

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 Utjwala Usebantwini Kubeka Isana Engozini

ABOMMA ABASELA utjwala lokha nabasebantwini bafaka abentwana babo engozini ekulu



Ukusela utjwala usebantwini kunengozi ekulu emntwaneni ongakabukubelethwa ngombana utjwala bungenalula ngaphakathi kwengubo yomntwana, ngalokho-ke busuke kumma bungene emntwaneni.

Abomma abasidisi, abalinga ukubasidisi nofana abamunyasako kufuze bakhambele kude notjwala. Mayelana noku-

ba sebantwini, akunasikhathi esiphephileko sokusela nofana ngiwuphi umhlobo wotjwala.

Ngokuya ngezina nobude besikhathi umma asele ngaso utjwala, lokha umma asebantwini, imiphumela ingahluka ukusuka ekurhulakeni kombungu okuzenzekelako nokubeletha ngaphambi kwesikhathi, ukubeletha isana esele lizithulele kunye nobuLwele obuRhophaza umBungu obaziwa nge-Foetal Alcohol Syndrome (iFAS).

Abomma abasela utjwala basebantwini babeka amasanabo angakabukubelethwa engozini yokungakhuli kuhle ngokomzimba, abe nemiraro ngokuziphatha nangokusebenza komkhumbulo.

I-FAS ithathwa njengonobangela wesithathu ephasini ngokuhluphaza ukukhula kwengqondo. Ubulwelobu bukhabisana:

- **Nokukhubazeka kwethambo lehloko nobuso:** Ukurhunyela kwethambo lehloko, indebe yomlomo engehla iba yincani kunye nepumulo, umhlathi wangaphasi ubuyela emva neenkophe eziphelako. Ukurholophalokhu kuyarhagala lokha umuntu nakakhulako.
- **Ukungakhuli ngefanelo:** Kukhinyabeza izitho ezimbalwa, okuthinta ubude, ubudisi nobukhulu bethambo lehloko.

- **Ukungasebenzi kuhle kwethungelelwano lemizwa:**

Ukungakhuli ngokwaneleko kobuchopho kungabangela ukukhubazeka okukhulu.

- **Ukungasebenzi kuhle kwezitho zomzimba:**

Izitho ezivame ukurholophala khulu kuba yihliziyo, izitho zangasese namajoyini.

Kungakhathaleki bona umuntu usela utjwala ngokulingeneko, kabili nofana kathathu ngelanga, okusalako utjwala bungaba yingozi ekukhuleni komntwana.

Imithelela yoTjwala emBungwini (i-FAE) ne-FAS kungakhandelwa ngokobana abomma bangabuthinti utjwala nabasebantwini.

Imithelela ye-FAS neye-FAE kukhubazeka kwasafuthi okungelaphekiko. Ayikho ipengu yokwelapha lokhu. Ubulwelobu bungakhinyabeza ikghono lomntwana unomphe-

la begodu lokho kuzakuba bujamo azokuphila ngabo kuya kuyile. Okungenzeka kukobana umntwana angakghona ukusebenzisa umkhumbulo nomzimbakhe ngefanelo nangokupheleleko begodu angakghona ukuphila ngokupheleleko abe netjhebiswano nokuphilisana emphakathini ngendlela angakghona ngayo. **V**

*Ilwazeli silinikelwe mNyango wezamaPhilo waKwaZulu-Natala.

Uthi Bewazi Bona?

Ungaya emtholapilo wangekhenu nofana esentha yezamaphilo yomphakathi ukufumana ilwazi elinabileko nofana iseluleko nge-FAS.

Umsebenzi Wokuvikela Amalungelo Wabentwana

UMSEBENZI OQAKATHEKILEKO we-Ofisi leGcwetha lezemiNdeni kuqinisekisa bonyana iindingo zabentwana zitjhejwa qangi lokha ababelethi babo nabahlukanako.



