

Vuk'uzenzele

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Imphala 2019 Lushicilelo I



Boys promise to be men of honour

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New sexual offences court in Limpopo

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Plans to protect women and children

President Cyril Ramaphosa has announced an emergency plan to deal with the violence against women and children in the country. Addressing a Joint Sitting of the National Assembly and National Council of Provinces recently, the President said the plan strengthens existing measures and introduces new interventions in five principal areas.

These areas include;

- How to prevent gender-based violence
- Strengthening the criminal justice system
- Steps that need to be taken to enhance the legal and policy framework
- What can be done to ensure adequate care, support and healing for victims of violence
- Measures to improve the



economic power of women in South Africa.

"This emergency action plan

will be driven by an Interim Steering Committee located in the Presidency and co-chaired

by government and civil society organisations.

"The Steering Committee will coordinate rapid response at national level. The plan will be implemented over the next six months," the President said.

He called for the Joint Sitting to focus the attention of elected public representatives and the nation at large on the crisis of Gender-Based Violence and Femicide (GBVF).

"To enhance the safety of women, we are going to, as a matter of urgency, make the necessary amendments to our laws and policies to ensure that perpetrators of GBV are brought to book. We will make substantial additional funding available for a comprehensive package of interventions to make an immediate and lasting difference.


"Cabinet has resolved to direct R1.1 billion in additional funding in this financial year to the comprehensive response to GBV. It is government's intention that the funds appropriated for this programme will be raised from within the current budget allocation and will not require additional borrowing," the President said.

Prevention measures


Government will launch a mass media campaign that will target communities, public spaces, workplaces, higher education institutions and schools, as well as recreational spaces.

"As part of this campaign, we are going to provide gender sensitivity training to law-enforcement officials, prosecutors, magistrates and policy makers – and ensure that


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Kubukana ngco nekungaphili kahle kwengcondvo

Allison Cooper

Njalo ngemasekhondi lange-40, kuba khona lotibulalako.

Lusuku lweMhlaba lweKungaphili Kahle Kwengcondvo, mhla ti-10 ngeMphala, umhlaba wonkhe uyahlangana kute wente kancono tekuphila kahle kwetengcondvo tebantfu emhlabeni wonkhe. Ingcikitsi yalomnyaka itsi kuvikela kutibulala.

Imitam o yecaphelisa ngekunyuka kwemazinga ekutibulala emhlabeni wonkhe nendzima lengadlalwa ngungamunye wetfu kusita kuvikela loko icale mhla ti-10 Inyoni, Lusuku lweMhlaba Lwekuvikela Kutibulala, futsi luyachubeka kudzimate kube ngumhla ti-10 Imphala.

Inhlangano yeMhlaba yetemphilo ikhutsata bantfu mhlaba wonkhe kutsi batsatse emasekhondi lenge-40 bente lokutsite mhla ti-10 Imphala, kwenta kancono indlela yekucaphelisa ngelizinga leliphakeme lekuti-



bulala njengenkinga yetemphilo yemhlaba wonkhe; kwenta kancono lwati lwekutsi yini lengentiwa kuvikela kutibulala; kwehlisa kukhishwa inyumbatana lokuhambisana nekutibulala; nekwatisa bantfu labanebulukhuni kutsi bati kutsi abasibodvwa.

Inyanga Yekucaphelisa Ngekungaphili Kahle Kwengcondvo

Inyanga yeKucaphelisa ngeKungaphili Kahle kweNgcondvo, legujwa ngenyanga yeMphala lapha eNingizimu Afrika, icaphelisa ngetimo letikhona letinyenti tekungaphili kahle kwengcondvo nekutsi bantfu labashikashikeka nale-

simo bangalutfo njani lusito.

Ngenca yekukhishwa inyumbatana lokuphatselene nekungaphili kahle kwengcondvo, bantfu labanyenti abaluceli lusito. Imiphumela yakhona ingaba yinhlekelele.

Kusukela ngenyanga ya-Bhimbidwane 2019, Licembu laseNingizimu Afrika leKuphaphuleka neKushona Phansi Kwemoya (i-SADAG) itfole tincingo letilinganiselwa ku-145 000 kuTikhungo Tabo Tetincingo letinge-22. Letinge-41 800 beticondziswe kuLucingo Lwekusita labo labafuna kutibulala kutsi bangatibulali, bantfu bebacela kucatululelwa tinkinga ngekushesha nalabadzinga kutsi kungenelelwe.

