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# Imininigwana Ezeleko Ngesifo se-bipolar



Allison Cooper

**N**amkha kunemi-hlobohlobo yesifo sokutjhugutjhuguluka kwamaziso, *i-bipolar*, kodwana umhlobo ovamileko bewaziwa kusukela kade nge-*manic depression*, kubujamo bokugula ngekomkhumbulo okuletha amatjhuguluko adluleleko wemizwa lapho umuntu athaba khulu (*i-mania*) nemizwa eba phasi (*i-depression*), kube neenkathi lapho umuntu aba sebujamani

bamaziso ajayelekileko.

UDorh. Eddie Pak, udorhodela wabagula ngokomkhumbulo osebenza esibhedlela sabagula ngokomkhumbulo soMnyango wezamaPhilo we-Gauteng, i-Sterkfontein Psychiatric Hospital ese-Krugersdorp, uthe kujayekele khulu bona abantu babe nemizwa ehlukileko yokuthaba nofana batluwe kuye ngokwenzeka kwezinto epilwenabo.

“Isifo se-*bipolar*, sibonakala ngokuthi amaziso womuntu atjhugutjhuguluke ngokuthuweleleko ngaphandle kwesi-

zathu. Amatjhuguluko la abanezehlakalo, athatha isikhathi eside godu aphazamisane nepilo yangemihla, kwatjho uDorh. Pak

## Amatshwayo wesifo se-bipolar

Ukuya ngokomhlahlandlela we-*bipolar* okhutjhe siqhema samaziso, i-South African Depression and Anxiety Group (i-SADAG), amatshwayo wesigaba lapho umuntu athaba khulu (*i-mania*) afaka hlangana;

- Ukuthaba khulu ngendlela yokuthi akukho okungatjhugulula ithabelo;
- Ukuzithemba okudluleleko
- Ukucabanga ngefanelo kuyaphela okuvane ukufaka iingulani engozini yokusebenzisa iindakamizwa ngokweqileko nokwenza izinto butjhwileni.
- Kesinye isikhathi baba namadlharuma kudlule amalanga balala kancani nofana bangalali;
- Batjhugutjhugulula isihloko sendaba nabacocako, bakhuluma msinya godu bakhulumela phezulu,

- Abanye abantu babhalelwa kubazwisisa ngombana imicabango nekulumo yabo ayikahleleki, ayizwakali kuhle;
- Bakwata msinya ngaphandle kukanobangela lokha umuntu nakababonisa ngamahlelo wabo angamukelekiko.

“Lokha isifo sokuthaba khulu singelatjhwana, singafikela ezingeni lokuhlanganelwa yihloko, *i-psychosis* godu umuntu loyo agcine alahlekelwa bunjalo bepilo. Bathoma ukukholwa izinto ezingekho, basilingeke bebalwe. Kulula ukubona amatshwayo wesifo soku-thaba khulu kabanye abantu ngombana isigulaneso siba neziga,” kwatjho uDorh. Pak.

Izehlakalwezi zilandelwa kugandeleleka kwemizwa okumbi khulu, ngamatshwayo afanako nokugandeleleka okukhulu okufaka hlangana imizwa elandelako:

- Ukutluwa
- Ukuzizwela ukuba mlandu nofana ukuphelelwa lithemba
- Ukungafuni ukuvuka-

embhedeni nokufuna ukulala kodwana kungalaleki

- Ukungabi namandla nokuba buthakathaka nokudinwa
- Ukungathandi ukudla; ukungabi nekareko lokwenza izinto nokuzibona ulilize.

“Isehlakalo sokugandeleleka kwamaziso singadosela ekuhlanganyelweni yihloko, lapho umuntu alahlekelwa bunjalo bepilo, nakudluleleko, bafuna ukuzilimaza godu baphathwa kuzibulala,” kwatjho uDorh. Pak.

Lindaba ezimnandi zithi isizo liseduze. “Lokha umuntu nasele aphengulwe ngefanelo, asela neenhlala ezifaneleko nazo azisela kuhle abantwaba baphila ipilo ehlenepheleleko,” kwatjho uDorh. Pak. **U**

Nange kunekghonakalo yokobana wena namkha isinini sakho sinesifo se-*bipolar*, ningavakatjhela emtholapilo namkha esibhedlela esingekhenu sokwelatjha komkhumbulo ngokurhaba.

## Isifo se-bipolar: Ungasiza njani?

Allison Cooper

**U**mntu omaziko namkha isihlobo sakho nasiphengulwe bona sinesifo se-*bipolar* kunezinto ezihlukileko ongazenza ukumsiza nokumsekela.

Kokuthoma, funda koke ongakufunda ngesifesi, khulukhulu umhlobo wesifo aphengulwe sona. Funisisa ngabonobangela, amatshwayo nemitjhoga bewukhulume nodorhodere nakukghonakalako.

