

Niwe Manzi Yaghe

Ngoku Abana
Bangarwanisya
e COVID-19!



IASC
Inter-Agency Standing Committee

Erikolhwa ly'ekitabo "Niwe Manzi Yaghe"

Ekitabu kino kyahandikawa ekithongole ekya Inter-Agency Standing Committee Reference Group on Mental Health na Pschological Support in Emergency Settings (IASC MHPSS RG). Omubiiri ono mwasighikwa n'abakulhu-bakulhu erilhwa omwa bihugho muthina-muthina, abaghuma bakubo bakakolha ne IASC MHPSS RG, eryongerako, ababuthi, abalembeni, abathendeki n'abana erilhua omwa mahanga 104. Omwa buthuku bw'ekihunzo ekya COVID-19, eribulirirya mulyakolhwa omwa kihugho kyosi erisosothya eriyowa ly'abana erihambire okwa bwongo, eribulirirya eryo mulya kolebwa omwa Lhuharabu, Olhungereza, Olhuitaliani, Ekifaranza kuthya n'Olhuspanishi. Emyatsi eyiri muno yalua omwisekulya erya kolhawa eya abana bakanaya erilhua omwa bihugho muthina-muthina ebya hambawa obulhwerwe obwa COVID 19. Ebyalhwa omw'abana, ababuthi, abalembeni mubyakolesibwa erihadika omwatsi ono.

Abana, ababuthi, abalembeni n'abasomesya abalhabire omwa 1700 erilhua omwa kihugho kyosi mubaghabene nethu ngoku bakarwanisaya e COVID-19. Thukasima kutsibu abana, ababuthi babo, abalembeni n'abasomesya babo erighunza eribulirirya erikolire omwatsi ono. Omwatsi ono abirihandikwa busana n'abana kandi alhwire omw'abana erithimba omwa kihugho kyosi.

Ekithongole ekya IASC MHPSS RG kikasingaya Helen Patuck busana n'erihadika omwatsi owali omwa kitabu kino haghuma n'ebisasani ebirimo.

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Enzuka nzukana

Ekitabu "Niwe manzi Yaghe" kyahandikirawa abana erithimba omwa kihugo kyosi abahambawako e COVID-19.

Ekitabu "Niwe manzi Yaghe" kitholere ikya somwa ababuthi, abalemberi, n'abasomesya erikisomera omwana kutse ekikundi kyabana balere. Sikibuya omwana eriyisomera ekitabu kino isyathawathikibwa n'omubuthi, omulemberi kutse omusomesya. Obusondoli obw'eriwathikya obukahulhawa "Emibiiri yesya Manzi"(Ekikendi hulukibwa ahambere aha) obuhambire okwa myatsi eyisosire COVID-19, eriwathikya abana erighumira eriyowa lyabo omwa bwongo n'eriwathikya abana emibiiri yabo erisighikira n'ebiri omwa kitabu kino.

Eribindulha

Akathunga akimaniri omubiiri ono Kakalebereraya erihindulha omwa mubughe owa Olhuharabu, Olhukyayina, Ekifaranza, Olhurstasya, n'Olhuspanish. Bulhaya akathongole aka IASC Reference Group for Mental Health and Psychosocial Support (MHPSS) (mhpss. refgroup@gmail.com) ahabwa erisangania erihindulha omwa yindi mibughe. Esyombindulha syosi esihwere sikendi hiribwa okwa muthahulha owa intaneti owa IASC Reference Group. Wamabya iwukendi hindulha omubiiri ono omwa wundi mubughe, kisi minya bino:

- Siwulighibirwe erikolesya akaminyikalho kawu (kutse ake kithongole ekyanga kolha omubiiri ono) okwa kyanga hulhukibwa
- Akaminyikalho aka IASC isikakolesibawa ebisasani kutse ebinywe byamahindulhwa. Aho omubiiri ono anga kolesibwa sihali buwathikya obwe IASC yangaha ekithongole kyosi-kyosi, ebyanga hulhukibwa kutse emibiiri.
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- Wuthollere iwongera bino omwi hindulha lyawu: ""Embindulha eno siya kolhawa ne Inter-Agency Standing Committee (IASC). e IASC siyiwithe lhukwamirwa olhwerilebererya. Ekitabu ekihandikire omwa Ihungereza ekya" Inter-Agency Standing Committee. My Hero is You: How Kids Can Fight COVID-19! Licence: CC BY-NC-SA 3.0 IGO ya lasisi eyilighibirwe





Mama wa sara ya manzi yiwe kundi ni mama mubuya kandi ni mubuya omwa byeseyansi omwa kihugho kyosi. Aliwe ibbwa mama wa sara syangabana omubatsi owa akahuka ake korona.

