

## YOUR HEALTH

### Immunisation

#### Why immunise your child

It prevents and controls childhood diseases.

By failing to immunise children, you are exposing them to the risks of diseases and increasing the chances of spreading the disease to other children. Your child can be immunised at clinics, hospitals, or by private practitioners.

#### The revised immunisation schedule:

There is a standard immunisation schedule, which is essential for all children to protect them from diseases. \*\* Note the changes as recommended by the World Health Organisation, which will be effective from 1 February.

**At birth:** BCG; polio  
**Six, 10 and 14 weeks:** DTP and Hib (diphtheria, tetanus, whooping cough, haemophilus influenza); HBV (Hepatitis B); TOPV (polio)

**Nine months:** Measles  
**18 months:** DPT; measles; TOPV

**\*\*Six years:** Td (tetanus with reduced diphtheria); TOPV

**\*\*12 years:** Td only.  
 Immunisation received must be recorded on the road to health card, which must be kept safely.

#### How do vaccines work?

It initiates a response from the body to prepare for invasion of disease or virus and provides antibodies to fight disease.

Some vaccines require booster doses to maintain immunity; others offer adequate protection from only one dose.

Immunising children with Td, at six and 12 years will eliminate neonatal tetanus.

#### Common side effects of immunisation

Mild fever (temperature of 38-38.9C).

Redness and swelling at the site of the injection.  
 Irritability.

Rash in the case of measles vaccine.

#### Severe effects:

High fever (temperature of 39C or above).

Uncontrollable crying.  
 Convulsions (fits).  
 Lethargy.

Shock/collapse.  
 Contact your doctor or clinic immediately.

#### What do you do if your child has never been immunised

Take the child to a clinic, hospital or doctor. The child will follow the catch-up immunisation schedule.

#### Other vaccines available

Tetanus toxoid for pregnant women ensures the elimination status of neonatal tetanus is maintained. So, all pregnant women must report to their clinic for assessment and immunisation.

☐ Compiled by the eThekweni Health Department

# Appeal for better deal for mentally ill

THEMBA KHUMALO

MENTAL health patients are no different from any other human beings and should be treated with dignity and respect.

This was the message from the city's Health Department at a recent mental health day at the Starwood clinic in Phoenix.

Cllr Eunice David of Ward 48 in Phoenix, said; "All of us at some point experience feelings of being worried, anxious, sad or stressed out."  
 "Mental illness is common

and affects many people in our communities.

"Disorders such as depression, bipolar and schizophrenia cannot be wished away. However, mental illness can be treated if people come forth," said David.

The day is celebrated every year as part of the World Federation for Mental Health's efforts to raise awareness of mental health issues.

The City's Primary Health Care Area Manager, North Sub District, Yasmin Akbar, said, "The celebration is a res-

ponse to the stigma attached to mental illness and the lack of understanding about mental health issues.

"This lack of understanding makes it difficult for a family to know if a loved one is mentally ill and this can be a barrier to seeking treatment."

### Research

Akbar said research had indicated that mental disorders respond well to treatment if identification and treatment was initiated at an early stage.

"South African society has a variety of cultures living together and many people are suffering from a wide range of mental health problems associated with their past experiences.

"These problems range from depression and chronic stress disorders to suicide.

"We urge mental health care providers to familiarise themselves with traditional healers, counsellors, spiritual healers, and rehabilitation services, to promote referral and involve other professionals to serve the best

interest of the client."

According to the World Health Organisation, one in four people will suffer mental illness during their lifetime.

Mental health patient Puleng Khasibe said: "Life was difficult for me. I was taunted and made to feel unworthy.

"The medication I am using now helps me a lot because I now lead a normal life.

"I hope that speaking out today about my condition will help reduce the stigma attached to mental health."

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## Lecture tribute to JL Dube

JOE MAJOLA

THE memory of John Langa-libalele Dube, founding president of the ANC, was honoured with a memorial lecture in his name at the City Hall late last month.

And making the occasion extra special was the presence at the lecture of one of Dube's grandsons, as well as the grandson of Dube's adoptive parents, the American missionaries, Rev William and Ida Belle Wilcox.

The Wilcoxes worked at the Inanda mission station, where Dube was born in 1871. And Dube later accompanied Rev Wilcox to the US, where he attended Oberlein College.

