



## **Growing up in a time of AIDS: Abaqophi basOkhayeni Abaqinile Children's Radio project**

---

### ***Ngingakhuluma manje' - Amabhokisi ezintandane zikhumbuzo 'Now I can talk' – Memory boxes for orphans 2008***

---

Iculo: Singa maqhawe alesisikole.....

Song: *Children singing: We are the heroes of this school.....*

Snenhlanhla: Sanibonani balaleli! Ezinye izingane ezisuka Okhayeni Primary School zaba inxenywe yomsebenzi wesikhumbuzo. Ngaphambi kokuthi senabe ngodaba lwethu: yini umsebenzi wesikhumbuzo? Ngesingisi bakubiza ngememory work. Hlala mlaleli ulalele mina nginguSinenhlanhla Mabuyakhulu.

*Hello listeners! Some of the children of Okhayeni Primary School were part of memory box work. Before we go any further with our story, what is umsebenzi wesikhumbuzo? In English they call it memory work. Stay with us, listener, I am Snenhlanhla Mabuyakhulu.*

Iculo: Singama flower alesisikole.

Song: *We are the flowers of this school.*

Khululiwe: Mina nginguKhululiwe wakwaNhlenyama umemory box facilitator. IMemory box uziso olunikezwa noma olutholwa izingane ezinganabo abazali ekuthenini zikhulume ngemizwa yazo ekushonelweni ngabazalibabo. Ilapho izingane zithola khona ithuba lokuthi yonke imizwa ezinayo mayelana nokushonelwa ngabazali zikhulume khona. Ngingasho ukuthi imemory work iwusizo olukhulu ezinganeni ezinganabo abazali.

*I am Khululiwe Nhlenyama, the memory box facilitator. A memory box is the help that is given to or that is received by children who do not have parents so that they can speak out about their feelings of loss. Memory work is a huge help to children who have lost their parents.*

Snenhlanhla: Siphinde sambuza futhi nokuthi kungani umsebenzi wezikhumbuzo ubalulekile kakhulu ezinganeni.

*We asked her again why memory work is so important for children.*

Khululiwe: Imemory box ilungele ukuthi yenzelwe abantwana ngoba ibona abantwana abanganawo amalungelo okukhalelwa. Thina njenga bantabadala siyisikhalelwe kubekhona abantu abafikayo abangomakhelwane bazosiduduza. Kodwa izingane ezincane akukho muntu ozinakile noziduduzayo. Imemory work kunezihloko ezithile ezingumgogodla

njengesikalo semizwa, ilapho ingane esuke ikalakhona imizwa ukuthi imizwayayo ingakanani.

Sibuye sisenze isikalisemizwa ekugcineni. Lapho sisuke siqhathanisa khona ukuthi ngenkathi ingane iqala ingakazi ngememory work ibikade imizwa yayo ingakanani nanokuthi manje isinalo ulwazi ngememory work njengamanje imizwayayo ingakanani. Esinye futhi isihloko esibalulekile ilapho sisuke khona sibhala khona isihlahla somndeni, lapho ingane ibhala khona abomndeni ababalulekile kungaba abaphilayo nabashonile. Esinye isihloko esibalulekile kakhulu iriver of life ukuthi empilweni akukho okubi kodwa okwenzakalayo nokuhle kuyenzeka empilweni. River of life iyasiza ebantwaneni ukuthi bazi ukuthi kukhona okuhle okwenzakalayo empilweni yabo.

*Memory box [work] is good for children because [the way we do things] children do not have the right to be comforted. [When someone dies] we adults are comforted when people from the neighbourhood come and comfort us. But children go unnoticed and nobody comforts them. In the memory work there are topics that are the backbone of the process as they help to weigh up the children's feelings. These help the children to find get in touch with their feelings.*

*At the end of the process we again weigh up [the children's] feelings and we compare these with the way they felt at the beginning when the child did not know about memory work and we gauge where the child is at now. Another important topic is where we draw a family tree, where a child writes about his/her family members who are important whether dead or still alive. Another important topic is the River of Life – where it shows that life it is not only about the bad things that happen but good things also happen. The River of Life helps the kids to know that there are good things that happen in their lives.*

Iculo: Kuyadabukisa okwenzekayo kulomhlaba esikuwo.

Song: *The things that happen in this world are painful.*

Snenhlanhla: Sesiyizwile ingoma ekhuluma ngobuhlungu. Vele ubuhlungu buyadabukisa kodwa ngenxa yomsebenzi wezikhumbuzo uyakwazi ukusisiza ukubasidlulise izinhlungu. UNikiwe naye ungomunye wezingane owangenela umsebenzi wezikhumbuzo. Ake sizwe yena ukuthi usizakele kanjani.

*We have heard the song that talks about pain. Yes, pain does devastate us but with the help of memory work we can put the pain behind us. Nikiwe is one of the children who took part in memory work. Let us hear from her how she was helped.*

Nosambulo: Nikiwe wazizwa kanjani ukuba yiqembu lomsebenzi wezikhumbuzo?

*Nikiwe how did you feel to be part of the memory work group?*

Nikiwe: Ngazizwa ngijabule kakhulu ukuthi ngizongenela iqembu lezikhumbuzo ngoba nami kade ngingakwazi ukukhuluma ngokuthi ngashonelwa ngabazali.

*I felt very happy that I was going to join the memory work group because before I was not able to speak about losing my parents.*

Nosambulo: Kwakusiza kanjani umsebenzi wezikhumbuzo?

*How did it help you to be part of the memory work group?*

Nikiwe: Kwangisiza ngoba nami ngangingakwazi ukukhuluma nabantu ngangithi ngingabona abantu ngibe namahloni ngibheke phansi kodwa sanede sakhuluma indaba yama memory box ngabona nami sengiyakwazi ukukhuluma nabanye abantu.