Sara mwabulya mama wiwe athi e COVID-19 yisosire yithi?

Mama wiwe mwabugha athi akahuka ake korona kutse COVID-19 nikake kutsibu sikangalhangirwa. Aliwe kakayitsatsanga omwi koholha nesyotsihye esyabandu abalhwere kandi bamahamba okwa bandu nokwabindu ebibathimbireko. Abakahambawa bakalhwalha ekikuba nekihumira kandi ibalemwa erihumulha ndeke.

Sara mwabulya athi ibbwa sithwanga burwanisya kundi sibwelhangirawa?

Mama wa Sara mwabugha athi "thwangana burwanisya ekyo kyakireka inganza iwabya iwunayirindire," Akahuka kano sikali sombolha mundu abosi bangana thuwathikya erikarwanisya. Abana nibe mbaghane kandi bangana wathikya nganzire iwayirindako nethu ithwe bosi. Nganzire iwabya manzi yaghe.



Sara mwaya kesya omwa kiro okwa ngingo yiwe isyayowire athi angabya manzi. Mwayiponera abya akanza eriya okwa sukuru aliwe iyabiri kyingwa. Abya akanza erilholha oku banywani biwe aliwe sikuabya kitholere. Sara abya akanza ekorona yilekeraho erinubyia ekihugho.

Mwayibwira athi "esyo Manzi sikabya n'amaaka mangyi" mwaliba ameso amaghotsera mwabugha athi "ngwithe ki naa?"

Aho naho omulenge muke mwabirkira erina liwe omwa bihwe hwe.

Sara mwa bulya athi oyo nindi?

Omulenge mwa bulya sara athi "Wukayithaghaki eribya manzi?"

Sara mwabugha athi "Ngayisunza ngoku nanga bwira abana abosi kubangayitheya neritheya abandi..."

Omulenge mwamubulya athi "wukanza ngakukolerek?"

"Nganza ekindu ekyanga ghuluka nekiwithe omulenge munene kandi ekyangana wathikya!"

Omwa kyakakalha kyakezi mukyasa aho naho kithi whooshii...





Sara mwabulya "Wulindi?"

Mwabugha athi "Ningye Ario"

Sara athi "sindi natha lhangira e Ario."

Ario mwabugha athi "nganeho ebiro byosi ngalhuire omwa muthima wawu."

Sara mwasubiryu athi "Namabya ingane nawu obo kwesi nangana bwira abana bosi omwa kihugho okwa kahuka ke korona nanganabya manzi! Aliwe Ariothalinda nina kibuya erighenda e korona iyikineho omwa kihugho?"

Ario mwabwira sara athi "Sihali ekyanga kuhuthalya wamabya iwune nayi."





Neryo sara mwaghulhukira okwa mughongo wa Ario neryo bamalhaba
omwa ridirisa eryekathi wiwe bamaghulukira omwa kyanya omwa kiro.
Mubaghulhukira hakuhi nesyogununu bama ramukya akezi.

Omwisi abere aka kolha mubikira omwa mbwarara eyuwene aho ekikundi kya abana babya bakasathira. Abana mubabirikira omwa tseme nerisumbira Sara yebyalha ne Ario yiwe.

Omuthabana mug huma mwabirikira athi "Thuneyo, Ningye Salem!" Mukakolha hano haki? Bolho, sithwanga segheranako thutholere ithwasighirana omwanya nga mita nguma!"

Sara mwabugha athi "Ekyo kyakireka ithwabyahano!"

"Ningye Sara oyu ni Ario. Wunasi ngoku abana bangana theya abaliranwa babo abanyani babo ababauthi babo haghuma naba sokulhu wabo okwakahuka ke korona? Ithwe bosi thutholere..."

