

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.

Go nwa madila o le mmeleng go bea masea kotsing

BASADI BA GO NWA MADILA ba le mmeleng ba bea masea a bona kotsing ye šoro ya mafokodi a goyagoile a pelego.



Go nwa madila o le mmeleng go na le kotsi ye šoro leseeng leo le sa tšwago le belegwa ka baka la gore madila a kgonna go phatša kobo ya leseabonolo, a phatša gotšwa go mmagongwana goya leseeng.

Basadi bao ba lego mmeleng, bao ba lekago go ima goba bao ba amušago ba swanetše go

emiša ka go nwa madila. Ge motho a le mmeleng, ga gona nako yeo re ka rego e loketše gore a ka nwa madila goba mutha wa madila wo re ka rego o lokile.

Goya ka bontši le gore ke nako ye kaakang yeo ka yona mosadi a nwelego madila, ditlamorago tšeo di latelago di ka fapafapana go tloga ka go goma tsela ya pelego go fihla ka go belega

pele ga nako, go belega leseabonolo le hlokagetšego le leo le nago le Bolwetši bja go Hlolwa ke Madila Leseeng leo le sa Tšwago le Belegwa (FAS).

Bommagomasea bao ba nwa go madila ba sale mmeleng ba bea masea a bona ao a sa tšwago a belegwa kotsing ya goba le mathata a mmele, a maitshwaro le a mogopolo.

FAS ke bolwetši bjo go gopolwago gore ke bja boraro bja godimodimo bja go hlola bolwetši bja mogopolo wa go nanya. Bjona bolwetši bjo bo amana le tše:

- **Bogolofadi bja marapa a hlogo:** Gantši bogolofadi bjo bo tlwaelegile ka go fokotšega ga bogolo bja lerapo la hlogo, molomo wo monyenyane wa ka godimo le nko, go sekama le mohlagaare wo monyenyane wa ka fase gotee le diphuphu

tšeo di hunyetšego. Magole a a golela pele ge motho a gola.

- **Mmele wa go gola ka go nanya:** E fapafapane, e ama botelele bja mmele, boima bja mmele le bogolo bja lerapo la hlogo.
- **Bogolofadi megalatšhikeng ya mmele:** Kgolo yeo e sa felelago ya bjoko e ka ba le pheletšo ya bolwetši bjo šoro bja mogopolo.
- **Bogolofadi dithong:** Bogole bjo bo tlwaelegilego kudu ke bja pelo, bokantle bja ditho tša bong gape le malokollo.

Ešita le go nwa madila ao a lekanetšego a go lekana dino tše pedi goba tše tharo ka letšatši go kaba kotsi kgolong ya leseabonolo.

Ditlamorago tšeo di Hlolwa go ke Madila Leseeng leo le sa Tšwago le Belegwa (FAE) le FAS

di ka thibelwa gabonolo ge basadi ba emiša ka go nwa madila nakong tša ge ba le mebeleng.

FAS le FAE ke ditlamorago tša goyagoile ebile di ka seke tša bušetšwa morago. Ga di fole ebile ga di na kalafo. Tšona di ka golofatša bokgoni bja ngwana bja go šoma gabotse kgopolong, mmeleng le bophelong le go ba kaonekaone go tšeo ba di dirago. **V**

**Tshedimošo ye e tšile ka Kgoro ya Maphelo ya KwaZulu-Natal.*

Naa o be o tseba?

O ka ikela kliniking ya kgauswi le gageno goba senthareng ya setšhaba ya maphelo go hwetša tshedimošo ye tseneletšego goba dikeletšo ka ga FAS.

Go tšea magato go lebeletšwe dikgahlegelo tše kaone tša ngwana

MAIKARABELOMAGOLO A KANTORO ya Boramelao ba Malapa ke go netefatša gore dikgahlegelo tša bana di tla pele ge dikamano tša batswadi ba bona di fihla mafelelong.



Silusapho Nyanda

Josephine Peta, Mohlankedimogolwane wa tša Molao Kantoro ya Boramelao ba Malapa o boletše gore goya ka Karolo 18 ya Molao wa Bana, bana ga se didirišwa tša maikarabelo a batswadi

baneng ba bona eupša ke batho bao ba nago le ditokelo tša bona.

Se se ra gore ešita le ge o ile wa tlaišwa ke wo mongwe wa motswadi wa bana ba gago, o ka se ganetše bana ba gago go bona motswadi yo wo mongwe, ešita le fao batswadi bao ba kgaoganego ba hweditše mangwalo

a ditaelo tša kgorotsheko tša kiletšo kgahlanong le bona ka bobedi.

