

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English / Sesotho

November 2020 Edition 1



Avoid becoming a human trafficking victim Page 5



STAY SAFE
PROTECT SOUTH AFRICA
TOGETHER WE CAN BEAT CORONAVIRUS



Lucky leads flourishing gaming business Page 7

SA rolls up sleeves to recover from COVID-19



“This is a plan through which all of us as South Africans should work together to build a new economy.”

in the economy, securing our energy supply, and freeing up digital infrastructure,” he added.

This plan directly responds to

and reliable energy supply within two years;

- Create and support over 800 000 work opportunities in the immediate term to respond to job losses;
- Unlock more than R1 trillion in infrastructure investment over the next four years;
- Reduce data costs for every South African and expand broadband access to low-income households;
- Reverse the decline of the local manufacturing sector and promote reindustrialisation through deeper levels of localisation and exports;
- Resuscitate vulnerable sectors such as tourism, which have been hard hit by the pandemic.

According to the modelling done by National Treasury, the implementation of this plan will raise growth to around three percent on average over the next 10 years.

the immediate economic impact of COVID-19 by driving job creation and expanding support for vulnerable households.

“We aim to do this primarily through a major infrastructure programme and a large-scale employment stimulus, coupled with an intensive localisation drive and industrial expansion,” says President Ramaphosa.

According to the President, the interventions outlined in this plan will:

- Achieve sufficient, secure

More Matshediso

President Cyril Ramaphosa recently announced government's Reconstruction and Recovery Plan to help South Africa recover from the devastating economic impact of the COVID-19

pandemic.

The announcement was made at a Joint Hybrid Sitting of Parliament.


The President says it is important to get people back into the jobs they lost during the Coronavirus (COVID-19) pandemic.

“We are determined to create more employment opportuni-



ties for those who were unemployed before the pandemic or who had given up looking for work,” the President says.

“This means unleashing the potential of our economy by, among others, implementing necessary reforms, removing regulatory barriers that increase costs and create inefficiencies

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Ho susumetsa moruo o sebetsang

Ho thakgolwa ha Letsholo la Tshusumetso ya Mesebetsi ya Mopresidente bekeng e fetileng ho tshwaya phetoho ya mkgwa oo re neng re o sebedisa ho lwantshana le tlhokeho ya mesebetsi.

Re ikana le ho ikemisetsa ho tsetela letsete le ngatangata ho tshoriseng boiphihlelo ba batho ba rona, le mmusong jwalo ka mothehi le mophethahatsi wa mesebetsi. Letsholo la Tshusumetso ya Mesebetsi ya Mopresidente e ipabolapele ka bophara le bohola ba botsetedi, ho kenyeletsa letsete la mmuso la R100 bilione nakong ya dilemo tse fetang tse tharo tse tlang.

Re tla tshireletsa le ho theha matlole a mesebetsi le bonamodi bo tshehetsang maphelo a batho ka kotloloho ha dimmaraka tsa mesebetsi di ntse di ntlafatswa ka lebaka la tshenyoye ya sewa sa kokwanahloko ya *corona*. Tsena tsohle di se di loketse ho phethahatsa, mme sena ke tlatselletso hodima boitlamo bo seng bo le teng.

Le ha feela tse ding tsa bonamodi bona di thehilwe hodima matla a mananeo a seng a le teng, tshusumetso ena e boela e kenyeletsa mekgwa ya tshebetso e metjha e nang le tshibollo.

Sena se kenyeletsa ho tsepama ho seo re se bitsang 'mesebetsi ya setjhaba'. Re sebetsa ho tswa ho boemong ba hore ha hona kgaelo ya mesebetsi e hlokehang ho phethahatsa ho tobana le mathata a mangata ao batho ba rona ba nang le ona. Maikemisetso a rona ke ho tshehetsa bonono bo bongata, boiteko le boiphihlo ba ditheho bo teng boholong ba batho ba rona ho kgothaletsa batho ho sebetsa mesebetsi e tswelang bohle melemo. Mesebetsi ena e akaretse mekotaba e mengata, e kenyeletsang phepelelo ya dijo, ho fedisa tlhekefetso

ya basadi le bana, ho ntjhafatsa dibaka tsa baipei le tse ding tse ngata.

Sena se tla tlatselisa boiteko ba lekala la mmuso, le ho dumella kgahlamelo ya setjhaba e kgolokgolo ha mmoho le mekgwa ya bolekanane e metjha le makala a setjhaba a fapafapaneng.

Tshusumetso ena e kenyeletsa lenaneo la naha le letjha la ho hira bathusi ba matijhene dikolong. Dikolo di se di qadile ho hira bathusi bana ha jwale, mme di nehela ka menyetla e ya mesebetsi e metjha bathong bohle ka bophara naheng ya rona.