Salem mwabugha athi 'Erinaba okwa byalha n'esabbuni!' "Sara, thunasi. Thwamakoholha ambi ithwa koholera omwa mbunkira yokuboko kandiithwa sumbira abandu be byalha omwakanya keribahamba omwabyalha. Thukalengaho eribya omwa nyumba aliwe thwikere omwatawuni eyirimu abandu banene sibili mundu wosi wuthi akabya omwa nyumba."

Ario mwabugha athi "Hmm obundi nangana wathikya okwekyo aliwe sibanga lhangira akahuka ke korona aliwe bangana nyilhangira! Nyiyisumbireko aliwe wikale oko mbande syosi syebipupa byage bina sighenene mita nguma!"



Ario mwaghulhukira omwa
kyanya iniana hekire Salem
na Sara okwa bipupa biwe.
Mwaghulhukira omwa tawuni
iniane mururuma nerimba!
Salem mwabirikira okwa bana
ababya okwa mbalhu:

"Mughende mubwire
abe wenyu muthi thuli
buholho ndeke thwamasiba
omwamanyumba! Thwangana
tsomana abandi thwamabya
thukasiba omwa nyumba!"

Abandu mubasweka
bakalhangira ekya mabya.
Mubabasumbira ebyalha
neriligha erighenda omwa
syonyumba.





Ario mwaghulhukira omwa kyanya. Salem mwabirikira omwa tseme. Eyo omwa bithu myalhaba endege ababya myo mubasweka kutsibu bakalhangira Ario.

Salem mwabugha athi "Abandu bakayimanibawa okwi ghenda ahawba buthuku buke."

"Bakendi kyinga emithano omwa kihugho kyosi kandi thutholere ithwabya ithune aho thuli nabandu abothwanzire."

Sara mwabugha athi "Ngakwire obuba kusangwa ebindu byosi byabiri hindukira ighuma."

Ario mwabugha athi "Sara kikanyitabura kandi ingakwa obuba ebindu bikahinduka bithya, ngahumulha bolho bolho- kandi ngahumulha omuliro!"

Ario mwahulhukya ebitandi ebiyibumbire nga mupiira!

Ario mwababulya athi "Mukahumulikana muthi mwamathingwa?"



Sara mwabугha athi "Nganzire erilengekania oko mundu oyukanyitsemesaya."

Salem mwabугha athi "Naghe kuthya ngalengekanaya okwa bandu abakaleka ingayowa ndeke ngabasokulhu baghe ngabakwire lhukando sinanga thoka eribawa omwa kikuba ahabwa aka huka ke korona. Thubeghere eribabungira obuli yenga aliwe thwanzire ibabya ibane omwa butheya ."

Sara mwabulya munyani wiwe "Wangana babirikirako?" Salem mwa bugha athi "Eeh!""Bakanyitherera obuli kiro nerinyibwira ebyosi ebya bane mukolha eka.

Kikaleka ithwayowa ndeke."

Ario mwabугha "Nikya bulikiro erikwa olhukando abandu abothwanzire kikakanganaya eritsomana lyethu.

Kyangana kutsemesya erilholha okwa sindi manzi?"
Sara na Salem bathi "Eeh diya!"

Ario mwabугha "Nikibuya munywani waghe Sasha awithe obuthoki bwembaghane thughendeyo!"





Mubaghulhukira okwa kihugho bamikira okwa bulhambu bulhebe buke. Akambesa kabya ikane muthwa ebimole. Mwaseka akalhangira abana ibanikere okwa bipupa biwe.

Mwabirikira athi " Ario thutholere ithwa sighirana omwanya hakiri mita nguma ngendi kughusira eyambi! Mukakolha hano haki?"

Ario mwabugha athi " Mungowa eyambi yawu omughulhu wulya nyibwira Sasha nganza thukakolesya ebinywe erikakangania eritsomana nomwa mikolere. Ngalwe nganzire abanywani baghe ibigha okwa buthoki bwawu."

Sasha mwabulya "Obuthoki bwaghe niki na."

Ario mwabugha "Kundi ewenyu muyabanika omulhwere wukasiba eka kundi siwanzire eritsatsanga akahuka kekorona.

Sasha mwabugha "Eeh ni thatha waghe ane musiba omwa kisenge kiwe erihika aho akendi syalhamira ndeke.



