

Vuk'uzenzele

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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

Cont. page 2



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Kuvusa umnotfo losebentako

Kwetfulwa KweLuhlelo Lwemivusamisebenti Lwelihhovisi LaMengameli kuleliviki leliphelele kukhombisa ingucuko lenkhulu endleleni yetfu yekubukana nekwe-swelakala kwemisebenti.

Senta lutjalomali lwahlumende kumitfombolusito lebantfu lolunemtselela lobaluleke kakhulu, lapho khona umbuso ungiko kokubili umsunguli kanye nemisebenti wekutsi kube nemisebenti. Loluhlelo Lwemivusamisebenti Lwelihhovisi LaMengameli luhlelo lolungakate selube khona phambilini ngebukhulu nebubanti balo, lolufaka ekhatsi lutjalomali lwahlumende lolungetulu kwetigidzigidzi leti-R100 kuleminyaka lemitsatfu letako.

Sitawuvikela sibuye futsi sisungule imisebenti netindlela tekutiphilisa letisitwa ngetimali ngco ngesikhatsi imakethe yetisebenti yelulama kulubhubhane lweligciwane le-corona. Ngakunye kwaloko sekulungele kutsi sale kucalwa kuphunyeleliswa, futsi kwengetwa ekutinikeleni lokuvela kukhona.

Ngesikhatsi lapho letinye taletingenelelo takhela emandleni etinhlelo letikhona, lemivusa nayo ifaka ekhatsi tindlela letinsha futsi letinekucamba.

Loku kufaka ekhatsi kugcila kunaku lesikubita ngekutsi 'ngumsebenti wemango'. Sisebenta ngekunisele emcondvweni wekutsi kute kweswelakala kwemisebenti lengentiwa kute kutsi kubukwane naletinkinga letinyenti tetenhlalo emmangweni we-tfu. Inhloso lapha kwesekela kucamba lokubonakalako, imitamano kanye nemakhono lahlelekile lakhona emmangweni lomkhulu kwenta bantfu kutsi basebente imisebenti yekuzuzisa wonkhe wonkhe ngalokufananako. Lomsebenti ufaka ekhatsi tingcikitsi letinyenti, kufaka ekhatsi kutfolakala kwekudla, kucedza budlova lobu-

condziswe kubulili lobutsite, kuphucula tindzawo tekulhlala letingakahleleki kanye nalokunye lokunyenti.

Loku kutawugcwalisa imitamano yemkhakha wahlumende, kuvumela bubanti lobukhulu kanye nelifutse lemmango kanye nelubanjiswano lolusha nebabambisani labasha labahlukahukene.

Lemivusa ifaka ekhatsi luhlelo lwavelonkhe lolusha lwekucasha belekeleli bekufundzisa nebesikolo etikolweni. Tikolo setivele tiyacasha kwamanje, tefula ematfuba lamasha kuyo yonkhe imimango kulo lonkhe lelive ngebubanti balo.

Luhlelo lwemisebenti yemango alusilo-nje lwemisebenti lete emakhono. Kugcilwe kubo bonkhe bantfu labaneticu tasenyuvesi, inematfuba emanesi, labaneticu tesayensi, emaciko kanye nalabanye.

Loluhlelo lwemivusamisebenti lutawuphindze futsi luvikele imisebenti emikhakheni lehaseleka kalula letsintfwe kakhulu lubhubhane. Kutawesekela labasebenta Etinkhulisa, ikakhulu bomake labatisebentako. Balimi labancane labangetulu kwalabo-74 000 nabo batawutfolo tibonelelo tekukhicita.

Njengesive, sidzinga tebuciko nemasiko kutsi tiphakamise imoya yetfu – lemivusamisebenti iphindze futsi iniketa lusito lwetimali lolusha lwekusita lomkhakha kutsi usukume ume ngetinyawo ubuyele esimeni sawo lesifanele, kufaka ekhatsi kwesekelwa kwetekucamba kwetediithali kanye nekukhulisa tinkhundla temnotfo waku-inthanethi.

Loku kutawenta bosobuciko kutsi bakhone kwetayela timo temakethe lensha lubhubhane lolusihlisibete yona sonkhe kanye nekusebentisa ematfuba lamasha ekukhula.

Sikhonisikwenta lesibaluleke kakhulu sekwakha imisebenti leminyenti, sentiwe lubhubhane kutsi sibaluleke

kakhulu, kuchumana. Kute kutsi kuncotjwe ligebe lelikhona letedijithali, lemivusamisebenti itawenta kutsi kube khona i-inthanethi leshesha kakhulu futsi lengabiti kakhulu, yemindeni leholo kancane ngekutsi ngetelekelelo letinsha tekuchuma kanye nekukhuliswa kwe-WiFi yesive yamahhala.

Live lakitsi liselulama ekuphelelweni litsemba lokubangwa lubhubhane lweligciwane le-corona, asibungabati bukulu bemisebenti lesibukene nawo losembikwetfu.

