

# 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).

# Ho nwa tahi o imme ho beha leseae kotsing

**BASADI BA NWANG TAHI** ba imme ba beha masea a bona kotsing e kgolo ya dikgaello tsa bophelo tsa moshwelella.



**H**o nwa tahi ha o imme ho na le kotsi e kgolo ho leseae le so tswalwe hobane tahi e feta habonolo leboteng la tshireletso la thari, kahoo e

tloha ho mme ho ya ho leseae.

Basadi ba immeng, ba batlang ho ima kapa ba nyantshang ba lokela ho phema ho nwa tahi.

Ha ho tluwa boimaneng, ha ho nako e bolokehileng ya ho nwa tahi kapa tahi e boloke-

hileng.

Ho itshetlehlwe hodima boemo kapa nako eo ho noweng jwala ka yona nakong ya boimana, ditlamorao tse ka bang teng di fapana ho tloha ho ho ntshuwa ha mpa ho sa rerwang ho ya ho ho beleha pele ho nako, ho folotsa le ho Bothata ba Tahi ho Leseae le so Hlahe (FAS).

Basadi ba nwang tahi ha ba imme ba beha bana ba so hlahe kotsing ya ho ba le mathata a mmele, a boitshwaro le a keello.

FAS e nkuwa e le sesosa sa boraro se seholo ka ho fetisisa sa kgolofalo ya keello. Bothata bona bo amahanngwa le:

- **Tshenyeho ya sebopeloho sa sefahleho:** Ho fokotseha ha boholo ba lehata, Dipounama le nko tse nyane, mohlhale o ka

tlase o fokolang kapa o monyane le mahlo a honyetseng. Ditshenyeho tse di hola le dilemo.

- **Tshitiseho ya kgolo:** E ka ba e phatlaletseng, e amang bolelele, boima ba mmele le boholo ba lehata.

- **Mathata a methapokutlo:** Kgolo e sa fellang ya boko e ka baka dikgaello tse matla tsa keello.

- **Tshenyeho ya ditho:** Ditshenyeho tse tlang kgafetsa ke tsa pelo, ditho tse ka ntle tsa sesadi kapa botona le manonyelelsong. Lehata o ka nwa tahi e nyane, ya dino tse pedi kapa tse tharo ka letsatsi, di ka hlahisa kotsi bakeng sa kgolo ya leseae.

Ditlamorao tsa Tahi ya Mpa (FAE) le FAS di ka thibelwa ha

bonolo ke basadi ka ho phema tahi nakong ya boimana.

FAS le FAE ke maemo a moshwelella a kekeng a kgutlisetswa morao. Ha di na kalafo kapa pheko. Di ka kgina bokgoni ba ngwana ba boitekanelo kelellong, mmelelleng le ho tsa kahisano le ho ba seo ba ka bang sona ka ho phethahala. **V**

*\*Tlhalisoleseding ena e fannwe ke Lefapha la Bophelo bo Botle la KwaZulu-Natal.*

**Na o ne o tseba?**

**O ka ya tleliniking ya lehae kapa setsing sa kalafo sa motse bakeng sa keletso ka FAS.**



# Ho sebeletsa ditabatabelo tsa ngwana

**MOSEBETSI WA MANTLHA WA KANTORO** ya Maqwetha a Malapa ke ho netefatsa hore ditabatabelo tsa bana di tla pele ha dikamano tsa batswadi ba bona di fela.



## Silusapho Nyanda

**J**osephine Peta, Mohlanka ya ka Sehloohong wa tsa Molao Kantorong ya Maqwetha a Malapa, o rile ho ya ka Karolo ya 18 ya Molao wa Bana, bana ha se thepa e bo-laoding ba batswadi empa le bona ke batho ba nang le ditokelo tsa bona.

Sena se bolela hore haeba a kile a sotlwa ke motswadi e mong wa hae, ho keke ha hanelwa ngwana ho bonana le yena, esita le moo batswadi ka bobedi ba nkelaneng mangolo a ditaello a ho se rerisane.

Mokgelo ke ha bana ka bo bona ba ne ba sotlwa. Mabakeng a jwalo, lengolo la taelo ya tshireletso le lokela ho nkuwa lebitsong la bona.

Peta o hlalositse hore dinyeweng tsa dikgoka tsa bong (GBV) – moo motswadi e mong a neng a sotla e mong – Kantoro ya Maqwetha a Malapa e amehang e tla kenella ho hlokomela ditabatabelo tsa bana.

Motswadi ya molato a ka dumella ho bona bana tlasa bodisa haeba a imatahanya le ditlhokeho tse itseng, tse kang ho bona bana a sa tahwa le ho kopanela le bana

dibakeng tsa setjhaba.

“Mabakeng ana, re shebana le kopano e tlasa bodisa, e leng se bolelang hore modisa ya ikemetseng, haholoholo wa porofeshenale jwaloka mosebeletsi wa kahisano kapa setsebi sa tsa kelello, o thongwa ke rona hore a behe leihlo le ho disa maeto ao,” ho ile ha rialo Peta.

Haeba ngwana a hana ho bonana le e mong wa batswadi, Kantoro ya Maqwetha a Malapa e tla etsa tekolo ya ho tiisetisa haeba diketso tse na tsa ngwana ha di susumetswe ke motho e mong.

## Le se kenye bana dipakeng

“Bana ba na le tokelo ya ho bonana le batswadi ka bobedi le ho hlokomelwa ke bona ka bobedi.

Ba na le tokelo ya ho otlwa ke batswadi ka bobedi. Ba na le tokelo ya hore batswadi ka bobedi ba sebetse jwaloka bahlokomedi ba bona ho tsa molao,” ho ile ha rialo Peta.

O tlatseditse ka hore basotli ha ba a kotelwa bakeng sa maikarabelo a ho otlwa bana ba bona ha

lehlatsipa le batla lengolo la taelo ya thibelo kgahlanong le bona.

O itse batswadi ba hanang ho otlwa bana ba bona bitsong la hore ha ba dule le bona, ba ka qobellwa ke makgotla a dinyewe hore ba lefe tjelete ya kotlo ya bana.

Kamora moo, ha ba sa lefe, ba tla be ba tletse lekgotla mme ba ka kwallwa tjhankaneng dilemo tse sa feteng tse tharo.

Hodima moo, thepa ya bona e ka hapuwa mme ya rekiswa bakeng sa ho lefella kotlo ya bana.

Motswadi ya thibelwang ho bona bana ba hae le yena o na le ditokelo.

Leha ho le jwalo, ho ena le ho kgina ho otlwa ngwana ho fihlela a thola tumello ya ho bona ngwana, o lokela ho ikopanya le Kantoro ya Maqwetha a Malapa bakeng sa thuso. **U**

## Ha o batla ho tseba haholwanyane

Ikopanya le Kantoro ya Maqwetha a Malapa ho: 012 357 8022 kapa romela imeile ho: 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. **U**

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