"Aliwe sikibi erisatha emisathu eritsumba
nerighenda omwirima neriryia haghuma ebyalya.
Thukasatha nabaghalha bethu ithwahotholha.
Thukasoma ebitabu kandingabya ingane
musoma nomuthuthakyighenda okwa sukuru.
Erisiba eka mundakitsemera erimbere aliwe
hathya nabirikibeghera."

Ario athi "Ekyo sikyolho sasha wune mubana
emibere eyerisatha haghuma nabeka yenu
haghuma nabawanzire eka ewenyo.Ekyo
kikalekaiwabya manzi yaghe kwenene!"

"Eka eyo mukanalhwa?" Salem mwabulya.

Sasha athi "Okwa bundi buthuku
thukanalhwa," "Okwa bundi buthuku ithwa
ghumisiriza kutsibu neriyitheghererya kandi
neryanguha erisaba ekighanyiro. Obwo
bwobuthoki obwokwenene kusangwa bukaleka
thwayowa ndeke ithwebosi. Nganza ingabya
ingyuwene ahabwakathambi kake . Nganzire
eriimba na erihotholha kandi ngana therera
banywani baghe.."

Sara mwabulya "Ibbwa Ario abandu abikere
haali abathawithe esyonyumba?"

Ario athi "Ekyo nikibulyo ekyuwene
thughende thulebaye."





Mubabwira Sasha bathi bukyayi neryo bamaghenda.
Neryo muyabya ekihuhania omughulhu bikira okwa
kizinga ekithimbirweko nengetse.



Aho mubalhangira abandu bangyi.
Omumbesa mwabalhangirira hali neribasumbira
ebyalha

Mwabirikira athi "Kuthi Ario,namatsema
erithasya kulholhako." "Thunemulengaho
erithendisegheranako neryo ngendikania nawu
ingane hano. Aliwe nganzirre inga lholha oko
banywani bawu erina lyaghe ni Leila."

Sara mwabugha athi Kuthi Leila ningye Sara
oyu ni Salem. Mukabyangamune mulengeho
eriyitheya okwa bulhwere bwe ekrona.

Nibindi byahi ebyo munemukolha?"

Leila mwabugha athi "Thukanaba okwa byalha
esabuni namaghets!"

Salem mwabulya "Mukanakoholera omwa
mbunikira eye ngokolho?"

Leila mwa subiryu" Wangana thukangya?"
Neryo Salem mwabakangya.

Leila mwabugha "Thune mulengaho
erikolesyaamenge aliwe ngayilhalikira kindu
kighuma, nanganakubwira kyo? Munowa ambu
abandi bandu mubalhwalha neriholha ekyo
mukyanyitha obuba bunene. Nina kwenene indi
e korona yikitha abandu?"



Ario mwahumulha muli muli amikalha ahisi.

Ario mwabugha athi "Eeh manzi ndere nikiyaka abandi banganagha erilhualha aliwe abandibangana lhwalha kutsibu mabandi bangana holha.

Ekyo kyekyangaleka ithwayitheya okwabakulire omwamyaka nabo abalhwere awandi malhwere kundi babakahambawa. Okwa bundi buthuku omughulhu thuka sagha kutse ithwayowa isithuwithe buholho kikaleka ithwa lengekania okwa mwanya owathekene .Wunanzire ithwa kilengesya haghuma?"

Abosi mubaligha, neryo Ario mwabwira abana athi balibe ameso wabo nerilengekania okwa mwanya owabanga yowira mwa boholho.

Ario mwabugha athi " Muthibuka ekiro mwayowa imuthekene ndeke."

Neryo mwababulya athi ngabamalhangiraki, ngaba mayowa bathi,kandi ngabamabeherwaki omwa mwanya owathekene oyo. Neryo mwababulya athi nga hane mundu we mbaghane oyo bangakokiryе omwa mwanya wabo owathekene oyo nebya bangakania nayo.

Ario mwabugha athi " Mwangana ghenda omwa mwanya wenyu owathekene omughulhu mukayowa nabi kutse omughulhu mukwire obuba, obo bwobuthoki bwenyu kandi mwangana ghabanabo nabanywani benyu nabeka yenu. Kandi mwibuke ngoku ngabatsomene nabandi kuthya. Ekyo nakyo kikendi wathikya."



Leila mwabugha "Ithwe bosi thwanga tsomana abandi."