Mesebetsi ya setjhaba ha se ya batho ba senang bokgoni feela.

E kenyeletsa batho ba nang le mangolo a thuto e phahameng, menyetla ya mesebetsi ya baoki, batho ba nang le mangolo a saense, diathesine le e meng.

Tshusumetso e tla boele e tshireletsa mesebetsi makeleng a hlokolotsi ao a hahlametsweng ke sewa sena ka sekgahla. Tshehetso e tla nehelwa ke basebetsi ba Dikolo tsa Thuto ya Dikonyana (ECD), haholoholo basadi ba itshebetsang. Borapolasi le mmapolasi ba thuthuhang ba fetang 74 000 le bona ba tla boela ba fumantshwa matlole a tlhahiso.

Jwalo ka naha, re hloka bonono le setso ho phahamisa meya ya rona hape – tshusumetso e nehela ka letlole le letjha ho thusa lekala lena ho ikemela hape, ho kenyeletsa ho tshehetsa ditlhahiso tse entsweng ka mkgwa wa dijithale le katoloso ya dipolatelyo tsa hwebisano ya elektroniki.

Sena se tla thusa dinono hore di itlwaetse maemo a dimmaraka a matjha ao sewa sena se re kentseng ho ona mme ba sebedise monyetla ona o motjha wa kgolo.

Mophethahatsi wa bohlokwahloko ho theha mesebetsi, o entsweng bohlokwahloko ka ho fetisisa ke sewa

senana, ke kgokahanyo. Ho fedisa karohano ya dikgokahanyo disebedisweng tsa dijithale, tshusumetso e tla nehela malapa a nang le lekeno le tlase phepele ya inthanete e theko e tlase, e potlakang ka ho a lefella karolo e itseng ya dikgokahanyo mmoho le ho eketsa WiFi ya mahala setjhabeng.

Ha naha ya rona e ntse e intlafatsa ho tswa ho thefulong e bakuweng ke sewa sa kokwanahloko ya *corona*, ha o qeaqea hore mesebetsi o re o tobileng o mongata haholo.

Re tlameha ho fihlella ntlafatso ya moruo e potlakileng le ho kenyeletsa bohle. Re tlameha ho fumantsha bohola ba batho ba rona mesebetsi hape.

Re boela re tlameha ho fumana botsitso hape ho phanong ya ditshebetso tsa mantlha le meralo ya motheo e bohlokwahloko, ho lwantshana le diphepetso tse tobaneng le setjhaba sa rona le ho fetola makeishene le metse ya mahang. Mesebetsi ya setjhaba ke sesebediswa se ka kgonang ho phethahatsang tsena tsohle: ho theha mesebetsi ka bophara ka nako e kgutshwane ha dimmaraka di ntse di ntlafatswa, le ho theha boleng ba setjhaba ka yona nako eo.

Hangata mohlala o yeng o qotswe wa lenaneo le lehola la ditshebetso tsa setjhaba ke le ileng la phethahatsa ke Amerika ka morao Sewa sa Kgatello e Kgolokgolo ya Moruo dilemong tsa bo1930.

Sena e ne e se tshusumetso feela, empa se ne se kgothaletsa hoba le seabo ha batho le ho kenyeletswa ha bona moruong.

E mmalwa mehlala ya mananeo a tshibollo ya mesebetsi ya setjhaba dinaheng tse ntseng di ntshetswapele, ho kenyeletsa India, Ethiopia le mona Afrika Borwa. Mananeo ana a kenya letsete ka kotloloho ho meruo ya selehae, ho fihlella ditulo tse futsanehileng ka ho fetisetsa pele, le ho tshehetsa dikgwebo tse thuthuhang tsa selehae mme ho tloha moo e

qhekelle le meruong e meholo.

Mme e boela e kgothaletsa ho ba le seabo le ho kenyeletswa ha setjhaba moruong, ka ho nehela batho mekgwa ya ho fetolo maphelo a bona ha ba ntse ba batlana le mesebetsi e metjha. Ka ho etsa jwalo, ba kgona ho ba le seabo phetolong ya moruo naheng le setjhabeng ka kakaretso.

Ho kenya letsete ka kotloloho setjhabeng ho tshehetsa mesebetsi le ho theha menyetla ya moruo e nang le hlomphe hona ho molemo haholo ho feta ho lwantshang feela le qaka ya tlhokeho ya mesebetsi setjhabeng.

Le ya sebetsa hobane le sebedisa mehlodi ya mmuso ho arabela ditlhoko tsa setjhaba tsa naheng, ekaba molemong wa ho boloka tlhaho, phepelelo ya dijo, ditsi tse ding hape tsa di-ECD, kapa ho ntlafatsa le ho etsa hore ditsela di be betere le tse ding tse ngata.