*It helped me because [before] I could not talk to people. When I saw people I felt shy and would look down, but after talking about the story of the memory box I realised that I can talk to other people.*

Nosambulo: Kwenza mehluko muni empilweni yakho?

*What difference did it make in your life?*

Nikiwe: Kade ngingakwazi ukukhuluma nabanye abantu ukuthi mina anginabo abazali kodwa manje sengiyakwazi ukukhuluma nabantu ukuthi anginabo abazali.

*I was not able to talk to other people about the fact that I do not have parents but now I can tell others that I don't have parents.*

Nosambulo: UNikiwe simuzwe ekhuluma ngememory box, empeleni iyini imemorybox? Akesizwe nangu uKhululiwe uyasichazela kabanzi ngememory box.

*We have heard Nikiwe speaking about the memory box. In fact what is a memory box? Let us hear more from Khululiwe about what it is.*

Khululiwe: Uma sesiwenze wonke ama-session sibesesakha ibhokisi ilelobhokisi esisuke silihlobisa silidecoreta khona. Kulelobhokisana esisuke silakhile sisuke sizofaka izithombe khona zabazali bethu. Sisuke sizofaka izinto ezibalulekile ezisikhumbuza ngabazali bethu. Kungaba impahla, imigexo, nomayini noma amacici, nanokuthi sifaka nezithombe futhi nanoma amaID, noma amabirth certificate, noma amadeath certificate abazali bethu sifaka khona lapho ukuze sikhumbule, namareport ethu singabantwana sifakakhona lapho ukuze sikwazi ukuthi sikhumbule.

*When we have finished doing all the sessions we make a memory box. We decorate this box. In this box we have made we put in the photos of our parents. We also put in important things that remind us of our parents. It might be things like clothes, necklaces, earrings and even IDs or birth certificates or death certificates of our parents. We put that these things in so that we can remember them. And our [school] reports as children so that we have memories.*

Iculo: Abasezinhlungwini mabaphole zihlobo ezilahlekelwe ...

Song: *May those who are in pain be healed. Relatives who are lost...*

Snenhlanhla: UNikiwe kanye nabanye abantwana baqeqeshwa izinyanga ezine. Naba abanye abantwana besitshela ukuthi kwakunjani uqeqeshwa nabanye abantwana.

*Nikiwe and other children participated for four months. Here are some of the others telling us how it was being together in this process.*

Siwakhile: Yayinjani impilo ngaphambi kokuthi ungenele iqembu lomsebenzi wezikhumbuzo?

*How was life before you joined the memory work group?*

Yamkela: Impilo ngaphambi kokuba ngingenele iqembu lezikhumbuzo yayinzima ngoba ngangesaba ukutshela abangani bami ukuthi ngashonelwa ngabazali. Manje ngoba sengingenele iqembu sengikhululekile ukukhuluma ngabazali bami.

*Life before I joined the memory work group was tough because I was even afraid to tell my friends that I had lost my parents. But since I joined the group I have felt free to talk about my parents.*

Siwakhile: Kwakunjani ukusebenza nabanye?

*How was it working with others?*

**Yamkela:** Ukusebenza nabanye bekukahle kakhulu ngoba sonke besishonelwe ngabazali akekho okade engashonelwanga abazali akekho okade engashonelwa ngabazali asichwense besikahle sisodwa sikhuluma ngokushonelwa ngabazali bethu.

*It was very good working with others because all of us had lost our parents; there was nobody there who had not lost parents and who would tease us. It was good that it was just us together talking about the loss of our parents.*

**Iculo:** Siyanibingelela nonke makristu engameni lenkosi yethu.

**Song:** *We greet all you Christians in the name of our Lord.*

**Hleziphi:** Kubalulekile yini ukudluliselwe umsebenzi wezikhumbuzo kwezinye izintandane?

*Do you think it is important that the memory work be passed on to other kids?*

**Nkosingiphile:** Kubalulekile ngokuthi nazo zifane nathi ziduduzeke zingalokhu zihlukunyezwa ngabanye abantu.

*It is important because there are others like us and they also can be comforted and not be abused by other people.*

**Hleziphi:** Isiphi isifundo owasithola ?

*What lesson did you get out of this?*

**Nkosingiphile:** Isifundo engasithola ukuthi ngangihlala ngicabanga ukuthi umama sewashona nokuthi ezinye izingane uma zithi asodlala ibhola nginga thandi ngicabange ngokuthi umama wami sewashona. Manje sengiyajabula ngoba sengaduduzeka ukuthi vele sewashona.

*The lesson that I got is that I used to think about my mother and that when other kids asked me to go and play soccer with them I did not like to because I was grieving for her. Now I am happy that I have been able to accept that she has really died.*

**Sinenhlanhla:** Siyabonga kuZisize Educational Trust ukuthi akhiphe uhlelo olufana nalolu siyethemba ukuthi akuzukugcina kithi kodwa bazoqhubekela phambili zisizakale nezinye izingane.

*Thank you Zisize Educational Trust for providing us with such a programme. We hope that it will not end with us but will go ahead and help other kids too.*



**For further information contact:**

Helen Meintjes  
Children's Institute  
[helen.meintjes@uct.ac.za](mailto:helen.meintjes@uct.ac.za)  
+27 21 689 5404

Bridget Walters  
Zisize Educational Trust  
[bridgetw@iafrica.com](mailto:bridgetw@iafrica.com)  
+27 35 572 5500

Web: [www.childrenradioproject.ci.org.za](http://www.childrenradioproject.ci.org.za)