

# 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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# Vikelani Abomma Nabantwana Belizwe Lekhetu

**E**sikhathini esimnyaka esidlulileko, pheze ngalo lelilanga, iinkulungwana ngeenkulungwana zabantu abasikazi, amadoda nabantwana bamatjhela ePalamende bayokutjagalela umlandelane wamacala wokukata newokubulala abantu ababomma nabantwana.

Ngesikhatheso, isitjhaba seSewula Afrika sasithoba amanceba womkhumbulo ngokubulawa kwaka-Uyinene Mrwetyana, no-Leghandre Jegels, no-Jesse Hess nabantu abasikazi abambadlwana ababulawa babantu abaduna abanelunya.

Kiyo yoke imikhakha yomphakathi, abatjha nabadala, abafundi nabomma abasebenzako, abatjagali ababetjagala ngokuthula babetjagala baphakamise imitlo eyayithi 'Enough is Enough/Sekwanele' neyayithi 'Am I Next?/ Olandelako ngimi na?' Ubuhlungu besihluku nokusilingeka kwakubonakala bekwakala mbala mhlokho. Ngathi nangamukela iimfuno zabo ezazi-zwakala kuhle, kwakhanya kuhle kimi ukuthi kufuze sithathe amagadango ngokurhabekileko nangokuncama. Kwakuqakathekile kimi ukuthi ngingaphenduli ngamagama anganalitho neentembiso ezingekho.

Emalanganeni ngemva kwalokho, ngabiza umhlangano oyihlalohlanganisela yezindlu zePalamende, la samemezela khona iHlelo Lamagadango Arhabako lemali eyi-R1.6 yamabhiliyoni, lokulwa nenturhu eqothele ubulili nokubulawa kwabantu abasikazi (i-GBVF).

Ngeenyanga ezintandathu lithomile ukusebenza ihlelwele, eminye imisebenzi efuna imali eminyangweni karhulumente ehlukehlukeneko inikelwe amaqalontanzi amatjha kobanyana izokusekela amagadango esiwathathako wokutjheja noku-sekela abaphunyurhe emlonyeni wengwenya, isetjenziselwe nama-jima wokuphandlulula nokukhanda, nokwenza ngcono imithetho

nemithethokambiso, kukhuthazwe ukuhlonyiswa kwabantu abasikazi ngamandla womnotho, kuqinisekwe nehlelo lomthetho nobulungiswa bokulwa nobulelesi.

Kwanjesi-ke sisemqoqweni wokuqeda ukubuyekeza umthetho ozakuba namandla khulu ekulwiseni i-GBVF.

Mithathu imiThethomlingwa eqakathekileko ephathelene ne-GBVF eyethulwe ePalamende mhlapha. Ngokwethulwa kwalemiThethomlingwa, sigcina isithembiso sethu esasithembisa abatjagali nyakenye nabo boke abomma belizwe lekhetu.

ImiThethomlingwa emithathu etjhugulula eminye le yenzelwe ukuvala amatjhuba avulela abenzi bamacala amathuba wokubalekela umthetho ibe iphumelelise ngokupheleleko amalungelo wabomma nabantwana belizwe lekhetu.

ImiThethomlingwa le ingaqedwa, izakusiza ukubuyisela abomma belizwe lekhetu ithemba lokuthi mbala umthetho wenzelwe ukubavikela.

Wokuthoma mThethomlingwa wokutjhgulula umThetho wamaCala woBulelesi (umThetho wamaCala wezomSeme). Lokhu-ke kwakha umhlobo omutjha wecala lokuthusela ngezomseme, kwelule indima yesilinganiso secala lokuya emsemeni nomuntu oligazi lakho, kwelule umsebenzi wokubika wabantu abasolela ukuthi umntwana ugangelwe ngezomseme.

