindeni enezingane ezinabafundi baka grade 1, 2, 3, 4 no 5.


Woza ke bangani bethu abancane vulani lencwadi; ngaphakathi nizothola lendililo esikhuluma ngayo. Thatha isikelo usike lezithombe esithunywa kanye nesithombe se-dayisayi. Ukwakha lelilelayi, sikwa ulandile imigca, bese umamathile isezingce ezizengce ecele. Funda imlaseyo yomdlalo ebhaliwe yokululiso ngaphakathi kwebhodi lokululiso. Njengoba sidlala lomdlalo sifuna ukubona ukuthi ubani cazoqeda umjalo kuqala!

Let’s learn about COVID-19 and keep other healthy and safe. Even though we have missed out on school, let’s grow our minds and get creative. Even though we aren’t allowed to play sports, let’s stay fit and strong.

This pack is for learners in grades 1 to 5. Depending on your age, you might find some activities easy and others a bit more difficult. Help your younger siblings to do the easy ones, and ask someone older to help with the harder ones.

Pick a challenge for the day, and tick the box when it’s done. If someone in your household has WhatsApp on their phone, ask them to share your work with me via WhatsApp 061 332 4349.

Let’s look after ourselves and each other; together, we can do this!

Noma singavumelekele ukuthi sidla ngaphandle asijime siqinise umzimba emakhaya.

Lomsebenzi owabafundi baka grade 1,2,3, 4 kanye no grade 5. Kukhona imidlalo enzima kanye nemidlalo elula konke kodwa loku kuya ngokuthi unemnyaka emingaki. Siza obhuti nosisi bakho abancane, nomu ucele usizo kulaba abadala kunawe uma kunza.

Khetha umsebenzi wosuku, bese udweba uphawu phakathi ebhokisini uma usuqedile. Uma uhlala nomuntu onoWhatsapp, mcele angithumele umsebenzi wakho kulenombolo 061 332 4349.

Masinakekelane, sizoyinqoba iCOVID-19!

Sending lots of love, Petal, Lula and Buffel
Yithina esinithandayo, Petal, Lula noBuffel
Covid-19 is a new Corona virus that can:
• Make you cough
• Give you a fever
• And make it difficult to breathe.
• It is spread when small drops (of cough or sneeze) end up in another person’s mouth, nose or eyes.

Many people who get it do not get these symptoms, but they can pass it on to others.

A symptom is the body’s way of telling us and others that we are not well.

Older people and people who are already sick are more at risk of becoming very ill with Covid-19.

But do not be worried! We can stop it from spreading if we:
• Wash our hands
• Don’t touch our faces or rub our eyes
• Do not shake hands
• Cough into our elbows
• Wear masks
• Keep 2m apart from each other
• Stay home as much as possible

iCovid-19 yinhlobo entsha yeCiwane elihlasela isifuba elingakwenza:
• Ube nokushiselwa komzimba
• Ucinane kube nzima ukuphuma
• Uma unalo leligiwiwe uyakwazi ukumthelela omunye umuntu uma utshimula
• Amantha akho uma ethinta omunye emlomene noma emehlwena uyayithola naye i-Covid 19. i-Covid 19 ithlela abanye ngamaconsana anamathela emlonjeni, ekhalesi nasemhlwena womunye uma unaligcwiwe ekhwelela noma etshimula.


Uma ukholile, uphelelwa amandla noma kuchona okwenza emzimbeni okungakwaneleke, umzimba wethu usuke usithela ukuthi usuyagula.


Kodwa ungakathazekile! Singayivimba leCovid-19 ukuthi ithle abanye:
• Geza izandla
• Ungabuthinti ubuso, kanye namehlo
• Umgabhelele umunye umuntu
• Uma ukholilela vala umlomo ngendolowe
• Faka imask
• Akube nesikhala phakathi kwakho nabanye abantu esilingana no-2m.
• Hlala ekhaya unafundlana phandle
**CHALLENGE 1**

To make a tippy tap you will need:
- A plastic bottle with a cap on the head (the kind that fizzy drinks come in)
- The inner tube of a ballpoint pen or other small, tight, hollow tube.

