

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 detoxi-

fication, 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.

Kunatsa tjwala uma ukhulelwe kubeka bantfwana engotini

BOMAKE LABANATSA TJWALA uma bakhulelwe babeka bantfwana babo engotini lenkhulu yekubelekwa banetinkinga.



Kunatsa tjwala uma ukhulelwe kungegoti lenkhululemntfwaneni losengakabe lekwa ngoba tjwala buyendula kalula indlu noma-ke ingubo yemntfwana, ngaleyo ndlela-ke bendlula busuka kumake buye kumntfwana.

Bomake labakhulelwe, labetama kukhulelwa noma labamunyisako bafanelekutsi bakugweme kunatsa tjwala. Mayelana neludzaba lwekukhulelwa, kute sikhatsi lesiphaphile sekunatsa tjwala noma-ke tjwala lobuphephile.

Ngekuya ngelizinga kanye nesikhatsi setjwala lobunatsiwe ngesikhatsi sekukhulelwa, imiphumela yaloko ingehlukahlu-kana isuka ekuphunyelweni sisu kuye ekubelekeni nge-mbi kwesikhatsi, kubeleka umntfwana asashonile kanye nekukhubateka lokutsite lokubangelwa tjwala, lokubitwa ngesilumbi ngekutsi pheceli, Foetal Alcohol Syndrome (i-FAS).

Bomake labanatsa tjwala uma bakhulelwe babeka bantfwana babo labasengakabelekwa engotini yekutsi babe netinkinga tekwentimba, kutiphatsa

netengcondvo.

I-FAS itsatfwa ngekutsi ngeyesitsatfu lesezingeni lelisetulu letinkinga tekukhubateka lokutsite kwentimba nekwengcondvo. Leligcogco letimphawu lihambisana ne:

- **Kungakhuli kahle kwenhloko nematsambo enhloko:** Kuncipha kwesayizi yelukhakhayi, yematsambo enhloko, kungakhuli kahle kanye nekuba kuncane kweludzebe lwe-mlomo lwangaphasi kanye nekuncipha kwemajwabu emehlo. Letinkinga leti tekungakhuli kahle tiba nemandla lapho umuntu akhula aba mdzala.
- **Kukhula lokubhashile:** Kubanti, kutsikameta lukhakhayi, ematsambo enhloko, sisindvo kanye nesayizi yelukhakhayi.
- **Kukhubateka kwemi-**

sipha nemiva yemtimba yonkhe: Kungakhuli ngalokuphelele kwengcondvo kungaholele ekulimaleni noma-ke ekukhubatekeni kwengcondvo kamatima.

- **Kungasebenti kahle kwetitfo temtimba:** Titfo temtimba letivamise kungakhuli kahle yinhlitiyo, titfo tangasese tangaphandle kanye nemalunga emtimba.

Ngisho nekunatsa tjwala ngalokukaliwe, lokungaba tinatfo letimbili noma letintsatfu ngelilanga, kubanga ingoti ekukhuleni kwemntfwana.

Imiphumela Lemibi Yetjwala Kumbungu (i-Foetal Alcohol Effects (i-FAE) kanye ne-FAS kuvikeleka kalula ngekutsi bomake bagweme kunatsa tjwala uma bakhulelwe.

Imiphumela ye-FAS ne-FAE yesiphelane futsi ayibuyiseleki

emuva. Kute likhambi leku-kwelapha futsi akwelapheki. Kungakhinyabeta kukhula kwemntfwana ngekwegcondvo, kwentimba nangekwetenhlalo imphilo yakhe yonkhe, angakhuli abe sezingeni leliphakeme kakhulu langafinyelela kulo. **V**

*Lolwatiso luniketwe Litiko Letemphilo laKwaZulu-Natal.

Ingabe bewati?

Ungaya emfolamphilo wakho wenzawo noma esikhungweni setemphilo semmango kute uffole lwati lolubanti noma kwelulekwa mayelana ne-FAS.

Kusebentela kwenetisa tidzingo temntfwana

UMSEBENTI LOMKHULU LOYINDZIMA LEDLALWA LIHHOVISI

leMmeli weMndeni kwenta siciniseko sekutsi tidzingo tebantfwana tibekwa embili uma budlelwane bebatali babo buphela.



Silusapho Nyanda

Josephine Peta, Sikhulu Setemtsetfo Lesikhulu eHhovisi leMmeli weMndeni, utsi ngekuya kweSigaba se-18 seMtsetfo weBantfwana, bantfwana abasibo balandzeli bebatali kepha nabo babantfu ngekwe-malungelo abo.

