

Vuk'uzenzele

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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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Ekufuze Ukwazi Ngokukhukhuthiswa Kwabantu



Silusapho Nyanda

Iindlela yobukhoboka yesikhathi sanamhlanjesi, eyaziwa godu ngokobana kukhukhuthiswa kwabantu, kubulelesi obukhula ngebelo eliphezulu emazweni ngamazwe. NgokweHlangano eLwisana nokuKhukhuthiswa kwabaNtu i-Abolitionists 21 (i-A21), ukukhukhuthiswa kwabantu kwenziwa ngeendlela ezihlukahlukeneko. Ibeke yathi:

- Pheze ama-43.4 wamaphesende wabongazimbi abakhukhuthisiweko babanjwa ngokuthenjiswa imisebenzi emamala.
- Abongazimbi abamaphe-

sende ali-11.2 bakhukhuthiswa malunga wemindenabo.

- Amaphesende ali-9.6 afaka hlangana iinthandani ezibakhukhuthisi (lapho abantu baluthwa bekube kulapho bathemba khona abakhukhuthisi).
- Amaphesende abu-8.6 ngewabantu abakhukhuthiswa bangani abathome ngokubakhohlisa bagcine babathengisile.
- Amaphesende asi-5.6 wabantu abakhukhuthiswako ngabathunjiweko.
- Abamaphesende ama-2.6 ngewabeqiswa imikhawulo yelizwe.

- Iphesende li-1.2 labantu abakhukhuthiswako bayengwa baphulusi ababazenzisi.

Ngokweembalobalo Zobulelesi zomnyaka wee-2018/19, ukukhukhuthiswa kwabantu bekuthathwa njengonobangela wemilandu eli-11 yokuthunjwa kwabantu ngeSewula Afrika.

Abakhukhuthisi baqothela abantu abangasebenziko abafuna amathuba wezomnotho ngomnqopho wokwenza ngcono ubujamo bepilo yabo neyabentwana babo.


UmNyango wezoBulungiswa nokuVuselelwa kweeMilo (i-DOJ&CD) uthi abentwana abakhukhuthiswako kanengi bahlukunyezwa ngokomseme, bakatelelwe ukusebenza bangabhadelwa nofana kucwiye izitho zabo zomzimba.

Siza Ekukhandeleni Umukghwa Wokukhukhuthiswa Kwabantu

Ukuya ngokomnyango, kunamano angasetjenziswa mphakathi ukuzivikela, kufaka hlangana:

- Ukuthintana ne-ofisi yomNyango wezokuQatjha nezabaSebenzi wangekhenu ukuqinisekisa bona mbala ikhona imisebenzi abantu abathenjiswa yona, khulukhulu leyo engaphandle kwesifunda sekheni nofana ngaphandle kwelizwe. Nofana ngiziphi izenzo ezisolisako zabosingabaqatjhabo nofana abajameli babo kufuzwe zibikwe emapholiseni.
- Ukuqalisisa abantu – bambaji nebengubo – abathembisa amathuba wemisebenzi ebhadela imali enengi esikhathini esifitjhani.
- Ukufundisa abentabakho ukuyelela abantu abadala abazama ukuzenza abangani babo, ngokuthintana nabo ngofunjathwako nofana ngamacocothungelwano wobunzinzolwazi.
- Ukubikela bomthetho neembikindaba ngeendawo ezisolisako bonyana kufi-

hlwe abantu abakhukhuthisiweko (isibonelo, iindawo ezithengisa ngedini, amaplasa, amafekthri namatjhebhini).

I-DOJ&CD ikhuthaza imiphakathi ukuyelela ngabongazimbi bokukhukhuthiswa bonyana banikelwe isizo. Kuthiwa kanengi abongazimbi abalazi ilimi lendawo abathunjelwe kiyo, babonakala babotjhelelwe emisebenzinabo nofana lapho bahlala khona bangaba nemirhuzuko namanye amatshwayo wokuhlukunyezwa begodu abanazo iincwadi zabomazisi. 

Bikela amapholisa nakuneensolo zezenzo zokukhukhuthisa abantu ngokudosela ku: 08600 10 111 nofana udosele umTato wokuTjelela weZiko eliLwisana nokuKhukhuthiswa kwabaNtu leliZwelo ke 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 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. 

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

Ukudla Okunezakhamzimba Kukhuphula Izinga Lepilohle

UKUDLA ihlanganisela yokudla okunezakhamzimba kunalokho okuneenthako zesimanjemanje kuyilungele ipilwakho.