1. Clean the bottle.
2. Make a hole in the bottom of the bottle with a heated piece of wire.
3. Remove and clean the inner tube from a ballpoint pen. Cut it at an angle and push it through the hole in the bottle. The tube should fit tightly.
4. Fill the bottle with water and replace the cap.

If the cap is tight, no water should flow through the tube. If the cap is loose, water should flow in a constant stream.

When you are sure it works, hang it up or place it on a shelf where people can use it for hand washing. Put soap nearby or tie a piece of soap to the bottle with a piece of string.

5. To use the tippy tap: release the cap so that the water can flow. Wet your hands, add soap and rub your hands under the water for twenty seconds until clean.

---

**UMSEBENZI 1**

Ukuzi ukwazi ukwakha iTippy Tap (umpompi omuncane) uzodinga lokhu:
- Ibhodlela leplastiki elinesivalo (njengelamadrinki ahlohlozayo)
- ipayipi lepeni, nomaliphi elinye ipayipi elincane ongalithola.

1. Geza ibhodlela.
2. Yenza imbombo encane ngaphansi kwebhodlela, usebenzise uyingo olushishayo.
4. Gcwalisa ibhodlela ngamanzi bese uvale ngesivalo.

Uma isivalo sigqini, amanzi ngeke aphume e-shubini. Uma isivalo sigxega, amanzi azolokhe ephuma kancane.

---

Uma usunesiqiniseko sokuthi uyasebenza umpompi wakhe omuncane, lengisa nomaliphi endaweni ephephile la abantu bezkwazi ukuzeza izandla zabo khona. Beka insipho eceleni nomaliphi uyibophele Ngamandla Madzane nebhodlela.

LET'S MAKE A MASK

Lula is a stylish and beautiful giraffe. She is also very caring. We all need to wear masks when we leave the house, so Lula made this challenge to help us get creative, be safe and look sharp!

CHALLENGE 2
You will need:
1: Cotton cloth (e.g. dishcloth / folded up t-shirt)
2: 2 elastic bands / hair ties

Fold the cloth by bringing each end to meet in the middle, each side wrapping through the elastic band. Put the bands onto your ears, and tuck the cloth to fit snugly, covering your nose and mouth.

UMSEBENZI 2
Uzodinga lokhu:
1: Indwangu eyenza ngokotini (isb. Indwangu yokugeza izitsha / isikiba esigqqiwe)
2: Amalastiki amabili/noma intambo yokubopho iziniwele.


Be safe, but make it fashion! Phepha, kodwa ubukeke ubemuhle!

I’d love to see your creations! Send a pic of yourself wearing your mask to 061 332 4349.

Ngingakubule ukubona imsisebenzi yenu! Thumela isithombe sakho uggqoke imask yakho kelenombola 061 332 4349.
**CHALLENGE 3**
Let’s make a COVID-19 Time Capsule.

Find a box, and put objects inside it that will remind you of your life at this moment in time.

Measure (or guess, if you don’t have a ruler or measuring tape) the height of every child in the house, and write it down.

Write your future self a letter, describing your experience of lockdown, and how you feel about it.

Draw a picture.
Include some newspaper clippings or pages from a magazine. Put in a till slip from the shop, or a supermarket advertisement.

Then hide your time capsule somewhere secret or bury it in the yard, to dig up in many years’ time when lockdown and social distancing is a distant memory.

☐ Challenge 3 done! Umsebenzi 3 usungulele!

---

**UMSEBENZI 3**
Masenze iCodiv-19 Time Capsule (ibokisi lokukumbula isimo sempilo yakho)

Thola ibhokisi, ufake izinto kulo ezizokukumbuza lesisikhathi emphweni yakho.

Kala ubude bayo yonke ingane esekhaya (noma uqagele), bese ubhale phansi.

Zibhalele incwadi ongayifunda usumdala, uchaze ngalesisikhathi se-lockdown. Uchaze futhi ukuthi ikuphatha kanjani.

