

# Vuk'uzenzele

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# Government moves against corruption



**Allison Cooper**

**P**resident Cyril Ramaphosa's promise to the nation to root out corruption relating to Coronavirus Disease (COVID-19) relief fund spending is being put

solidly into action, with various investigations underway and the suspension of numerous government officials.

The President established an anti-corruption centre, bringing together nine state law enforcement institutions, including the Special Investigat-

ing Unit (SIU), to investigate allegations of corruption in areas such as the distribution of food parcels, Unemployment Insurance Fund (UIF), social relief grants and the buying of medical supplies and personal protective equipment (PPE).

The President is determined that every instance of corrup-




tion will be thoroughly investigated, that those responsible for wrongdoing will be prosecuted and that all money should be recovered.

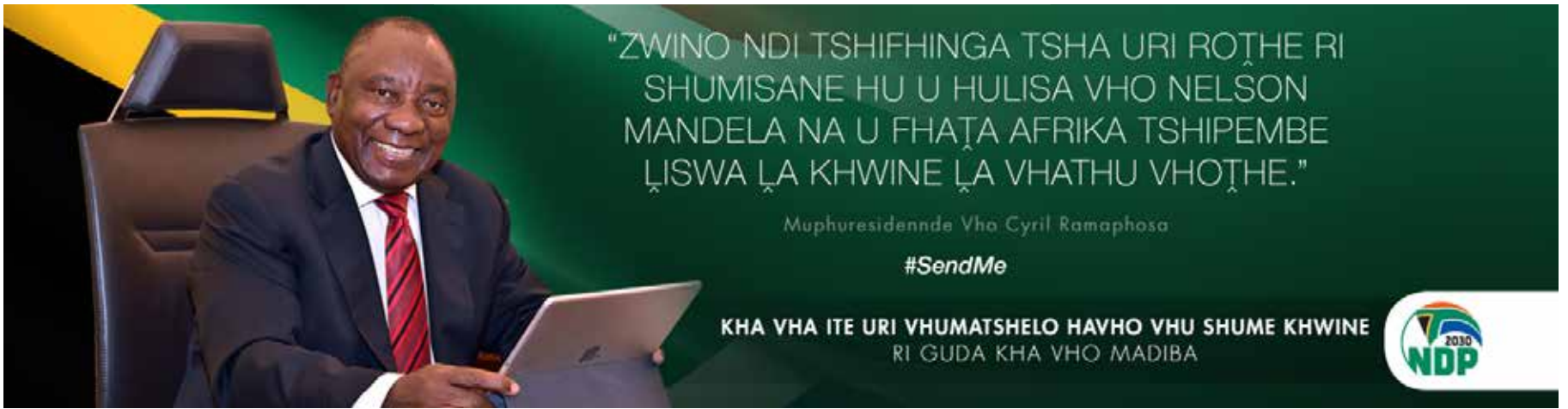
To ensure this, he signed a proclamation with the SIU to investigate any unlawful or improper conduct in the procurement of any goods, works

and services during or related to the national state of disaster in any state institution.

The President also asked Auditor General (AG) Kimi Makwetu to audit the key COVID-19 initiatives intro

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# Kha vha tsireledze vhafumakadzi na vhana vhashu

**U**bva mahoḷa, u swika zwino, vhafumakadzi, vhanna na vhana vha zwigidigidi vho matsha vha ya Phalamenndeni u gwalabela ṭhaho ya u tshipiwa na mabulayo a vhafumakadzi na vhasidzana.

Nga tshifhinga itsho, lushaka lwo ḡo akhamadzwa vhukuma nga mabulayo a Uyinene Mrwetyana, Leighandre Jegels, Jesse Hess na tshivhalo tsha vhaṅwe vhafumakadzi vhe matshilo avho a lwozwea zwanḡani zwa vhanna vha tshituḡu.

U bva kha masia oṭhe a matshiliso, vhahulwane na vhaṭuku, matshudeni na vhafumakadzi vha shumaho, migwalabo yo itwaho nga mulalo yo itwa ho imiswa dzibodo dzo ṅwalwaho uri 'Enough is Enough/Zwo lingana' na 'Am I next? /Ndi nḡe a tevhelaho? Vhuṭungu na mbiti zwo vha zwo ḡala nga iḷo ḡuvha. Musi ndi tshi ṭanganedza mbilaelo dzo ṭahiswaho nga ṅḡila i pfallaho vhukuma, zwo vha zwi tshi tou vha khagala kha nḡe zwa uri ri tea u dzhia vhukando nga u ṭavhanya nahone ro kwhaṭhisa. Zwo vha zwa ndeme kha nḡe lwe a thi ngo fhindula nga maipfi a si na mushumo kana u vha fulufhedzisa zwithu zwi siho.