Loku kusho kutsi ngisho noma ngabe uhlukunyetwe

nguloyo lobambisene naye ekubeni ngumtali, angeke ubalele bantfwana bakho kutsi afinyelele kubo ngalokunemibandzela, ngisho nalapho batali lababambisene batsatselene imiyalo yasenkantolo yekungasondzeleni.

Lokunakwako lapha ngulapho uma ngabe labantfwana nabo bahlukunyetwe lucobo lwabo. Etimeni letinjalo-ke, kufanele kutsi batsatselwe egameni labo umyalo wenka-

ntolo wekuvikeleka. Peta uchaze watsi etimeni tebudlova lobucondziswe kubulili (i-GBV) – lapho khona munye umtali uhlukubete lona lomunye, Lihhovisi leMmeli weMndeni lingena ekhatsi kute linakekele tidzingo tebantfwana.

Lomtali longumsolwa uvumeleke kubona labantfwana ngaphasi kweliso lelimgadzile uma ngabe bahambisana netidzingo letitsite, njengekutsi babe ngulabanconcekile uma bavakashela noma bayahlangana nemntfwana etindzaweni temmango.

Etimeni letinjangaleti, sibukisisa kubonana lokugadzile, lokusho umelusi (isuphavyiza) letimele, kunconotwa ingcweti njengasonhlalohle noma umeluleki wengcondvo (dokotela wekuphila kahle

kwengcondvo), ubekwa ngitsi kutsi eluse aphindze futsi agadze kuvakasha," kwasho Peta.

Uma ngabe umntfwana uyala kubona munye webatali bakhe, Lihhovisi leMmeli weMndeni litawenta luhlolo kute atfole kutsi ingabe lesento salomntfwana sifakwe umtselela ngumuntu lotsite.

Ungafaki bantfwana emkhatsini

"Bantfwana banelilungelo lekufinyelela batali babo bobabili nekutsi futsi banakekelwe ngibo bobabili batali. Banelilungelo lekunakekelwa ngibo bobabili batali. Banelilungo lekutsi bobabili batali babo babe banakekeli babo etindzaweni tetemtsetfo." Ushito Peta.

Peta wengete ngelekutsi bahlukubeti abetfulwa umtswalo wekunakekela bantfwana babo uma umhlukubetwa abatsatsele umyalo wenkantolo wekutsi bangasondzeleni.

Utsite batali labala kondla

bantfwana babo ngelekutsi abahlali nabo, bangaphocelwa tinkantolo kutsi bakhokhe sondlo semntfwana. Ngemuva kwaloko, uma ngabe abakhokhi, bawube badzelela inkantolo futsi bavalwe ejele sikhatsi lesingendluli iminyaka lemitsatfu.

Kwengeta, imphahla yabo ingatsengiswa kute kutsi kukhokhelwe sondlo semntfwana. Batali labavinjelwa kutsi babone bantfwana babo nabo banemalungelo.

Nanoma kunjalo, esikhundleni sekungakhokhi sondlo semntfwana kute kube ngulapho banikwa litfuba lekubafinyelela, bafanele kutsi babonane neLihhovisi leMmeli weMndeni kute batfole lusito. **U**

Kutfole Lolunye Lwatiso
Tsintsa Lihhovisi leMmeli weMndeni, shayela lenombolo: 012 357 8022 noma ubhalele kulencwadzigezi: 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

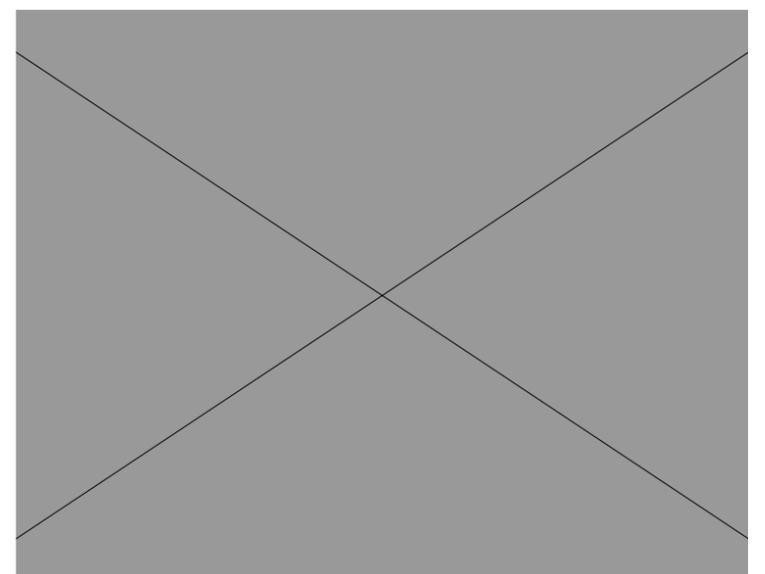
reported, I contact them and they will be there in no time."

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. **U**

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