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Ukuba Owesifazane eNingizimu Afrika: Amandla, Ukuzabalaza, Nokusinda

I nyanga Kazwelonke Yabesifazane eNingizimu Afrika ingaphezu nje komkhosi, yisikhathi sokuvuma ukuthi kusho ukuthini ukuba ngowesifazane kuleli zwe. Kusukela kumashi eyaqopha umlando ka-1956 kuya ezinseleleni zanamuhla, abesifazane baseNingizimu Afrika bayaqhubeka nokubhekana nezithiyo ezinkulu ngenkathi bethola nezindlela zokudlula kuzona.

Iqiniso lokuba ngowesifazane eNingizimu Afrika

Ukuba ngowesifazane eNingizimu Afrika kusho ukuphendla indlela endaweni eyinkimbinkimbi yamathuba nengozi. Abesifazane bakha ingxenye engaphezu nje kwengxenye yomphakathi, kodwa ngokuvamile babhekana nokubandlululwa emsebenzini, amaholo angalingani, kanye nokufinyelela okufinyeziwe ezikhundleni zobuholi. Abesifazane abaningi banezibopho eziningi; ukusebenza, ukunakekela imindeni, nokunikela

emiphakathini yabo, ngokuvamile ngaphandle kokuqashelwa noma ukusekelwa.

Iqiniso liwukuthi abesifazane eNingizimu Afrika bahlala bekuqaphele ukuphepha kwabo. Kusukela ekuhambeni wedwa ebusuku kuya ekusebenziseni izinto zokuhamba zomphakathi, imisebenzi yansuku zonke idinga ukuhlalelwa nokucatshangelwa ngokucophelela. Leli qiniso liqopha indlela abesifazane abahamba/abaphila ngayo emhlabeni futhi lilinganisela inkululeko yabo ngezindlela amadoda angavamile ukuzizwa.

Ithunzi lodlame olusekelwe ubulili

INingizimu Afrika ibhekene nelinye lamazinga aphakeme kakhulu lodlame olusekelwe ubulili emhlabeni (gender-based violence [GBV]). Abesifazane abangaphezu koyedwa kwabathathu (1 in 3), abangamaphesenti angu-36, bathe babhekana nodlame olungokomzimba noma olungokobulili esikhathini esithile ekuphileni kwabo,

kuyilapho abangamaphesenti angu-24 babike ukuthi babhekana nodlame lomuntu abasondelene naye.

Izinga lokubulawa kwabesifazane eNingizimu Afrika lisishe libe ngu-24.6 kubantu abangu-100,000, cishe liphindwe kasithupha kunesilinganiso somhlaba wonke. Lezi zibalo zimela abesifazane bangempela (omama, amadodakazi, odadewabo, abangane) ukuphila kwabo okwanqanyulwa ngubudlova.

I-GBV ithinta abesifazane bazo zonke izizinda, kodwa igadla kanzima kakhulu emiphakathini lapho ubumpofu, ukungasebenzi, nezinkinga zomphakathi zizimbi kakhulu. Ngokwezibalo ezisemthethweni, owesifazane oyedwa kwabahlanu osebudlelwaneni uye wabhekana nodlame olungokomzimba lomlingani. Abaningi abengeziwe baye bahlushwa ezinye izinhlobo zobudlova ngamadoda abawaziyo nabangawazi.

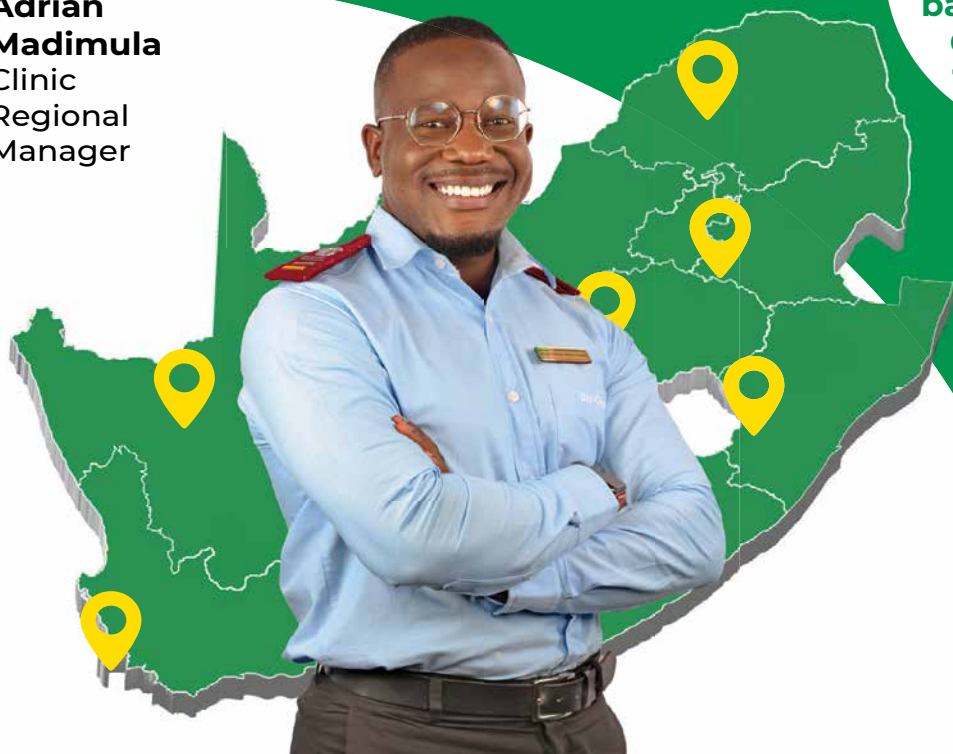
Continued on page 02



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Child Health Month: Protecting Our Future

August marks Child Health Month in South Africa, a time when the nation focuses on the health and wellbeing of its youngest citizens. This annual campaign highlights the importance of preventing childhood diseases and ensuring every child has access to basic healthcare services.

