

Vuk'uzenzele

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Acting in the best interests of the child

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Africa is for all

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No to violence against women and children

PRESIDENT Cyril Ramaphosa has heard the call by South Africans for emergency measures to end Gender-Based Violence and Femicide.

Over the past few days, our country has been deeply traumatised by acts of extreme violence perpetrated by men against women and children.

"These acts of violence have made us doubt the very foundation of our democratic society, our commitment to human rights and human dignity, to equality, to peace and to justice," said President Cyril Ramaphosa when he addressed the nation and again condemned Gender-Based Violence and Femicide (GBVF).

"Today, I speak to you as your President and as a citizen of our country. But I

also speak to you as a husband and as a father to my daughters. Like millions of men across this country, I am appalled at the war being waged on our sisters, our mothers, our wives, our partners and our daughters," he said.

"We know the names of Uyinene Mrwetyana, Leighandre Jegels, Janika Mallo, Ayakha Jiyane and her three little siblings, but we also grieve for many others who have died at the hands of men. These killings have caused great pain and outrage because acts of such brutality have become all too common in our communities. Violence against women has

become more than a national crisis. It is a crime against our common humanity," he added.

The President stressed that women have every right to expect that they be free from harassment and violence. "We have heard the calls of the women of our country for action and for justice. The

collective anger, the pain and the fear that these killings have caused must strengthen our resolve to end all forms of violence and abuse perpetrated by men against women," he said.

Fighting GBV

The President said that the national register of GBV of-

fenders, provided for in the Sexual Offences Act, will be overhauled and modernised.

"It will list all the men convicted of acts of violence against women and children. I will ask Parliament to consider amending legislation to make the register public.

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Healing inspired by Mother Nature

HERBS HAVE BEEN used to heal since ancient times and a KwaZulu-Natal woman is determined to help her patients restore their health naturally.

More Matshediso

Nokuthula Mahaye (53) owns a health and wellness company called Truhealth, which provides various types of therapy and sells detoxing products made from natural herbs.

Mahaye started her company in the late 1990s in her backyard in Pietermaritzburg, KwaZulu-Natal, selling herbal products to locals, before formally registering her business in 2010.

Mahaye is also a beneficiary of the Agribusiness Development Agency (ADA), which is an entity of the Department of Agriculture and Rural Development. It aims to ensure a diverse, deracialised and

sustainable agribusiness sector.

She said the ADA helped get her products tested to meet safety standards for consumption, to trademark them

and with marketing skills to expand distribution.

"The ADA

has also afforded me an opportunity to attend training offered by the South African Bureau of Standards (SABS)," she said.

She now has four employees and runs a clinic that offers health and wellness services, including colon hydrotherapy, reflexology, spine alignment, foot care, massage, herbology, full body detox-

ification, diet and nutrition, among others.

"I opened this business after completing a qualification in Naturopathy in Original Medicine from the International Institute of Original Medicine in the United States of America," she said.

Mahaye was inspired to consider naturopathic medicine as a career after learning that most of the sicknesses that trouble people can be

cured using natural methods.

According to Mahaye, many of her patients' health problems stem from a dirty colon, which is the result of unhealthy eating. She uses colon hydrotherapy to relieve their pain.

She said in some cases, once the colon is cleansed, other health problems such as piles, ulcers, allergies, skin problems, body odour, bad breath and many others are cured.

Body hydrotherapy, to boost the immune system, is another of the clinic's services.

She said her company is able to provide various services to people of all ages including babies.

Mahaye added that should a problem be detected that requires conventional medical treatment, the patient will be referred to a medical doctor. **V**



Nokuthula Mahaye runs a clinic that offers various forms of therapy and natural herbs to heal patients.

For more information

- Contact the ADA at 033 347 8600 or email: info@ada-kzn.co.za.
- Manufacturers who would like to get their products approved for certification by the SABS should call 0861 27 7227 or toll free 0800 00 7112 or email: info@sabs.co.za.

Ukusela utywala ngelixa ukhulelweyo kubeka iintsana emngciphekweni

ABANTU BASETYHINI ABASELA UTYWALA ngelixa bekhulelweyo babeka iintsana zabo kumngcipheko wokukhubazeka bezalwa.



Ukusela utywala xa ukhulelweyo kubeka umngcipheko omkhulu kusana olungekazi-lwa kuba utywala bunqumla lula kwisithintelo somgantsi wesibeleko (iplasenta), ngoko ke bugqithe ukusuka kumama ukuya emntwaneni.