Sifanele kutsi sitfole indlela yekuvusa umnotfo leseshako futsi lefaka lonkhe ekhatsi. Sifanele kutsi sente kutsi bantfu bakitsi labanye ngendlela lesingakhona ngayo bacale kusebenta futsi. Sifanele futsi sibuyele nguloko lokusilahlelele ekwetfulweni kwetinsita letisisekelo nesakhiwontchani lesibalulekile, kulungisa tinkayeya tetenhlalo kanye nekugucula emalokishi netindzawo tasemaphandleni. Luhlelo lwemisebenti yemango lelithulusi lelingenata konkhe loku lokungetulu: kwakha imisebenti leholelako kulesikhashana tibe timakethe telulama, kanye nekwakha kubaluleka kwemango kusachutjekwa.

Kuhlala njalo kwentiwa sibonelo ngeluhlelo lwahlumende lolukhulukati lolwentiwa yiMelika ngemuva kweKwehla Kwemnotfo Lokukhulu ngeminyaka yabo-1930. Loku bekungasiyo-nje imivusamisebenti, kepha kwaphindze futsi kwakutsata kuhlanyanya kanye nekufaka konkhe ekhatsi.

Kunetibonelo letinyentana yetinhlelo tahlumende leticambako emaveni lasatfutuka, kufaka ekhatsi i-India, i-Ethiopia kanye neNingizimu Afrika. Letinhlelo letitenta lutjalomali ngco kuminotfo yendzawo, kufinyelela kucala tindzawo letiphuye kakhudlwana, kwesekela emabhizinisi lamancane endzawo kuphindze futsi

kuchubekele emnotfweni lomkhulu kusuka lapha.

Tikhutsata kuhlanyanya kwemango kanye nekufaka ekhatsi konkhe, kuniketa imimango tindlela tekugucula timphilo tayo lapha benta imisebenti lemisha. Ekwennteni njalo, tifaka ligalelo ekwennteni tingucuko ezingeni lendzawo nangekhatsi emmangweni lobanti.

Lutjalo ngco lwahlumende lwekwesekela imisebenti kanye nekwakha ematfuba lakha kubaluleka kwetenhlalo lwenta lokungetulu kunekumane lubukane-nje netinkinga tekweswelakala kwemisebenti.

Luyaphendvula, ngoba lusebentisa imitfombolusito yembuso kuphendvula kutidzingo temmango wendzawo, kungaba tindzawo letingemabala emmango, kuba khona kwekudla, tinkhulisa letinyenti, noma yimigwaco lencono kakhulu nalefinyelelekako.

Lunenchubekelembili, ngoba lunikana kuvikeleka kwetenhlalo nekuciniseka ngemali lengenako kulabo lababukene nenhlupheko ngoba abakhoni kutfolo imisebenti.

Lutjalomali lwesikhatsi lesitako, ngoba lwesekela luhlelo lolukhulu lwekuvusa temnotfo ngekuphutfuma yente kutsi bantfu bakitsi basebentele kwenta kancono sakhiwontchani setfu save-lonkhe nesamasipala.

Ngaletingenelelo kulemivusamisebenti, sakha imisebenti yalabo labayidzingako, sibe sishiya umtselela lomuhle wesikhatsi lesidze kuyo yonkhe imimango.

Njengetinhlelo temisebenti yahlumende emhlabeni wonkhe jikelele, loluhlelo lwemivusamisebenti lwe-sekela lubuye lugcwalisele indzima lebalulekile ledlala ngumkhakha lotimele ekwakheni imisebenti. Kungumjikeleto loiphikisako, ngekutsi ngesikhatsi kwelulama kuchubekela embili, lizinga leububanti bekucashwa nguhulumende litawe-hla.

Sipiliyoni semisebenti nemakhono latfolwe bazuzi beLuhlelo Lwemivusamisebenti Lwelihhovisi LaMengameli lutawentancono ematfuba abo ekutfolo imisebenti.

Lesipiliyoni lesitfoliwe siphindze futsi sibe yindlela leya emisebentini yekuba ngusomabhizinisi. Bahlanganyeli batawentancono emakhono nekukhona kwabokutcalela abo emabhizinisi, futsi bangasebentisa lemali lengenako lesimeme leniketwa temisebenti yahlumende bandlulele kuleminyemisebenti lebangenisela imali.

Bengiloku ngiphikelela ngicinisekisa kutsi inhlekelele ye-COVID-19 iphindze futsi ibe sikhatsi sematfuba ekwakha kabusha kancono.

Ngalesikhatsi sebuyaluyalu lobukhulu, sitawube asitenteli umusa uma singenta tetsembiso letingafezeki letiphakamisa ematsemba, kodvwa kube yinkinga uma angafezwa. Kungako-ke singenelelo ngasinye setemisebenti netekutiphilisa sesekelwa ngetimali ngalokuphelele, nelisu lekufezekisa lelicacile.

Loluhlelo lwemivusamisebenti alusimayelana nekutinikela lokungekho esikhatsini lesitako, kepha lumayelana nekwakhiwa kwemisebenti lapha futsi khona manje.

Loluhlelo lwemivusamisebenti lungumphumela weKubonisana lokukhulu nematiko avelonkhe, tifundza nemadolobhakati kutsi asungule ngemandla tinhlelo temisebenti letingacala kuphakelwa noma kukhulisa kungakapheli tinyanga letisitfupha.

