

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 trade-

mark 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.

ooo

Ku nwa byalwa loko u ri muyimani swi veka tincece eka nxungeto

VAMANANA LAVA NWAKA byalwa loko va ri vayimani va veka tincece ta vona eka nxungeto lowukulu wo velekiwa va ri na xivumbeko xo kala xi nga hetisekanga xa nkarhi hinkwawo.



Ku nwa byalwa loko u ri muyimani swi na nxungeto lowukulu swinene eka tincece leti kalaka ti nga se velekiwa hikuva byalwa byi hundza rihla mpfu ra pulasentara hi ku olova, hikwalaho byi hundziseriwa kusukela eka manana

byi ya eka n'wana.

Vamanana lava nga vayimani, lava ringetaka ku yima kumbe lava va an'wisaka va fanele va papalata ku nwa byalwa. Loko swi ta eka vuyimani, a ku na nkarhi lowu hlayisekeke wo nwa kumbe muxaka wa byalwa lowu hlayisekeke.

Hi ku languta levhele na nkarhi lowu byalwa byi nwiweke hawona hi nkarhi wo yima, switandzhaku leswi nga tshukaka swi va kona swi nga hambana kusukela eka ku susa ku yima loko nga languteri-wangiki ku ya eka ku chucheka nkarhi wu nga se fika, ku bebula n'wana loyi a loveke na Xikombiso xa Mavabyi ya Byalwa ya Rincece leri nga endzeni ka xivelekelo (FAS).

Vamanana lava nwaka byalwa loko va ri vayimani va veka tincece ta vona leti kalaka ti

nga se velekiwa eka nxungeto wo tumbuluka swiphiko swa le mirini, swa matikhomelo na swa miehleketo.

FAS ku ehleketiwa leswaku i xivangelo xa vunharhu xa le henhlahenhla xa vutsoniwa bya miehleketo lexi fambelanaka na:

- **Xivumbeko xo kala xi nga hetisekanga xa marhambu ya nhloko na xikandza:** Kahlekahele ku hunguteka ka vukulu bya xipalapala, nomo wa le henhla na nhompfu leyitsongo, rihlaya ra le hansi leri tlheleleke endzhaku no va ritsongo na tinkohe leti khwanyaneke.
- **Ku kula hi ku nonoka:** Ko hambanahambana loko khumbaka ku leha, ku tika na vukulu bya xipalapala.
- **Sisiteme ya misiha leyi nga tolovelekangiki:** Ku

kula ka byongo loko nga hetisekangiki ku nga vangela leswaku ku va na vutsoniwa bya miehleketo lebyikulu.

- **Xivumbeko xa swirho lexi nga hetisekangiki:** Xivumbeko xo kala xi nga hetisekanga lexi talaka ku va kona i xa mbilu, swirho swa vuhava swa le handle na mahlangani.

Hambi ku nwa byalwa ka le xikarhi ka kwalomu ka ku nwa kambirhi kumbe kanharhu hi siku ku nga tisa nxungeto eka ku kula ka rincece.

Switandzhaku swa Byalwa eka Rincece leri nga endzeni ka xivelekelo (FAE) na FAS swi nga siveriwa ntsena hi vamanana lava va papalataka ku nwa byalwa loko va ri vayimani.

FAS na FAE i swa nkarhi hinkwawo, naswona a swi tlhe-

riseleki. A ku na murhi wo swi herisa no swi tshungula. Swi nga sivela vuswikoti bya n'wana bya vutomi hikwabyo byo tirha kahle ka miehleketo, eswirhweni na le ka mahanyelo na ku kahle swinene hilaha vafaneleke ku va ha kona. **V**

**Vuxokoxoko lebyi byi nyikiwile hi Ndzawulo ya Rihanyu ya le KwaZulu-Natal.*

Xana a wu swi tiva ke?

U nga ya eka tlilniki ya le mugangeni kumbe eka senthara ya swa rihanyu ya le mugangeni wa ka n'wina ku kuma vuxokoxoko byotala kumbe xitsundzuxo hi mayelana na FAS.

Va gingirikela hi ku tsakela lokukulu ka n'wana

NTIRHO WA NKOKA WA Hofisi ya Gqweta ra Mindyangu i ku vona leswaku ku tsakela ka vana ku rhangisiwa emahlweni loko vatswari va herisa vuxaka bya vona.



