

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/isiNdebele

USewula 2019 UmGadangiso 1



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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Siqalene Poro Nepilohle Yengqondo

Allison Cooper

Qobe mizuzwana ema-40, kunomuntu ozibulalako. NgeLanga LePhasi LezePilo YeNgqondo, elingomhla we-10 kuSewula, iphasi loke liyabumbana lenze ipilo yengqondo yabantu ibe ngcono ephasini loke. Ummongondaba wano nyaka kukhandelwa kokuzibulala.

Ijimeli lithome ngomhla we-10 kuKhukhulamungu, oliLanga LePhasi LokuKhandela UkuZibulala, imizamo yokuphakamisa itjhejo ngezanga eliphezulu lokuzibulala kwabantu ephasini kunye nendima engalinywa ngomunye nomunye wethu ukukhanda ukuzibulala kwabantu, kanti lizabe liyokuphela ngomhla we-10 kuSewula.

IHlangano yezamaPhilo yePhasiloke (i-WHO) ikhuthaza abantu ephasini loke ukuthi bathathe igadango elizakuthatha ama-40 wemizuzwana ngomhla

we-10 kuSewula, ukuphakamisa izinga letjhejo ngokuzibulala kwabantu njengomraro womphakathi ephasini zombelele; nokuphakamisa ilwazi lalokho okungenziwa ukukhanda ukuzibulala; nokuphungula ukunindeka okukhambisana nokuzibulala; nokwazisa abantu abatlhagako ukuthi abasibodwa.

INyanga YokuYelelisa NgezePilohe YeNgqondo

INyanga YokuYelelisa NgezePilohe YeNgqondo, nayo etjhejwa ngenyanga kaSewula eSewula Afrika, iveza itjhejo ngamagulo wengqondo amanengi, iveze nokuthi abantu abaphethwe magulo la bangalithola njani isizo.

Ngenca yenindeko elikhambisana nokungakaphili kuhle kwengqondo, abantu abanengi azange baphumele tjhatjhalazi bafune isizo. Umphumela walokho-ke ungaba yibangamatlhuwo.

Ukusukela ngoTjhirhweni wee-2019, iHlangano yabaNtu

abaGandeleleke ngokoMkhumbulo nabaNgahlalisekiko Ngenca yokuZula koMmoyabo (i-SADAG), ithole imitato engaphezulu kwe-145 000 emaZikweni wayo weSizo ngemiTato ema-22. Kilelinani lemitato, ema-41 800 yayo beyingeyokuFuna iSizo ngezokuZibulala, abantu abafuna isizo elirhabako lokubalamulela emirarweni.


UmNqophisi wezamaSebenzo kwa-SADAG u-Cassey Chambers uthi ubunengi babantu abacabanga ukuzibulala abahlaliseki emmoyeni ngenca yokuthi ummoyabo uhlala uzula, bagandeleleke emkhumbulweni, baphelelwe lithemba, begodu bangacina bezwa inga ayisekho into abayiphilelako. Ubunengi babantu abadosa umtato bafuna isizo ngoba bafuna ukuzibulala babantu abararana nabantu abezwana nabo, nabanemiraro yeemali kunye nabakhahlumezekileko. "Kodwana-ke oyena nobangela omkhulu kugandeleleka komkhumbulo okungakaveleli ngaphandle namkha okunga-

kavezwa nokungakelatjhwa," kutjho u-Chambers.

Ngokutjho komNyango wezamaPhilo, abantu abaphethwe kugandeleleka komkhumbulo, baba neenkomba ezilandelako:

- Ubuncani bakhona bathatha iimveke ezimbili badungekile, badanile imini nobusuku, ngamalanga.
- Bazizwa badanile, ummoya wehlile namkha bagandelelekile.
- Baphelelwa lithando lapheze zoke izinto ebezithanda bebazikarekela phambilini.
- Bazizwa badinwe khulu emzimbeni, babhalelwe nanga kubeka ingqondwabo entweni abayenzako.
- Bazizwe bayinto enganamsebenzi namkha bazizwe banomlandu ngokuthileko.
- Bangabe babe nomkhumbulo wokuzibulala.