Despite significant progress since democracy, South Africa still faces serious challenges in child health. According to recent UNICEF data, one infant in 5 is not fully immunised by their first birthday. Even more concerning, only 21% of children under five receive a minimum acceptable diet, with a 5% prevalence of wasting and 29% of stunting among young children. These statistics reveal the urgent need for continued focus on child health initiatives. Malnutrition affects a child's ability to learn, grow, and develop properly. When children are malnourished, they are more likely to get sick and struggle in school.

The importance of immunisation

One of the most effective ways to protect children's health is through vaccination. South Africa's Expanded Programme on Immunisation provides free vaccines to children at clinics across the country. These vaccines protect against serious diseases like measles, polio, tuberculosis, and whooping cough.

However, the increase in unvaccinated children remains a concern. Parents and

caregivers need to ensure their children receive all required vaccinations according to the national schedule. This is especially important for children under two years old, who are most vulnerable to preventable diseases.

Nutrition and early development

Good nutrition forms the foundation of child health. Children need proper nutrition not just to grow physically, but also for their brains to develop properly. The first 1000 days of a child's life (from conception to age two) are critical for lifelong health and development. Many families struggle to provide nutritious food due to poverty and limited access to healthy options. Community programmes, school feeding schemes, and nutrition education can help address these challenges.

Healthcare access

Access to healthcare remains unequal across South Africa. Children in rural areas and townships often have limited access to quality healthcare services. Long distances to clinics, transport costs, and overcrowded facilities make it difficult for families to seek regular healthcare for their children. The government continues to work on improving healthcare infrastructure and training more healthcare workers. Community health workers play a vital role in bringing basic healthcare services closer to communities.



Child health is not just the responsibility of healthcare workers and government.

Communities, families, and individuals all have a role to play. This includes supporting breastfeeding mothers, ensuring children attend regular health check-ups, and creating safe environments for children to play and learn.

Schools also play an important part by providing health education and identifying children who may need medical attention. Teachers often notice when children are unwell or struggling, and can help connect families with healthcare services.

Child Health Month serves as a reminder that investing in children's health is investing in the country's future. Healthy children are more likely to succeed in school, contribute to their communities, and break cycles of

poverty. The focus should be on prevention rather than treatment. This means ensuring children receive proper nutrition, vaccinations, and regular health check-ups. It also means addressing the social conditions that affect child health, such as poverty, unsafe living conditions, and lack of access to clean water and sanitation.

During Child Health Month, communities across South Africa organise health screenings, vaccination drives, and educational programmes. These initiatives help raise awareness about child health issues and provide practical support to families.

Child Health Month reminds us that every child deserves the best possible start in life. By working together, we can ensure that all South African children have the opportunity to grow up healthy and reach their full potential.

Ukuba Owesifazane eNingizimu Afrika: Amandla, Ukuzabalaza, Nokusinda

Continued from page 01

Lobu budlova abuthinti nje kuphela abesifazane ngabanye, buthinta bonke emindenini nemiphakathi. Izingane ezibona ubudlova ekhaya zinamathuba amaningi okubhekana nezinkinga esikoleni nasebudlelwani. Uvalo lobudlova lufinyeza ikhono labesifazane lokusebenza, nokufunda, nokubamba iqhaza ngokugcwele emphakathini.

Ukusabela kanye nosizo kukahulumeni

Uhulumeni uye wakuqaphela ubukhulu benkinga. UMthethosivivinywa Kazwelonke Wobudlova Obusekelwe Kubulili Nokubulala Abesifazane (National Council on Gender-Based Violence and Femicide Bill) wasayinwa waba umthetho ngomhla ka-24 May 2024. Lo mthetho usungula umkhandlu wokuhlinzeka ngobuholi bamasu ekulweni nokubulawa kwabesifazane kwe-GBV.

Nokho, imithetho iyodwa ayikwazi ukuxazulula inkinga. Ukushintsha isimo sengqondo nokuziphatha kudinga ukuzibandakanya komphakathi, imfundiso, nokuzibophezela kwesikhathi eside. Cishe abantu abayisishiyagalombili kwabangu-10 baseNingizimu Afrika (78%) bathi "akukaze" kufaneleke ukuthi indoda isebenzise amandla angokomzimba ukuyala umkayo, okubonisa ukuthi abantu abaningi bayakuqonda ukuthi ubudlova abulungile, nokho buyaqhubeka benzeke.

Izindlela eziya ekunikezelweni amandla

Naphezu kwalezi zinsalele, abesifazane kulo lonke elaseNingizimu Afrika bafumana izindlela zokuzinikeza amandla futhi bakhe nezimpilo ezingcono. Imfundo isalokhu ingelinye lamathuluzi anamandla kakhulu okunika amandla. Lapho abesifazane bethola imfundo esezingeni eliphezulu, bangathola imisebenzi engcono, benze izinqumo ezinolwazi ngempilo yabo, futhi bafundise izingane zabo ukubaluleka kokufunda.