Kunabisa indima yesilinganiso seRejista YamaCala WezomSeme EliZweni LOke (i-NRSO) kobanyana izokufaka yoke imininingwana yezelelesi zamacala womseme. Bekube nje, lokhu bekusasebenza kwaphela eenlelesini ezigwetjelwe amacala womseme enziwe ebantwaneni namkha ebantwini abagula ngengqondo. Singezelelwe isikhathi sokubeka imininingwana yeselelesi kurejista, begodu labo amabizwabo akurejista leyo kuzakufuneka bakuveze lokhu nabenza iimbawo zokusebenza nabantu abacaphazeka lula. UmThe-



thomlingwa lo wenza nokuthi amabizo wabantu abaku-NRSO umphakathi ukhona ukuwathola.

UmThethomlingwa WamaCala OTjhugulula UmThetho WoBulelesi uqinisa imibandela yokubheyliswa kwesilelesi esibotjhelwe isenzo se-GBVF begodu ungezelela namacala ekufuze agwetjelwe ubuncani besigwebo, hlangana nokhanye.

Amatjhuguluko enziwako la athwesa iimbopho ezitja phezu kwabathobelisimthetho namakhotho wekhetu.

Lokho umtjhutjhisini nakangakuphikisako ukubheyliswa kwabammangalelwa ababotjhelwe inturhu eqothele ubulili, kufuze baveze iinzathu zabo zitlolwe phasi. Ngaphandle kobanyana ummangalelwa obotjhelwe i-GBVF aveze ubufakazi obuzwakala ngaphezu kokuzwakala ukuthi kubayini kufuze atjhatjhlulwe ngebheyili, ikhotho kufuze ilayele ukuthi avalelwe esitoksini bekuphele ukugwetjwa kwecala lakhe.

Ekuthathweni kwesiqunto ngesibawo sokubheyliswa, zimbadlwana izinto amakhotho akateleleke ukuziqalelela. Hlangana nazo kubalwa nemibiko yangaphambi kokugwetjwa kwecala emalungana nokuthi kungaba yinto elungileko na ukutjhapulula ummangalelwa ngebheyili, nokufungelwa kungazimbi ngenturhu, kunye nombono

kangazimbi ngokuphepha kwakhe. Malungana neparula-ke, ummangali namkha isihlobo sikangazimbi obuleweko kufuze bethule ubufakazi ebhodini yezeparula.

Njengoba idlange kangaka nje inturhu yabantu abezwanako elizweni lekhetweli, sesiwuqinisele umThetho WeNturhu YomKhaya.

Ihlathululo yenturhu yomkhaya kwanje seyembatha abantu abathembisene ukuthathana, abasezwanako njengomuntu nomntwakhe, abathethene ngesintu, abaziinthandani namkha ababonakala baziinthandani, nabanobuhlobo bomseme nanyana bungaba ngebesikhathi esingangani. Ihlathululo yomThethomlingwa lo seyembatha nehlatululo ethi 'inturhu yomkhaya' itjho nokuvikeleka kwabantu abadala ekuhlukunyezweni malunga womndeni/womkhaya.

Abammangali kwanje sebazakugkhona ukwenza isibawo somlayo wokuvikeleka nge-inthanethi. Ukukhanda ukuthi izelelesi/izephulamthetho zingafihli amacala wazwenturhu yomkhaya weenkhathe ezidlulileko, kuzokuvulwa ububeko obulungelelweko lapho kuzakubekwa khona ibuthelelo lemilayo yokuvikeleka.

Amatjhuguluko aphakanyiswako lawa akatelela nomNyango wezokuThuthukiswa komPhakathi,

nomNyango wezeFundo eSisekelo, nomNyango wezeFundo ePhakemeko kunye nomNyango wezePilo kobanyana isize ngezenzelwa ezithileko kibongazimbi la kufuneka khona babe bathunyelwe la bazakuthola khona indawo yokufihla iinhloko babe batjhejwe nangezokwelapha.