Kufuze ufunde ngamatshwayo ayelelelisako wezehlakalo ezikulu nezincani, ukwazi ukumbona nakathomako ngezehlakalo.

Ukuya ngokomhlahlandlela wesifo se-*bipolar* okhutjhe yi-South African Depression and Anxiety

Group (i-SADAG) kuhle ukuhlala, lokha umuntu asaphile kuhle, kobana uzokwenzani nasele amatshwayo wesifo athumbuka. Isibonelo, ningakhulumisana nibekelane imithetjhwana efaka ukuqalelela njengokumphathela amakaradakhe webhanga (ama-*credit card*), amarhubhelo wokubhanga neendodlhelohlo zekoloyi.

“Khuthaza isigulani ukobana sisele iinhlala ngefanelo, bavakatjhele udorhodere wabo. Bazile utjwala neendakamizwa ngoba zingaba sisusa sesifo se-*bipolar* namkha zithuwelelise isifo,” kwatjho uDorh. Eddie Pak, ongudorhodere wabagula ngokomkhumbulo onzinze esibhedlela somkhumbulo somNyango wezamaPhilo we-Gauteng, i-Sterkfontein Psychiatric Hospital.

Lokha isigulani nasisele iinhlala ezithile isikhathi esidluleleko, kungabungcono, nofana iinhlalaza zimphatha kumbi, khuthaza isigulani ukubuza udorhodere ngezinye iinhlala nanyana afune isiluleko kabanye abodorhodere.

Phatha abantu ngobuntu nasele bapholile, kodwana uhlale uqale amatshwayo angaba sisusa sesifo. **U**



### Iyeleliso zokuzibulala

Kuqakatheke khulu ukufunda ngamatshwayo ayelelisako wokufuna uzibulala nokungathatheli phasi iyeleliso ezikhulunywa sigulani.

Lokha umuntu nakahlalisa kuhle izinto zakhe, akhuluma ngokufuna ukuzibulala, akhuluma njalo ngokulandelela okuthile nofana atjengisa ukuphelelwa lithemba, kusikhathi sokuthatha amagadango nokufuna isizo kudorhodere nofana kumalunga womndeni nabangani.

### Thola isizo

Lokha wena nofana umuntu omaziko, nitlhoga isizo, vakatjhela iziko lezamaphilo labaphatheke emkhumbulweni eliseduze, umtholapilo, isibhedlela nofana udorhodere. Ungadosela inomboro yesizo lezamaphilo womkhumbulo yakwa-Cipla esebenza imini nobusuku ku: 0800 456 789, umtato wesizo we-SADAG ku: 011 234 4837, iziko eliKhandela ukuzibulala ku: 0800 567 567 nofana i-Akeso Psychiatric Response Unit esebenza imini nobusuku ku: 0861 435 787.



# Koke Othoga Ukukwazi Ngesilinganiso Sobuncani Bomrho



■ Ngaphasi komthetho we-NMW, abasebenzi emikhakheni eminengi kufuze bangabadelwa imali engaphasi kwama-R20 nge-iri yomsebenzi.

Dale Hes

Umsewula Afrika ngamunye osebenzako unelungelo lokwamukela umrho olungileko wokuziphilisa nomndenakhe.

Njengoba uMengameli

u-Cyril Ramaphosa atlikitle umthetho weSilinganiso sobuNcane boMrholo weliZwelo (i-NMW) ekuthomeni komnyaka lo, ilungelo lokwamukela umrho olungileko selivikelekile ngokomthetho.

UNgqongqotjhe weza-

baSebenzi u-Mildred Oliphant uthe isilinganiso sobuncani bomrho angeze sijamiselele imirholo esele kuvunyelenwe ngayo, emkhandlwini wokukhulumisana ngemirholo.

“Isilinganiso sobuNcane bomrho sizokurhubhela, khulukhulu, labo abarhola ngaphasi khulu kunama-R20 nge-iri.

Umkhakha ozokurhubhela khulu ngeweendawo zokudla nokuphatha kuhle iimvakatjhi, lapho uthola abasebenzi barhola kwaphela imali abayiphiwa makhasimende namkha ihlohlomezelo,” kwatjho uNgqongqotjhe.

## Amalungelwako ngaphasi komthetho weSilinganiso sobuNcane boMrholo elizweni Loke

- Ngaphasi komthetho weSilinganiso sobuNcane boMrholo elizweni Loke, abasebenzi emikhakheni eminengi kufuze bangabadelwa imali engaphasi kwama-R20 nge-iri yomsebenzi.

- Lokhu akufaki abasebenzi bemaplasini, okufuze babhadelwe okungenani i-R18 nge-iri, abasebenzi bemakhwitjhini kufuze babhadelwe okungenani (i-R15 nge-iri) kanti abasebenzi be-EPWP (i-R11 nge-iri).
- Kufuze ubhadelwe okungenani isilinganiso sobuncani bomrho sawo woke ama-iri owasebenzileko. Nawusebenze ngaphasi kwama-iri amane ngelanga, kufuze ubhadelwe imali ephelileko yama-iri amane layo.