Ukuhweba kunikeza enye indlela yokuzinikeza amandla. Ukuhweba kuyindlela abesifazane abangayisebenza ukuze bangene kwezomnotho futhi banqobe izithiyo eziningi eziphazamisa intuthuko namandla abo. Ukuqala ibhizinisi kuvumela abesifazane ukuba bazakhele amathuba abo futhi bakhe ingcebo yemindenini yabo.

Izinhlelo eziningana zisekela abahwebi besifazane. I-Academy for Women Entrepreneurs (AWE) wuhlelo olwenzelwe ukunika amandla abahwebi besifazane baseNingizimu ye-Afrika,

oluhlanganisa i-Lesotho, i-Eswatini, neNingizimu Afrika. I-NEF Women Empowerment Fund ijonge ukusheshiswa kokuhlinzekwa ngezimali amabhizinisi asungulwe abesifazane abamnyama. Uxhaso luqala ku-R250 000 kuya ku-R75 million emikhakheni ehlukahlukene.

Abesifazane futhi bazipha amandla ngokwakha amanethiwekhi okusekelana aqinile. Amaqembu abesifazane, izinhlangano zomphakathi, nezinhlangano zobuchwepheshe kunikeza izindawo lapho abesifazane babelana khona ngabadlule kukho, bafunde komunye nomunye, futhi basebenze ndawonye ukuxazulula izinkinga. Ubuchwepheshe buvula amathuba amasha okuba abesifazane baxhumane futhi bafunde. Izinkundla eziku-inthanethi zivumela abesifazane ukuba bathole ukuqeqeshwa, bathole abeluleki, futhi bamaketha amabhizinisi abo. Izinkundla zokuxhumana zinikeza abesifazane izwi nenkundla yokuqwashisana ngezinkinga ezibathintayo.

Iqhaza lamadoda kanye nemiphakathi

Ukunikezwa kwamandla kwabesifazane ngeke kuzimele kekelele. Amadoda kumelwe abe yingxenye yesixazululo ngokubhekana ngqo nenselele yesimo sengqondo esilimazayo, ukusekela imigomo yabesifazane, nokuthatha umthwalo wemfanelo wokuqeda ubudlova. Imiphakathi kumele isungule izindawo eziphephile zabesifazane namantombazane, isekele izisulu zodlame, futhi yenze abahlukumezi baziphendulele.

Abesifazane abamasha ngo-1956 balwela inkululeko nokulingana. Abesifazane banamuhla bayaqhubeka naleyo mpi ngezindlela ezahlukeneyo, njengemfundo, ezohwebo, ubushoshovu, kanye nangezzenzo zobuqhawe zansuku zonke. Owesifazane ngamunye oqala ibhizinisi, oqeda imfundo yakhe, noma omelana nodlame uyingxenye yomzabalazo omkhulu woshintsho.

Ukuba ngowesifazane eNingizimu Afrika kusho ukubhekana nezinsalele zangempela, kodwa futhi kusho nokuba yingxenye yomlando omude wamandla nesibindi. Inyanga Yabesifazane Kazwelonke isikhumbuzo ukuthi naphezu kwezithiyo, abesifazane bayaqhubeka bethola izindlela zokuphila, ukuchuma, nokuzakhela ikusasa elingcono bona nemindenini yabo.

Uma wena noma othile omaziyo ebhekene ne-GBV, usizo luyatholakala. Thintana ne-GBV Command Centre kule nombolo 0800 428 428 noma 1207867# ukuze uthole usizo oluyimfihlo, lwamahlala.

Building A Healthier South Africa From The Start



Every year, the first week of August is recognised as World Breastfeeding Week. It's a time to raise awareness about the importance of breastfeeding and to support mothers and families across the world. In South Africa, where many families face economic challenges and limited access to healthcare, breastfeeding can play a key role in building stronger, healthier communities.

According to the Department of Health, breast milk is the best source of nutrition for babies. It gives newborns everything they need in the first six months of life. It also protects them from common illnesses like diarrhoea and chest infections, which are still major health concerns in parts of the country. For mothers, breastfeeding helps the body recover after birth and may even lower the risk of some cancers.

But while the health benefits are clear, many South African mothers struggle to breastfeed for as long as they'd like. Some return to work too soon, while others face pressure to use formula due to lack of support or proper information. In some cases, social stigma or myths about breastfeeding also stop mothers from continuing.

To help change this, the government and local clinics have stepped in. Across the country, Baby-Friendly Clinics and community healthcare workers offer advice and encouragement to new mothers. Some workplaces are also beginning to offer breastfeeding corners or allow flexible breaks so mothers can express milk during the day.

This year's theme for World Breastfeeding Week was "Let's make breastfeeding work". The focus was on how families, workplaces, and communities can come together to support mothers and make breastfeeding easier for everyone. Whether it's a grandmother encouraging a young mum, or an employer giving an extra break, every bit of support counts.

In the end, breastfeeding is not just a mother's job, it's a community responsibility. When we make it easier for women to breastfeed, we're investing in the health and future of our children, families, and the nation.