Nga murahu ha maḡuvha a si gathi, ndo vhidza dzulo ḷo ṭanganelaho ḷa Phalamennde, he ra ḡivhadza R1.6 bilijoni ya Pulane ya Nyito ya u Fhindula nga Shishi u lwisana na khakhathi dzo ḡisendekaho nga mbeu na u vhulawa ha vhatshu vha tshifumakadzi (GBVF).

Kha minwedzi ya rathi ya tshumelo iyo, tshumiso ya masheleni nga muvhuso kha mihasho ya muvhuso yo fhambanaho yo dzudzanya zwithu nga huswa u ya nga ndeme yazwo u itela u tikedza thusedzo ya ndondolo na thikhedzo ya vhaḡonyi, u itela mafulo a u thivhela na a tsivhudzo, u khwinisa milayo na mbekanyamatele, u bveledza ikonomi ya u maanḡafhadza vhafumakadzi, na u kwhaṭhisa sisiteme ya vhulamukanyi ha zwa vhuḡevhenga.

Zwa zwino ri kha tshipiḡa tsha ndemesa tsha ndulamiso ya zwa mulayo kha zwa u lwisana na khakhathi dzo ḡisendekaho nga mbeu na u vhulawa ha vhatshu vha tshifumakadzi (GBVF).

Milayotibe ya ndeme miraru i elanaho na GBVF yo ḡivhadzwa Phalamenndeni zwenezwino. Nga u ḡivhadzwa ha Milayotibe iyi, ri khou ṭhonifha zwa ra fulufhedzisa vhagwalabi mahoḷa na vhafumakadzi vhoṭhe vha shango heḷi.

Milayotibe miraru yo khwiniswaho yo dzudzanywa u vala tshikhala tshine tsha ita uri vhaiṭi vha vhutshinyi uvhu vha tinye mulayo na u ṅetshedza mvelelo dzo fhelelaho kha pfanelo dza vhafumakadzi na vhana vha shango ḷashu.

Milayotibe iyi, musu yo khunyeledzwa, i ḡo thusa u vhuḡedzedza fhulufhelo ḷa vhafumakadzi vha shango ḷashu na u sumbedza uri mulayo nga ngoho u hone u vha tsireledza.

Wa u thoma ndi Mulayotibe wa u khwinisa Mulayo wa Khwiniso ya Mulayo wa zwa Vhutshinyi (Vhutshinyi ha zwa Vhudzekani na Mafhungo a Elanaho Nazwo). Izwi zwi bveledza vhutshinyi vhuswa ha tshutshedzo ya zwa vhudzekani, zwa engedza tshikhala tsha vhutshinyi ha zwa vhudzekani vhu no itea vhukati ha mashaka, zwa katela na vhuḡifhinduleli ha u vhiḡa nga vhatshu vane vha humbulela uri vhutshinyi ha zwa vhudzekani ho itwa kha ṅwana.

U ṭangavhudza tshikhala tsha Ridzhisiṭara ya Lushaka ya Vhatshinyi vha zwa Vhudzekani (NRSO) u dzhenisa zwidodombedzwa zwa vhatshinyi vhoṭhe vha zwa vhudzekani. U swika zwino, yo shuma fhedzi kha vhatshinyi vha zwa vhudzekani vho haṭulelwaho vhutshinyi ha zwa vhudzekani ho itelwaho vhana kana vhatshu vha re na vhuholefali ha muhumbulo. Tshifhinga tshine zwidodombedzwa zwa mutshinyi zwa dzula kha ridzhisiṭara tsho engedzwa, nahone avho vho ṅwalwaho kha ridzhisiṭara vha tea u zwi bvisela khagala musu vha tshi ita khumbelo



dza u shuma na vhatshu vha sa koni u ḡitsireledza. Mulayotibe u ita mbe-tshelwa ya madzina a vhatshu vane vha vha kha Ridzhisiṭara ya Lushaka ya Vhatshinyi vha zwa Vhudzekani (NRSO) uri a vhone nga muṅwe na muṅwe.