Silusapho Nyanda

J sephina Peta, Mutirhi wa swa Nawu Lonkulu eka Hofisi ya Magqweta ya Mindyangu u vula leswaku hi ku ya hi Xiyenge xa 18 xa Nawu wa swa Vana, vana a va le hansi ka nawu wa vatswari, kambe i vanhu lava

nga na timfanelo ta vona. Leswi swi vula leswaku hambiloko u xanisiwile hi wun'wana wa vatswari va wena, u nga ka u nga aleli vana va wena mfikelelo wa nkarhinyana, na loko wun'wana wa vatswari a teke xileriso xo sivelana eka vona vatswari. Ku hambana ku va kona loko loko vana hi voxe va xanisi-

wile. Eka timhangu toleto, xileriso xo sirhelela xi fanele xi tekiwa hi ku yimela yona. Peta u hlamusela leswaku eka timhangu ta madzolonga lama simekiweke eka rimbewu (GBV) – laha mutswari wun'we a xaniseke lowun'wana – Hofisi ya Gqweta ra Mindyangu ra khumbhekaka ku langutela ku tsakela ka vana. Mutswari loyi a hehliwaka a nga pfumeleriwa ku vona vana ehansi ka vulanguteri loko va landzelela swilaveko swokarhi, ku fana na ku va a nga pyopyiwanga loko a ya endza no ya hlangana na n'wana eka tindhawu ta mani na mani. “Eka timhangu leti, hi langu-ta vuhlanganisi byo langutela, leswi swi vula mulanguteri loyi a tiyimeleke, ngopfu-ngopfu phurofexinali wo

fana na mutirhi hi vanhu bya vanhu kumbe mutivi wa swa miehleketo u thoriwa hi hina ku veka tihlo no langutela ku endza,” ku vula Peta. Loko n'wana a ala ku vona wun'wana wa vatswari, Hofisi ya Gqweta ra Mindyangu yi ta endla vuhleri ku vona loko migingiriko ya n'wana yi kuceteriwa hi munhu wun'wana. **Mi nga nghenisi vana** “Vana va na mfanelo ya mfikelelo wa vatswari hivumbirhi na ku hlayisiwa hi vona havumbirhi. Va na mfanelo yo hlayisiwa hi vatswari havumbirhi. Va na mfanelo yo va na vatswari havumbirhi tanihi vahlayisi va vona eka timhaka ta swa nawu.” Peta u tatise leswaku vaxanisi a va yimisiwi eka vutihlamuleri bya ku hlayisa vana va vona loko muxanisiwa a lava xileriso xo sivela ehenhla ka vona. U vule leswaku vatswari loko va ala ku hlayisa vana

va vona hi mhaka ya leswaku a va tshami na vona, va nga sindzisiwa hi xileriso xa huvo ku hakela mali yo hlayisa n'wana. Endzhaku ka sweswo, loko va nga hakeli, va ta va va nyadzile xileriso xa huvo, naswona va nga khotsiwa malembe lawa ya nga tluleki manharhu. Ku tatisela kwalaho, tinhu-ndzu ta vona ti nga tekiwa no xavisiwa ku hakela mali yo hlayisa n'wana. Mutswari loyi a siveriwaka ku vona vana va yena na yena u na timfanelo. Hambiswiritano, ematsha-n'weni yo khoma mali yo hlayisa n'wana ku fikela loko mfikelelo wu nyikiwa, va fanele va ya eka Hofisi ya Gqweta ra Mindyangu ku ya pfuneka. **Ku kuma vuxokoxoko byo tala** Tihlanganisa na Hofisi ya Gqweta ya Mindyangu, foyinela 012 357 8022 kumbe imeyilela: NationalOffice-FA@justice.gov.za

St Elizabeth TCC ready to help rape survivors

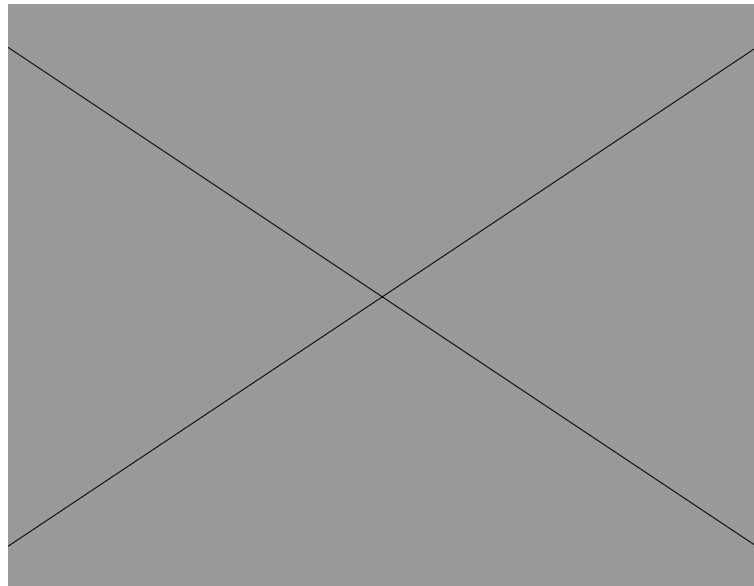
IN A REMOTE part of the Eastern Cape, rape victims find a warm, sympathetic place where professionals are trained to support and care for them.

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.