Dweba isithombe. Xoza nangezithombo ongazithola kumaphephaphundaba nakumaphaphabhu.

Faka namasiliphu owathola ezitol o uma uthenga, ufake nezikhangisi ezikhona ezitol o.

LET’S LEARN FROM EACH OTHER

We love to share stories that tickle our minds and open our hearts. Stories can help us learn and get to know each other better.

CHALLENGE 4
Interview an older person in your household, and ask them about a time when they were a part of a moment in history.

When was it? What happened? What were they doing and how did they feel? How did that historical moment change things in the future?

Write about what you learned:

Mubuze futhi ukuthi kwenzeka nini?
Mubuze futhi ukuthi kwakwenzekani ngaso leso sikhathi? Mubuze ukuthi sasimuphatha kanjani leso sikhathi. Mubuze ukuthi impilo yake yashintsha kanjani? Kwashintsha kanjani futhi ngokuhamba khesikhathi?

Woza ngani omuncane bhala phansi ngezinto ozifundile:

.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
.................................................................
The best way to grow our minds is to ask questions.

This whole COVID-19 situation is so complicated! The President is working hard with his team around the country to keep us safe, and I’m sure you have questions for them.

**CHALLENGE 5**

If President Ramaphosa or your Premier came to visit, what are the three top questions you would ask?

Write them here:

1: ..........................................................
   .................................................................
   .................................................................
   .................................................................

2: ..................................................................
   ..................................................................
   ..................................................................
   ..................................................................

3: ..................................................................
   ..................................................................
   ..................................................................
   ..................................................................

**UMSEBENZI 5**

Uma uMongameli welizwe uRamaphosa noma uNdunankulu wesifunda benganivakashela, imiphithi imibuzo emihathu eningabuzwa yona?

Bhala imibuzo yakho ngaphansi:

Share your questions via whatsapp on 061 332 4349 or facebook: https://tinyurl.com/yb9cblkc
COMPLETE THIS CROSSWORD

CHALLENGE 6

ACROSS
4: Number of seconds we should wash our hands for.
5: Name of the virus which means ‘crown’ in Latin.
7: Name of the stylish giraffe character in this book.

DOWN
1: Name of the strong and sensitive buffalo character in this book.
2: A game that involves throwing a ball into the air and then clapping.
3: Name of the caring mouse character in this book.
4: An exercise that makes you feel calm and focused.
6: We wear these every time we leave the house, and we make it fashion!

UMSEBENZI 6: QEDELA I CROSSWORD

UKUYA ECELENI
3. Umdlalo owenza uthobeke unake into oyenzayo.
4. Igama lendulumithi ezithandayo kulencwadi.
5. Umdlalo wokuphonsa ibhola emoyeni bese ushaya izandla.

UHLA OLWEHLAYO
1. Igama lebhodlela leplastiki elifikwe umphakathi wepeni.
2. Igama lankona onozwelo namandla kulencwadi.
5. Igama legundane elinomusa kulencwadi.

Challenge 6 done! Umsebenzi 6 usumqedile!
CHALLENGE 7

Collect 6 objects from around the house (for example, a photograph, an onion, a shoe or a mug). Give each object a number, from 1 to 6. Then throw the dice. Pick up the object that relates to this number.

Look at it carefully: How does it smell? How does it feel? What does it remind you of? What new ideas does it give you? Then, write a story or a poem about this object.

IDEAS FOR YOUR STORY:

What would happen if this object came to life?

What could go wrong with this object?

Who might really, really want this object and why?

UMSEBENZI 7


NAKU OKUNGAKUSIZA FUTHI ONGAKUSEBENZISA KWINDBABA YAKHO:

Bangani abancane asizame ukucabanga. Ingenzani lento cyiphetha ngesandla uma ingajika ikeyinto ephihayo?

Ingaba njani uma iika ibe into embi?

Ubani ocananga ukuthi angayihtanda lento esisandleni sakho. Chaza ukuthi ngobani?

Umsebenzi Wesikhombisa usugidle!
CHALLENGE 8
Make up a song about your favourite animal (perhaps based on one of the characters in this book)! Make up a dance to go with it.