Umcondzisi weTekusebenta kwe-SADAG Cassey Chambers utsite bantfu labanyenti labafuna kutibulala basuke babukene nekukhatsateka/kulangatelela, nekushona phansi kwemoya nekuphelelwa litsemba kantsi bangabona sengatsi kute lenye indlela. Labanyenti labashaye tincingo lebebefuna kutibu-

lala bebabukene nebumatima kutebudlelwano, tinkinga tetimali nekukhahlabeteka kwengcondvo ngemuva kwekwehla kwetigameko letitsite. "Kepha lekungumtselela lohambembili kube kushona phasi kwemoya lokungakatiwa kutsi umuntfu unako nalokungakelashwa," kwasho Chambers.

Ngekusho kweLitiko Letemphilo, bantfu labaphetfwe kushona phansi kwemoya baba naletimphawu letilandzelako:

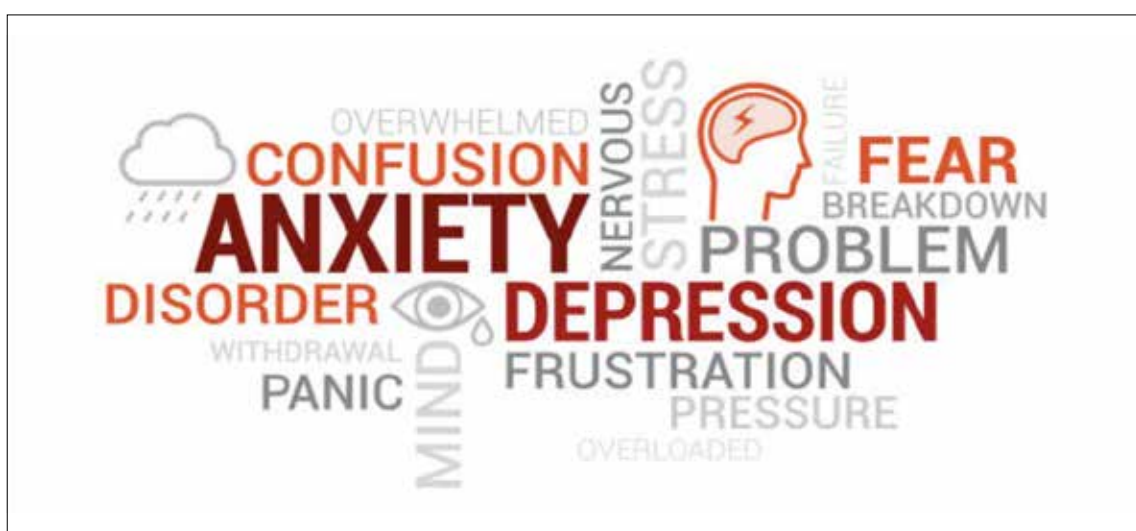
- Bativa bangasimnandzi, balusizi lokungenani emaviki lamabili, lilanga lonkhe, onkhe malanga.
- Bativa balusizi, baphansi noma bacindzetelekile.
- Bangabe basaba nenshi-sekelo yekwenta tonkhe letintfo lebebvame kukujabulela kutenta.
- Bayadzinwa baphindze futsi behluleke kulalelisisa.
- Kutiva bangakabaluleki noma banelicala.
- Bangaba nemicabango yekufuna kutibulala.

Litiko Letemphilo libuye lave-ta kwekutsi bantfu labanesifo sekuhlala bakhatsate kakhulu baba nebulukhuni bekulawula, kukhatsateka ngalokwecile ngetintfo letinyenti kusukela kutemphilo netinkinga teminde-ni letiphatselene nemali, sikolo nemsebenti. Loku kuholela ekubeni nesikhalo ngekwe-mtimba nangekwengcondvo, kusukela ekucineni kwemisispha nekungahlaliseki nekukhatsala kalula kuya ekudzinweni nasekucasukeni, kungakhoni kulalela kahle kufaka ekhatsi nekuba nenkinga yekulala kahle. **U**

Tifo letiphatselene nekungaphili kahle kwengcondvo tiyalapheka. Kutfola lwati lolwengetiwe, yani emfolamphilo wangakini, esibhedlela noma kumphakelitinsita tetemphilo. Ungabuye ushaye i-SADAG Suicide Crisis Line ku-0800 567 567, noma i-Mental Health Line ku-011 234 4837, noma i-LifeLine ku-0861 322 322.