Allison Cooper

Ukudla okunezakhamzimba kuqinisekisa ipilo ehle begodu kuligadango lokuthoma lokuphila kule.

Lokhu kumbono womNyango wezamaPhilo weliZwelo, othe ukugoma ukudla okunepilo nokuthabululula umzimba njalonjalo kungasiza umuntu ukuba nesisindo somzimba esamukelekako, kwehlise nobungozi bamalwele afana netjhukela, ukukhuphuka komtjhiso weengazi, behliziyo nekankere.

Ubungozi bokuNgenwa

maLwele angaSulelaniko bungopha (i-NCDs) buthoma ebuntwaneni buthuwelele ngokukhula komuntu.

Amalwele wekoro ye-NCD afaka hlangana ukufa ihlangothi (istrowugu), ubulwele behliziyo, ikankere, itjhukela nobulwele obuyingozi beziso.

Indlela yokukhuphula izinga lokudla okunepilo emalangenini wokuthoma ayi-1 000 (ukusukela lokha umuntu wengubo nakasikimako ukufikela eminyakeni emibili) kuqakathekile ekukhandeleni ukondleka ngokweqileko nofana ukungakondleki.

Nokho, ukudla njalo ihlanga-

nisela yokudla okunezakhamzimba – okunetjhukela engezelelweko encani, amafutha netswayi nokunamavithamini wemvelo, amaminerali nefayibha kungasiza ukukhandela ukuthela komzimba okungafunekiko, i-NCD nokuhlongakala okubangwa malwele la.

Ukuqakatheka Kwehlanganisela Yokudla Okunezakhamzimba

Ihlanganisela yokudla okunezakhamzimba ayikasilwa, ayinanthako zesimanjemanje ezinengi godu kugonywa ngenokudla kwemvelo. Kufaka ukudla okungakahlanganiswa neenthako zesimanjemanje, njengeengcenywe zeenthelo nemirorho; nokudla okungakathakwa khulu, njenge owutsi, ireyisi enzotho neenhlamvu. Kufuze koke kungabi netswayi, itjhukela, i-oli namafutha.

Ije ukudla okuneenthako kufana nokudla kwamambala, kuthakwe ukufikela lapho kungasafani nokudla kwamambala okungananthako zemvelo. Godu kuneenthako ezihlanu nangaphezulu njengetjhukela,

i-oli, amafutha, itswayi, iimvikelakubola neenthako ezongako. Iinselo ezinethukela zisibonelo esihle.

Iinthakwezi zenza imikhiqizo inambitheke kamnandi, kodwana nazidliwa khulu zingabangela ukuthela komzimba. Ukugoma ukugoma okunetswayi elinengi kungubangela wokuphakama kwezininga lomtjhiso emzimbeni namalwele wehliziyo.

Yonga Imali

Ukudla kudurile. Umnyango unikele ngeeyeleliso ezilandelako ukukusiza ukwehlisa iindleko kodwana ukghone ukupheka ukudla okunepilo:

- Yeleda ngamaseyili nofana iimpetjhalu.
- Qala bona ukudla kuphelelwa sikhathi nini begodu utjheje nekhwalithi yokudla okuthengako nakuseseyilini.
- Qinisekisa bonyana unemali eyaneleleko nesilulu sokubeka ukudla okuthenge ngobunengi (kodwana uqinisekise bona ukudlokho ukusebenzisa

ngaphambi kokuphelelwa sikhathi).

- Ukuze uzuze, thenga iinthelo nemirorho ngesikhathi sokuvunwa kwayo.
- Imikhiqizo eyomileko njengepuphu, iflowuru yamabele, ireyisi, i-pasta, i-couscous nokudla okulirhwaba kuhlala isikhathi eside godu kungathengwa ngobunengi.
- Izinto ezithengwa zikhamba ngazinye ziyadura kunalezo ezithengwa ngobunengi.
- Ukudla kwamabhlege nokulungiselwe futhi ungakuthengi ngobunengi. Kuyadura begodu kunetjhukela enengi, itswayi namafutha.
- Ukudla kwabentwana okwenzelwe futhi okungemabhodlelweni kuyadura. Sebenzisa ukudla okusesekutjha nemirorho esilwe ngendlela efaneleko. **U**

*** Ilwazi linikelwe ngemvumo yomNyango wezamaPhilo weliZwelo.**

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.