For free advice and support, speak to your local clinic or call the National Health Hotline at 0800 60 10 11.

Measles Outbreak: Why Vaccines Matter

The Gauteng Department of Health (GDoH) have intensified public health response due to an outbreak of measles cases across the province with a total of 181 confirmed cases reported from 1 January to 13 June 2025 mainly emanating from the Johannesburg, Tshwane, and Ekurhuleni districts.

Measles is a highly contagious disease caused by the measles virus, the first symptoms of measles include a fever and a rash that looks like small, flat, red spots that start on the head. Other signs of measles include a cough, red eyes and running nose. Complications from measles may include diarrhoea, dehydration, blindness, and death and complications are more serious for infants under 2 years of age, malnourished children, and people who are immunocompromised.

Measles is transferred through the air when an infected person coughs or sneezes and the droplets come into contact with people who are not immune to the disease. Measles is very contagious and can infect 9 out of 10 people nearby if they are not protected. Measles can be prevented by getting vaccinated with the Measles Mumps and Rubella (MMR) vaccine, two doses of the vaccine is 97% effective at preventing measles.

The GDoH has begun an aggressive targeted vaccination campaign in schools, vaccinating over 18 000 learners in more than 15 schools in Mamelodi and 16 schools in Winterveld which are active hotspot areas with 35 and 10 reported cases respectively. The rise in cases can be attributed to an immunity gap in the province, specifically among children who have not received a second dose or never received the vaccine.

What are vaccines?

Vaccines are a safe way of protecting your body from harmful diseases by using your body's natural defences to build resistance and strengthen your immune system. Vaccines use an antigen (a weakened or dead form of viruses and bacteria) to train your body to create antibodies. Antibodies are proteins that are produced by your immune system to fight diseases, once our immune system is exposed to a vaccine we can stay protected against diseases for years or even a lifetime. Most vaccines are given via injection, but some can be given orally or nasally.

Why vaccines are important

Vaccines protect us and the people around us from illnesses and disease, including people

who cannot be vaccinated like babies and the seriously ill, and have protected us from diseases like Ebola, COVID-19 and Cervical cancer. Vaccines are safe and one of the best measures to prevent us from being seriously injured by vaccine-preventable diseases. In the past 50 years, global immunisation efforts have saved at least 154 million lives with 101 million of those lives being infants. The measles vaccine is a large contributor to reducing infant mortality, accounting for 60% of the lives saved due to immunisation.

Vaccination efforts have allowed more infants to see their first birthday and live healthy lives in adulthood. These efforts have shown us what is possible when many people work together and have proven that we can make vaccines accessible to all people and ensuring that everyone has the chance to live a healthy life.



Image by Spencer Davis from Pixabay

Know The Signs

How to spot someone who needs help with their mental health.

1. Persistent changes in mood or behaviour

- Sudden, intense mood swings (from happiness to deep sadness);
- Prolonged irritability or explosive anger;
- Withdrawal from friends, family, or usual activities.

2. Shifts in sleep or appetite

- Sleeping too much or too little;
- Noticeable weight gain or loss;
- Loss of appetite.

3. Low energy and motivation

- Feeling tired all the time;
- Lacking energy to complete daily tasks;
- Decreased interest in work, school, or hobbies.

4. Difficulty concentrating or thinking clearly

- Problem-solving feels overwhelming;
- Memory loss or confusion;
- In children: dropping grades or focus issues.

5. Unusual physical complaints

- Aches, stomach pains, headaches with no medical cause;
- Noticeable decline in personal hygiene or self-care.

6. Increased use of substances or risky behaviour

- Reliance on alcohol or drugs to cope;
- Impulsive actions, anger outbursts, reckless conduct.

7. Expressions of hopelessness or suicidal thoughts

- Saying things like "I'm trapped" or "there's no point";
- Giving away prized items or making a will;
- Talking about wanting to die or self-harm.

What to do if you notice these signs

- Start the conversation: "I've noticed..." Listen without judgement;
- Suggest professional assistance: Share helpline info or clinic details;
- Check in often: A follow-up call shows you care;
- If suicide risk is urgent: remove access to dangerous items.

Call emergency services (10111) if someone's in immediate danger.

Ubuntu in Action: How ReimagineSA Is Rebuilding Community Trust

There's a group called ReimagineSA that's doing something special in Gauteng. They believe in ubuntu - the idea that "I am because we are." This means we're all connected and we need to help each other. ReimagineSA doesn't just talk about problems. They bring everyone together to solve them. They have special meetings called "Pitso" - a Setswana word that means everyone comes together to talk and decide things.

In June 2023, they had one of these meetings in Rustenburg. The big mining company Sibanye Stillwater came. So did people from the town council and ordinary people from the community. Instead of arguing, they worked together to plan ways to make life better for everyone.

Teaching people to stand up for themselves

ReimagineSA also teaches people how to speak up for their communities. They show people from townships how to talk to government officials and how to ask for what they need in the right way. One person from Alexandra learned these skills. He says it helped his community group ask for paved roads and proper rubbish removal. Before the training, officials ignored them. Now they listen. Denise Jacobs works with communities. She says: "Before, local people felt ignored. Now they sit at the table and work together with officials. We're no longer shouting; we're working as a team."

Real changes are happening

This way of working together has made real changes:

- Community gardens in Katlehong where people grow their own food.
- Rainwater tanks at primary schools so kids have clean water.
- Computer learning centres in Soweto where young people learn digital skills.