Ematiko latawufezekiswa kanye nalabanye labatsintsekako bahlolwa ngemandla mayelana nemakhono abo ekufezekisa.

Kuto tonkhe letinhlelo letiwela ngaphansi kwaloluhlelo lwemivusamisebenti, ematfuba atawukhangiswa kabanti futsi kwehlwaya kutawuba ngulokufanele, kutawuba ngulokuvulekile ngalokungafihli lutfo.

Imigomo lesitibekele yona iyenteka, iyakaleka futsi iyazuzeka, futsi itfolo tifundvo kuloko lokuhlangabetwene nako phambilini kanye netindlelakwenta temave emhlabalatihamba embili.

Bantfu Bakitsi sebeme ngenummo futsi bayafuna kusebenta. Kufanele kusetjentiswe emakhono labanti, nemakhono etfu labutselwe ndzawonye nekukhona lokusetjentiswa ekwakheni kabusha live ngenumuva kweligciwane le-corona.

Loluhlelo lwemivusamisebenti Lwelihhovisi LaMengameli liniketa kuhhamuleka kwesikhashana kumindeni lemeleni nebusika lobudze futsi lobumatima lobube nekuncishiswa lokukhulu kwemali lengenako, nakubantfu labahleli iminyaka leminyenti bangasebenti.

Imisebenti sibili, lenesitfuntlilungelo lawonkhe wonkhe. Kusimonchani sekukhula kwemnotfo nekutinta kwetenhlalo.

Ngekwenza lelilungelo lelikhulu kutsi lisebente, loluhlelo lwemivusamisebenti Lwelihhovisi LaMengameli lwenta umnikelo loncumako ekwakheni ummango losebentako.

Gwema kuba ngumhlukunyetwa wetekushushumbiswa kwebantfu



Silusapho Nyanda

Njengoba tehlakalo letibikwako tekushushumbiswa kwebantfu tiyandza, kubalulekile kutsi utsatse tinyatse-lo tekucinisekisa kutsi uphephile.

Kute kutsi ugweme kuba ngumhlukunyetwa wetekushushumbiswa kwebantfu ufanele kutsi

ugweme kuhamba wedvwana, ebusuku, noma-ke kuhamba etitaladini letingenamuntfu.

Kubalulekile kutsi uyicapehe indzawo lokuyo ngaso sonkhe sikhatsi. Kuhlala kwakho ucaphela kutakusita kutsi ukhone kubona intfo lengahambi kahle. Uma ngabe ubona umuntfu noma imoto lekulandzelako, tfole indzawo lenebantfu labanyenti

bese ushayela emaphoyisa lucingo noma lomunye umuntfu masinyane.

Bashushumbisi bavamisa kusebentisa sitsembiso kutfumba bahlukunyetwa babo futsi beta kulabo labangabahlukunyetwa babatsembise kubanika umsebenti noma-ke lelinye-nje litfuba. Loluhlobo lolu lwekushushumbiswa lwenteka nome ngabe nguku-

phi – ngisho nasetinkhundleni tekuchumana, esikolweni, emoli nangaphandle kwelikhaya lakho.

Yenta siciniseko sekutsi uyacwaningisisa ngalabo labangaba bacashi ngembi kwekutsi uhambe uyohlangana nabo buso nebuso wente luhlolokhono. Loku ungakwenta ngekutsi uhlole kuKhomishini Yebunikati Bempahla kanye Netinkampani kutsi vele leyo nkampani ikhona mbamba yini.

Ufanele kutsi futsi utjele lomunye umuntfu lometsembako nawuya kulohlolokhono uphindze futsi uhlele naye kutsi abohle akutsintsa ngetikhatsi letitsite. Uma ngabe kukhona, hamba nemuntfu.

Caphela nawusebentisa tinkhundla tekuchumana, ikakhulu uma ngabe umuntfu longamati atsembisa kukunika lusito, kukunika imali, indzawo yekuhlala noma-ke umsebenti ekuphendvuleni kwakhe kuloko lokufakile.

Uma ngabe uyahamba uyohlangana nemuntfu

longamati, hlanganani endzaweni lenebantfu futsi utjele umuntfu lometsembako kutsi ukuphi.

Uma uhamba nebantfwana, bagadze futsi wente siciniseko sekutsi uyababona ngaso sonkhe sikhatsi.

Ungacali utfume umntfwana kutsi ayokwenta lokutsite ngaphandle kwekugadvwa ngumuntfu lomdzala lometsembako. Tetayete kutsi uhlale njalo uhlola bantfwana bakho, kute wati kutsi bakuphi.

*Lolulwati lukhishwe Litiko
Letebulungiswa Nekutfutukiswa
Kwemtsetfosisekelo.*

Kute utfole lwatiso lolubanti mayelana nekushushumbiswa kwebantfu shayela Lucingo Lwaletiphutfumako Lwamahhala Lwavelonkhe Lwetekushushumbiswa Kwebantfu kulenombolo: 0800 222 777. Mayelana nekubika kushushumbiswa kwebantfu shayela emaphoyisa kulenombolo: 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.