Le hatetsepele, hobane le nehela ka matlole a setjhaba le phano ya makeno ho ba futsanehileng ka lebaka la hore ba hloka mesebetsi.

Ke letsete ho bokamoso, ka ha le tshehetsa ajenda ya ntlafatso ya moruo ka bophara ka ho potlakisa ho netefatsa hore batho ba rona ba sebetsana le ho ntlafatsa meralo ya motheo ya rona ya naha le ya dimmasepaleng.

Ka bonamodi ba tshusumetso, re tlo theha mesebetsi molemong wa ba hlokwahloko, re ntse re theha kgahlamelo e matla ho batho bohle.

Jwalo ka mananeo a mesebetsi lefatsheng ka bophara, tshusumetso ena e tshehetsa le ho tshwanela karolo e bohlokwahloko eo lekala la porae-fete le nang le yona ho theheng mesebetsi. E hlwahlwa, kaha ha ntlafatso e phahama, bophara ba tlhokeho ya mesebetsi ya setjhaba e tla fokotseha.

Boiphihlelo ba mesebetsi le bokgoni bo fumanweng ke ba uneng molemo ho Letsholo la Tshusumetso ya Mesebetsi ya Mopresidente ba tla ntlafatsa menyetla ya bona ya ho fumana mesebetsi ka semmuso.

Boiphihlelo boo ba bo fumang bo ka boela e le mkgwa wa ho iqalla dikgwebo. Banka-karolo ba tla ntlafatsa bokgoni ba bona le boiphihlelo ba ho iqalla dikgwebo tseo e leng tsa bona, mme ba ka sebedisa makeno a tsitseng a tswang ho mesebetsi ya setjhaba ho etsa mekgwa e meng ya ho iketsetsa lekeno.

Ke ntse ke hatella ntlha ya hore qaka ya COVID-19 e boela e le monyetlo wa hore re

ntlafatse moruo wa rona hape.

Nakong ena ya mathata a maholoholo ha kaale, re tlabe re sa ithuse ka letho ha re ka etsa ditshepiso tseo re senang ho kgona ho di phethahatsa, sena se tla re nyahamisa feela ha re sa kgone ho di fihlella.

Ke ka hoo bonamodi bofe kapa bofe ba mesebetsi le tshehetso ya maphelo a batho bo tshehetswang ka matlole ka bottlalo, ka leano la phethahatso le qaqileng.

Tshusumetso ya mesebetsi ha se boitlamo ba ho theha mesebetsi bo fokaelang feela bo tla phethahatswa mmamorao, empa ke leano la ho thehwa ha mesebetsi hona tjena.

Tshusumetso ena ke sephetho sa dipuisano ka botebo le mafapha a naha, a diprofense le metse toropo ka ho potlakisa ho theha mananeo a tla kengwa tshebetsong kapa a tla atoloswa nakong ya dikgwedi tse tselela.

Mafapha a phethahatso le bohle ba nang le seabo ba ile ba hlahlajwa hore na ba na le boiphihlelo ba ho phethahatsa mesebetsi ka kelahloko.

Ho lenaneo le leng le le leng le ka tlasa tshusumetso ena, menyetla ya ona e tla bapatswa hohle mme le tsamaiso ya khiro e tla hloka leeme, e be pepeneneng le ho bonahala ho bohle.

Maikemisetso ao re ipehetseng ona ke a nnete, ke ao re tla kgonang ho a fihlella le ho a phethahatsa, mme hape re ithutile ho tswa ho tse etsahetseng nakong e fetileng le ho mekgwa ya tshebetso e metle ya matjhabeng.

Batho ba rona ba itukisitse ebile ba ikemiseditse ho sebetsa. Bokgoni bona bo bongata bo tlameha ho tshoriswa, mme le bokgoni le boiphihlelo ba rona bohle bo lokela hore tswela molemo kahongbotjha ya naha ya rona nakong ena ya kokwanahloko ya *corona*.

Letsholo la Tshusumetso ya Mesebetsi ya Mopresidente e nehela ka matlole a dithuso ho malapa a ileng a tobana le mariha a boima haholo ka lebaka la phokoletsohadi ya makeno a bona, le ho batho ba qedileng dilemo tse ngatangata ba sa sebetse.

Mesebetsi ya nnete, e nang le seriti, ke tokelo ya motho e mong le emong. Ke karolo ya pehelo ya sethathu ya kgolo ya moruo le botsitso ba setjhaba.

Ka ho kenya tshebetsong tokelo ena ya motheo, Letsholo la Tshusumetso ya Mesebetsi ya Mopresidente e nehela ka kabelo e qaqileng ho aheng setjhaba se sebetsang.

