

Vuk'uzenzele


Produced by: Government Communication & Information System (GCIS)

English/Siswati

November 2019 Edition 1



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 electronical 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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Lokufanele ukwati ngekushushunjiswa kwebantfu



Silusapho Nyanda

Bugcili baletikhatsi lesiphila kuto, lekubuye kwatiwe ngekutsi kushushunjiswa kwebantfu, bugebengu lobukhula nge- mandla emhlabeni wonkhe.

Kushushunjiswa kwebantfu kwentiwa ngetindlela letihlukene, ngekusho kwenglangano lelwa nekushushunjiswa kwebantfu lebitwa ngekutsi yi-Abolitionists 21 (A21). Itsi:

- Bantfu labashushunjiswako labalinganiselwa kumaphesenti lange-43.4 babanjwa ngekutsenjiswa ematfuba emsebenti langekho.

- Emalunga emindeni ashushumbisa bantfu labangemaphesenti la-11.2.
- Emaphesenti la-9.6 afaka ekhatsi loku lekubitwa ngekutsi pheceleti kushushumbisa kwe-'Loverboy' (ngulapho khona bantfu balungiselelwa kutsi bagcine batsembalona lotabashushumbisa).
- Bangani bafaka elugibeni bantfu lababashushumbisako labalinganiselwa kumaphesenti la-8.6.
- Emaphesenti la-5.6 ebantfu labashushunjiswako bayatfunjwa.
- Kutfutseteleka kwebantfu kulelive kusetjentiswa kumaphesenti la-2.6.

- Bantfu labangemaphesenti la-1.2 labashushunjiswako bawela elugibeni lwebantfu labacabanga kutsi bayabasindzisa.

Ngekwelubalobalo lwetebugebengu lwanga-2018/19, kushushunjiswa kwebantfu bekucatjangwa kutsi kuyimbangela lokungenani yemacala la-11 ekutfunjwa eNingizimu Afrika.

Bashushumbisi bavamise kufuna bantfu labangasebenti labafuna ematfuba ekwenta kancono timo tabo temphilo nebantfwana.

Litiko leTebulungiswa Neku- tutfukiswa KweMtsetfosisekelo (i-DOJ&CD) litsi bantfwana labashushunjiswako bavamise kuhlukunyetwa ngekwe- macansi, basetjentiswa ngengetigcila noma bajutjwe titfo temitimba yabo.

Sita uvikele kushushunjiswa kwebantfu

Ngekusho kwalelitiko, kunetindlela letinyenti imimango

lengativikela ngato, kufaka ekhatsi:

- Kutsintsana neLitiko Letemisebenti ngasenzaweni yangakini kute ucinisekise lamatfuba emisebenti, ikakhulukati leyo lengaphandle kwesifundza sakini noma kwelive lakini. Nanoma ngutiphitento letisolisako talabo labatawuba bacashi noma ema- ejenti abo bafanele babikwe emaphoyiseni.
- Kucaphela bantfu – kubililabasikati nalabadvuna – labatsi banematfuba emsebenti bese batsembisimali lenyenti ngesikhashana lesincane.
- Kufundzisa bantfwana bakho kutsi bacaphele bantfu labadzala labazama kuenta bangani babo, ngekusebentisa makhalekikhini noma tindzawo tekucocisa ku-inthanethi.
- Kubika tindzawo lapho usola kwekutsi bantfu labashushunjiswe bagcinwa

khona (sibonelo, tindzawo tekutsengisa ngemtimba, emapulazini, etimbonini nasemashibhini) ubikele labaphetse endzaweni yangakini nebetindzaba.

Litiko le-DOJ&CD licela imimango kutsi icaphele bantfu labashushunjiswako kute kutsi baniketwe lusito. Kutsiwa bahlukunyetwa abavamisi kukhona kukhuluma lulwimi lwasenzaweni labakuyo, babonakala sengatsi babambekile emisebentini yabo noma kuletindzawo labahlala kuto, bangaba nemtfubulelo naleninye timphawu letikhombisa kuhlukunyetwa ngekwe- mtimba kantsi futsi ababi nabomatisi. **V**

Uma usolela kutsi kunekushushunjiswa kwebantfu lokwentekako ungabikela emaphoyisa kulenombolo-08600 10 111 noma Lucingo lweSikhungo seKubika Kushushunjiswa Kwebantfu saVelonkhe ku-0800 222 777.

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 Seoding 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

Kudla kudla lokunemphilo kutfutukisa emazinga emphilo ngalokuphelele

KUDLA KUDLA lokunemsoco ngalokuphelele kunekudla kudla lesekufakwe tinongo kukahle kakhulu emphilweni yakho.

Allison Cooper

Kudla kudla lokunemphilo kucinesekisa emazinga lakahle emphilo kubaluleke kakhulu ekuphileni imphilo lenemphilo.