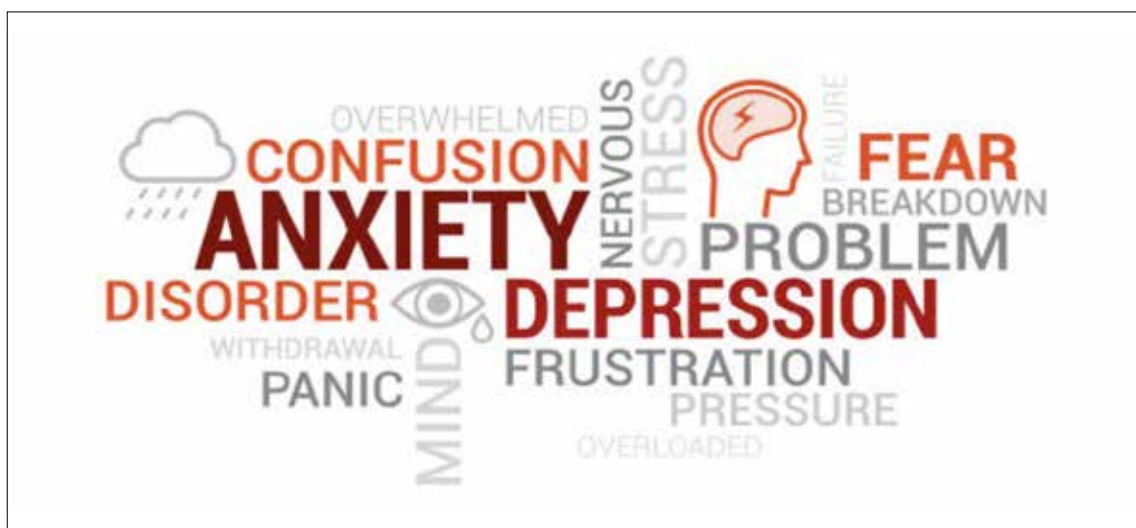
UmNyango wezamaPhilo ubuye waveza nokuthi aba-

ntu abatshwenywa kungabi nokuthula emmoyeni ngoba ummoyabo uhlala uzula abalawuleki lula, batshwenywa khulu ngokweqileko zizinto ezihlukahlukene, njengemiraro yezepilo, yomndeni, yemali, yesikolo kunye neyomsebenzi. Lokhu-ke kubenza ukuthi bavame ukulila ngokuphazamiseka engqondweni nemzimbeni, balile ngokunghanghabala kwemisipha nokungahlaliseki, badinelwe butjhwileni bebabe nesicasucasu, bangakghoni ukubeka ingqondwabo entweni abayenzako begodu bavame ukuhlubayela. 

Amagulo wokuphazamiseka kwengqondo ayelapheka. Iminingwana yoke ngalokhu ungayithola ngokuvakatjhela umtholapilo namkha isibhedlela esiseduze nawe namkha uyokubona isazi sezokutjhejwa kwepilo. Ungafowunela neZiko le-SADAG eliqalene nemiRaro yokuZibulala enomborweni ethi: 0800 567 567, nenomborweni yezePilohe YeNgqondo ethi: 011 234 4837 namkha ufowunele 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." 

Iimbonelelo Zombuso Ziphilisa Iingidigidi Zabantu

IMBADALO YAQOBE NYANGA evela kurhulumente ibuphephelo obuqakatheke khulu ebantwini beSewula Afrika abacaphazeka lula.



Silusapho Nyanda

Ukuqinisekisa ukuthi izakhamuzi zeSewula Afrika ezicaphazeka lula zivikelekile, urhulumente urholisa abantu abangaphezulu kweengidi ezili-17 umrholo wesibonelelo, qobe yinyanga.

Umrholo wesibonelelo yimali umbuso osekela ngayo amaSewula Afrika adosa emhloni, angakghoniko ukuzondla ngokwawo. Umsebenzi wokulawula umrholo wesibonelelo wenziswa yi-Ejensi yeeMbonelelo zeSondlo noMhlalaphasi kaRhulumente yeSewula Afrika (i-SASSA), eyasungulelwa ukusiza ngeendingo zomphakathi ebantwini abatlagako.

Kunemihlobo embadlwana yesibonelelo somrholo wembusweni, eya ngokuqalelela iindingo zomuntu owenze isibawo sokubonelelwa ngomrholo wembusweni. Kunomrholo wabantu abadala, obizwa nangokuthi mrholo wepentjheni; kunomrholo wesondlo sabantwana; kunomrholo wabantu abatlheja abanye; kunomrholo wabantu abaphila ngesibonelelo sembusweni, kodwana abane-

sidingo sokuthi kube nomuntu obatlhejako; kunomrholo wabomakadabona bamajoni; kunomrholo wokukhulisela umuntu umntwana; kube nomrholo wokukhubazeka.



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Umrholo Wokukhubazeka

Abantu abakhubazekileko barhola i-R1 780. Abantu abenza isibawo sokurholiswa lomrholo kufuze bazalise imibandela ebekiweko nabazakukghona ukuthola lomhlobo wesibonelelo somrholo.

Nayibe unokukhubazeka okukwenza ukuthi ungakghoni ukusebenza iinyanga ezisithandathu namkha isikhathi eside kunalesi, ungenza isibawo sokurholiswa isibonelelo somrholo wokukhubazeka.