Mulayotibe wa Khwiniso ya Vhutshinyi na Mafhungo a Elanaho Nazwo u kwhaṭhisa, kha zwoṭhe, u ṅetshedzwa ha beiji kha vhatshinyi vha khakhathi dzo ḡisendekaho nga mbeu na zwa u vhulawa ha vha tshifumakadzi (GBVF), wa engedza milandu ine tshigwevho tsha fhasisa tsha tea u hwedzwa.

Khwiniso yo hwedza vhuḡikumede-li vhuswa kha vhaofisiri vha tshumiso ya mulayo na kha khothe dzashu.

Musi mutshutshisi a tshi ṅea beiji kha milandu ya khakhathi dzo ḡisendekaho nga mbeu (GBV), u tea u sumbedza mbuno dzawe nga u tou ṅwala. Nga ṅḡani arali muthu ane a khou hwelelwa zwa khakhathi dzo ḡisendekaho nga mbeu (GBV) a tshi nga ṅetshedza nyimele dzo khetheaho dza uri ndi ngani a tshi tea u vhofoholwa nga beiji, khothe i fanela u ṅea ndaela yayo u valela muthu onoyo u swika matshimbidzele a mulandu oṭhe o no khunyeledzwa.

Musi ho swikelwa tsheo ya khu-

mbelo ya beiji, khothe dzi a vhoṭhe u sedza tshivhalo tsha zwithu zwine dza tea u zwi tevhedza. Zwi katela mivhigo ya thangelatsengo ya khumbelo ya u vhofoholwa muhwelelwa nga beiji, tshutshedzo dza khakhathi dzo itelwaho muponyi, na u sedza sia ḷa muponyi malugana na tsireledzo yawe.

Musi zwi tshi ḡa kha paroḷo, muhweleli kana shaka ḷa mupondwa o lovhaḡo vha tea u kona u ita ṅetshedzo kha bodo ya paroḷo.

Ho sedzwa tshiimo tshi re ṅṭha tshi sa ṭanganedzei tsha khakhathi dza vhaḡunani kha shango ḷashu, ro kwhaṭhisa mbetshelwa dza Mulayo wa Khakhathi dza Muṭani.

Khakhathi dza muṭani zwa zwino dzi katela avho vho fhulufhedzisanaho u malana, vha re kha vhusaka ha u funana, vha re kha vhusaka ha the-ndelano ya miṭa u ya nga zwa sialala, na vhusaka ha u funana ha vhukuma, vhusaka ha zwa vhudzekani kana ha tsinitini ha tshifhinga tshiṅwe na tshiṅwe.

Mulayotibe u engedzedza ṭhalutshedzo ya 'khakhathi dza muṭani' u tshi itela u katela tsireledzo ya vhaaluwa kha u tambudzwa nga miraḡo ya muṭa.

Vhahweleli vha ḡo kona u ita khumbelo ya ndaela ya tsireledzo nga kha inthanethe. U itela u thivhela nyimele

ine vhatshinyi vha nga dzumba ḡi-vhazwakale ya khakhathi dza muṭani, zwiko zwo ṭanganelano zwa ndaela dza tsireledzo zwi ḡo thomiwa.

Khwiniso dzo dzinginywaho dzi vhoṭha mihasho ya Mveledziso ya zwa Matshiliso, Pfunzo dza Mutheo, Pfunzo dza ṅṭha na wa Mutakalo u ṅetshedza dziṅwe tshumelo vhaḡonyi hune ha vha na ṭhoḡea na u vha isa hune vha wana vhuḡhudo na ndondolo ya zwa dzilafho.

Nyimele dzine mutshutshisi a nga hana u sengisa musu vhuḡhakhi ho itwa fhasi ha Mulayo wo khwiniswaho kana u bvisa milandu musu ho vha na u vhaiswa ha muvhili kana ho vha na tshihali tsho shumiswaho u shushedza muhweleli dzo fhungudzwa.

Khamusi khwiniso yo dzinginywaho ine ya tou vha mveledzawiswa vhuḡuma kha Mulayo, ndi ya uri arali muṅwe muthu a na ṅḡivho, i tendiseaho kana khumbulelo ya uri zwiito zwa khakhathi dza muṭani zwo itelwa ṅwana, muthu a re na vhuholefali kana mualuwa, a kundelwa u zwi vhiḡa kha mushu-melavhapo kana kha mapholisa, u tea u vhone mulandu na u valelwa dzhele.