Aphunguliwe amathuba wokuthi umtjhutjhisini angabhala ukutjhutjhisicala lokha icalelo nalenzeke ngaphasi komThetho otjhugululiweko namkha acime icala nakube icalelo liphathelene nokulinyazwa komunye namkha nakube kusetjenziswe isikhali ukuwuma namkha ukulimaza ummangali.

Mhlambe ekulona tjhguluko elingakavami khulu elenziwe kilomthetho, kukuthi nakube umuntu unelwazi, nokukholelwa okuthileko namkha nakube usola unga kunenturhu eyenziwe emntwaneni, emuntwini okhubazekileko namkha emuntwini omdala begodu angayibiki esisebenzini sezehlalakuhle yomphakathi namkha emapholiseni, umuntu loyo angahlawuliswa begodu angavalelwa nejele.

Ngokunjalo, ilunga lamapholisa wakwa-SAPS nalibhalelwa kuthobela iimbopho zobupholisa ngaphasi komThetho lo, kuzakuthathwa ukuthi lenze okuphambene nokulunga begodu kufuze liyokutjhelelwa e-Ofisini yeenDaba zomPhakathi emaPholiseni.

Umthetho kuphela komvikieli onesiqiniseko sokuvikela umphakathi wo, kodwana khulu khulu labo abacaphazeka lula. Nawusetjenziswa ngefanelo nangokuyelela, umthetho sikhali esinamandla ukudlula zoke esiqinisekisa ukuphumelela komthethobulungiswa.

Abomma beSewula Afrika sebakholekile zizenzo zokweqiswa amehlo nokungatjhejwa okwenza ukuthi lingatjhejwa elinye lamalungelo ayisika – ukuhlala utjhapululike evalweni.

Urhulumente lo nabasebenzisani bakhe uzabasekela baphumelele abomma beSewula Afrika. Asoze sabadanisa.

# Kusikinyiswa Ihlelo I-Woza *Matrics*

**IHLELO I-WOZA MATRICS** linqophe ukusiza boke abafundi bakwaGreyidi 12 ukuthi baphase iinhlahlubo zabo zokuphela komnyaka.



## Dale Hes

**A**bafundi bakwa-Methriki bano-nyaka bazithole baqalene neentjijilo ezibudisi ngenca yengogwana i-corona (i-COVID-19).

UmNyango wezeFundo eSisekelo uqinisekise ukuthi ukuvulwa ngokuphepha kweenkolo kungelinye lamaqalontanzi wawo aphezulu, ngokukhambisana namahlelo wokusekela abafundi kobanyana bazokusiza ukuwuqeda ngepumelelo umnyaka wabo wefundo.

Elinye lamahlelo lawa yi-Woza *Matrics*, elihlonywe mhlana li-1 kuKhukhulamungu ngokusebenzisana nabasebenzisani bezokurhatjha abambadlwana kunye nezazi zefundo.

Njengengcenywe yehlelweleli, kurhatjwa iimfundo zokukhabelela eemfundweni eziqakathekileko ezintandathu kwa-SABC, ku-DSTV naku-Openview (Channel 122) ngamalanga iimveke ezili-12, ukusukela nge-awa lobuNane ekuseni (8:00) ukuyokufika keTjumi (10:00) nokusuka nge-awa lokuThoma emini (13:00) ukuyokufika nge-awa lesiThathu ngemva kwamadina (15:00). Umqopho kusiza abafundi ukuzilungiselela

iinhlahlubo zabo zokuphela komnyaka.

Ikundla le iphethe neemfundo ezifundiswa bunqophala abafundi bangabuza khona abotitjhere imibuzo. Zikhona neeyeleliso zeenhlahlubo. I-Woza *Matrics* iyalimuka bona nanyana boke abafundi bala-hlekelwe sikhathi sabo seemfundo nje, kodwana abafundi bakwaGreyidi 12 ababetheke khulu ukudlula boke, ngobaphela amamaksi wabo aqakatheke khulu emisebenzini abazoyifundela nekuvunyweni kwabo emayunivesithi.

