

# Vuk'uzenzele

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English / isiZulu

November 2020 Edition 1



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PROTECT SOUTH AFRICA  
TOGETHER WE CAN BEAT CORONAVIRUS



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## 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

**P**resident 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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# Sivuselela umnotho osebenzayo

**U**kwethulwa Komzamo kaMongameli Wokusungula Imisebenzi ngesonto eledlule kuwuphawu lomnyakazo oyisisekelo ekubhekani kwethu noku-swelakala kwemisebenzi.

Sithatha igxathu elifinyelela kude nelivelele lokutshala izimali zikahulumeni kubantu, ngokuthi uhulumeni abe ngumsunguli futhi abe ngumhlinzeki wemisebenzi. Umzamo kaMongameli Wokusungula Imisebenzi uyingqayizivele ngobubanzi bawo, ubandakanya utshalomali lukahulumeni oluyizigididi eziyi-R100 eminyakeni emithathu ezayo.

Sizovikela futhi sisungula imisebenzi exhaswe ngqo kanye nokungenelela ekwesekeni izindlela zokuziphilisa ngesikhathi imakethe yezabasebenzi isalulama kubhubhane lwegciwane le-corona. Konke lokhu sekume ngomumo ukuthi kuqale ukusebenza, futhi kwengeza ezibophezelweni ezikhona.

Ngesikhathi ezinye izindlela zokungenelela zakhela phezu kwamandla ezinhlelo ezivele zikhona, lo mzamo nawo ubandakanya izindlela ezintsha nezisungulwe kabusha.

Lokhu kubandakanya ukugxila kwesikhathi 'ngokuqashwa komphakathi'. Sisebenzela phezu kokuthi awukho umsebenzi ongenziwa ukubhekana nezinkinga zenhlalo eziningi emphakathini wethu. Inhloso ngokuseka amakhono okudala, okusungula kanye nawezikhungo akhona emphakathini ngobubanzi ukusebenzisana nabantu abenza umsebenzi ofanayo omuhle. Lo msebenzi ugamanxa ezinhlelo ezihlukahlukene, kubandakanya ukuvikeleka kokudla, ukuqeda udlame olubhekiswe kwabobulili obuthile, ukuthuthukiswa kwemijondolo nokunye.

Lokhu kuzohambisana nemizamo yomkhakha kahulumeni, okuzovumela ubukhulu nokuthinteka kwenhlalo kanjalo nokwakheka kobudlelwano obusha nababambiqhaza abehlukene emphakathini.

Umzamo wokusungula imisebenzi ubandakanya uhlelo olusha lukazwelonke lokuqasha abasizi bothisha nabezikole ezikoleni. Izikole kuyimanje ziyaqasha, zethula amathuba amasha kuyo yonke imiphakathi kulolonke izwe.

Ukuqashwa komphakathi akuwona nje umsebenzi ongenakhono. Kugxilwe kakhulu kulabo abaneziq, abanamathuba obuhlengikazi, abaneziq zesyayensi, abanamakhono omsebenzi wezandla kanye nabanye.

Umzamo wokusungula imisebenzi uzophinde uvikele imisebenzi emikhakheni entekenteke eshayeke kanzima ngubhubhane. Ukwesekwa kuzohlizwe abasebenzi Bokuthuthukisa Ukukhuliswa Kwabantwana, ikakhulukazi abesifazane abaziqashe bona. Abalimi abancane abangaphezu kwezi-74 000 nabo bazohlomula ezibonelelweni zomkhiqizo.

Njengesizwe, sidinga ubuciko nesiko ukuphakamisa umoya wethu futhi - umzamo wokusungula imisebenzi uhlinzeka ngoxhasomali olusha oluzosiza ukuthi umkhakha ubuyeke uzimele, kubandakanya ukweseka ukusungulwa kolwazi ngedijithali kanye nokwandisa izinkundla zokuthengiselana nge-inthanethi.

Lokhu kuzovumela amaciko ukuthi ashintshela kuzimo ezintsha zemakethe ezilethwe ngubhubhane kithina nokubamba amathuba amasha ukuze akhule.

Umsunguli obucayi wemisebenzi eminingi, owenziwe wabaluleka kakhulu ngenxa yobhubhane, ukuxhumana. Ukunqoba ukwahlukana kwezedijithali, lo mzamo uzohlinzeka ngesivini so-

kusebenza kwe-inthanethi, esingabizi kakhulu kumakhaya anemalingeniso enca ne ngokusebenzisa uxhaso olusha lwezokuxhumana nokufakwa kwe-WiFi yamahlala emphakathini.

Njengoba izwe lethu lilulama kubhubhane olubi lwegciwane le-corona, asingabazi neze ngomsebenzi omkhulu osasimele phambi kwethu.

