

Vuk'uzenzele


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Children with disabilities at greater risk of sexual abuse
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JOBS INSIDE!

Africa's new tech giant

Sihle Manda

President Cyril Ramaphosa's programme of reviving the South African economy has received another boost.

This was evident at the much-anticipated launch of the Mara Phone manufacturing plant at the Dube Trade Port in Durban recently. The plant is a first of its kind in South Africa.

The launch comes 12 months after company chief executive Ashish Thakkar announced at the inaugural Africa Investment Forum in November 2018 that the company would invest R1.5 billion in a South African business venture over the next five years.

The Rwanda-based Mara group took the President on

a tour of the modern state-of-the-art plant. The plant is anticipated to have an annual production capacity of over 1.2 million handsets of the Mara X and Mara Z cellphones.

A total of 200 people have been employed at the plant with 94 percent of them being youth, while 67 percent are women.

Speaking at the event, President Ramaphosa said the Mara Phone's venture was giving practical effects to the government's investment drive.

"It was described as a pipe dream. Today we are reaping the fruits of what was promised. We are delighted about this great launch because it is going to instill a lot of confidence in other manufacturers that South Africa indeed is a place where



■ The Mara Phone manufacturing plant situated in Durban has created about 200 jobs with 94 percent of them being youth and 67 percent are women.

they should all come and invest. We are delighted because Mara is a proudly African venture that is producing a South African product."

He said the company's effort

represents a great advance in the technological and electrical sector.

"We are delighted that you are increasing our technological capabilities by bringing your

company here and emboldening the skills talent that we have," he said.

In his State of the Nation Ad

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Wat jy oor mensehandel moet weet



Silusapho Nyanda

Hedendaagse slawerny, ook bekend as mensehandel, is een van die wêreld se misdade wat die vinnigste toeneem.

Volgens die teen-handelorganisasie Abolitionists 21 (A21), vind mensehandel op verskeie maniere plaas. Dié organisasie noem dat:

- Ongeveer 43,3 % van mensehandelslagoffers deur vals beloftes van werkseleenthede ge-

vang word.

- Gesinslede van slagoffers in 11,2% van mensehandelgevalle met die slagoffers mensehandel dryf.
- 9,6% Romeo-mensehandel (wanneer slagoffers voorberei word om hulle mensehandelaar te vertrou) behels.
- Vriende 8,6% van mensehandelslagoffers flous en verkoop.
- 5,6% van mensehandel-slagoffers ontvoer word.

- Immigrasie in 2,6% van gevalle plaasvind.
- 1,2% van mensehandel-slagoffers valse redders vertrou.

Volgens die misdaadstatistiek van 2018/19 word daar beraam dat mensehandel by minstens 11 gevalle van ontvoering in Suid-Afrika betrokke was.

Mensehandelaars is geneig om werklose mense wat na geleenthede soek om hulle lewenstoestand te verbeter, asook kinders, te teiken.

Die Departement van Justisie en Grondwetlike Ontwikkeling (DVJ&GO) sê dat die kinders wat die slagoffers van mensehandel is dikwels seksueel mishandel word, of vir dwangarbeid of vir hulle liggaamsdele gebruik word.

Help om mensehandel te voorkom

Volgens die departement is

daar verskeie maniere waardeer gemeenskappe hulself kan beskerm, insluitend:

- Kontak die Departement van Indiensneming en Arbeid in jou omgewing om werksaanbiedinge te bevestig, veral die geleenthede buite jou provinsie of die land. Enige verdagte optrede deur voornemende werkgewers of hulle agente moet aan die polisie gerapporteer word.
- Wees versigtig vir mense — beide mans en vrouens — wat sê dat hulle werkseleenthede het met beloftes van baie geld binne 'n kort tydperk.
- Leer jou kinders om versigtig te wees vir volwassenes wat hulle probeer bevriend, hetsy van aan-

gesig tot aangesig, deur 'n selfoon of in internet-geselskamers.