These projects help people trust their local government more. A recent survey found that in areas where ReimagineSA works, 18% more people now trust their local government.

ReimagineSA shows us that ubuntu isn't just a nice idea; it works. When government, businesses, and communities work together with respect, real change happens. This isn't charity where some people help others. It's everyone working together because we all want the same thing: better communities for everyone.

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Safe Schools Protocol – Everything you need to know

Ministers Siviwe Gwarube and Senzo Mchunu hosted a media launch and signing ceremony for The Collaborative Implementation Protocol on School Safety ("Safe Schools Protocol") at Parliament, Cape Town on 24 June 2025. The signing of the Safe Schools Protocol is a renewal of a longstanding collaborative effort between the Department of Basic Education (DBE) and the South African Police Service (SAPS) to create safe and child-friendly schools for learners.

The revised protocol will ensure that all schools are linked to a local police station and the development of a School Safety Committee made up of the school principal, a staff member acting as a safety officer, a member of the school governing body (SGB) and a police officer from the local police station. This committee will be responsible for making sure that incidents are reported to the police, deploying visible policing in "hotspot" areas especially during high foot traffic times; implementing school-based crime prevention programmes that address Gender-Based Violence, bullying, gangsterism, possession of weapons, and substance abuse.

Additionally, the School Safety Committee will create victim friendly rooms and community response forums to improve support services for vulnerable learners and improve the vetting of staff in schools against the National Register for Sexual offences and Child Protection Register. The protocol will ensure accountability through the provision of an Oversight Steering Committee and quarterly reporting as well as evidence-based adjustments for the implementation of the protocol.

The Safe Schools Protocol aims to create safe school environments through shared responsibility and collaboration between the government, schools governing bodies, the community, and parents to create a safety ecosystem for learners. A workplan with activities such as



updating standard operating procedures and joint safety school audits has been developed in accompaniment with the protocol. Minister Siviwe Gwarube commended the Johannesburg West District as collaborative school safety efforts have already begun yielding results. The district has quarterly meetings with police stations that service their schools to create interventions with emerging crime trends.

The next phase of the protocol is to deal with educators listed on the National Register for Sexual Offenders, allowing employers to terminate teachers found on the register in certain circumstances, the Department of Basic Education and SAPS will work closely with Provincial Education Departments to ensure the process is commenced accordingly.

The School Safety Protocol is committed to making school environments safe and removing any blind spots when it comes to learner safety, which is an ambitious yet critical step in making schools safe but can be accomplished when done in tandem with contributions from the Government, Schools and Parents as well as measures to ensure accountability will make South Africa a safe space for all children.

Engineering Hope: MJ Robotics' Breakthrough in Affordable Prosthetic Arms

In a world where advanced prosthetics can cost thousands of dollars, MJ Robotics is a nimble, community-focused startup based in South Africa, that stands out for its mission to make prosthetic arms affordable, durable, and accessible. Drawing upon local talent, materials, and innovation, the team is redefining what equitable assistive technology can look like.

A local solution for a global challenge

In many African countries, prosthetic limbs remain out of reach, priced far beyond what most can afford. A McKinsey report highlights that 3D printed robotic prosthetics could bridge this gap, offering cost-effective alternatives tailored for African communities. MJ Robotics is at the forefront, designing upper limb prosthetic arms using locally sourced materials, such as recycled plastics and metals, combined with open source microcontrollers and 3D printing techniques.

Smart, functional, human-centric design

Each arm by MJ Robotics is:

- Myo-electrically controlled, using muscle signals from the residual limb for intuitive movement.
- Structurally robust, capable of withstanding everyday use.
- Custom-fitted, created via local scanning and 3D printing to ensure comfort and precision.

Globally, researchers combine nylon based 3D printing with stainless-steel joints and fishing line actuators with results that demonstrate strength and adaptability. MJ Robotics adopts these proven design principles, keeping costs low without sacrificing durability.

Empowering communities through collaboration

MJ Robotics distinguishes itself through its community-driven approach. Engineers engage amputees directly, gathering feedback, refining fit, functionality, and aesthetics. They also train local technicians to handle repairs and maintenance, creating a network of support that lasts beyond the initial device. This approach echoes findings that low-cost eschew complexity, emphasizing simple, reliable design over expensive, fragile prosthetic systems.

The global demand for personalised, affordable orthopaedic prosthetics, propelled by 3D printing, robotics, and AI is growing.

MJ Robotics proves that high performance, robotic prosthetics can be locally engineered, socially inclusive, and financially accessible without settling for "lowest common denominator." By blending 3D printing, muscle signal controls, and community collaboration, the startup is creating a template for sustainable, dignified prosthetic care across Africa.



Little Legends Celebrate Madiba!



Colour in the picture Rainbow Nation Kids Unite!



Did You Know?

- Nelson Mandela was born on 18 July.
- He spent 27 years in prison fighting for freedom.
- In 1994, he became South Africa's first Black President.
- His nickname was Madiba.
- He gave 67 years helping others — we give 67 minutes on Mandela Day.
- He called South Africa the Rainbow Nation because everyone belongs.
- Mandela believed in kindness, peace, and forgiveness.

