

Vuk'uzenzele



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GROW SOUTH AFRICA

SONA special edition



SA rolls up sleeves for COVID-19 vaccination



President Cyril Ramaphosa was one of the first South Africans to receive the Johnson & Johnson (J&J) COVID-19 vaccine.

Allison Cooper

President Cyril Ramaphosa and Health Minister Dr Zweli Mkhize recently led the nation by example when they launched South Africa's mass Coronavirus Disease (COVID-19) vaccination programme. They joined the first healthcare workers in the country to be vaccinated.

The President demonstrated his confidence in the Johnson & Johnson (J&J) COVID-19 vaccine and helped to allay people's fears when he was vaccinated against the virus at the Khayelitsha District Hospital in the Western Cape.

The first batch of J&J vaccines arrived in the country on 16 February.

"It gives me great pleasure to announce that the first batch of 80 000 doses of the J&J vaccine is being prepared for distribution across South Africa with immediate effect," the President says.

"As this batch has already been approved by the South African Health Products Regulatory Authority, these vaccines will be rapidly dispatched to all provinces," he added.

Most vaccination centres were ready to begin the vaccination programme from 17 February.

The President says he is pleased

that the vaccination programme commenced in mid-February, as was previously announced by government.

This feat was realised even though South Africa's roll-out of the AstraZeneca vaccine that arrived on 1 February, had to be suspended as they are not effective against the 501Y.V2 virus variant that is dominant in the country.

Minister Mkhize says the AstraZeneca vaccines will be distributed to countries that do not have the 501Y.V2 virus variant. "There will, therefore, be no wasteful expenditure," he confirmed.

"I would like to congratulate the Vaccine Inter-Ministerial Committee, the Ministerial Advisory Committee on Vaccines, Minister Mkhize and his team, and the Medical Research Council for responding so rapidly and effectively to this challenge," the President says.

Nurse Zoliswa Gidi-Dyosi will go down in history as South Africa's first healthcare worker to receive the vaccine. To date, over 380 000 healthcare workers have registered to be vaccinated.

J&J vaccine is safe

The President confirmed that the J&J vaccine was shown to be safe

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Dikgato tša go tsošološa ekonomi



Go se go ye kae re tla be re swara ngwaga mola tshwaetšego ya mathomo ya *coronavirus* e begwago ka mo nageng ya rena. Leuba le le tlile ka ditshenyegelo tše kgolo tša kalafo mo setšhabeng le maphelong a dimilione tša batho ba rena.

Bašomi ba bantši ba lahlegetšwe ke letseno ka ge diiri tša bona tša go šoma di ile tša swanelwa ke go fokotšwa mola ba bangwe ba bantši ba ile ba swanelwa ke go fokotšwa mešomong.

Dikgwebo tše dingwe di lahlegetšwe kudu ka ge di ile tša swanelwa ke go fokotšwa tšweletšo goba mošomo. Tše dingwe di ile tša swanelwa ke go tswalela. Bašomi ba lekala leo e sego la semmušo le bona ba ile ba amega kudu.

Se bohloko le go feta, leuba le le fetile ka maphelo a bontši bja bahlokamedi ba malapa, moo malapa a šalago a hloka, a tšhogetše bokamoso.

Ke ka fao magato a a tseneletšego a kimollo a bilego bohlokwa le gona a ilego a swanelwa ke go tšewa ka potlako. Bjale ka ge go fetile

nako ye e nyakilego go lekana ngwaga, re ka re magato a a laeditše go ba a katlego.

Gare ga magato ao re a tsebešitšego a kimollo, mohlomongwe a mabedi ao a bilego le seabe se segologo ke thušo ya go ikgetha ya COVID-19 le Sekema sa UIF sa Kimollo ya Nakwana ya Mošomi/Mongmošomo nakong ya COVID-19, seo re tlwaetšego go se bitša COVID TERS.