- Rapporteer plekke waar jy vermoed daar mensehandelslagoffers aangehou word (byvoorbeeld bordele, plase, fabriekke en sjebeens) aan plaaslike owerhede en die media.

Die DVJ&GO moedig gemeenskappe aan om op die uitkyk vir mensehandelslagoffers te wees, sodat hulp vir hulle verkry kan word. Hy sê dat slagoffers dikwels nie die plaaslike taal kan praat nie, in hulle werk of die plek waar hulle bly vasevang blyk te wees, kneusplekke en ander tekens van fisiese mishandeling kan hê en nie identiteitsdokumente het nie. **V**

Vermeende mensehandel kan aan die polisie by 08600 10 111 of die Nasionale Mensehandelblitslyn by 0800 222 777 gerapporteer word.

Abused women and children get safe haven

PRESIDENT CYRIL RAMAPHOSA'S Emergency Action Plan on Gender-Based Violence and Femicide includes the provision of adequate care and support for survivors. The newly opened White Door Centre in Kuruman is a direct response.



Silusapho Nyanda

The White Door Centre of Hope in Seeding Village in Kuruman, Northern Cape provides a 24-hour response and safe space for victims

and survivors of gender based violence (GBV).

Opened recently, the centre will take in and offer psychosocial support to up to eight victims of GBV crimes such as domestic abuse, sexual abuse and human trafficking. The centre has two social work-

ers and a house mother. It is one of seven in the province, said Hendrina Samson of the Northern Cape Department of Social Development.

She said the White Door Centre of Hope is an immediate contact centre that gives victims of GBV access to counselling, a temporary safe haven from an abuser and, if necessary, facilitates a safe place for victims of GBV.

"This facility is based within the community, women will have the right to contact us at any given time as it's a place for any women and children."

Victims of GBV will be put in contact with the police,

doctors and given all the necessary help. "When a woman has been abused, it often happens that they go to a family member where the partner can find them. This place then allows for the police, doctor, psychologist, priest to contact the facility and place these women there."

Members of the public and women that have been abused can also walk into the centre for help.

The White Door Centres of Hope are also linked to the GBV Command Centre (GBVCC) which is a 24-hour tollfree hotline that gives GBV victims psychosocial care and support. **V**

DID YOU KNOW?

Community members can also report abuse to the GBV Command Centre by phoning 0800 428 428, sending an SMS with the words Help to 31531 or a Call Me Back with the USSD code: *120*7867#.

The centre caters for people with speech and hearing impairment through Skype. To use this function, one must add 'HelpMe GBV' on their Skype account. The GBVCC website address is: www.gbv.org.za

Goeie voeding bevorder algemene gesondheid

DIT IS BAIE BETER vir jou gesondheid om onverwerkte kos, eerder as ultraverwerkte kos te eet.

Allison Cooper

Gesonde eetgewoontes wat goeie voeding verseker, is 'n sleutel-komponent van 'n gesonde leefstyl.

Dit is volgens die Nasionale Departement van Gesondheid, wat sê dat gesonde eetgewoontes en gereelde oefening kan help om 'n gesonde gewig te bereik en te handhaaf en om die risiko van siektes soos diabetes, hoë bloeddruk, hartsiekte en kanker te verminder.

Die risiko om nie-oordraagbare siektes (NOS'e) op te doen, begin in ons kinderjare en vererger deur die loop van ons lewens.

NOS'e sluit beroertes, hartsiektes, kankers, diabetes en chroniese niersiekte in.

Die konsep van die optimalisering van voeding in die eerste 1 000 dae (van bevrugting tot twee jaar oud) is belangrik om oor- en ondervoeding te voorkom.

Die eet van hoofsaaklik on-



verwerkte kosse — wat min suiker, vet en sout bevat en van nature hoog in vitamienes, minerale en vesel is — kan egter help om ongewenste gewigstoename, NOS'e en dood as gevolg van dié siektes te voorkom.