Zwo tou ralovho na kha u kundelwa ha muraḡo wa SAPS u tevhedza pfanelo dzi re kha Mulayo zwi ḡo dzhiwa sa vhuḡhakhi nahone zwi tea u vhiḡiwa kha vha Vhuṅwaleli ha Vhadzulapo ha Tshumelo dza Mapholisa.

Mulayo ndi wone mutsireledzi wa vhukuma wa vhoṭhe tshishavhani, fhedzi nga maanḡa kha avho vha sa koni u ḡitsireledza na luthihi. Musu wo itwa nga ṅḡila kwao nahone yo teaho, ndi wone une wa kwhaṭhisedza vhu-kuma vhumukanyi.

Vhafumakadzi vha Afrika Tshipembe vho no pfaṡa zwa nyito dzi no amba dzi tshi fhodzisa dzine dza sa ambe nga ha iṅwe ya pfanelo dza ndeme u itela uri vhoṭhe – vha tshile vhutshilo vho vhofoholwa kha nyofho.

Muvhuso uyu na vhashumisani nawo u ḡo itela vhafumakadzi vha Afrika Tshipembe zwo teaho. A ri nga vha ḷaṭedzi.

# Mbekanyamushumo ya Woza Matrics yo rwelwa tari

**MBEKANYAMUSHUMO YA WOZA MATRICS** yo diimisela u thusa vhagudiswa vha Gireidi 12 vhothe uri vha phase milingo yavho ya u fhedzisela.



Dale Hes

**V**hagudiswa vha maṭiriki vha ṅaṅwaha vho ṅangana na khaedu vhukuma nga ṅwambo wa tshitzhili tsha corona (COVID-19).

Muhasho wa Pfunzo ya Mutheo wo vhona uri u vula zwikolo nga ṅḡila yo tsireledzeaho ndi tshinwe tsha zwipikwa zwawo zwihulwane, khathihi na u tikedza vhagudiswa nga mbekanyamushumo dzo fhambanaho u itela u vha thusa uri vha khunyeledze ṅwaha wa ngudo nga ṅḡila yavhuḡi.

Tshinwe tsha hezwi ndi mbekanyamushumo ya *Woza Matrics*, ye ya rwelwa tari nga ḡa 01 Khubvumedzi nga tshumisano na vhnunzhi ha vhashumisani vha nyanḡadzamafhungo na vhaḡivhi vha zwa pfunzo.

Sa tshipiḡa tsha mbekanyamushumo, ngudo dza u ita mushumo wo salelaho murahu kha thero dza rathi dza maṭiriki dza ndeme dzi khou hashiwa muyani kha SABC, DSTV na kha *Openview* (Channel 122) ḡuvha ḡinwe na ḡinwe lwa vhege dza 12, u bva nga awara ya 8 u swika nga 10 nga matsheloni na

nga awara ya 1 u swika 3 nga masiari. Tshipikwa ndi u thusa vhagudiswa u ḡilugisela milingo ya u fhedzisela.

Tshikhala itshi tshi ṅetshedza hafhu na ngudo dzi no itwa thwii, dzine vhagudiswa vha nga vhudzisa vhagudisi mbudziso. Tshivhudzo dza mulingo na dzone dzi a ṅetshedzwa. *Woza Matrics* yo vhona uri musi vhagudiswa vhothe vho xelexela nga tshifhinga tsha tshikolo, vha gireidi 12 ndi vhone vho kwameaho nga maanḡa, saizwi maraga dzavho dzi dza ndeme vhukuma kha buḡo ḡa mushumo ḡavho na u ṅanganedzwa yunivesithi.

Minista wa Pfunzo ya Mutheo Vho Angie Motshekga vho amba uri mbekanyamushumo iyi ndi ya ndeme, ho sedzwa u thithiswa ha vhugudisi ho vhangwaho nga COVID-19.