Nkabe e se ka mananeokgorarara a go naba a tšhoretšo ya leago ao re šetšego re na le ona, re be re ka se kgone go thakgola magato a ka nako ye kopana ka tsela ye.

Re ile ra kgona go arabela tlhokego ye ye kgolo ya bjako mo setšhabeng sa rena; malebo go mananeokgorarara a rena a go naba naga ka bophara le ditshepetšo tša Etšensi ya Afrika Borwa ya Tšhoretšo ya Leago (SASSA) le Sekhwama sa Inšorentshe ya Bao ba Lahlegetšwego ke Mešomo (UIF).

Ka kgonthe mathatana a setegeniki le mapheko a mangwe a bile gona ditshepetšong tše, eupša bontši bja ona a ile a

rarollwa ka bjako. Dietšensi tše tša mmušo di dirile mošomo wa makgethe wa go ngwadiša baholegi ba bafsa ba dimilione le go netefatša gore ba a lefša.

Thekgo go tšwa go UIF e thušitše bašomi le dikgwebo tše di bego di goga boima. E tlišitše phapano gare ga gore dikhamphane di tšwele pele go šoma le gore dikhamphane di gapeletšego go tswalela; gare ga mešomo yeo e bolokilwego le mešomo yeo e lobilwego.

Se se hotše dikgwebo tša go swana le Sihle's Brew, lebenekele la go jela ka Gauteng, leo bašomi ba lona ba 18 ba ilego ba tšwela pele go ba le mešomo ka lebaka la sekema sa TERS. Malebo go thekgo go tšwa go mmušo, Mamoshalagae Trading and Projects, kgwebo ya mohlagase wa dikoloi ka Mokopane, e ile ya kgona go lefa bašomi ba yona gammogo le rente le ditirelo tša mmasepala ka nako ya kiletšo ya mosepelo.

Bašomi bao ba bego ba le maemong a boima ba ile ba kgona go amogela karolo ya megolo ya bona.

Lindiwe Ntuli, mothuši wa ramolao ka Centurion, o boletše ka moo dikholego tše di mo kgontšhitšego go šoma a le ka gae le go lefa rente.

Go na le dikanegelo tše ntši mabapi le dikhamphane tše dikgonnegogophologangwaga wo o fetilego ka thekgo go tšwa go UIF. Go no ba bjalo le ka dikgwebopotlana tše di hweditšego thekgo le dikadimo tša ditšhelete go tšwa dikgorong tša go fapafapana.

Magato a a thušitše batho ba rena kudu nakong yeo ba

bego ba hloka thušo.

Ge re etšwa kimollong gomme re kokotlela, re swanetše go fetola ditsela tša go dira dilo.

Le ge magato a a kimollo a beakantšwe go ba a nakwana, ekonomi e tla itemogela seabe sa leuba nako ye telele.

Le ge dikiletšo tša mosepelo di fokoditšwe, go sa le boima go dikhamphani tše ntši go tšwa ditšhaleleong tše di hlotšwego ke go se šome dikgwedikgwedi le tahlegelo ya letseno.

Ke lebaka leo, morago ga ditherišano tša go tsenelela le bašomimogo ba rena ba tša leago Lekgotleng la Bosetšhaba la Mešomo le Tlhabollo ya Ekonomi (NED-LAC), dikholego tša COVID TERS di katošeditšwego go 15 Hlakola 2021, bakeng sa makala ao a sa kago a kgona go šoma ka botlalo.

Thušo ya go ikgetha ya COVID e katošitšwe ka dikgwedi tše dingwe tše tharo. Maemo a e tla dula e le a nako ye kopana.

Šedi ya rena bjale e swanetše go lebišwa tlholong ya tikologo ya go kgontšha dikgwebo go kokotlela, le go kgolo ya ekonomi ya go hlola mešomo le go goketša dipeeletšo.

Go kokotlela go tla ba boima le gona go tla tšea nako, kudukudu ka gore re sa lebane le leuba.

Le ge maemo a a kimollo a tloga a le bohlokwa, re ka se kgone go tšwela pele ka ona go ya go ile.