Die belangrikheid van onverwerkte kosse

Onverwerkte kos is nie verfyn nie, so min as moontlik verwerk en word in hul natuurlike toestand geëet. Dit sluit onverwerkte kos in, soos die eetbare dele van vrugte en

groente en kos wat minimaal verwerk is, soos hawermout, bruin rys en peulplante. Geen sout, suiker, olies of vette moet by hierdie kos gevoeg word nie.

Alhoewel verwerkte kos steeds na die oorspronklike kositem lyk, is dit verander tot op die punt waar dit nie meer met die oorspronklike kos ooreenstem nie, en dit bevat baie min of geen van die oorspronklike voedingstowwe. Dit bestaan ook tipies uit vyf of meer bestanddele soos suiker, olies, vette, olies, sout,

anti-oksidante en preserveermiddels. 'n Goeie voorbeeld is drankies met baie suiker.

Dié bestanddele laat produkte beter proe, maar wanneer dit in groot hoeveelhede ingeneem word, kan dit 'n uitermatige inname van energie veroorsaak, wat tot gewigstoename kan bydra. Die hoë inname van sout word ook met hipertensie en kardiovaskulêre siektes verbind.

Spaar geld

Kos is duur. Die departement het die volgende wenke verskaf om jou te help om koste te besnoei, maar steeds gesonde maaltye kan voorberei:

- Wees op die uitkyk vir spesiale aanbiedinge of uitverkopings in winkels.
- Kyk na vervaldatums en die kwaliteit van kos wat jy op uitverkoop koop.
- Maak seker dat jy genoeg ekstra geld en bêreplek het om in grootmaat te

koop (maar maak seker dat jy die kos voor die vervaldatum gaan gebruik).

- Koop vrugte en groente wanneer dit in seisoen is om beter waarde te kry.
- Droë produkte soos mieliemeel, meelblom, rys, pasta, koeskoes en bevrore kos hou langer en kan in grootmaat gekoop word.
- Enkelporsie-items is dikwels duurder as om in grootmaat te koop.
- Koop minder geblikte, voorbereide of klaargarkosse. Dit is duurder en bevat dikwels meer suiker, sout en vet.
- Klaargaarbabakosse is duur. Gebruik vars kos en groente wat tot die regte tekstuur fynge- maak kan word. **U**

*** Inligting met vriendelike vergunning van die Nasionale Departement van Gesondheid.**

Knowing CPR can be a life saver

WITH SUMMER and the festive season upon us, knowing what to do in an emergency can save a life.

Silusapho Nyanda

Choking, smoke inhalation or drowning can happen suddenly and getting help can be the difference between life and death.

Being able to do cardiopulmonary resuscitation (CPR) can be crucial.

The Western Cape Department of Health says CPR is an emergency procedure done to manually keep the brain functioning.

This life-saving technique is very useful in many emergencies, including heart attacks or near drownings, where someone's breathing or heartbeat has stopped." The best way to perform



CPR is to follow the Circulation, Airway and Breathing method (CAB system) which helps a first-responder remember the sequence of

steps during CPR.

The Resuscitation Council of Southern Africa (RCSA) said when performing CPR on an unconscious adult

the procedure is 30 thrusts in the middle of the chest, followed by two breaths on the unconscious victim. CPR must continue until help arrives.

When performing CPR on a child who is choking, the child gets five back slaps and up to five chest thrusts. Next, one must open the baby's mouth to look for and remove any visible foreign material.

If this works, you place the patient in the recovery position and check for continued adequate breathing, reassessing the patient continuously.

If this does not work, one must apply 30 chest compressions, then look inside

the mouth and remove any foreign object, and administer two breaths until the baby is able to breathe again or help arrives.

If you're alone and have immediate access to a telephone, call the ambulance yourself before beginning CPR. **U**

For more information on performing CPR, visit <https://www.westerncape.gov.za/general-publication/cardiopulmonary-resuscitation-cpr>. Alternatively, phone the RCSA at 011 478 3989 or visit: www.resus.co.za.