Vho amba uri: "murole wa maṭiriki u dzulela u vhilaedza, fhedzi 2020 yo vha yo ḡala mitsiko i songo ḡowealeho. Ndi tama u fhululedza vhagudiswa vhothe vha gireidi 12 na miḡa yavho kha u konḡelela na vhuḡiimiseli. Zwi tou vha khagala zwauri thikhedzo inwe i khou ṅoḡea kha vhagudiswa nahone ri ḡo isa phanḡa na u i ṅetshedza. Hu tou vha na miṅwedzi i si gathi

yo salaho musi ṅwaha u sa athu fhela, zwo ralo *Woza Matrics* i ḡo ṅetshedza vhagudiswa thikhedzo ine vha i ṅoḡa u itela u lugisela milingo ya u fhedzisela.

Mbekanyamushumo iyi yo khethea ngauri i thusa vhnunzhi ha vhagudiswa vha Gireidi 12 kha shango vhane vha sa kone u swikela inthanethe na zwishumiswa zwa didzhihala zwi ṅuṅwaho. U hashi muyani zwi ḡo vha hone u itela u swikela nga vhnunzhi vhagudiswa vha 1.2 milioni vhane vha ḡo ṅwala milingo ya Maṭiriki nga Lara. Khoro ya Minista dza zwa Pfunzo yo humbela vhagudiswa na vhabebi vhothe u shumisa tshikhala hetshi.

CEO wa SABC Vho Madoda Mxakwe vho amba uri muhashi u a ḡihudza nga u vha tshipiḡa tsha vhurangeli uhu. "Ri a takala u vha muṅwe wa vhashumisani vha ndeme kha u phulusa ṅwaha wa Maṭiriki wa 2020. Sa muhashi wa tshumelo dza vhatu, ri a vhothea nga mushumo u vhona uri mbekanyamushumo dzi katele tshivalo tsha mbekanyamushumo dza zwa pfunzo dzo teaho, nga maanḡa nga tshifhinga tshine zwa vha zwa ndeme vhukuma."

## Mbudziso dzavho dzo fhundulwa

Ndi thero dzifhio dzine dza ḡo itwa?

- Maths
- Geography
- Life sciences
- Physical sciences
- Accounting
- Maths literacy.

Ndi ngani zwifhinga izwi zwo nangiwa, ngauri vhagudiswa vha nga kha ḡi vhe tshikoloni?

- Zwifhinga zwa u dzhena tshikolo zwi a fhambana u ya nga zwifhinga na mavundu, nga mulandu wa maga a tshikhala vhukati ha muthu na muṅwe. Vhnunzhi ha vhagudiswa vha maṭiriki vha ḡo vha vhe hayani nga tshifhinga tsha u hashi.
- Phesenthe ṅhukhu ya vhagudiswa vha khou dzhena tshikolo vhe hayani.
- Khasho khulwane dzi ḡo dovhololwa musi awara ya 4 nga masiari yo no fhira kha *Openview* na kha *DSTV Catch-Up*.

Ndi ngani zwi tshi khou itelwa vha maṭiriki fhedzi?

- Vhagudiswa vha maṭiriki vha fhasi ha mutsiko muhulu wa ndugiselo ya matshilo avho nga murahu ha u fhedza tshikolo.
- Vhagudiswa vha maṭiriki vho ṅangana na u thithisea huhulwane vhukuma kha zwa tshikolo u bva nga ṅhafamuhwe 2020 ngauri kharikhujamu yavho a yo ngo pfufhifhadzwa.
- Vhagudiswa vha maṭiriki vho salelesa murahu kha ngudo ya kharikhujamu.

Ndi nga wana ngafhi shedulu ya u vhona mbekanyamushumo?

Shedulu ya u vhona mbekanyamushumo i wanala kha ndaedzi ya TV na kha webusaithi ya *Woza Matrics* kha [wozamatrics.co.za](http://wozamatrics.co.za). Ndovhololo ya khasho i ḡo wanala.

Thikhedzo i khou ṅetshedzwa vhabebi na vhadededzi?

Ee. Shedulu ya khasho i ḡo vha na zwiṅwe zwifhinga zwa tshivhudzo dza vhabebi dzi ambaho nga ṅḡila dza u tikedza vhana vhavho vha maṭiriki. Zwiṅwe zwifhinga zwi ḡo sedza kha vhadededzi nahone tshipiḡa tsha *Teacher Connect WhatsApp* tsha Muhasho wa Pfunzo ya Mutheo tshi ḡo ḡivhadza vhadededzi milaedza ya ndeme.