Silusapho Nyanda

U-Josephine Peta, o si P h a t h i m a - ndla sezomThetho esiPhezulu nge-Ofisini leGcwetha lezemiNdeni, uthu ukuya ngokwesiGaba se-18 somThetho wezabeNtwana, abentwana abaphili nje ngaphasi kwamandla negunya lababelethi kodwana bababantu abanamalungelwabo ekufanele ahlonitjhe.

Loku kuhlathulula bonyana

nanyana wena njengombelethi wabentwana uhlukeyezwe mlinganako, awukwazi ukugodla ilungelo labentwana lokubonana namkha lokuvakatjhela umbelethabo ngitjho nanyana nina ababelethi sele nikhutjhelwe umyalo wekthotho othi akukafaneli nibonane namkha omunye atjhidele lapha kuhlala khona omunye (*i-protection order*).

Umehluko uba lapho nayibentwana ngokwabo abahlukunyeziweko. Lapho-ke kufuze abentwana bakhutjhelwe *i-protec-*

tion order ekhandela umhlukumezi ukobana ababandamele.

U-Peta wahlathulula nokuthi lapho kuneNturhu eQothele ubulili oButhileko (i-GBV) – lapho umbelethi ahlukeyezwa omunye – i-Ofisi leGcwetha lezemiNdeni liyangenelela ngomnqopho wokutjheja nokubonelela iindingo zabentwana.

Umbelethi obekwe umlandu angavunyelwa ukubona abentwana ngaphasi kwelihlo lomuntu othileko lokha nakanelisa imibandela ebekiweko efana nokuthi angaseli utjwala nazokubonana nomntwana begodu babonane endaweni yomphakathi enganabusithelo.

Ebujamenobu, singenelela ngendlela yokubeka umzali omsolwa ilihlo, okutjho bonyana umlawuli ozijameleko onjengomuntu ongunohlalakhle nofana usolwazi wezokweluleka ngokomkhumbulo ukhethwa

ngithi bona enze umsebenzi wokutjhejisisa nokulawula amavakatjho,” kwatjho u-Peta.

Umntwana nakangafuniko ukubonana nomunye wababelethi bakhe, i-Ofisi leGcwetha lezemiNdeni lizokwenza iphenyo ngomnqopho wokuthola bonyana akunamuntu osele afakele umntwana ummoya weenkhovala namkha ongakalungi.

Akungaliwa Ngabentwana namkha Bafakwe Eendabeni Zababelethi

“Abentwana banelungelo lokuvakatjhelana nababelethi bobabili nokutlhogonyelwa babelethi bobabili. Banelungelo lokujanyelwa babelethi bobabili eendabeni zomthetho.” Utjhe walathisa u-Peta.

U-Peta wangezelela ngokuthi abazali ababaphehli benturhu nabahlukumezako abakhululwa emsebenzini wokondla abentwana bakhe ngitjho nalokha unga zimbi ongomunye wababelethi amthathele umyalo wekthotho othi akukafaneli atjhidele hlanu kwabentwana namkha kwakhe.

Wathi ababelethi ababhala ukondla abentwana bathi ngoba abahlali nabo, bangakatelelwa myalo wekthotho ukobana babhadle imali yesondlo. Emva kwalokhu, nasolo bangabhadeliko bazabe sebadelela ikhotho begodu ngenca yalokho bangavalelwa isikhathi esingeqi iminyaka emithathu.

Okhunye, ipahla yabo ingathathwa ithengiswe ngomnqopho wokubhadela isondlo sabentwana.

Ababelethi abalelwa ukubona abentwana babo nabo banamalungelo.

Nanyana kunjalo, kunokobana bagodle imali yesondlo njengendlela yokuqinisekisa bona banikelwa ilungelo lokubona abentwana, kungcono bayokufuna isizo e-Ofisini leGcwetha lezemiNdeni. **■**

Nawufuna Ilwazi Elinabileko

Thintana ne-Ofisi leGcwetha lomNdeni, dosela ku:
012 357 8022 nofana uthumele iposomoya ku-National Office-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.