

Vuk'uzenzele

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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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Okufanele ukwazi ngokushushumbiswa kwabantu



Silusapho Nyanda

Uhlobo lobugqila bezinsuku zanamuhla, okuphinde kwaziwe nangokuthi ukushushumbiswa kwabantu, kungobunye bobugebengu obukhula ngamandla emhlabeni.

Ukushushumbiswa kwabantu kwenziwa ngezindlela ezahlukahlukene, ngokusho kwe-nhlangano elwa nokushushumbiswa kwabantu i-Abolitionists 21 (A21). Ithi:

- Cishe amaphesenti angama-43,4 ezisulu zokushushumbiswa athunjwa ngemisebenzi mbumbulu.
- Amalungu omndeni

ashushumbisa amaphesenti ayi-11.2 ezisulu.

- Amaphesenti ayisi-9.6 abandakanya ukushushumbisa okubizwa ngokuthi yi-Loverboy (lapho abantu bedonswa ngokuba babethembe abashushumbisi babo).
- Abangani baphamba futhi bathengise amaphesenti ayisi-8,6 abantu abashushumbiswayo.
- Amaphesenti ayisi-5.6 abantu abashushumbiswayo ayathunjwa.
- Ukufuduka kusetshenziswa ezimweni ezingamaphesenti ama-2.6.
- Amaphesenti ayi-1,2 abantu

ntu abashushumbiswayo asuke ethembe abasindisi-mbumbulu.

Ngokwezibalo zobugebengu zowezi-2018/19, ukushushumbiswa bekucatshangwa njengembangela yamacala okungenani ayi-11 okuthunjwa kuleli.

Abashushumbisi bavame ukuthambekela kubantu abangasebenzi abafuna amathuba okwenza ngcono izimpilo zabo kanye nezingane.

UMnyango Wezobulungiswa Nokuthuthukiswa koMthethosisekelo (i-DOJ & CD) uthe izingane ezishushumbiswayo zivame ukuhlukunyezwa ngokocansi, zisetshenziswe ngempopo noma zicwiywe izitho zazo zomzimba.

Siza ukugwema ukushushumbiswa kwabantu

Ngokusho komnyango, kunezindlela ezingana imiphakathi engazivikela ngazo, okubandakanya:

- Ukuxhumana noMnyango Wezemisebenzi Nezabasebenzi endaweni yangakini ukuqinisekisa imisebenzi ekhangisiwe, ikakhulukazi leyo engaphandle kwesifundazwe noma izwe lakho. Noma yikuphi ukuziphatha okusolisayo kwalabo abazoba abaqashi noma ama-ejenti abo kufanele kubikwe emaphoyiseni.
- Ukuxwaya abantu – abesilisa nabesifazane – abathembisa amathuba emisebenzi anemali eningi ngesikhathi esifushane.
- Ukufundisa izingane zakho ukuba zibexwaye abantu abadala abazama ukuba abangane bazo, kungaba ababonana nabo ubuso nobuso, ngomakhalekhukhwini noma ezingosini zokuxhumana nge-inthanethi.
- Ukubikwa kwezindawo lapho usola ukuthi abantu abashushumbisiwe ba-

gcinwa khona (isibonelo, amabhrotheli, amapulazi, amafekthri nezipoti zotshwa la) kuziphathimandla zasendaweni nabezindaba.

I-DoJ & CD inxuse imiphakathi ukuthi iqaphele izisulu zokushushumbiswa kwabantu ukuze zitholelwe usizo. Bathe esikhathini esiningi izisulu zivame ukungakwazi ukukhuluma ulimi lwendawo, zibonakale sengathi zibophezelekile emisebenzini noma endaweni ezihlala kuyo, kungenzeka zibe namaphuphusi nezinye izimpawu zokushaywa futhi zingenawo amaphepha angamazisi. **V**

Izinsolo zokushushumbiswa kwabantu zingabikwa emaphoyiseni kule nombolo 08600 10 111 noma kunombolo Kazwelonke Yokubikwa Kwezenzo Zokushushumbiswa Kwabantu lapha 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. **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

Ukudla okunomsoco kukhuthaza ukuba nempilo enhle jikelele

UKUDLA UKUDLA KWEMVELO kunalokhu osekugayiwe kwafakwa namakhemikhali kungcono kakhulu empilweni yakho.

Allison Cooper

U kudla ukudla okunempilo ukuze uqinisekise ukuthi uthola umsoco nokondleka komzimba kuyisakhi esiphuma phambili sokuphila ngendlela enempilo.