UNgqongqotjhe wezeFundo esiSekelo u-Angie Motshekga uthi ihlelweleli liqakathekile, njengoba ukufunda kuliyeye kangaka nje ngenca ye-COVID-19.

“UMethriki uhlala abudisi, kodwana umnyaka wee-2020 uze nobudisi obungakajayeleki. Ngithanda ukuthokozisa boke abafundi bethu bakwaGreyidi 12 nemindeni yabo ngokubambelela nokuncama kwabo. Kubonakala ngokukhanyako ukuthi kufuneka isekelo elingezelweko ebafundini begodu sizakusolo sisiza ngalelisekelo. Kusele iinyanga eziimbadlwana ngaphambi kokuphela komnyaka begodu i-Woza *Matrics* izokunikela abafundi isekelo abalidingileko uku-

zilungiselela iinhlahlubo zabo zokuphela komnyaka,” utjho ahlathulula.

Lelihlelo lihlukele kunamanye ngoba liqothele ubunengi bamaGreyidi 12 elizweni lokeli abayitholela ebunzimeni i-inthanethi neensetjenziswa ezisebenzisana ne-inthanethi. Inengi labafundi kabasigidi namakhulu amabili weenkulungwana abatlola iinhlahlubo zabo zikaMethriki ngoSinyikhaba bazokukghona ukubukela iimfundo zokukhabelela ze-Woza *Matrics* zirhatjwa. UmKhandlu WaboNgqongqotjhe BezeFundo ukhwezelela boke abafundi nababelethi ukuthi bayisebenzise lekundla yokukhabelela iimfundo.

UmPhathi oyiHloko oweNgamele i-SABC uMadoda Mxakwe uthi ihlangano yezokurhatjha le iyazikha-khazisa ngokuba yingcenywe yaleligadango. “Sikuthokozele ukuba ngabanye babalimindi-ma abaqakathekileko ekuhlangeni umnyaka wokufunda wabafundi bakaMethriki wee-2020. Njengomrhatjheli womphakathi, sithwele isibopho somsebenzi sokuqinisekisa ukuthi kesikurhatjhako kufuze abe khona ngokubonakalako amahlelo wezefundo, khulu khulu ngesikhathi afuneka khona khulu.”

## Imibuzo yakho iyaphendulwa

### Ngiziphi iimfundo ezizakufundiswa?

- I-Maths
- I-Geography
- I-Life Sciences
- I-Physical Sciences
- I-Accounting
- I-Maths Literacy.

### Kubayini kukhethwe leziinkhathi njengoba abafundi bazabe basesikolweni ngesikhatheso?

- Iinkhathi zokuya esikolweni zihlukahluka ngeeyingi nangeemfunda, ngenca yamagadango wokuqalanganisa abafundi. Abafundi bakwaMethriki abanengi bazabe basemakhaya nakurhatjwa iimfundo zokukhabelela ze-Woza *Matrics*.
- Kukhona nabafundi abambadlwana abafundiselwa emakhaya.
- Ukurhatjwa kwamahlelo wokukhabelela ngeemfundo okusimelelwe ngakho kuzakubuyelelwa ngemva kwe-awa le-4 ngemva kwamadina ku-Openview ku-DSTV Catch-Up.

### Kubayini kwenzelwa amaMethriki kwaphela?

- AmaMethriki ngiwo agandeleleke khulu ukuhlela ipilwawo ngemva kokuqeda isikolo.
- Iimfundo zithikaziseke khulu khulu kwaMethriki ukusukela ngoNtaka wee-2020 ngoba ikharikhyulamu yawo ingakhange irhunyezwe.
- AmaMethriki ngiwo asalele emva ukudlula boke ngekharikhyulamu.