Kumele sizuze ukuvuselelwa komnotho okusheshayo futhi okubandakanya wonke umuntu. Kumele senze ukuthi abantu bakithi abaningi baqalise ukusebenza futhi. Kumele futhi sizithole ukuthi simephi mayelana nokuhlinzekwa kwezinsiza eziyisisekelo nengqalazinda ebucayi, ukubhekana nezinsela zenhlalo kanye nokugugulwa kwamalokishi nemiphakathi yasemakhaya. Ukuqashwa komphakathi kungakwenza konke lokhu okungenhla: ukusungula imisebenzi yesikhathi esifushane ngesikhathi izimakethe zisalulama, kanye nokusungula ubugugu bomphakathi sikhathi sinye.

Isibonelo sihlale sishiwo ohlelweni olukhulu lomsebenzi womphakathi owenziwa iMelika emva kwesehlakalo esinzima sokuwa komnotho i-Great Depression ngeminyaka ye-1930. Lokhu kwakungewona nje umzamo, kodwa kwagqugquzela ukubamba iqhaza komphakathi nokuzibandakanya.

Ziningi izibonelo zezinhlalo ezintsha zemisebenzi yomphakathi emhlabeni othuthukayo, kubandakanya i-India, i-Ethiopia kanye nalapha eNingizimu Afrika. Lezi zinhlelo zitshala ngqo izimali eminothweni yasekhaya, zifinyelela ezindaweni ezihlwempu kuqala, zeseke amabhizinisi asekhaya amancane bese ziqhubeka njalo ukusuka lapho ngobubanzi bomnotho.

Ziphinde zigqugquzele ukubamba iqhaza komphakathi nokuzibandakanya, ngokuhlinzeka imiphakathi

ngezindlela zokushintsha izimpilo zayo ngokuthatha umsebenzi omusha. Ngokwenza njalo, zifaka isandla ekwenzeni izinguquko eziningeni lasekhaya kanye nasemphakathini ngobubanzi.

Ukutshala ngqo izimali emphakathini ukuze kwesekwe imisebenzi noku-sungula amathuba omnotho azokhiqiza ubugugu bomphakathi kwenza okungaphezu nje kokubhekana nesimo esinzima sokuswelakala kwemisebenzi.

Kuyaphenduleka, ngoba kusetshenziswa izinsiza zikahulumeni ukubhekana nezidingo zomphakathi, kungaba amathafa, ukuvikelwa kokudla, ezinye izikhungo zokuthuthukiswa kokukhula kwabantwana, noma ukwenza ngcono imigwaqo futhi ifinyelele kalula.

Kuyinqubekelaphambili, ngoba kuhlinzeka ngokuvikelwa komphakathi nemalingeniso evikelekile kulabo ababhekene nenhlupheko ngenxa yokungakwazi ukuthola umsebenzi.

Lokhu kungukubekela ikusasa, ngenxa yokuthi kusekela uhlelo lokuvuselelwa komnotho ngokuthola ngokuphuthuma okukhulu ukuthi abantu bethu basebenze ukwenza ngcono ingqalazinda yethu kuzwelonke nakomasipala.

Ngokungenelela emizameni, sisungula imisebenzi kulabo abayidingayo, ngesikhathi sishiya umphumela oyohlezi ukhona njalo emiphakathini yonke.

Njengezinye izinhlelo zomsebenzi womphakathi emhlabeni jikelele, lo mzamo wamathuba emisebenzi usekela futhi ugcwalisa iqhaza elibalulekile lomkhakha ozimele ekusunguleni imisebenzi. Kuyaphambana-ke, ukuthi uma ukuvuselelwa komnotho kukhuphuka, izinga lemisebenzi emphakathini lizokwehla.

Isipiliyoni somsebenzi namakhono azotholwa ngabazuze kuMzamo kaMongameli Wokusungula Imisebenzi kuzovuselela amathemba okuqashwa ngokusemthethweni.

Isipiliyoni esitholiwe futhi siyindlele eholela ekuziqaleleni ibhizinisi lakho. Ababambe iqhaza bazothuthukisa amakhono abo kanye nolwazi lwabo ukuze baqale awabo amabhizinisi, futhi bangasebenzisa imalingeniso ehlinzekwe ngemisebenzi yomphakathi ukuziqalela eminye imisebenzi engabenzela imali.

Ngqiqinisekisile ngokungaguquki ukuthi isimo esibi se-COVID-19 siyintuba

yethuba lokuphinde sakhe kangcono.

Kulesi sikhathi sesiphithiphithi, siyobe asizenzeli kahle uma senza izithembiso ezingeke zifezeke ezinyusa amathemba, bese siyaphoxeka uma zingafezeki. Yingakho omunye nomunye wemisebenzi nokungenelela kokusekela indlela yokuziphilisa kuxhaswe ngokugcwele, nohlelo olucace bha lokuqalisa ukusebenza.

Umzamo wokusungula imisebenzi awusikho nje ukuzibophezela okufiphele kwesikhathi esithile esikhathini esizayo, kodwa umayelana nokusungulwa kwemisebenzi lapha futhi njengamanje.

Umzamo wokusungula imisebenzi ungumphumela wokubonisana okujulile neminyango kazwelonke, yezi-fundazwe kanye nomasipala ukuze kwakhiwe ngokushe-sha izinhlelo zomsebenzi ezizoqala ukusebenza noma zisatshalaliswe ezinyangeni eziyisithupha.