Perform it for someone in your home, and if they have a phone with a camera, ask them to film you. If they have data, ask them to send it to Petal, on 061 332 4349.

I love to take things that have been thrown away, and turn them into something precious and special... what a fun way to spend the day!

I love to sing; I’ll sing to anyone who will listen. I even sing to my flowers; it makes them glow and glisten.

Chula ubanele abasekhaya. Uma benocingo bacele ukuthi balisebenzise ukuthathu izithombe. Bacele futhi ukuthi bakuthathu i-video, bayithumele kuPetal kulencobolo 061 332 4349

UMSEBENZI 8

Chula ubanele abasekhaya. Uma benocingo bacele ukuthi balisebenzise ukuthathu izithombe. Bacele futhi ukuthi bakuthathu i-video, bayithumele kuPetal kulencobolo 061 332 4349

CHALLENGE 9
Collect some scrap and make something beautiful or useful out of it. Is it something you can wear? Perhaps a hat? Or something to store things in? Perhaps a treasure box?

Ngiyathanda ukugqo izinto esezahlile ngizishintsha ngizenze zibezinile... Waze wamandla lomsebenzi engwenzayo! Indlela emnandi yokugqiba usuku!

Ngiyathanda ukugqo izinto esezahlile ngizishintsha ngizenze zibezinile... Waze wamandla lomsebenzi engwenzayo! Indlela emnandi yokugqiba usuku!

UMSEBENZI 9

My superior height And graceful disposition Makes dancing all night A delightful proposition So come move with me Let’s hit the dancefloor with alee!

Ubude bami obumangazayo Umusa enginawo futhi Ungenza ngidanse ubusuku bonke Ubumandla obunjanuka Sukuma, sidanse Masidanse banqani abancane ngenjabulo sigewale indlu!

UMSEBENZI 10
Masidanse bangani abancane! Eseze umdanso ohambisana nomculo owuthandayo. Awwufundise nabanye. Uma unocingo, cela bakuthathu i-video uyithumele kuthina ku @ 061 332 4349 Facebook: https://tinyurl.com/ymb9cbkmc

Challenge 8 done! Umsebenzi 9 usungedile! Challenge 9 done! Umsebenzi 9 usungedile! Challenge 10 done! Umsebenzi 10 usungedile!
LET’S STAY FIT & STRONG

CHALLENGE 11
Jog on the spot like you are Buffel chasing after his friends! Stretch as high as you can, like Lula eating leaves from a high tree. Stretch down to the ground, like Lula drinking water Mice are very good jumpers! Jump up and down like Petal.

UMSEBENZI 11

CHALLENGE 12
Tin pin Bowling (1) is a fun game you can play with your whole family; indoors or outdoors.

Collect empty cans, and fill them with sand or stones. Decorate them, and give each a number, then stack them in a pile. (If you don’t have cans, you can also use milk bottles or cool drink bottles)

Stand about 1 metre away, and try to knock them over with a ball. (If you don’t have a ball, you can use a balled up pair of socks).

Each player gets two chances. Calculate the score by adding up the numbers on the knocked over cans.

What other games can you invent using these cans?

UMSEBENZI 12
I-Tin Pin Bowling (Umdlalo wokuphosa amabhola ashaya phansi izizobho ezicane umnandi kakhulu). Lona umdlalo omnandi ongwudlala nomendeni wonke ngaphakathi endlini nomnagaphandle.

Tshaqo amakani uwagcwalise ngesihlabathi nomnagamatshe. Hobisa amakani. Nikeza ikane ne kani inombolo, bese ubeka elinye phezu kweliyane. (Uma ungenawo amakani, umsebenzisa amabhodlala obishi nomnagaphandle)

Ibha ebanqal engango-Imetre. Zama ukuwuginkama ama kani ngebhola lakho. (Uma ungenalo ibhola, umsebenzisa amasokisi agocoqiwe).

