

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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JOBS INSIDE:

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.

U nwa musu vho qihwala zwi vhea vhana kha khombo

VHAFUMAKADZI VHANE vha dzhia zwickambi musu vho qihwala vha vhea vhana kha tshutshedzo ya khombo ya u bebwa na vuholefali ha tshothe.



Udzhia zwickambi musu vho qihwala zwi na tshutshedzo ya khombo khulu kha nwana a sa athu bebwa ngaauri zwickambi zwi a kona u fhira zwo leluwa nga kha nguvho ya nwana, u bva kha mubebi u ya khae.

Vhafumakadzi vho qihwala-ho, vhane vha khou lingedza u qihwala kana vhane vha khou

mamisa vha tea u tshela halwa. Musu zwi tshi qa kha u qihwala, a huna tshifhinga tshine tsha vha tsho tsireledzeaho tsha u nwa kana mufuda ufho u zwickambi wo tsireledzaho.

Zwi tshi ya nga tshikalo na uri ndi tshifhinga tshingafhani tshemuthu o vha a tshi khou dzhia zwickambi o qihwala, masiandaitwa a hone a a fhambana u bva kha u litshedza ha nowa, u beba

tshifhinga tshi songo swika, u vhuya fhedzi na Sinjiromu ya u huvhadzwa ha Muhumbulo wa Nwana nga Zwickambi (FAS).

Vhomme vhane vha dzhia zwickambi musu vho qihwala vha vhea vhana vha sa athu bwebwa kha khombo ya thaidzo dza u sa aluwa muvhilini, vhuqifari na dza maluvhi a songo talifhaho.

FAS i ambelwa u vha yone tshivhangani tsha vhuraru tshihulwane-sa tsha maluvhi a re fhasi ha tshikalo ndavhelelwa. Sinjiromu i badekanywa na:

- **Vhuholefali ha marambo a thoho na a khofheni:** hu anzela u vha na u fhungudzea ha dethe, meme dza mulomo dza ntha thukhu na ningo, luṭaha lwo kombamaho na lukanda lwa maṭo lwo kokodzeaho. Heyi nyi

melo i hulela muthu a tshi khou qi aluwa.

- **Vhuholefali ha u sa aluwa:** zwi a fhambana, zwi a kwama vhuṭapfu, tshileme na tshikalo tsha dethe.
- **U sa shuma zwavhuḍi ha zwipfi:** vhuṭuvhi vhu sa aluwi ha fhelela tshoṭhe vhu nga kwama vhuṭali ha nwana.
- **Miraḍo i sa shumi zwavhuḍi:** zwine zwa anzela u sa shuma zwavhuḍi ndi mbilu, miraḍo ya vhudzimu na zwiendanungo.

Na u dzhia zwickambi lwo linganelaho, lwa u nwa luvhili kana luraru nga ḍuvha, zwi nga vhangakhombo kha nyaluwo ya nwana.

Masiandaitwa a Zwickambi kha Nwana (FAE) na FAS a a thivhelela nga uri Vhafumakadzi vha ḍiilisa u dzhia zwickambi musu vho qihwala.

FAS na FAE ndi vuholefali ha tshoṭhe nahone a vhu humiselei murahu. A huna phodzo nahone a huna dzilafho. Zwi nga thivhela nwana u kona u shumisa muhumbulo lwa vhutshilo hoṭhe, muvhili na matshilele na uri a vhe wa khwiṅesa u ya nga hune a ngavha. **V**

*Hezwi zwidodombedzwa zwo nekedzwa nga Muhasho wa Mutakalo wa KwaZulu-Natal.

Vho vha vha tshi zwi ivha naa?

Vha nga ya kijiniki ya havho ya tsini kana vhuongelo ha tsini u itela zwidodombedzwa na tsivhudzo nga ha FAS.

U khou shuma zwihulu o vhea dzangalelo la vhana phanda

MUSHUMO MUHULWANE WA Ramulayo wa Muṭa ndi u vhona uri dzangalelo la vhana li vheva phanda musi vhusaka ha vhabebi vhu tshi fhela.



Vho Silusapho Nyanda

Vho Josephine Peta, Muofisiri Muhulwane wa Mulayofisini ya Ramulayo wa Muṭa, vha ri u ya nga Tshitenwa tsha 18 tsha Mulayo wa Vhana, vhana a si zwishumiswa zwa vhubuwa ha vhabebi, fhedzi ndi vhatu vhane vha vha na pfanelo dzavho.

Hezwi zwi amba uri naho vho

tambudzwa nga ane vha vha mubebi nae, vha nga si hanele vhana uri vha vhone muṭwe mubebi, naho muṭwe ane vha vha mubebi nae o wana liṅwalo la u vha thivhela u vha tsini nae.