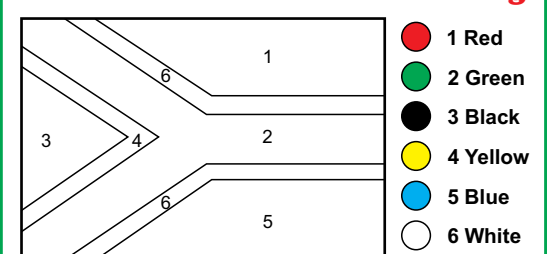
What is Ubuntu?

'Ubuntu' is a South African philosophy that promotes kindness towards others and comes from the Zulu proverb: "Umuntu ngumuntu ngabantu", which means "a person is a person through other people". The origin of 'Ubuntu' can be found in other African countries and have similar core values as well, here are a few different names for 'Ubuntu' in other languages:

- Sesotho (Lesotho): botho
- Shona (Zimbabwe): unhu
- Kongo (Democratic Republic of Congo/Angola): kimuntu
- Swahili (Kenya, Tanzania): utu
- Luganda (Uganda): obuuntu



Colour in the South African Flag



Word Search

K I N D N E
U B U N T U
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P E A C E H
S O U T H I
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Find and circle the words:

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Cleaning Up Your Finances

Managing money isn't just about how much you earn, it's about how well you use what you already have. With the cost of living rising across South Africa, a growing number of households are embracing the concept of a financial spring-clean; a simple practice that helps identify wasteful spending and frees up extra cash.

The idea is simple: three times a year, take a day to go through your finances in detail, just as you would clean your home before a big holiday or family event. By doing this in March, July, and October, you can build smart habits and even set aside savings in time for December's festive costs.

Here's how a financial spring-clean works:

1. Audit your bank statements

Go through at least three months' worth of bank or mobile money statements. Highlight debit orders or charges you don't recognise or need. You'd be surprised how many people forget about an old app subscription or fitness membership they no longer use.

2. Cancel unused subscriptions

Look at subscriptions like DSTV and Netflix, data bundles, or delivery clubs. Do you really need all of them? Cancelling just one or two could save you R200–R300 a month.

3. Renegotiate contracts

Call your bank, mobile network, employer or supplier and ask for better deals. Comparing packages and switching suppliers can reduce your costs, often by hundreds of rands each month.

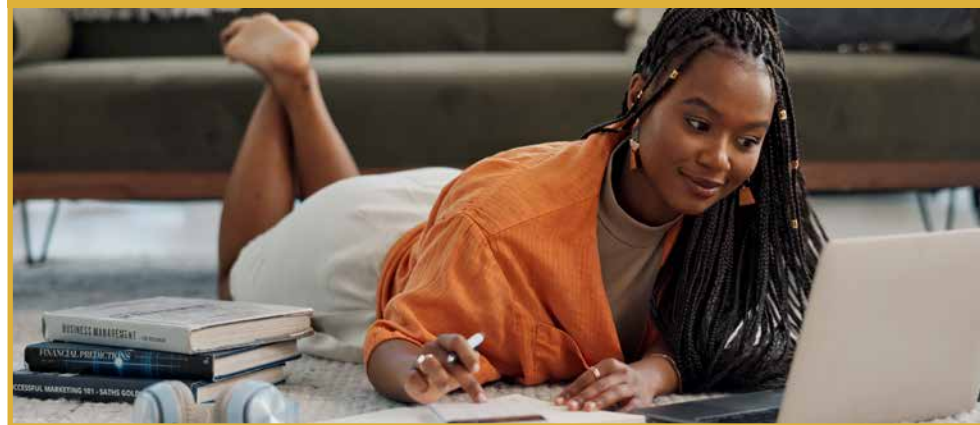
4. Close dormant accounts

If you have bank accounts or store cards you no longer use, close them. Many accounts have monthly fees even if you're not using them.

By taking these simple steps, you could save over R1 000 per month; money that could go towards holiday spending, school uniforms, or an emergency fund. The key is to treat this like a regular routine, not a once-off event.

With a bit of time and attention, you can clean up your finances and head into December with less stress and more peace of mind. Because when your money is in order, the rest of life feels a little lighter.

A 9-5 Is Not Enough



For most of us, a single salary no longer covers rising living costs. With unemployment over 35% and inflation hitting essentials hard, more people are turning to side hustles to make ends meet.

Why a second income?

Take a typical municipal worker in Gauteng: their monthly salary might struggle to cover housing, transport, food, and school fees. In this context, topping up the monthly budget with even R2 000–R3 000 can make a real impact. And when families face medical expenses or sudden repairs, a side income becomes more than a bonus, it becomes a lifeline.

From spare time to spare cash

Here are some practical side-hustle ideas that require little to no experience, are flexible, and fit a South African lifestyle:

1. Renting out space or vehicles

Do you have a spare room, parking bay, or car? Renting these out can generate R2 500–R7 500 monthly. Caring for contracts and informing your insurer is essential.

2. Digital freelance work

Platforms like Upwork or Fiverr allow you to offer social media management, transcription,

tutoring, or photography. Rates vary: social media management can net R500–R5 000 per month, while tutoring (online or in person) might pay R200–R500 per hour.

3. Reselling goods online

Buy pre-loved clothes, electronics or furniture and resell on Facebook Marketplace or Gumtree. Some sellers report profits of R3 000–R4 000 monthly with careful sourcing and attitude.