Umdlalo nomdlalo unikwa amathuba amabili. Thatha wonke amakani awei phansi bese ufunca izinombolo ezibhalwi kuzona. Hlanganisa zonke izinombolo manje usho ukuthi kuphuma siphi sibalo.

Yimphi eminaye imidlalo eningayidlala nisebenzisa lamakani?
CHALLENGE 13
LET’S MAKE A RAG BALL! (1)
You will need:
• A fruit or onion netting bag
• 12-15 double sheets of newspaper, or plastic bags for a waterproof ball
• String

1. Bunch one sheet of newspaper into a tight ball. Then wrap it with another sheet of newspaper, and keep going until you have made a tight, strong ball. Then put it inside the fruit bag, and flatten out any corners so the ball is round.

2. Twist the ball around three times so the fruit bag opening twists shut around the ball. Then tie a knot and cut off the remaining tail. Take a string and tie it to the top; now you can hold the string and kick the ball to yourself! Tuck the string in if you want to kick the ball to someone else.

3. UMSEBENZI 13
MASAKHE IBHOLA KE BANGANI ABANCANE! (2)
Uzodinga lokhu:
• Isaka elithwala u-ananyisi nomu izithelo
• Thatha ihpepha ndaba. Kulona leli phepha ndaba thatha amaphepha angu-12,13,14 nomu agu 15.
• Uma engelxa ama phepha thatha izikhwama zoplasitiki uwasebenzise ukwakha ibhola elingeke lingenwe ngamanzi.
• Thola futhi nentambo encane.


CHALLENGE 14
LET’S PLAY POPCORN! (1)
Throw the ball in the air, clap once, and then catch the ball. Throw it up again, clap twice and then catch the ball. Keep adding claps... how many times can you clap between throws and catches?

1. Ragball international  2. Playworks
LET’S HELP EACH OTHER FEEL BETTER

This is a tough time for everyone! We all feel lots of strong emotions. It is normal to feel sad, stressed, scared, frustrated or angry.

Yisikathi esinzima lesi kuwo wonke umuntu! Asiphathekile kahle sorke emoyeni. Kodwa ke kujwayelekile ukuzizwa uphathethe kabi noma ukhathazekile noma udiniwe.

I am so sad, because I miss my best friend. How I wish this lockdown would end!

Ngase agraphatheka kabi ngikhumbula umangane wami omikhulu. Ngisfisa ukuthi zale-lockdown ingaphila!

All the uncertainty makes me stressed; if only I could visit my granny, she is the best!

I am SO FRUSTRATED that I can’t play team sports; it makes me feel really out of sorts.

Ngesibhekile ngoba angicwan nokudlala ngemba lami, ngesiwe ngiphathoke labi.

CHALLENGE 15
How are you feeling? Can you find any of your feelings on this grid?

Can you think about why you are feeling this way? Write about your feelings, and try to understand them.

UMSEBENZI 15
Uvizwa unjani mngani omncaane? Imizwa yakho uyayithola? Ungayikhomba nje kuleli bokisi elisezansi?

Uyazi ukuthi hhhini ndaba uphathethe kabi noma ungazabulile? Bhala phansi uchaze ukuthi uphathethe kanjani uzame futhi ukuzibuzza ukuthi kungani ungazabulile.

Challenge 15 done!
Umsebenzi 15 usumqeledile!
**CHALLENGE 16**
Grounding helps us connect our feelings to our actions and behaviours, so we can do more of what makes us feel safe, healthy, connected to others and strong!

Think about how you want to feel, and then think what you can do to help yourself feel that way.