Seo se ka dumelwa ge fela bana ka bobona ba ile ba tlaišwa. Mo ditiragalong tše bjalo, taelo ya go tšwa kgorotsheko ya tšhireletšo e swanetše go fiwa legatong la bona.

Peta o hlalošitše gore mo melatong ya dikgaruru tšeo di ikadilego ka bong (GBV) - fao e lego gore motswadi wa mathomo o tlaišitše wa bobedi - Kantororo ya Boramelao ba Malapa e amega gore e hlokomele dikgahlegelo tša bana.

Motswadi yo a latofaditšwego a ka dumelwa go bona bana bao ba hlokometšwego ge ba latela dinyakwa tšeo di itšego, go swana le go se be ka fase ga khuetšo ya madila diketelong le go kopana le ngwana mafelong a bohle.

“Mo melatong ye, re lebelela dikgokagano tšeo di beilwego

leihlo, se se ra gore mohlokomeledi wa go ikema ka noši, gantši e ba modirelaleago goba ngaka ya megopolo, o kgethwa ke rena go hlokomela le go bea diketelo ka moka leihlo,” a realo Peta.

Ge ngwana a gana go bona o mongwe wa batswadi ba gagwe, Kantororo ya Boramelao ba Malapa e tla dira tšhekatsheko go bona ge eba magato a ngwana a huetšwa ke mothotsoko naa.

Bana ba se be magareng

“Bana ba nale ditokelo tša go ba le batswadi ka bobedi ga bona le gore ba hlokomelwe ke batswadi bao ka bobedi ga bona.

Ba nale ditokelo tša go godišwa ke batswadi bao ka bobedi. Ba nale ditokelo tša gore batswadi ba bona ka bobedi ba kgathe tema ya go ba bahlokomeledi ba bona ditabeng tša semolao,” a realo Peta.

O tlaleleditše ka la gore batlališi ga ba rolwe maikarabelo a bona a go godiša ngwana ge motšwasehlabele a inyakela taelo ya go tšwa kgorotsheko ya kiletšo kgahlanong le bona.

O boletše gore batswadi bao ba ganago go godiša bana ba bona ka baka la gore ba sa dule le bana bao, ba ka gapeletšwa ke dikgorotsheko go lefa tšhelete ya go godiša ngwana. Morago ga fao, ge ba santše ba sa lefe, ba tla be ba nyatša kgorotsheko ka gona ba ka golegwa lebaka la go se fete mengwaga ye meraro.

Godimo ga mo, dithoto tša bona di ka thopša le go rekišwa go lefa tšhelete ya kgodišo ya ngwana. Batswadi bao le bona ba thibelwago go ka bona bana ba bona le bona ba nale ditokelo.

Le ge go le bjalo, legatong la gore ba gogele morago maikarabelo a bona a go godiša ngwana go fihlela ge ba filwe tumelelo ya go ba bona, ba swanetše go itebanya le Kantororo ya Boramelao ba Malapa go hwetša thušo.

Go hwetša tshedimošo ka botlalo

Ikgokaganye le Kantororo ya Boramelao ba Malapa go:
012 357 8022 goba o romele imeile go:
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

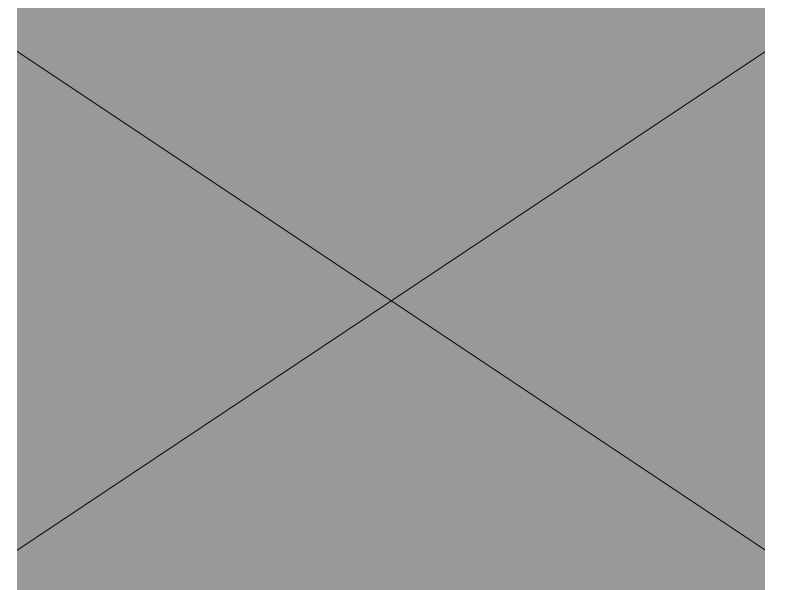
reported, I contact them and they will be there in no time.”

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.