Lokhu kushiwo uMnyango Wezempilo Kazwelonke, oqhube wathi ukudla ukudla okunempilo nokuzivocavoca njalonnjalo kungasiza ukuze ufinyelele futhi ugcinise isisindo somzimba esinempilo futhi kunciphise nobungozi bezifo ezinjengesifo sikashukela, umfutho wegazi ophakeme, isifo senhliziyo nomdlavuza.

Ubungozi bokungenwa yizifo ezingathelelani (ama-NCD) buqala ebunganeni futhi bande empilweni yonke.

Ama-NCD abandakanya isifo sohlangothi, izifo zenhliziyo, imidlavuza, isifo sikashukela nesifo sezinsingo esingamahlalakhona. Umbono wokuhakambisa ukunikezwa kokudla okunomsoco ezinsukwini zokuqala eziyi-1 000 (kusukela ekukhulelweni kuya eminyakeni emibili yobudala) kubalulekile ukuvikela uko-



ndleka ngokweqile nokungondleki ngokwanele.

Kodwa-ke, ukudla njalonnjalo iningi lokudla kwemvelo - okunoshukela omncane owengeziwe, amafutha nosawoti futhi ngokwemvelo okunamavithamini amaningi, amaminerali kanye nefayibha - kungasiza ukuvikela ukukhuluphala okungafuneki, ama-NCD nokubulawa yilezi zifo.

Ukubaluleka kokudla kwemvelo

Ukudla kwemvelo okuphelele akucolisisiwe, kugaywe kancane kakhulu futhi kudliwa kusesesimweni sako semvelo. Lokhu kubandakanya ukudla okungagaywanga, njengezingxenywe ezidliwayo zezithelo nemifino; nokudla okumbalwa

osekugayiwe, njenge-oats, irayisi elinsundu kanye nezitshalo ezisanhlamvana. Konke lokhu akufanele kube nosawoti owengeziwe, ushukela, uwoyela noma amafutha.

Yize noma ukudla okugayiwe kusefana nokudla kwemvelo ngqo, sekunezinezelo eziningi kangokuthi akusefani nokudla okwakuyikho ekuqaleni futhi sekuqethe izithako ezincane kakhulu zomsoco wemvelo noma awusekho nhlobo lowo msoco. Futhi kaningi sekuqethe izithako ezinhlanu noma ngaphezulu ezifana noshukela, uwoyela, amafutha, usawoti, ama-anti-oxidants kanye nama-preservatives, phecelezi izilondolozikudla ukuze kungaboli. Iziphuzo ezihlwahlwazayo ziyisibonelo

salokhu.

Lezi zithako zenza imikhiqizo inambitheke kangcono, kepha uma zidliwe ngemithamo emikhulu zinganika amandla ngokweqile nokungaba nomthelela ekukhuluphaleni. Ukusetshenziswa kukasawoti okuphezulu nakho kumatani-swa nesifo somfutho wegazi ophakeme kanye nezifo zenhliziyo.

Yonga imali

Ukudla kuyabiza. Umnyango uhlinzeke ngezuleko ezilandelayo zokukusiza ekunciphiseni izindleko, kodwa usakwazi ukuzilungiselela ukudla okunempilo:

- Bheka izindali nezipesheli esitolo.
- Hlola usuku lokuphelelwa yisikhathi nekhwalithi yokudla okuthenga endalini.
- Qinisekisa ukuthi unemali esele eyanele nendawo yokubeka ukudla okuthenge ngobuningi (kodwa bhakisisa ukuthi lokho kudla uzokusebenzisa ngaphambi kokuphelelwa yisikhathi).

- Ukuze uthole inani elingcono, thenga izithelo nemifino lapho kuyisikhathi sakhona.
- Ukudla okomile njenge-mpuphu, ufulawa, irayisi, i-pasta, i-couscous kanye nokudla okuqandisiwe kuhlala isikhathi eside futhi kungathengwa ngobuningi.
- Izinto ezithengelwa ukusetshenziswa kanye zivame ukubiza kakhulu kunokuthenga ngobuningi.
- Kuthenga kancane ukudla okusemathinini, osekulungiselelwe noma osekulungele ukudliwa. Kubiza kakhulu futhi kuvame ukuba noshukela omningi, usawoti kanye nama-futha.
- Ukudla kwezingane osekulungile okusemabhodloleni kuyabiza. Sebenzisa ukudla okusha nemifino okungabondwa ukuze kube sesimweni esifanelekile. **U**

* **Iminingwane ihlinze-kwe wuMnyango Wezempilo Kuzwelonke.**

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.