

# Vuk'uzenzele

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**Acting in the best interests of the child**

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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

**N**okuthula 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](mailto: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](mailto:info@sabs.co.za).

# Ukuphuza ngenkathi ukhulelwe kubeka impilo yezingane engozini

**ABESIFAZANE ABAPHUZAYO** ngenkathi bekhulelwe babeka izingane zabo engcupheni enkulu yokuzalwa zikhubazekile unomphelo.

**U**kuphuza utshwala ngenkathi ukhulelwe kunobungozi obukhulu enganeni engakazalwa ngoba utshwala bungena kalula kumzanyana ohlanganisa umama nengane, ngaleyo ndlela busuke kumama bungene enganeni.

Abesifazane abakhulelwe noma labo abazama ukukhulelwa noma abancelisa ibele kumele bangalokothi baphuze utshwala. Komama abakhulelwe, asikho isikhathi esithathwa njengesikulungele ukuphuza utshwala futhi alukho uhlobo lotshwala oluthathwa njengotshwala obuphephile kubona.

Ngokuya kwezinga nobude besikhathi sokuphuzwa kotshwala ngenkathi umama ekhulelwe, imiphumela engaba khona iyehlukahluka kusukela ekuphuphumeni kwesisu kuya

ekuzalweni kwengane ngaphambi kwesikhathi, ukuzalwa kwengane isishonile kanye Nesifo Sokukhinyabezeka Kombungu Ngenxa Yotshwala, phecelezi i-Foetal Alcohol Syndrome (i-FAS).

Omama abaphuzwa utshwala ngenkathi bekhulelwe babeka izingane zabo ezingakazalwa engozini yokuba nezinkinga emzimbeni, izinkinga eziphathelene nokuziphatha ngokunjalo nezinkinga eziphathelene nokusebenza kwengqondo.

I-FAS kucatshangelwa ukuthi iyimbangela engeyisithathu kweziphambili ezibangela ukukhubazeka ngokomqondo okuwufuzo. Lesi sifo sihlotsaniswa nalokhu:

- **Ukukhubazeka kogebezi lwekhanda nobuso:** Ngokuvamile lokhu

kusho ukuzalwa kwengane nogebhezi lwekhanda olunecane kunolujwayelekile, udebe lwangenhla oluncane kanjalo nekhala, umhlathi wangezansi osemuva futhi omncane, kanye nokuncipha kwejwabu elimboze iso. Lokhu kukhubazeka kuyaphikelela futhi kuqhubeka ngokukhula komuntu nokuhamba kweminyaka.

- **Ukudodobala kokukhula:** Kukhinyabeza izingxenyane eziningi, njengoba kukhinyabeza ubude, isisindo somzimba nobungako bogebhezi lwekhanda.
- **Izinkinga kuhlelo lwezinzwa:** Ukukhula kobuchopho okungaphelele kungaholela ekukhubazekeni komqondo okunzulu.
- **Ukungasebenzi ngen-**

**dlela kwezitho zomzimba:** Izitho ezivame ukungasebenzi kahle kuba yinhliziyi, izitho zangasese ezingaphandle kanye namajoyinti omzimba.

Ngisho nokuphuza utshwala kancane nje, mhlawumbe iziphuzo ezimbili noma ezintathu ngosuku, kungaletha ubungozi obukhulu ekukhuleni kwengane ngendlela efanele.

Imithelela Yotshwala Embungwini (i-FAE) ne-FAS kuyavimbeleka ngokuthi nje abesifazane bagweme ukuphuza utshwala ngenkathi bekhulelwe.

I-FAS ne-FAE kuwukukhubazeka unomphelo futhi okungalungiseki. Alikho ikhambi lokwelapha lokhu. Kungakhinyabeza amathuba engane unomphelo futhi lokhu kuqhubeka impilo yayo

yonke, okungenza ukuthi ingakwazi ukusebenzisa umqondo nomzimba wayo kahle futhi ngokuphelele, kanjalo futhi ingakwazi ukuphila kahle emphakathini ifinyelele esicongweni sempilo yayo. **V**

\*Lolu lwazi luhlinzekwe ngu-Mnyango WezeMpilo KwaZulu-Natali.