GBV can cause mental instability

THE DEVASTATING EFFECTS OF Gender-Based Violence can cause women to experience various mental health disorders.



Allison Cooper

Many people who access services at psychiatric hospitals have in one way or another been impacted or affected by Gender-Based Violence (GBV).

This is according to Clinical Psychologist Robyn Travers, who works at the Department of Health's Tara The H. Moross Hospital in Johannesburg.

Travers confirmed that GBV can lead to women experiencing various psycho-social, economic and societal stressors. "The psychological impact of GBV can contribute towards adult victims experiencing depression, anxiety-related disorders, post-traumatic stress disorder and substance-use disorders. Additionally, feelings of shame, anger, hopelessness and helplessness and suicidal urges may be prominent," she said.

Each women's psychology is different and they may experience different symptoms and mental health conditions. "It is very difficult to predict which women are more likely to experience which mental health conditions, as this depends on a range of factors such as genetic vulnerabilities, family and community-based support structures, emotional intelligence and resilience.

"It is also important to keep in mind that trauma is experi-

enced differently by individuals and that the process of working through the trauma is specific to the individual," said Travers.

Not all women who experience GBV are likely to develop substance-use disorders. "Others, who may already be reliant on substance-use, may increase the frequency and intensity of substance use."

Help is at hand

Travers said women who have been victims can access mental health services at any of the community-based clinics where individual and group-based interventions are offered. "At times, assistance may also take the form of psychiatric medication to assist in alleviating the initial symptoms. This could potentially be followed by a combination of medication and psychological intervention," said Travers.

"It is important that families adopt a non-judgemental and compassionate stance

The Department of Social Development's emergency Gender-Based Violence Command Centre can be contacted at 0800 428 428, or by sending a 'please call me' to *120*7867#. In addition, a Skype helpline is available for people with hearing impairments - add 'HELPME GBV' to your Skype contacts. People with disabilities can also SMS 'HELP' to 31531.

towards their loved ones or friends during their healing process," she added. Travers explained that emotional and practical support is of the utmost importance during this period.

"This can include listening to the victim's story, feelings and experiences; creating a safe physical environment; and accompanying the victim to the hospital, police station and legal aid clinic." **U**

Tibonelelo tahulumende tiphilisa tigidzigidzi

KUKHOKHELWA NGUHULUMENDE njalo ngenyanga kuniketa lusito lolubalulekile kubantu baseNingizimu Afrika labahlaseleka kalula.



Silusapho Nyanda

Kucinisekisa kutsi bantu baseNingizimu Afrika labahlaseleka kalula kakhulu bavikelekile, hulumente ukhokhela tigidzi leti-17 sibonelelo njalo ngenyanga. Sibonelelo sahumende kusitwa nguhulumente ngetimali kwalabo bantu baseNingizimu Afrika labangakhoni kutiphilisa bona ngekwabo. Kulawulwa kwetibonelelo tahulumende kuphetfwe sikhungo sahumende lesibitwa ngekutsi yi-Ejensi Yekucinisekiswa Kwetihlalakahle (i-SASSA), leyasungulelwa kucinisekisa kwetifulwa kwetibonelelo tahulumende kute kucedvwe buphuya.

Kunetibonelelo letihlukene letikhona, letiya ngekwidzindo talabafake ticelo. Leti tibonelelo tebantfu labadzala, letibuyetatiwe ngekutsi yimpesheni yalabadzala; sibonelelo sebantwana; sibonelelo sekuphila ngekunakekela; sibonelelo lesisita bantu labaphila ngetibonelelo tahulumende kodvwa labadzanga umuntu wekubanakekela; sibonelelo setigayigayi te-

mphi; sibonelelo sekunakekela bantwana lobafake ngaphansi kweluphiko lwakho; nesibonelelo sekuphila nekukhubateka.



Sibonelelo salabaphila nekukhubateka

Lesibonelelo lesitfolwa bantu labaphila nekukhubateka ngu-R1 780. Bafakiticelo kufanele kutsi bahlangabetane netidzindo letitsite kute bafaneleke kufaka sicelo. Uma ngabe ukhubateke emtimbeni noma engcondvweni leku-kwenta kutsi ungalungeli kusebenta sikhatsi lesilinganiselwa etinyangeni letisitfupha noma ngetulu, ungafaka sicelo sekutfolwa sibonelelo salabakhubatekile.