**I want to feel:**

<table>
<thead>
<tr>
<th>Ngifuna ukuzizwa nginge:</th>
<th>I will: / Engizokwenza:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe / Ukuphepha</td>
<td>Ask for help when I feel anxious Ngizocela usizo uma nginkwesaba nokwethuka</td>
</tr>
<tr>
<td>Calm / Ukukhululeka</td>
<td>Do some exercise and then a Take 5 (challenge 18) Ngifo phuma phandle ngiqimise umzimba bese ngenza iTake5 (umsebenzi 18)</td>
</tr>
</tbody>
</table>

---

**CHALLENGE 17**
Ways to make the people in your home feel better:
- Draw them a picture
- Give them a hug
- Write them a letter
- Help them with their chores (e.g. cleaning the house)
- Sing them a song
- Make them a cup of tea or a snack

**UMSEBENZI 16**
Ukukhululeka kuyaisiza. Kuyakwazi futhi nokusifundisa ukuthi siphatheka kanjani. Kuyasibonisa futhi ukuthi konke loku kuhlanga kanjani nezenzo zethu. Lokhu kuzosi siza ukuthi sipheho, sibe nempilo kanye namandla emzimbeni!

Cabanga indlela ongathanda ukuphatheka ngayo, mhlampe ufuna ukujabula, noma ukuhleka? Uma usucabangile ketha izinto ongazenza ukuse uizizwe ujubile noma uphiphile.

---

**CHALLENGE 17**

<table>
<thead>
<tr>
<th>Challenge 16 done!</th>
<th>Umsebenzi 16 usumqecile!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenge 17 done!</td>
<td>Umsebenzi 17 usumqecile!</td>
</tr>
</tbody>
</table>

---

1: Waves for Change
LETS GET GROUNDED

CHALLENGE 18
This exercise is called a Take Five.  

Sit comfortably, with your eyes closed. Take a slow, deep breath in through your nose, for four counts. Breathe out through your mouth for four counts. As you keep breathing slowly in and out, listen carefully to the sounds around you. Notice how your body feels. Don’t worry about your thoughts - let them come and go.

When you are ready, you can slowly open your eyes. How are you feeling? Calm? Relaxed? Energised? Focused? Remember, you can do the Take Five whenever and wherever you need to!

UMSEBENZI 18
Londlalo ubizwa nge-Take 5. (ukuthatha imizw emihlanu yokuphola nokuphumul)


CHALLENGE 19
You are doing a great job getting through this tough time. Give yourself a nice warm hug!

Rub your hands together very fast and hard until they are hot. Then cross your arms across your chest, and squeeze your shoulders. Give them a little massage. You’ve got this!

UMSEBENZI 19
GET IN TOUCH!

WE WANT TO HEAR FROM YOU!
• How are you doing?
• Which of the activities in this book did you like best?
• Tell us your name, grade and the area you live in.

Please send us pictures of your creations and activities, and ideas for what to include next time.

ABOUT THIS RESOURCE!

Organisations from the After School sector across the country have collaborated to bring this pack to learners in South Africa as the country grapples with COVID-19. This collaborative effort is powered by the After School Programmes Office in the Western Cape Government’s Department of Cultural Affairs and Sport, The Learning Trust, ASSITEJ South Africa and Laureus Sport for Good South Africa.

Activities and ideas have been pulled from the Treasure Box portal, a collection of many After School organisations’ amazing work, which is all accessible here:
After School Treasure Box
www.thelarningtrust.org/asp-treasure-box

Learn about Florence & Watson’s books and plays here:
www.florenceandwatson.co.za

MASIXHUMANE!

SITHINTE!
• Sifuna ukwazi ukuthi uqhuba kanjani?
• Yimuphi isibezeni oyithande kakhulu kulencwadi?
• Sithele igama lakho, ibanga olifundayo, nendawo ohlala kuyo.

Sicela usithumele izithombe zezinto ozenzile nemibono yakho yezinto esingansenza ukuya phambili.

WHATSAPP 061 332 4349 OR FACEBOOK: HTTPS://TINYURL.COM/YB9CBLKC

USEFUL CONTACTS / IZINOMBOLO ZOCINGO EZIBALULEKILE

CORONA VIRUS 24 HOUR NUMBER:
0800 029-999 OR 021 928 4102
If you have high fever, cough & sore throat. Uma nemifiva, ukwehlela, noma uphefume umphimbo.

CHILDLINE
0800 55555
If I don’t feel safe or someone is hurting me. Uma kukhona okuluikumezayo noma uuziza ungaphile.

AMBULANCE
10177
For a medical emergency. Ezama-Ambulensi