Abasetyhini abakhulelweyo, abazama ukukhulelwa okanye abo bancancisayo kufuneka bayeke ukusela utywala. Xa sele ukhulelwe, alikho ixesha elilungileyo lokusela utywala okanye uhlobo olulungileyo lotywala.

Ngokuxhomekeke kwiqondo nakubungakanani botywala obuseliweyo nobungakanani bexesha usela ngeli xesha ukukhulelwe, iziphumo ezinokubakhona zinokwahluka ukususela ekuphuncukeni kwesisu ngokuzenzekeleyo ukuya kutsho ekubelekeni kwangaphambi kwexesha, iimvambilini (*still births*) kunye neSigulo sokuKhubazeka koSana buTywala (FAS).

Oomama abasela utywala ngeli xesha bekhulelwe babeka abantwana babo abangekazalwa kumngcipheko wokuvela kweengxaki zokukhulango kwasezimbini, ezokuziphatha

kunye nezengqondo.

I-FAS icingelwa okokuba ngunobangela wesithathu ophezulu kakhulu wokuba ngunobangela wokukhubazeka kwasengqondweni ngokwemveli. Esi sigulo (iimpawu ezalatha into engemanga kakuhle emzimbeni) soyanyaniswa noku:

- **Ukungemi kakuhle kokhakhayi:** Ngokukodwa ukuncipha kobukhulu bokhakhayi, umlebe omncinane wangasentla kunye nempumlo, ukuthambeka kunye nomhlathi omncinane wangezantsi kunye neenkophe ezirhwaqelisekileyo. Oku kungemi kakuhle kuyazingisa ngokokukhula ngeminyaka.

- **Ukungaphela ngokukhula:** Ngokubanzi, kuchaphazela ubude, ubunzima bomzimba kunye nobukhulu bokhakhayi.

- **Ukungasebenzi ngendlela kwenkqubo yemithambo-luvo:** Ukukhula okungaphelanga kwengqondo kunokukhokelela ekukhubazekeni okukhulu kwengqondo.

- **Ukungamili kakuhle kwamalungu omzimba:** Okona kungamili kakuhle okwenzeka kakhulu kokwentliziyo, amalungu angasese angaphandle kunye nokudibana kwamalungu omzimba. Nokuba kukusela kotywala okungephi, obumalunga neziselo ezibini okanye ezintathu ngosuku, kunokubonakalisa umngcipheko ekukhuleni komntwana.

IziPhumo zokuKhubazeka koSana buTywala olungekazalwa (FAE) kunye ne-FAS ziyathinteleka nje ngokuthi abasetyhini bayeke ukusela utywala ngexesha lokukhulelwa kwabo. I-FAS kunye ne-FAE azinasi-

phelo kwaye azinakuguqulwa. Akukho kuphiliswa nanyango. Zingawonakalisa amandla okusebenza ngokwasengqondweni, ngokwasemzimbeni nangokwezentlalo emntwaneni ubomi bakhe bonke nokuthi zibe kwesona simo singcono ezinokuba kuso. **V**

*Ezi nkukacha zinikezelwe liSebe lezeMpilo laKwaZulu-Natal.

Ubusazi na?

Unokuya kwikliniki yakho yasekuhlaleni okanye kwiziko lezempilo loluntu ukufumana iinkcukacha ezithe vetshe okanye iingcebiso nge-FAS.

Ukukhokelisa phambili iimfuno zabantwana

OWONA MSEBENZI UPHAMBILI WE-OFFISI

yeGqwetha loSapho kukuqinisekisa ukuba iimfuno zabantwana ziza kuqala xa kuphela ubudlelwane babazali babo.



Silusapho Nyanda

UJosephine Peta, iGosa eliPhezulu lezoMthetho kwi-Ofisi yeGqwetha loSapho, uthi ngokweCandelo le-18 loMthetho waBantwana, abantwana abazizo izinto eziphantsi kwegunya labazali kodwa ngabantu abanamalungelo angawabo. Oku kuthetha ukuthi nokuba

wakhe waxhatshazwa ngumntu okhulisa naye abantwana, awunako ukwalela abantwana bakho ukuba bambone okwethutyana, nkqu nakwiimeko apho abo bantu bakhulisa abantwana kunye bethathelene imiyalelo ezizithintelo zenkundla.

Umahluko kuxa abantwana bona ngokwabo bexhatshazwa. Kwiimeko ezinjalo, kufanele kuthathwe umyalelo

wokhuseleko egameni labo.