Ario mwabugha "Ekyo kihikire leila, thwangana tsomana abandi ehosi eyo thwangabya. Wunazire ithwa ithwaghenda haghuma omwa lhughendo Ihwethu olherighunzerera?"

Leila mwathwamu erighenda haghuma na Ario nabanyani biwe. Sara mwatsema leila akabayiyungako kusangwa aby a inianasi ngoku thukayiyithagha obuwathikya obwa bandi okwa bundi buthuku. Mubaghulhuka bukuthu, aliwe Leila aby a inianasi ngoku abanywani biwe abahyaka abo bamutsomene.



Lyo lholo lyolho mubalhangira ebitihwa ebirikwesyonzururu, na Ario mwikira omwatawuni nyike. Abana bake babya ibane musathira omwakusi.

Omughuma owokwibo mwabirkira Ario iniane mumusumbira ebyalha.

Ario mwabugha athi " Kuthi kim, inywe bosi nganzire imwa lholha oku banywani baghe ababya balhwere ekorona aliwe babiri lhama."

Salem mwabulya" Mubyabya bithi naa ?"

"Ininga koholha nomubiiri iniahuha okwa bundi buthuku. Kim mwabugha athi iningayowa inga lhuhire kutsibu kandi isingalianza erisatha. Aliwe ininga ghotsera kutsibu nabeka yethu ibakanyi tsomana. Abaghuma bokwa babuthi baghe na abasokulhu ibakayanyirebaya okwithambiriro. Abathambiri, babya bolhukeri okwibo nabomwabulhambo bwethu mubathuwathikya eka. Habere halhaba mayenga make, muthwabya ndeke kandi."



Omughuma wokwa bana abo mwabugha "Indi munywani wa Kim,nomwa kine indi kim mwa lhwalha ekrona, obunywani bwethu mubwathathwika nomunganabya isindi mulholhako.Mungathalekeraho erimutsomana thutsemire kandi thuka satha !"

Ario mwabugha "Okwabundi buthuku ekindu kyomughaso ekya thwanga kolha ngabanyani lyeritsomananangana. Nomwakine indi thwangabya ithwabya ithutholere erithendibya haguma ababwa kathambi."



Leila mwabugha "Abandi thwangana kolerabo ebi."

Salem mwabugha "Ekiro kikendisyahika ithwa satha nerighenda okwa sukuru ngoku byabya." Bwabya buthuku bwerisuba eka, na Sara erilhagha abanywani biwe abahyaka. Abosi mubayilhaghanisa bathi sibendi syibirirwa erirambura eryaba kolha haghuma.

Sara mwayowa nabi kundi isibendi thasya lholhanako kandi. Aliwe mwayowa ndeke akibuka ebya munywani wakim abugha. Eribya isiwanga thasya lholha okwa bandu, sikirimanyisaya kithi siwangathasya banza.



Ario mwaba hikya ewabu, neryo
mwa linda Sara aghotsere nuku
alhweyo.

Sara mwamubulya
“Thwangana thasyakikolha
omungya?”

Ario mwabugha “Ayihi sara
nibuthuku obweribya nabeka
yenyo, wibuke omwatsi wethu.
Wangana theya abowanzire omwi
naba okwa byalha nerisiba eka.
Singali hali okwiwe. Mighulhu yosi
thwanganabya haghuma omwa
mwanya owuwene.”

Mwabugha omwabihwe hwe “
Niwe manzi yaghe.”

Nayu mwabugha “Nawu wuli
manzi yaghe Sara. Wuli manzi okwa
bakwanzire.”



Sara mwaghotsira abere akabuka ekiro
ekyakwamako Ario iniabirighenda.
Neryo mwaghenda omwa mwanya wiwe
owa thekene, amathera ebyosi ebya
Iholhako omwa Ihubungo Ihwabo. Neryo
mwathibitha eyiri mama wiwe iniane
nebyalya thera nerimukaniryा omwatsi.

Mwabwira mama wiwe" Thwangana
wathikya eritheya abandi, omwa
Ihubungu Ihwaghe munabanire
esyomanzi nyinyi!"

Mama wa Sara mwabugha " wuhikire,hali
esyo manzi nyinyi ngabathambiri
abane mutheya abandu okwa kahuka
ke korona. Aliwe wukanyibukaya ngoku
ithwe bosi thwanganabya manzi obuli
kiro, kandi emanzi yaghe ngulhu niwe."