Hu ḡo vha ndingedzo dza u sedzana na mitsiko ine vhagudiswa vha maṭiriki vha ṅangana nayo?

Ee. Hu ḡo vha na zwifhinga zwinzhi zwo sedzaho kha u ṅetshedza tshivhudzo nga ha mutakalo wa matshudeni, u kona u tshila na mutsiko na u kona u langa mbilaelo.

U wana mafhungo nga vhuḡalo, kha vha dalele webusaithi ya *Woza Matrics* kha: [wozamatrics.co.za](http://wozamatrics.co.za) kana vha rumele imeiḡi kha: [info@wozamatrics.co.za](mailto:info@wozamatrics.co.za)

# Khothe dzi tikedza zwiipondwa zwa GBV



## More Matshediso

**A**rari vho tambudzwa nga zwa khakhathi dzo dīsendekaho nga mbeu (GBV) nahone vha tshi khou ƙoḡa thikhe-dzo ya khothe, vha Maanḡalanga a Vhutshutshisi ha Lushaka (NPA) vha na tshumelo yo khetheaho ya u thusa vhone.

Mbekanyamushumo ya Ndugiselo ya Khothe ya Ke Bona Lesedi i a wanala kha vhuḡzhi ha Khothe dza Vhukhaki ha zwa Vhudzekani na kha dziḡwe khothe dzine dza sedzana na zwa GBV. Ke Bona Lesedi zwi amba uri 'Ndi vhone tshedza' musi zwo pindulelwa zwi

tshi bva kha Setswana.

Tshipondwa tsha GBV tshi nga swikisa Khumbelo kha vha NPA u itela u wana thuso. Mutshutshisi wa lushaka muhulwane kana mulanguli wa ndugiselo dza khothe u ḡo konaha u topola muofisiri wa ndugiselo dza khothe o teaho uri a thuse.

Tshitatamennde tshi bvaho kha NPA tsho amba uri: "Tshumelo iyi a i fhulufhedzisi mbuelo nkene kha mulandu nahone tshenzhemo ya muthu nga muthi yo khethea. Honeha, i thusa nga u maanḡafhadza na u vhuḡzedza tshirunzi tsha tshipondwa."

Hu na vhaofisiri vha ndugiselo dza khothe vha 161 khothe dzo fhambanaho u mona na shango.

Tshumelo iyi ndi iḡwe ya vhurangeli ho fhambanaho ho thomiwaho nga muvhuso u itela u sedzana na samba ƙa GBV.

U ya nga vha NPA, muhweleli, tshipondwa, muponyi kana ḡhanzi vha ḡo kwamiwa nga muofisiri wa ndugiselo dza khothe zwi tshi bva kha khothe ine muthu onoyo a ḡo ḡanzilela.

Muofisiri wa ndugiselo dza khothe u ḡo kona u tikedza muhweleli khothe na kha tshifhinga tshoḡe tsha tsengo. Thekhiniki na zwishumiswa zwo khetheaho zwi a shumiswa u sumbedza tshipondwa uri o khou pfiwa, u tsireledzwa na u ḡhonifiwa.

Vhahweleli vha nga amba nga luambo lwavho nahone muofisiri wa ndugiselo dza khothe u ḡo vhone uri tshipondwa tsho iswa kha zwa vhuḡkuthadzi kana theraphi, u khunyeledza lwendo lwavho lwa u fhola.

Vhafumakadzi na vhana vhanzhi vho tambudzwa nga GBV, sa tsumbo, u tshipiwa, vha vhilaedzwa nga zwa u ya khothe u ḡanzilela na u anetshela zwidodombedzwa zwa u ita zwa vhudzekani zwe vha itwa zwone phanḡa ha vathu vha sa vha ḡivhi. Tshumelo heyi i ḡo vha thusa uri vha pfe vho vhoḡholowa tshoḡe.