## Uthi bewazi nje?

**Ukuthi ungavakashela umtholampilo wangakini noma isikhungo sezempilo somphakathi ukuze uthole ulwazi oluthe xaxa noma ukwelulekwa mayelana ne-FAS.**



# Ukusebenzela Ukusizakala Kwezingane

## INDIMA EYINHLOKO YEHHOVISI Lommeli

Womndeni wukuqinisekisa ukuthi izidingo zezingane zibekwa phambili lapho ubudlelwane babazali buphela.



### Silusapho Nyanda

**U**-Josephine Peta, oyisikhulu Sezomthetho Esiphezulu eHhovisi Lommeli Womndeni, wathi ngokweSigaba se-18 soMthetho Wezingane, izingane aziphili nje ngaphansi kwamandla abazali bazo kodwa nazo zingabantu abanawabo amalungelo.

Lokhu kuchaza ukuthi ngisho noma uhlukunyezwe yilona omunye umzali wengane ya-

kho, awukwazi ukumenqabela ukubonana nengane, ngisho nalapho abazali bobabili sebeze bathathelana imiyalelo yenkantolo eyalela ukuthi bangalokothi baxhumane futhi basondelane.

Okuhlukayo kuba yilapho izingane uqobo zihlukumezile. Ezimweni ezinjengalezo, izingane kumele zithathelwe umyalelo wesivikelo, phecelezi *i-protection order*.

U-Peta uchaze wathi ezimweni ezibandakanya udlame olubhekiswe kwabobulili obuthile

(i-GBV) – lapho omunye wabazali ehluke omunye – iHhovisi Lommeli Womndeni liyabandakanywa ukuze libhekelele izidingo zengane.

Umzali ongumsolwa angavumeleka ukubona izingane ngaphansi kweso lomuntu othile uma ethobela izidingo ezithile ezibekiwe, njengokungaphuzi utshwala uma ezovakashela ingane futhi ahlange nayo ezindaweni ezivulelekile zomphakathi.

“Kulezi zimo, sizama ukuhlinzeka ngethuba lokubonana komzali nengane ngaphansi kweso lomuntu othile, okusho umuntu ozimele ozoqapha ukubonana kwengane nomzali, okungabakuhle kube ngumuntu oqeqeshiwe ofana nosonhlalakahle noma isazi sokusebenza kwengqondo, oqokwe yithina ukuba engamele noma aqaphe ukuvakashelana lokhu,” kusho

u-Peta.

Uma ingane yenqaba ukubonana nomunye wabazali bayo, iHhovisi Lommeli Womndeni lizobhekisa futhi lizame ukuthola ukuthi akekho yini umuntu othile ofaka ingane umoya wezikhova.

### Izingane mazingafakwa phakathi kwezingxabano zabazali

“Izingane zinelungelo lokubonana nabo bobabili abazali bazo ziphinde zinakekelwe yibona bobabili abazali bazo. Zinelungelo lokondliwa yibona bobabili abazali. Zinelungelo lokuthi abazali bobabili babe ngabalondolozisi nabameleli bazo ezindabeni eziphathelene nomthetho,” kusho u-Peta

U-Peta wengeza wathi labo bazali abangabahlukumezi kabakhululwa neze esibophweni sabo sokondla izingane zabo lapho oyisisulu ecela incwadi engumyalelo wasemaphoyiseni noma wenkantolo wokuba bangasondeli eduze kwakhe.

Wathi abazali abenqabayayo

ukondla izingane zabo ngoba bethi azihlali nabo, bangaphoqwa yizinkantolo ukuba bakho-khele izingane zabo isondlo. Emva kwalokho, uma nalapho bengakhokhi, bazobe sebedelele inkantolo futhi bangaboshwa isikhathi esiyiminyaka engevile kwemithathu.

Ngaphezu kwalokho, impahla yabo ingadliwa bese idayiswa ukuze kukhokhwe isondlo sengane.

Umzali onqatshelwayo ukubona izingane zakhe naye unawo amalungelo.

Kodwa-ke, esikhundleni sokugodla imali yesondlo kuze kube uyavunyelwa ukubona ingane, kufanele axhumane neHhovisi Lommeli Womndeni ukuze athole usizo. **V**

### Ukuze uthole ulwazi oluthe xaxa

Xhumana neHhovisi Lommeli Womndeni ngokushayela ku-012 357 8022 noma uthumele i-imeyili ku:

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

**V**ictims 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.