Nawenza isibawo, kufuze uzalise iforomo lesibawo sesi-

bonelelo somrholo wokukhubazeka e-ofisini yangekhenu ye-SASSA namkha eseduze nawe, phambi kwesiphathimandla se-SASSA.

Ngaphezu kwalokho, kufuze uzalise nesitatimende esifungelweko eforomini elijayelekileko le-SASSA phambi kukaKomitjhinara weemFungo, ongasisiphathimandla sakwa-SASSA.

Umbuso godu ufuna nesitatimende esifungelweko esitlakitlwe mumuntu othembekileko ongafakazela ibizo lomfakisibawo kunye neminyakakhe yobudala.

Kufuneka nobufakazi bepahla onayo – ekubalwa hlangana nayo nesilinganiso sobungako bepahla esibuya kwamasipaladi, ubufakazi bepentjheni yangeqadi, incwadi yesiKhwama seTjhorensi yabaNgasasebenziko (i-UIF), incwadi yokuqotjiswa kwakho emsebenzini nayibe bewusebenza, kanti-ke nayibe umkakho uneminyaka emihlanu abhubhile, kuzakufuneka nekhophi yencwadi yokwabiwa kwepahla namafa wongasekho kunye nesaziso sokuthoma nesokugcina esitlolelwe abanetjisakalo esihlathulula ikambiso yokubuthelelwa nokwabiwa kunye

nokubhadelwa kweenkolodo zongasekho/zobhubhileko. Nawumphalali, kufanele uveze imvumo yokuthi umphalali kunye noMazisi wabaphalali oneenomboro ezili-13.

Ngaphezu kwalokho, nawuzakulungela ukuthola umrholo kufuze:

- Ube sisakhamuzi seSewula Afrika namkha ube sisakhamuzi sikanomphela namkha ube mphalali ohlala eSewula Afrika nawenza lesisibawo.
- Ube hlangana neminyaka yobudala eli-18 nema-59.
- Ungabi mhlali ezikweni letjhejo lombuso.
- Ube noMazisi weSewula Afrika.
- Umrholwakho ungadluli ku-R78 120 nayibe awukathathi/awukendi namkha ungadluli i-R156 240, nayibe uthethe/wendile.
- Ungabi nepahla/amafa adlula i-R1 115 400 nayibe awukathathi/awukendi namkha adlula i-R2 230 800 nayibe uthethe/wendile.
- Uhlolwe ngudorhodere la udorhodere okhethe mbuso azakuhlola khona ukuthi ukukhubazeka kwakho kungangani.
- Ulethe amarekhodi wokwelatjiswa wesikhathi esidlulileko nanyana ngiwaphi kunye nemibiko nawenza isibawo kunye nalokhuya nawuhlolwako.

Umrholo Wabalupheleko

Lomrholo wenzelwe uku-siza abantu abadala. Umrholo wabalupheleko ubhadelwa abantu abanama-60 weminyaka ubudala namkha abangaphezulu kwama-60 weminyaka.

Umuntu orholiswa umrholo

wabalupheleko kufuze:

- Angarholi umrholo ongaphezulu kwama-R78 120 ngonyaka nakangakathathi/nakangakendi namkha arhole imali engaphezulu kwe-R156 240 ngonyaka nayibe uthethe/wendile, begodu
- Angabi namafa/nepahla edlula i-R1 115 400 nayibe akakathathi/akakendi namkha ingabi ngaphezulu kwe-R2 230 800 nayibe uthethe/wendile;
- Abarholiswa umrholo wabalupheleko barhola i-R1 780 ngenyanga, kanti-ke labo abangaphezulu kweminyaka yobudala ema-75 barholiswa i-R1 800 ngenyanga.

I-SASSA irholisa abantu isibonelelo sombuso ngekhetjhi ngamalanga athileko, eendaweni ezithileko. Ibuye irholise nangebhanga namkha ibhadele ngePoso namkha ngeenjamo ezinjenga makhaya wabalupheleko. 📞

Imininingwana le ivela ku-Ejensi yeeMbonelelo zeSondlo noMhlalaphasi kaRhulumente yeSewula Afrika (i-SASSA).

Nawufuna eminye imininingwana ngeembonelelo zombuso, ungathintana ne-SASSA, enomborweni ethi: 012 400 2000 namkha ungene ku: www.sassa.gov.za

Uthi Bewusazi Bona?

IPhephandaba i-Vuk'uzenzele lizokuphathela umlandelane weendaba ngemihlobo yeembonelelo zomrholo wembusweni ngokukhambisana neNyanga yokuThuthukiswa komPhakathi.