## Malini ekufuze uyithole ngenyanga?

- Nawurhola ama-R20 nge-iri usebenza ama-iri abunane ngelanga amalanga amahlanu weveke, kufuze ubhadelwe ama-R800 ngeveke. Ngenyanga, kufuze umqatjhi wakho akubhadele iin-R3 466. 40.
- Nawurhola ama-R20 nge-iri usebenza ama-iri alithoba ngelanga amalanga amahlanu ngeveke, kufuze ubhadelwe ama-R900 ngeveke.

- Ubhadelwe iin-R3 899.70 ngenyanga.
- Nawumsebenzi wemaplasini urhola i-R18 nge-iri usebenza mama-iri ama-40 ngeveke, kufuze ubhadelwe iin-R3 119.76. Nawusebenza ama-iri ama-R45 ngeveke, kufuze urhole iin-R3509.73.
- Nawumsebenzi wemakhwitjhini urhola i-R15 nge-iri, usebenza ama-iri ama-40 ngeveke, kufuze urhole iin-R2 599.80 ngenyanga. Nawusebenza ama-iri ama-45, kufuze urhole iin-R2 922.75.

## Ungakubika kuphi ukubhadelwa kwakho imali engaphasi kwesiLinganiso sobuNcane bomrho?

Iinghonyayo zingenziwa e-ofisini eseduze yomNyango wezaSebenzi, nofana ungasithumela kuKomitjhini yokuThobelana, ukuCocela nokuLamula (i-CCMA). I-CCMA ivule iinomboro zomtato ezimbili zokwamukela imibuzo: **011 377 6627** no: **011 377 6625**.

## Isilinganiso sobuNcane bomrho, siyipumelelo yabasebenzi

**I-NMW SEKADE YALINDWA** begodu izakwenza umehluko godu inomthelela omuhle emaphilweni wabantu.

Siya Miti

Isilinganiso sobuncani bomrho sama-R20 nge-iri nofana iin-R3 500 ngenyanga, sithome ukusebenza mhlana li-1 kuTjhirhweni, sizokuvikele abasebenzi abatlhagako ekudlelezelweni.

Njengokwesimemezelo sikaMengameli uRamaphosa ngoSinyikhaba wee-2018, isilinganiso sobuncani bomrho samukelwe ngezimhlophe mKhandlu weeNyonyana zabaSebenzi zeSewula Afrika (i-Cosatu) njengedango lokuthoma lokuthola umrho wokuziphilisa kubasebenzi abapheze babe ziingidi ezi-

6.4 emkhakheni weentolo, zokuphepha neyokuhlwenisa.

Nofana lokhu kuziindaba ezimnandi kubasebenzi abanengi, ugadi we-East London uZolile Binta uthe baragela phambili nomtjha galo ukufumana isiqiniseko sobana bazowuthola umrho wama-R20 nge-iri.

“Sizosithola [isilinganiso sobuncani bomrho] enyanzeni le okokuthoma. Ukusukela ngomnyaka wee-2010 ukufikela kuTjhirhweni nonyaka besithola ama-R11 nge-iri. Sisebenza umsebenzi onobungozi, sitlhoga ngaphezu kwama-R20 nge-iri.

“Nginabentwana abalikh-

mba, omncani uneminyaka eli-17. Abantabethu abawutholi umsebenzi godu umkami uhlala ekhaya. Isilinganiso sobuncani bomrho lesi asikaneli. Nokho uzokwenza umehluko ngombana phambili besithola hlangana ne-R1500 nee-R2000,” kwatjho uBinta.

Omnye ugadi uNombeko Zenani uthe isilinganiso sobuncani bomrho sizokwenza umehluko omkhulu epilwenakhe godu sizokuvikele abasebenzi ekudlelezelweni.

Umkhwezeleli wendawo we-Democratic Transport Logistic Allied Workers Union, uMelumzi Ndongeni, uthe nanyana isilinganiso sobu-



ncani bomrho sizokwenza umehluko emaphilweni wabasebenzi abanengi, abanye abaqatjhi bafuna iindlela zokurabhula ngokwehlisa isibalo sama-iri ngetjhifu.

“Sizokwenza umehluko, kodwana kusese nezinto ezitlhoga ukulungiswa. Iye khona umthetho wesilinganiso sobuncani bomrho elizweni

lonke sele utlikitliwe, kodwana mancani khulu amakhampeni awusebenzisako. Isibonelo, amanye amabhizinisi egade abhadela ngaphezu kwama-R25 nge-iri ehlise isilinganiso safikela kuma-R20 batjho bayatlhaga. Akukho okungenziwa ngalokho ngombana balandela umthetho,” kwatjho uNdongeni. ■