Hu na dziṅwe nyimele dzine dzi farwa u fhambana, u fana na musi vhana vhone vhaṅe vho tambudzwa. Kha nyimele yo raloho, liṅwalo la u iledza li tea u bviswa tshiimoni tsha vhana.

Vho Peta vho ṭalutshedza uri hune ha vha na nndwa dzo disendekaho nga mbeu (GBV) – hune muṭwe mubebi o tambudza muṭwe, Ofisi ya Ramulayo wa Muṭa i a dzhenelela hune ya sedzana na dzangalelo la vhana.

Mubebi o huwelelwa o nga tendelwa u vhona vhana hu na vhane vha khou mu lavhelesa arali o kona u swikelela ṭhōḑea dzo vhwahwa, u fana na u vha a

songo nwa musi a tshi ṭangana na vhana nahone a vha vhone fhethu ha nnyi na nnyi.

“Kha nyimele idzi, ri sedza kha vhwakwamani ha mulavhelesi, zwine zwa mba uri mulavhelesi o ḡimisa nga eṭhe, hu tshi themendelwa vha phurofeshinaṅa sa vhashumela vhapo kana madokotela a muhumbulo, ri a mu ta u itela u ṭola na u lavhelesa madalo,” vho ralo Vho Peta.

Arali ṅwana a hana u vhona muṭwe mubebi, Ofisi ya Ramulayo wa Muṭa i ḡo ita ṭhōḑisiso u itela u vhona arali ṅwana a tshi khou itiswa nga muṭwe mubebi.

Vha songo dzhenisa vhana mafhungoni

“Vhana vha na pfanelo dza u swikelela vhabebi vhoṭhe na u ṭhogomelwa nga vhabebi vhoṭhe. Vha na pfanelo dza u unḡiwa nga vhabebi vhoṭhe. Vha na pfanelo dza u vha na vhabebi vhoṭhe vha tshi khou dzhia vhuḡifhinduleli ha u vha vhaunḡi kha mafhungo a mulayo.

Vho Peta vho ḡadzisa nga uri vhapondi a vho ngo ruliwa

vhuḡifhinduleli ha u unḡa vhana vhavho musi mupondwa a tshi humbela liṅwalo la u vha iledza.

Vho amba uri vhabebi vhane vha hana u unḡa vhana vhavho vho ḡitika nga uri a vha dzuli navho, vha nga kombetshedzwa nga kotho uri vha unḡe vhana vhavho. Nga murahu, arali vha sa badeli, vha ḡo vha vho nyadza kotho nahone vha nga valelwa lwa miṅwaha i sa fhiri miraru.

Nṭha ha izwo, ndaka yavho i nga dzhiwa ya rengiswa u itela u badelela masheleli na u unḡa. Vhabebi vhane vha khou hanelwa u vhona vhana na vhone vha na pfanelo.

Naho zwo ralo, madzuloni a u fara masheleli na u unḡa ṅwana vha sa badeli u swikela vha tshi ṅewa thendelo ya u mu vhona, vha tea u dalela Ofisi ya Ramulayo

U itela vhuṭanzi

vhunzhi
Kha vha kwame Ofisi ya Ramulayo wa Muṭa, kha vha founele: 012 357 8022 kana u rumela imeili: 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

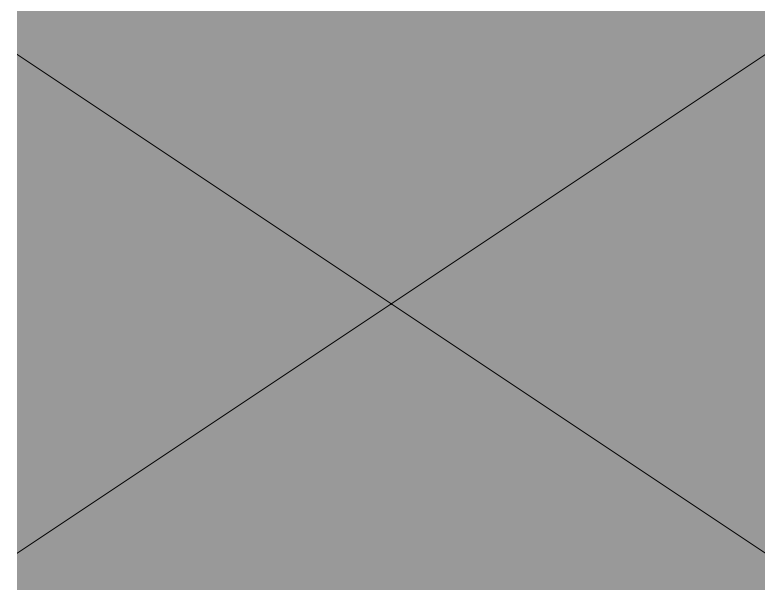
reported, I contact them and they will be there in no time.”

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. **■**

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