4. Deliveries and courier services

Working for Uber Eats, Mr D Food or small courier startups can earn R150–R200 per hour, depending on demand and time of day.

Tips before you start

- **Security first:** Always set up contracts and inform your insurer if renting out property or vehicles.
- **Track income:** Even small earnings are taxable once you pass thresholds. Keep records and register as self-employed if needed.
- **Start small:** Choose 1 or 2 options and try more activities only once they suit your schedule.

Keep an eye on our Career Column for more side hustle ideas.

Chakalaka & Boerewors Stew

A fusion twist on classic chakalaka, transforming it into a warming stew.

Serves: 4

Ingredients

- 2 tbsp oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 green pepper, diced
- 400 g tin baked beans
- 200 g chopped tomatoes
- 2 tbsp chakalaka paste or relish
- 150 g boerewors, sliced into rounds
- 1 litre chicken, vegetable stock or water
- Season with salt, pepper, smoked paprika

Method:

1. Sauté onion and garlic in oil until soft; add pepper and cooked sliced boerewors, stir until browned.
2. Stir in chakalaka paste, then add tomatoes, baked beans, and stock or water.
3. Simmer for 20 minutes to blend flavours; season.
4. Serve hot with pap.



Spicy Chicken Livers

Serves: 4

Ingredients

- 500g chicken livers, cleaned and trimmed
- 1 medium onion, finely chopped
- 1 green pepper, chopped
- 2 garlic cloves, minced
- 2 tablespoons cooking oil
- 1 teaspoon paprika
- ½ teaspoon chilli flakes (or 1 chopped fresh chilli)
- 1 teaspoon curry powder
- Salt and black pepper to taste
- 2 tablespoons tomato paste
- ½ cup water or chicken stock
- 1 tablespoon Worcestershire sauce (optional)
- Chopped parsley or spring onion for garnish (optional)



Method:

1. Heat the oil in a frying pan over medium heat.
2. Add the onion and cook until soft and golden.
3. Stir in the green pepper and garlic, cooking for 2–3 minutes.
4. Add all of the spices, salt, and pepper. Stir well.
5. Add the chicken livers and fry for 5–6 minutes, turning to brown on all sides.
6. Stir in the tomato paste, Worcestershire sauce, and water/stock.
7. Simmer gently for 8–10 minutes until the livers are tender and the sauce has thickened.
8. Garnish with chopped parsley or spring onion if using. Serve hot.

Something Different - Rainbow Pap

Serves: 4

Ingredients

- 3 ½ cups water
- 2 cups fine maize meal
- 1 tbsp Aromat seasoning (Original flavour)
- 2 tbsp margarine or butter
- 1 red pepper, diced
- 1 yellow pepper, diced
- 1 green pepper, diced



Why it's different: This vibrant take on pap gives you the comforting texture you love, plus a festive twist with peppers and aromatic seasoning.

Method:

1. Bring water to the boil in a saucepan, then stir in margarine and Aromat.
2. Gradually whisk in the maize meal for about 2 minutes until smooth.
3. Cover, reduce heat and cook for 20 minutes, checking occasionally.
4. Stir thoroughly with a wooden spoon to smooth the mixture, then add diced peppers.
5. Cover and cook for another 5 minutes. Serve hot with chicken livers or wors & chakalaka stew.

Peppermint Crisp Tart (No-Bake Dessert)

A beloved classic, perfect for a quick, crowd-pleasing treat.

Serves: 6

Ingredients

- 200 g tennis biscuits, crushed (base)
- 400 g caramel
- 250 ml fresh cream, softly whipped
- 2 x 100 g Peppermint Crisp chocolate bars, grated
- 100 g milk chocolate, melted (for drizzle)



Method:

1. Press crushed biscuits into a tart dish to form a firm base.
2. Blend caramel and whipped cream, then layer 1 cm over the base.
3. Sprinkle one-third of grated Peppermint Crisp; repeat two more layers, cream, chocolate.
4. Chill for at least 4 hours, preferably overnight.
5. Before serving, drizzle melted chocolate and top with extra Peppermint Crisp.

Mambos Storage and Home Expands into Gauteng with Three New Large-Format Stores

South Africa's beloved home and storage solutions brand, Mambos Storage and Home, is bringing its practical magic to Gauteng with the opening of three large-format stores. Long cherished by Western Cape shoppers for over two decades, Mambos has built its reputation on durable, affordable, and stylish storage and household products that make everyday living easier, and now Gauteng residents can finally join the experience.

The new stores are now open at Castlegate in Pretoria, Newmarket in Alberton, and Byls Bridge Promenade in Centurion, marking the brand's official entry into Gauteng. These locations follow Mambos' winning retail format, accessible parking, no-fuss layouts, and a spacious, well-organised shopping environment that encourages casual browsing and exciting discovery.

While originally known for its airtight food containers and clever cupboard organisers, Mambos' range has grown to cover virtually every corner of the home. From nifty wet and dry food containers, bathroom and garage storage, kitchen utensils and cleaning tools, to outdoor furniture, tableware, educational

children's toys, and even trendy décor, it's a one-stop destination for making your home not just functional, but stylish and affordable too.

What sets Mambos apart is its focus on everyday practicality. These aren't products that sit on shelves waiting for a special occasion, they're meant to be used daily, built to last, and priced with your monthly budget in mind. Their product range is sourced both locally and internationally, including from Europe and New Zealand, and reflects a simple, modern aesthetic that fits beautifully into any home.