### Ngingalitholaphi ihlelo lokubukela iimfundo zokukhabelela?

Ihlelo lokubukela liyatholakala kuKombamahlelo ye-TV kunye nakubunzinzolwazi be-Woza *Matrics* ku: [wozamatrics.co.za](http://wozamatrics.co.za). Amahlelo arhatjhiweko azakunande abuyelelwa ngokurhatjwa.

### Ababelethi nabotitjhere bayasekelwa na?

Iye. Ihlelo elirhatjhwako lizakuphatha naneeyeleliso eziyelelisa ababelethi ngeendlela zokusekela abantwababo abafunda uMethriki. Kezinye iimfundo kuzakuqalelelwa khudlwana abotitjhere, kanti-ke ikundla ye-WhatsApp yokuThintanisa aboTitjhere bomNyango wezeFundo esiSekelo izakuthumela abotitjhere imilayezo eqakatheke khulu.

### Buzakutjhejwa na ubudisi obuqalene namaMethriki?

Iye. Kuzakuba neemfundo ezimbadlwana ezizabe ziqalene nokuyelelisa ngehlalakhule yabafundi, ukujamelana nobudisi kunye nokulawula ukuhlelela evalweni.

**Eminye imininingwana ungayithola ngokuvakatjhela ubunzinzolwazi be-[wozamatrics.co.za](http://wozamatrics.co.za) namkha ku-imeyili ethi: [info@wozamatrics.co.za](mailto:info@wozamatrics.co.za)**

# Isekelo Lekhotho Kibongazimbi Benturhu Egothele Ubulili (i-GBV)



## More Matshediso

**N**akube ukhe wakhahlunyezwa ngeNturhu eQothele ubuLili (i-GBV) begodu nakube udinga isekelo ekhotho, iBanda lezokuTjhutjhisela leli-Zwelope (i-NPA) linesizo elikhethekileko elingakusiza ngalo.

I-Ke Bona Lesedi Court Preparation Programme lihlelo elitholakala ebonengini bama-Khotho wamaCala wezomSeme nakamanye amakhotho asebenza ngamacala we-GBV. Ukuthi "Ke Bona Lesedi" yikulimo yelimi le-Setswana etjho ukuthi 'Ngi-bona Umkhanyo,' ngesiNdebele.

Ungazimbi we-GBV angathumela i-NPA isibawo sokusizwa. Umtjhutjhisela omkhulu namkha umphathi wamalungiselelo we-

khotho uzakukhetha isiphathimandla esifaneleko esingasiza loyo ngazimbi.

"Isizo ungazimbi azakunikelwa lona alithembisi umphumela othileko ecalenelo begodu nawo amacala lawa ayahlukahluka komunye nomunye ungazimbi. Nanyana kunjalo, i-NPA isiza ngokuhlomisa ungazimbi ngamandla nangokubuyisa isithunzi sakhe," kutjho isitatimende se-NPA.

Zili-161 iimphathimandla zamalungiselelo wekhotho ezikhona elizweni lokeli. Lelisizo lingelinye lamagadango amadlwana alethwe ngurhulumente ukulwa nokuthuwelela kwe-GBV.

Ngokutjho kwe-NPA, ummangali, ungazimbi, osindileko namkha ufakazi uzakuthintwa siphathimandla samalungiselelo wekhotho esisebenza ekhotho

lapho kufuze ayokwethula khona ubufakazi.

Isiphathimandla samalungiselelo wekhotho sizakuba khona siyokusekela ummangali ekhotho kusukela icala lithoma ukugwetjwa beliyokuphela. Kusetjenziswa amathulusi namaqhinga akhethekileko ukutjengisa okubonakala ngamehlo ukuthi ungazimbi uyalalelwa, uvikelele begodu uyahlonitjha.

Abamangali bangakhuluma ngamalimi wesikhabo, begodu isiphathimandla samalungiselelo wekhotho sizakuqinisekisa ukuthi ungazimbi udluliselwa lapho azakuthola khona ukuthotjwa ngokomkhumbulo namkha ukwelatjha kobanyana kuzokufika lapho ipilwakhe ibuyela ekanyeni.