Vha nga kwamana na mutshimbidzi/mulanguli wa ndugiselo dza khothe kha vundu ƙa havho nga u tou founela kana u rumela imeiji kha vhuḡkwamani vhu re afho fhasi:

- **Kapa Vhubvaḡvha (Grahamstown)** – Pumla Nomfemele – 0415025443 – [Pnomfemele@justice.gov.za](mailto:Pnomfemele@justice.gov.za)
- **Kapa Vhubvaḡvha (Mthatha)** – Sindisiwe Buthelezi – 047 501 2646 – [Sbuthelezi@npa.gov.za](mailto:Sbuthelezi@npa.gov.za)
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- **Gauteng (Pretoria)** – Esther Kabini – 012 351 6713 – [Ekabini@npa.gov.za](mailto:Ekabini@npa.gov.za)
- **Kwa-Zulu Natal** – Roelien Wiesner – 033 3928712 – [Rwiesner@npa.gov.za](mailto:Rwiesner@npa.gov.za)
- **Limpopo** – Reneilwe Mashamaite – 015 483 0302 – [Rmashamaite@justice.gov.za](mailto:Rmashamaite@justice.gov.za)
- **Devhula ha Kapa** – Henley Nathan Sass – 054 337 5375 – [HSass@justice.gov.za](mailto:HSass@justice.gov.za)
- **Devhula Vhukovhela** – Mmanotshe Seletisha – 012 700 9000 – [Mseletisha@justice.gov.za](mailto:Mseletisha@justice.gov.za)
- **Kapa Vhukovhela** – Gary Titus – 021 487 7287/ 021 421 7287 – [Gvtitus@npa.gov.za](mailto:Gvtitus@npa.gov.za)
- **Ofisi Khulwane ya NPA** – Karen Tewson – 012 845 6399/012 812 6399 – [Ktewson@npa.gov.za](mailto:Ktewson@npa.gov.za)

Dziḡwe nomboro dza vhuḡkwamani dza vhuḡhogwa dzine vha tea u dzi vhuḡluna:

- **SAPS Emergency Service:** 10111
- **GBV Command Centre:** 0800 428 428 kana vha founele \*120\*7867# nga luḡingokhwalwa lwa tshirathisi tshiḡwe na tshiḡwe.
- **Persons with disabilities:** SMS 'help' to 31531
- **Women Abuse Helpline:** 0800 150 150
- **Childline South Africa:** 0800 055 555
- **SAPS Crime Stop:** 0860 10111 or SMS 32211
- **GBVF-related service complaints (SAPS):** 0800 333 177/ [complaintsnodalpoint@saps.gov.za](mailto:complaintsnodalpoint@saps.gov.za)
- **Domestic Violence Helpline:** 0800 150 150
- **AIDS Helpline:** 0800 012 322

## How to deal with divorce

### More Matshediso

**D**ivorce can be a painful separation of two people who were once married and loved each other at a certain point in their lives.

This is according to Ntwagae Shuping, a social worker supervisor at Bophelong Psychiatric Hospital in North West.

He further defines the concept of divorce as the death of marriage and says it impacts on the people who are close to the couple, especially if the two people were committed to each other.

Shuping says there are various challenges that married people face in their union

and sometimes they choose to divorce instead of working things out.

**“Divorce is not just the relational separation of the couple. It has emotional, mental, spiritual, financial and physical impacts on those involved. They also fear the unknown.”**

**He says the following issues could lead to divorce:**

- Spouses having different belief systems, which re-

sults in conflict.

- Interfering or over-involved in-laws.
- The inability to conceive children.
- Different approaches or opinions to disciplining children.
- Infidelity or having children out of wedlock.
- Improper use of money.
- Unhealthy sexual relationship between the couple.
- Domestic violence.

“Divorce is not just the relational separation of the couple. It has emotional, mental, spiritual, financial and physical impacts on those involved. They also fear the unknown,” Shuping adds.

Sometimes, once a divorce

has been finalised, the divorcees experience challenges that include fighting for custody of the children, depression and the loss of assets.

### Advice for managing divorce

As a professional who sometimes provides counselling to people who have been affected by divorce, Shuping has a few tips for those who find it hard to accept the reality of being divorced.

- If you have done your best to salvage your marriage, honestly, let go.
- Speak to the people who you trust and who value you, such as your support system.

- Renew your strength and try to start a new life after divorce.

- If you think you are the cause of the divorce, ask for forgiveness and forgive yourself too.

- Allow yourself to go through all the stages of loss.

- Guard against harbouring a grudge against your ex-partner. This grudge will slow down your healing. Harbouring a grudge will destroy future relationships if you want to remarry.
- Leave the door open for reconciliation.

While getting a divorce ends a chapter in your life – and you will feel a range of emotions, from anger and loss to frustration and possibly relief – he says it is important to remember that it also signals a new beginning.