Small hospitality businesses will also find tremendous value in Mambos' extensive selection of budget-conscious catering gear, sheets, towels, and cleaning equipment, offering a smart way to save on essential supplies without sacrificing quality.

Whether you're streamlining your pantry, upgrading your kitchen, or looking for the perfect organisational hack, Mambos invites Gauteng shoppers to step inside and find practical solutions that truly work. With more stores likely on the way, it's safe to say: Mambos is here to help make your home your happy zone.



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We want to end on a high note – Banyana coach Dr Ellis

SAFA Press Release on 24 July 2025

Banyana Banyana go into their final CAF Women's Africa Cup of Nations (WAFCON) 2024 match with one thing in mind, to end the tournament on a high note.

The South African senior women's national team take on Ghana in a third and fourth playoff match that will be played on Friday (25 July 2025) at the Larbi Zaouli Stadium in Casablanca, Morocco. Kickoff is at 21h00 SA Time (20h00 local time in Morocco).

Banyana Banyana and the Black Queens met in their opening match of the tournament, with South Africa emerging 2-0 winners following first half goals from Linda Motlhalo and Jermaine Seoposenwe. But a lot has happened since then. Both nations have not progressed to the final of this year's tournament and will now fight for bronze.

"Obviously the ambition was to get to the final and go back-to-back – a bit of

disappointment in not reaching it but we still have a game to play. We want to end on a high note and obviously go home with our heads held high. We've got one training session to go today, there's not a lot that you can do, we've done so many things during the tournament. We have played against Ghana and it's always difficult to play the same team twice in the tournament, but we'll give it our best shot," said Banyana Banyana coach Dr Desiree Ellis.

"This is not the match we wanted to play, but it's in front of us. We want to go home with something, not just for Gaby (Salgado) but for Jermaine (Seoposenwe) as well. We were hoping to give her a fantastic send-off, but unfortunately it didn't work that way."

This will be South Africa's fifth match in the tournament after three wins – against Ghana, Mali and Senegal – along with a draw and a defeat against Tanzania and Nigeria respectively.



Desiree Ellis coach of South Africa during the 2024 Women's Africa Cup of Nations South Africa Press Conference at Larbi Zaouli Stadium in Casablanca, Morocco on 24 July 2025
Photo Credit: Sydney Mahlangu/BackpagePix

Another Podium Finish For Zakithi Nene At London Diamond League

Athletics SA Press Release

Breakthrough sprinter, Zakithi Nene, delivered another solid result on Saturday, finishing third in the men's 400m race at the Diamond League meeting in London, England.

Nene completed the one-lap race in 44.29 seconds, securing his third podium finish on the Diamond League circuit this season and dipping under 45 seconds for the sixth time this year.

In a blanket finish, British athlete Charles Dobson triumphed in 44.14 and his compatriot, Olympic silver medalist Matthew Hudson-Smith, was second in 44.27. The top five athletes all finished within 0.37.

Meanwhile, South African record holder Akani Simbine (who has won three Diamond League races this year) settled for fifth place in the men's 100m sprint in 10.11.

Oblique Seville of Jamaica won the short dash in 9.86. He was the only athlete in the field to run under 10 seconds, securing a comfortable victory.

The next leg of the Diamond League series will be held in Poland on 16 August.

"Well done Zakithi, coach and support staff. Your perseverance and passion keep bringing you back to the podium," said James Moloi, the President of Athletics South Africa.



South Africa's Zakithi Nene.
Photo Credit: Erin Groll

Junior Springboks Finally Claim U20 World Title After 13-Year Wait



The Junior Springboks made history on 19 July 2025 in Rovigo, Italy by defeating long-time rivals New Zealand 23-15 to win the 2025 World Rugby U20 Championship. This is a victory South African rugby fans have waited over a decade to celebrate as the last U20 title was in 2012.

From the opening whistle at Stadio Mario Battaglini, South Africa showed intensity and control. Flanker Xola Nyali burrowed over for the first try in the third minute, giving them an early lead. Vusi Moyo nailed the conversion and later added three penalties, keeping the Junior Boks on the front foot.

New Zealand answered through Jayden Sa, scoring from a clever lineout move. But a controversial first-half red card to Kiwi prop Sika Uamaki Pole hurt their momentum, his yellow was upgraded to a 20-minute red after review. South Africa centre Albertus Bester also received a warning card, but 13 5 at halftime reflected South Africa's grip on the game.

In the second half, Rico Simpson's penalty for New Zealand narrowed the gap, but it wasn't enough. South African discipline prevailed. As time wound down, scrum-half Haashim Pead executed a precision chip that found Glermo Mentoe, who dotted down in the corner to seal the title. Moyo's conversion brought the score

to 23 8 before Maloni Kunawave added a late consolation try for New Zealand.

Captain Riley Norton, who also featured in South Africa's U19 cricket team, summed up the atmosphere: "The greatest day of my life ... this is why we play the game, for moments like this". For coach Kevin Foote, the victory is a reminder that South African grit, defence and fundamentals remain world-class at any level.

This win confirms South Africa's junior side as a new powerhouse on the world stage. With performances like this and talent such as Pead, Norton, Nyali, and Mentoe, supporters can look forward to a bright future for the country's rugby pipeline.

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