Qoba ho ba lehlatsipa la ho hweba ka batho



Silusapho Nyanda

Ha e le moo dipalo tsa diketso tsa ho hweba ka batho tse tlalehwang di ntse di eketseha, ho bohlokwa hore o nke mehato ya ho netefatsa hore o bolokehile.

Ho thibela ho eba lehlatsipa la ho hweba ka batho o

tlameha ho qoba ho tsamaya o le mong, ho tsamaya bosiu kapa mebileng e senang batho.

Ho bohlokwa ho elahloko tikoloho eo o leng ho yona ka dinako tsohle. Ho elahloko ho tla o thusa ho ehlwa ha ho hong ho sa loka. Haeba e o ehlwa hore ho na le motho kapa koloi e o setseng morao, e ya tu-

long e tletseng batho mme o letsetse seponesa kapa motho eo o mo tshepang hanghang.

Ha ngata batho ba hwebang ka batho ba sebedisa tshepiso ya ho fumantsha mosebetsi ho kwetela mahlatsipa a bona mme ba ikatametsa ho bao ekabang mahlatsipa ka ho tshepisa ho ba fa mosebetsi kapa

monyetla o mong o itseng.

Mokgwa ona wa ho hweba ka batho o ka etsahala kae kapa kae – le marangrang a inthanete, sekolong, setsing sa mabenkele le ka pela ntlo ya hao.

Netefatsa hore o etsa diphuputso ka botlalo ka bao e tlabang bahiri ba hao pele o kopana le bona mabapi le diinthaviu. Sena se ka etswa ka ho netefatsa hore khampani eo e fela e le teng ka ho e hlahloba ho Companies and Intellectual Property Commission.

Mme o boele o tsebise motho eo o mo tshepang ha o ya inthaviung mme o hlophise le yena hore a o letsetse ka mora nako e itseng. Haeba ho kgona-hala, tsamaya le motho e mong.

Elahloko ha o sebedisa marangrang a inthanete, haholoholo ha motho a ithaopa ho o thusa, ho o neha tjelete, bodulo kapa monyetla wa mosebetsi mabapi le seo o se phatlaladitseng.

Haeba o lo kopana le motho eo o sa mo tsebeng, etsa jwalo tulong e tletseng batho mme o tsebise motho eo o mo tshepang hore o ya kae.

Ha o tsamaya le bana, etsa bonnete ba hore ba haufi le wena mme o netefatsa hore o kgona ho ba bona ka dinako tsohle.

O seke wa roma ngwana ntle le ho netefatsa hore ho na le motho e moholo ya tshepahalang ya mo shebileng. Itlwaetse ho sheba bana ba hao kgafetsa, hore o tsebe moo ba leng teng.

**Tlhalisoleding ena e fanwe ke Lefapha la Toka le Ntshetsopele ya Molao wa Motheo.*

Ha o batla ho tseba hahowanyane ka diketsahalo tsa ho hweba ka batho letsetsa Mohala wa Thuso wa National Human Trafficking ho: 0800 222 777. Ho tlaleha diketsahalo tsa ho hweba ka batho letsetsa seponesa ho: 10111.

Healing childhood trauma

A NON-GOVERNMENTAL

organisation is working hard to help young children deal with past hurts and trauma in the Western Cape

Silusapho Nyanda

The Community Keepers non-governmental organisation (NGO) is addressing child abuse by providing 28 schools in the Western Cape with trauma counselling services.

The NGO has counsellors and social workers permanently located at schools in Cape Town and the Cape Winelands. The team of professionals assist pupils who have been victims of violence



at home or their local communities.

The NGO's Chief Executive Officer Gerrit Taning says

they treat pupils with different traumatic experiences through group and individual sessions.

"We work in disadvantaged communities where violence is prevalent. We help children who have experienced adverse childhood experiences such as abuse, loss, poverty and other challenges that are faced by children," says Taning.

One of the key topics the NGO seeks to address during sessions with the pupils is the belief that 'men don't cry'. The organisation aims to teach young boys to be in tune with their feelings and emotions. This will encourage young boys to talk about their feelings and experiences.

Taning says that trauma can cause behavioural problems in children.

"When there is a cycle of traumatic experiences that builds up it often affects children negatively. A quiet child will start lashing out and engaging in risky behaviour. A child that was outgoing suddenly becomes withdrawn. Some pupils go from the brightest students to not being able to keep up with their peers."

He says that trauma can be dealt with, but it requires proactive teaching of children before the cycle is repeated.

Schools looking to partner with Community Keepers can call 072 781 5535 or email info@community-keepers.org.