Uma ufaka sicelo, kufanele kutsi ufake sicelo sesibonelelo salabakhubatekile ngekugcwalisa lifomu ehho-visi laka-SASSA lelisedvute

nawe lapho kutabe kukhona sisebenti saka-SASSA.

Kungeta, kutawufanele ugwalise i-afidavithi lelifomu lelijwayelekile laka-SASSA lapho kukhona Umfungisi longasiso sisebenti saka-SASSA.

Umbuso ubuye udzinge sitatimende sebufakazi lesisayinwe ngumuntu lonelinyaka longacinisekisa ligama nemnyaka webudzala walofake sicelo. Angabuye futsi anikete nebufakazi bempahla – kufaka ekhatsi kutsi indlu yakho ibita malini kamasipala, bufakazi bempesheni yangasese, incwadzi lekhombisa Imali Lekhokhela Umshwalense Walabaphelelele nguMsebenti, sitifiketi lesikhombisa kutsi waphuma kulolomunye umsebenti uma ngabe bewusebenta, futsi, uma ngabe umlingani wakho washona kuleminyaka lesihlanu leye-ndlulile, ikhophi yencwadzi lebufakazi bekwabiwa kwelifa nema-akhawunti ekucala newekugcina ekukhokha tikweleti nekwabiwa kwelifa.

Uma ngabe ungumkhoseli, kufanele unikete simo sakho sekuhlala kuleli kanye namatishi wemkhoseli lonemadithi la-13.

Kwengeta, kute ufaneleke

kufanele kutsi:

- Ube ngumhlali waseNingizimu Afrika noma ube ngumkhoseli kantsi uhlala eNingizimu Afrika ngalesikhatsi ufaka sicelo.
- Ube semkhatsini weminyaka le-18 nalenge-59 budzala.
- Ungabi ngulonakekela esikhungweni sahumende.
- Ube namatishi waseNingizimu Afrika.
- Ungabi ngulohola ngetulu kwe-R78 120 uma ngabe ungakashadi noma R156 240 uma ushadile.
- Ungabi nempahla lebita ngetulu kwe-R1 115 400 uma ngabe ungakashadi noma R2 230 800 uma ushadile.
- Utawuhlola ngekwe-temphilo lapho dokotela locashwe ngumbuso utawuhlola indlela lokhubateke ngayo.
- Ute nanoma ngumaphi emarekhodi angaphambilini nemibiko ngalesikhatsi ufaka lesicelo nangalesikhatsi kwentiwa loluhlolo.

Sibonelelo sebantfu labadzala

Lesibonelelo sentelwe kusita bantu labadzala. Sibonelelo semuntu lomdzala sikhokhelwa bantu labaneminyaka lenge-60 noma ngetulu.

Labasitfolako kufanele:

- Bangaholi ngetulu kwe-R78 120 uma ngabe ungakashadi noma-R156 240 uma ushadile, nekutsi
- Bangabi nempahla lebita ngetulu kwe-R1 115 400 uma ngabe ungakashadi noma-R2 230 800 uma ushadile.
- Batfola-R1 780 ngenyanga kantsi lababangetulu kweminyaka lenge-75 budzala bahlala R1 800.

I-SASSA ikhokhela sibonelelo kulabamukelekako ngekubanika imali lengukheshi ngemalanga latsite labekiwe etindzaweni tekuholela letibekiwe. Ibuye futsi iholele ngekudiphozitha nge-elektronikhi ebhange noma ku-akhawunti yelibhange lasePosini noma likhaya lehlala labadzala. 📞

Lolwatiso ulwetfulelwa yi-Ejensi yaseNingizimu Afrika Lecinisekisa Ngetenhlakahle (i-SASSA)

Kutfolwa lwatiso lolwengetiwe ngetibonelelo tahulumende, shayela ka-SASSA ku: 012 400 2000 noma uvakashele ku: www.sassa.gov.za.

UTSI BEWATI?

Liphephandzaba i-Vuk'uzenzele litawushicilela luchungechunge lwetindzaba letiphatselene netinhlobo tetibonelelo ngekuhambisana neNyanga yeKutfufukisa Tenhlalakahle.