Wilcox's grandson, Rev Jackson Wilcox, and family, of California, were guided on their South African visit by Prof Cherif Keita, of Carleton College, California.

Keita's research has led him to direct and produce an award-winning documentary film, *Oberlein-Inanda: The Life and Times of John L Dube*.

The 54-minute film was screened during the lecture.

Mali-born Keita said of his work, "It was my chance to bring the story of Dube from America to his home.

"Today we are celebrating the friendship between the white family and the little boy which changed the history of the African continent."

Mayor Obed Mlaba thanked the Dube and Wilcox families and said Dube's life should be celebrated regularly. "We have to come back next year to do a similar event as we do for Chief Albert Luthuli and others who helped liberate the county.

"We have not celebrated the life of Dube as much as we should and I believe a lot has to be done. But Bridge City in the Inanda, Ntuzuma and KwaMashu area is part of celebrating the life of Dube," said Mlaba.

KwaZulu-Natal MEC for Economic Development, Dr Zweli Mkhize, expressed his appreciations to the Wilcox family for their role in the liberation struggle.

"An aspect of Dube's life that we need to highlight is that he equipped people with skills – something which is critical at the moment in our country. I'm positive if we follow in his footsteps the country will go far," said Mkhize

Zenzele Dube, grandson of Dube, was delighted with the lecture and documentary. "All these years I wanted to know who Dube was and Keita's passion helped us to know more about Dube."

Rev Jackson Wilcox said that every human life was valuable and that was the reason we celebrate the lives of individuals.

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## Kudos for planning

THE city's Development and Planning Department has won three awards at the South African Planning Institute's provincial competition.

The Umhlanga Node Study won overall first prize in the research project category, and the renewal of the Florida Road Heritage Precinct and the Cost Surfaces Model won commendation awards.

Judges commended the entrants on the high level of work and professionalism.

Project Manager, Vicky Simm said the Umhlanga study looked at the visual, infrastructural and environmental impact of large scale densification and development in the Umhlanga CBD.

The municipality has since used the study to guide the assessment of development proposals in the node and instituted a beach shadow policy which is being applied to all new developments in the coastal zone.



AND THE BAND PLAYED ON: The SA Army Band KZN, under the baton of Sgt-Maj Vuma Gebashe, put on a rousing performance of *Phatha Phatha* at the opening of an exhibition on the role of black troops in World War One. Picture: THEMBA KHUMALO

## Exhibition honours the memory of Mendi troops

THEMBA KHUMALO

AN EXHIBITION which pays tribute to the part played by black troops in World War One, including the 607 who drowned when the SS Mendi sank, has opened at Durban's Local History Museum.

The sinking of the Mendi, a troopship, in 1917 is considered one of the greatest tragedies in South African military history.

Mlungisi Ngubane, Director of the museum, said: "Our focus was on the role played by black South Africans in the camps specifically built for them.

"It was a fitting occasion to also honour the heroes who died on the SS Mendi."

The Mendi was sailing from Cape Town, via Plymouth, en route to La Havre, in France, carrying the last contingent of the South African Native Labour Corps, comprising 805 black privates, five white officers and 17 non-commissioned officers.

The ship sank 20km off the Isle of Wight, in British waters, on 21 February 1917, after she was struck by the SS



**What happened in the past shaped our future and it will teach us how to be better South Africans**

– Thembinkosi Ngcobo

Darro, a liner, travelling in fog at full speed, and without sounding a warning horn.

In all 616 South Africans, plus 30 British crew died in the disaster.

It is recorded that the men met their fate with great dignity and courage.

It was only in recent years that their sacrifice, and the role of African personnel in the World Wars in general, has received due recognition.

In a speech, at the recent

opening of the exhibition, organised by the city's Parks and Recreation department, South African Navy Capt Lungile Mpetsheni, said: "The Navy fraternity feels greatly humbled to serve a nation that remembers, we carry our duty with the assurance that the whole nation is behind us.

"However despite these symbols of remembrance one will always wonder if we are doing enough to remember these fallen heroes and this concern should be taken up by the whole nation."

Parks and Recreation Head Thembinkosi Ngcobo, echoed Mpetsheni's sentiments and said: "What happened in the past shaped our future and it will teach us how to be better South Africans."

Music and poetry were laid on to entertain officials and members of the public.

The SANDF Army Band played a medley of tunes including *Phatha Phatha*, which awoke a certain nostalgia among some in the gathered throng.

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