Inengi labomma nabentwana abakhahlunyezwe yinturhu eqothele ubulili, njengokukatwa, amaphaphu wabo aphakamela phezu nakufuze baye ekhotho lapho kulindeleke khona ukuthi bayokucoca ngobudisi nobuhlungu abadlule kibo ngeminingwana yoke phambi kwabantu abatjhili. Lelisizo-ke lizabenzela umehluko bebakghone ukwehlisa ummoya.

**Ungathintana nomPhathi wamaLungiselelo weKhotho/umLungeleli wesifundeni sangekhenu ngokufowuna namkha ngoku-imeyila usebenzisa iminingwana yokuthintana engenzasi nasi:**

- **EPumalanga Kapa (eMakhanda)** – Pumla Nomfemele-041 502 5443 – [Pnomfemele@justice.gov.za](mailto:Pnomfemele@justice.gov.za)
- **EPumalanga Kapa (eMthatha)** – Sindisiwe Buthelezi – 047 501 2646 – [Sbuthelezi@npa.gov.za](mailto:Sbuthelezi@npa.gov.za)
- **EFreyistata** – Ena Liebenberg – 051 410 6029 – [Eliebenberg@npa.gov.za](mailto:Eliebenberg@npa.gov.za)
- **E-Gauteng (eJwanisbhege)** – Asewa Fundi – 011 220 4085 – [Afundi@npa.gov.za](mailto:Afundi@npa.gov.za)
- **E-Gauteng (ePitori)** – Esther Kabini – 012 351 6713 – [Ekabini@npa.gov.za](mailto:Ekabini@npa.gov.za)
- **KwaZulu-Natala** – Roelien Wiesner – 033 3928712 – [Rwiesner@npa.gov.za](mailto:Rwiesner@npa.gov.za)
- **E-Limpopo** – Reneilwe Mashamaite – 015 483 0302 – [Rmashamaite@justice.gov.za](mailto:Rmashamaite@justice.gov.za)
- **ETlhagwini Kapa** – Henley Nathan Sass – 054 337 5375 – [HSass@justice.gov.za](mailto:HSass@justice.gov.za)
- **ETlhagwini Tjingalanga** – Mmanotshe Seletisha – 012 700 9000 – [Mseletisha@justice.gov.za](mailto:Mseletisha@justice.gov.za)
- **ETjingalanga Kapa** – Gary Titus – 021 487 7287/021 421 7287 – [Gvtitus@npa.gov.za](mailto:Gvtitus@npa.gov.za)
- **EMzimkhulu we-NPA** – Karen Tewson – 012 845 6399/012 812 6399 – [Ktewson@npa.gov.za](mailto:Ktewson@npa.gov.za)

**Ezinye iinomboro zefowuni eziqakathekileko ekufuze uzilonde:**

- INomboro yobuJamo obuRhabako yakwa-SAPS: 10111
- IZiko EliLawula amaCala we-GBV (I-GBV Command Centre): 0800 428 428 namkha ugandelele u- \*120\*7867# kinanyana ngiyiphi iselifoni.
- Isizo labaNtu abakhubazekileko: Thumela igama elithi 'help' nge-SMS ku-31531
- INomboro yeSizo kiboMma abakhahlunyezwa: 0800 150 150
- I-Childline South Africa: 0800 055 555
- INomboro yokuKhandela ubuLelesi yakwa-SAPS: 0860 10111 namkha uthumele i-SMS ku-32211
- Ilinilo eziphatelene ne-GBV (ezithunyelwa kwa-SAPS): 0800 333 177 nofana [complaintsnodalpoint@saps.gov.za](mailto:complaintsnodalpoint@saps.gov.za)
- INomboro yeSizo ngezeNturhu yomKhaya: 0800 150 150
- INomboro yeSizo ngezeNtumbantonga: 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.