Iminyango ezoqalisa imisebenzi kanye nabanye ababambiqhaza bahlolisiswa ukuthi bazokwazi yini ukuqalisa le misebenzi.

Kuzozonke izinhlelo ezingaphansi komzamo wokusungula imisebenzi, amathuba emisebenzi azokhangiswa futhi nokuqashwa kuzoba neqiniso, kuvuleleke futhi kube sobala.

Imigomo esizibekela yona eyangempela, iyisilinganiso esilungile futhi iyafezeka, futhi inezifundo kwesidlule kukhona kanye nemisebenzi emihle yomhlaba.

Abantu bakithi bame ngomumo futhi bazimisele ngokusebenza. La mandla amakhulu kumele aboshelwe, namakhono nolwazi lwethu oluhlangene sikusebenzise ukwakha kabusha izwe lethu emva kwegciwane le-corona.

Umzamo kaMongameli Wokusungula Imisebenzi wethula umthwalo emindeni ebibekezelele ubusika obude obunzima ngemalingeniso eyehliswe kakhulu, nalabo bantu asebephile iminyaka eminingi bengasebenzi.

Ngempela, umsebenzi ohloniphekile uyilungelo lawowonke umuntu. Kungumbandela wokukhula komnotho nokuzinza komphakathi.

Ngokwenza ukuthi leli lungelo eliyisisekelo lisebenze, Umzamo kaMongameli Wokusungula Imisebenzi usunqume ukufaka isandla ekwakheni umphakathi osebenzayo.



# Gwema ukuba yisisulu sokushushumbiswa kwabantu



## Silusapho Nyanda

**N**jengoba isibalo sezigameko ezibikiwe zokushushumbiswa kwabantu senyuka, kubaluleke kakhulu ukuthi uthathe izinyathelo zokuqinisekisa ukuphepha kwakho.

Ukuze ugweme ukuba yisisulu sokushushumbiswa kwabantu kumele ugweme ukuhamba wedwa, ebusuku, noma emigwaqeni

engenabantu.

Kubalulekile ukuthi wazi ukuthi kwenzakalani endaweni okuyo ngazo zonke izikhathi. Ukuhlala uqaphile kuzokusiza ukuthi ukwazi ukubona uma kukhona okungekho esimeni. Uma ubona umuntu noma imoto ekulandelayo, thola indawo ephithizelayo futhi zama ukuxhumana namaphoyisa noma nomuntu omethembayo ngokuphuthuma.

Laba abashushumbisa

abantu bayaye bathembise umsebenzi ukuze bezokwazi ukuthumba izisulu futhi bayaye bazisondeze kwizisulu ngokuzithembisa ukuzinika umsebenzi noma yiliphi elinye nje ithuba. Loluhlobo lokushushumbiswa kwabantu lungenzeka noma yikuphi – ngisho nasezinkundleni zokuxhumana, esikoleni, enxanatheleni yezitolo kanye nangaphandle kwekhaya lakho.

Qinisekisa ukuthi we-

nza ucwaningo olunzulu ngabaqashi ngaphambi kokuba uyohlangana nabo kwinhlohlolwazi. Lokhu kungenzeka ngokuthi uqinisekise ukuthi leyo nkampani ikhona ngepela yini ngokuxhumana neKhomishana yokuBhalisa iziNkampani neMpahla Yokuzakhela i-Companies and Intellectual Property Commission.

Kumele futhi utshele umuntu omethembayo uma uya kwinhlohlolwazi futhi ubahlelele ukuthi bakushayeke ucingo emva kwesikhathi esithile. Uma kungenzeka, thola umuntu ozohamba naye.

Qaphela uma usebenzisa izinkundla zokuxhumana, ikakhulukazi uma umuntu ongamazi efuna ukukunika usizo, ukukunika imali, indawo yokuhlala noma ithuba lomsebenzi ephe-ndula kulokho wena ozobe ukubhalile enkundleni yokuxhumana.

Uma uyohlangana nomuntu ongamazi, kwenze lokho ezindaweni zompha-

kathi futhi tshela umuntu omethembayo lapho ukhona.

Uma usashaywa wumoya nezingane, zigcine eduze kwakho futhi qinisekisa ukuthi uyazibona ngazo zonke izikhathi.

Ungalinge uthume ingane yodwa kungekho muntu omdala othembakele ozoyiqapha. Zijwayeze umkhuba wokuhlala ubheka izingane zakho njalo, ukuze uzokwazi ukuthi zikuphi.

*Lolu lwazi luhlinzekwe nguMnyango Wezobulungiswa Nokuthuthukiswa KoMthethosisekelo*

**Ngemininingwane ethe xaxa ngokushushumbiswa kwabantu shayela le Nombolo Yezimo Eziphuthumayo yamahhala yokuShushumbiswa Kwabantu Kuzwelonke ethi: 0800 222 777. Ukubika ngokushushumbiswa kwabantu shayela le nombolo yamaphoyisa ethi: 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

**T**he 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](mailto:info@community-keepers.org).**