UPeta ucacisile ukuba kwiimeko zobundlobongela obubhekiselele kwezesini (i-GBV) – apho omnye umzali exhaphaza omnye – i-Ofisi yeGqwetha loSapho iyabandakanyeka ekujongeni iimfuno zabantwana.

Umzali otyholwayo unokuvunyelwa ukuba abonane nabantwana bakhe phantsi kweliso elibukhali ukuba bayazithobela iimfuno ezithile, ezifana nokungaxili ngexesha lotyelelo kunye nokudibana nomntwana kwiindawo zase-sidlangalaleni.

“Kwezi meko, sihlola uqhagamshelwano lokubeka iliso, oku kuthetha ukuba umntu wokubeka iliso ozimeleyo, esingathanda ibe yingcali efana nonontlalo-ntle okanye ugqirha wengqondo, wonyulwa sithi ukuze ongamele

kwaye abeke iliso utyelelo olo,” utshilo uPeta.

Ukuba umntwana akafuni ukubonana nomnye wabazali bakhe, i-Ofisi yeGqwetha loSapho yenza uhlolo ukukhangela ukuba akukho mntu uphe-mbelela umntwana kusini na.

Musani ukufaka abantwana phakathi

“Abantwana banelungelo lokufikelela kubo bobabini abazali kwaye bakhathalelwe ngabazali bobabini. Banelungelo lokondliwa ngabo bobabini abazali. Banelungelo lokuba bobabini abazali babamele njengabalondolozisi babo kwimiba yezomthetho,” utshilo uPeta.

UPeta wongeze ngelithi abaxhaphazi abakhululwanga kuxanduva lwesondlo somntwana wabo xa ixhoba lifuna umyalelo osisithintelo phakathi kwabo.

Uthe abazali abangafuniyo ukondla abantwana babo ngokwesizathu sokuba abahlali nabo, banganyanzeliswa

ziinkundla ukuba bahlawule isondlo somntwana. Emva koko, ukuba abahlawuli, bayakuba badelela inkundla kwaye banokuvalelwa entolongweni kangangexesha elingekho ngaphezulu kwe-minyaka emithathu.

Ukongeza apho, bangathinjelwa iimpahla zabo zize zithengiselwe ukhulwula isondlo somntwana.

Umzali othintelweyo ukuba angabonani nabantwana bakhe ukwanamalungelo kanaanjalo.

Nangona kunjalo, endaweni yokubamba imali yesondlo somntwana ade abe unikwe ilungelo, kufanele badibane ne-Ofisi yeGqwetha loSapho ukufuna uncedo. **V**

Ngolwazi oluthe vetshe Qhagamshelana ne-Ofisi yeGqwetha loSapho, ngokutsalela ku: 012 357 8022 okanye uthumele i-imeyili: kwi-NationalOffice-FA@justice.gov.za

St Elizabeth TCC ready to help rape survivors

IN A REMOTE part of the Eastern Cape, rape victims find a warm, sympathetic place where professionals are trained to support and care for them.

Silusapho Nyanda

Victims of rape in the Lusikisiki area have access to the best care at the St Elizabeth Thuthuzela Care Centre.

The centre, which opened in 2011, is accessible 24-hours a day, seven days a week. It is fully staffed and equipped to offer the best care, said St Elizabeth Thuthuzela Care Centre Co-ordinator Bulelwa Lali.

Lali said the centre has four government entities under its roof. These are the National Prosecuting Authority (NPA), which oversees the centre and also prosecutes suspected rapists; the SAPS, which investigates

rape cases; the Department of Health, which conducts medical examinations; and the Department of Social Development, which conducts psychological and social needs tests.

Two nurses, one a rape forensic specialist, and two social workers work alongside Lali, who is a National Prosecuting Authority employee.

The centre welcomes walk-in patients and also assists those referred by the police.

According to Community Development Worker Nomagcisa Sikwata, the centre has helped secure convictions in local rape cases. “It has been very helpful. Whenever a rape case is

reported, I contact them and they will be there in no time.”

One of nine in the Eastern Cape and over 50 in the country, the centre services Lusikisiki and surrounding towns. Lali said victims range from children to the elderly, women and men.

Lali explained that the centre’s forensic nurse collects DNA from victims, which becomes key evidence should there be a trial. This is why it is important for rape victims to visit places of help within 72 hours and before taking a bath.

If it is decided that it is not safe for a rape victim to return to their home, a place of safety will be found for them.

Lali said when children,



people over the age of 60 and people living with a mental illness are assaulted, a social worker will do a home visit to determine if the environment is suitable for them. **V**

To get help from the St Elizabeth Thuthuzela Care Centre, call 039 253 5052.