Loku kushiwo Litiko Letemphilo Lavelonkhe, latsi kudla kudla lokunemphilo nekushukumisa umtimba njalo kungasita kutsi ube nesisindvo lesinemphilo futsi usigcine sinjalo uphindze wehlise bungoti beku-ba netifo letifana nesifo sashukela, sifo semfutongati losetulu, sifo senhlitiyo nesamdlavuta.

Lobungoti bekungenwa titfo letingatsatselwana (ema-NCD) ticala ebuntfwaneni bese tiyakhula udzimate ube mdzala.

Ema-NCD afaka ekhatsi kufa luhlangotsi, sifo senhlitiyo, umdlavuta, sifo sashukela nesifo setinso letingalapeki.

Lomcondvo wekukhutsata kudla kahle emalangen ekucala la-1 000 (kusukela nawukhulelwa umntfwana adzimate abe neminyaka lemibili budzala) kubalulekile kute kuvikelwe kudla ngalokundlulele nekudla ngaphansi kwelizinga lelifanele.

Nanoma kunjalo, kudla kudla lokunemsoco ngalokuphelele



esikhatsini lesinyenti – lokungenaye shukela lomnyenti longetiwe, emafutsa nasawoti kantsi kunemavithamini lamanyenti emvelo, emaminerali nemicu- kungasita kuvikela kukhuluphala lokungafuneki, ema-NCD nekufa lokubangelwa nguletifo.

Kubaluleka kwekudla lokunemsoco

Kudla lokunemsoco akukafakwa kantsi kudliwa kunjengoba kunjalo kusesimeni sako semvelo. Kufaka ekhatsi kudla lokungasuswa kakhulu esimeni sako semvelo, njengetincenye tetitselo netibhidvo letidlekako;

nekudla lokususwe kancane esimeni sako semvelo, njenge-otsi, lilayisi lelinsundvu netilimo letingumndeni wemabhontjisi. Kokubili akukafaneli kungetwe shukela, sawoti, emafutsa noma oyili.

Lapho kudla lokufakwe titsako kucishe kufana nekudla mbamba, kusuke sekuguculwe ngendlela yekutsi kungabe kusafana nalokudla mbamba lebekungiko ekucaleni futsi kusuke sekucuketse titsako temvelo letincane noma tingasabi khona sanhlobo. Kuvamise kubuye kucukatse letinye titsako letisihlanu noma ngetulu letifaka ekhatsi shukela, bo-oyili, emafutsa, sawoti, nalokuvimbela ku-

gucuka kwemakhemikhali lafakwe ekudleni netivimbela-kubola. Tinatfo letinashukela tisibonelo lesihle.

Letitsako tenta imikhicito inambitseke kancono, kodvwa uma utidla ngebunyenti tingabangela kutsi udle kudla lokunemandla lokunyenti lokungaholela ekutseni ukhuluphale. Kudla sawoti lomnyenti nako kuhambisana nekunyukelwa ngumfutongati kanye netifo letiphatselene nenhlitiyo.

Yonga imali

Kudla kuyabita. Litiko linikete lamasu lalandzelako kukusita kutsi uphungule tindleko, kepha ube usakhona kupheka kudla lokunemphilo:

- Buka tindali nemanani laphansi etitolo.
- Buka lusuku lwekuphelelwa sikhatsi nemazinga ekudla lokutsenga endalini etitolo.
- Cinisekisa kutsi unemali leyanele leseceleni nendzawo yekubeka kute utsenge kudla ngebunyenti (kodvwa buka kutsi lokudla utakusebentisa ngembi kwekutsi kundlulelwe sikhatsi).

- Kutfolo emazinga lancono, tsenga titselo netibhidvo ngesikhatsi sato semnyaka.
- Imikhicito leyomile lenjengempuphu, fulawa wakolweni, lilayisi, iphastata, ikhushikhusi nekudla lokonyiswe ngemakhata kungagcineka sikhatsi lesidze kantsi kungatse- ngwa ngebunyenti.
- Kutsenga tintfo letihamba ngakunye kuvamise kubita kakhulu kunekutsi ukutsenge ngebunyenti.
- Tsenga kudla lokuncane lokusetikoteleni, lokulungisiwe noma kulungele kudliwa. Kubita kakhulu kantsi kuvamise kuba nashukela, sawoti nmafutsa lamanyenti.
- Kudla kwebantfwana lokusemabhodloleni lesekuvele kulungele kudliwa kuyabita. Sebentisa kudla netibhidvo lokusha lokungagaywa noma kubondvwe kube ngendlela lefanele. **U**

*** Lwatiso silwefulelwa ngemusa weLitiko Letemphilo Lavelonkhe.**

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.