Re hloka go netefatša gore maemo a a kimollo a fana ka motheo wo maatla go kgontšha go kokotlela go go nabilego, ntle le go tsenya

naga dikolotong tša tlaleletšo.

Ntle le gore re fokotše sekoloto sa rena sa bosetšhaba, gore se be maemong ao re kago se kgona, ekonomi ya rena e ka se kokotlele ka tsela ya go bonala.

Šedi ya setšhaba sa rena bjale e swanetše go feta kगतong ya kimollo, e lebišwe kगतong ya kokotlelo, gomme ka moka re swanetše go ba karolo ya maitapišo a.

Bjale ka mmušo re tla swanelwa ke go tšea diphetho tše boima ngwageng wo mabapi le tšhomišo ya tšhelete ya setšhaba, le go tsenya tirišong diphetho tše.

Dikhamphani di tla swanelwa ke go ba mahlahla taolong ya ditsela le ditshepetšo tša go netefatša gore di kgona go ikemela gape le gore di ba le letseno, moo tšhoretšo ya mešomo e lego nepo ya tšona ya pele.

Re swanetše go bušetša ditšhelete tša rena ekonoming ya rena ka go reka ditšweletšwa tša ka mo nageng, go thekga dikgwebo le diintaseteri tša tikologo le go reka dithoto le ditirelo go tšwa go baabaditirelo ba tikologo.

Molwetši yo a gobetšego yo a nago le dikgonagalo tše maatla tša go kokotlela o fiwa phekolo ya mmele ka mehla go mo thuša go maatlafala, go fihlela a kgona go ikemiša ka noši ntle le thušo.

Go no ba bjalo le ka magato a a kimollo ya nakwana; a swanetše go tšewa bjalo ka tsela ya go thuša ekonomi ya rena gore e boele e ikemele.

Nepo ya rena ke gore mafelelong re kgone go itshepetša gape.

Bjalo ka setšhaba, a re šomeng mmogo. A re beng karolo ya tlhabollo le tšwelopele ya rena.

A re šomišeng kimollo ye e katošitšwe gore re kokotlele ka maatla. **U**

Re tšwetša pele le go Šireletše **DITOKELO** tša Basadi, Bana le Batho bao ba sa kgonego go itšhireletša

LEANO LA DINTLHA TŠE TSHELA TŠA TONA

“A RE HLOMELENG GO LWANTŠHA DIKGARURU TŠEO DI APARETŠEGO BATHO BA BONG BJO BO RILEGO”

NTLHA YA MATHOMO

Batšwasehlabele ka moka ba swanetše go swarwa ka tlhompho, ka seriti le go botšišwa dipotšišo ke bahlankedi ba maphodisa bao ba hlahlilwego ka mokgwa wo o hlokometšego maikutlo a batšwasehlabele.

NTLHA YA BOBEDI

Batšwasehlabele ba swanetše go thušwa ka Phapošing ye e Thušago Motšwasehlabele go Theola Maikutlo (VFR) goba ka phapošing ye nngwe fao setatamete se tlogo tšewa ka sephiring Setešeng sa Maphodisa goba mafelong a mangwe ao a fanago ka ditirelo tša thekgo ya batšwasehlabele.

NTLHA YA BORARO

Batšwasehlabele ba tla romelwa/ba išwa kalafong go yo hlalobja ke bašomi ba sephrofešenale ba thušo ya maphelo go hwetša bohlatse bja kalafo le go tlatša pego ya tša kalafo.

NTLHA YA BONE

Dinyakišišo di swanetše go dirwa ke Lekala la Dinyakišišo tša Dikgaruru tša ka Malapeng, la Tšhireletšo ya Bana le Melato ya Thobalano (FCS) goba letseka leo le nago le tlhahlo ya maleba.

NTLHA YA BOHLANO

Batšwasehlabele ba melato ya thobalano, polao ya basadi le polao ya masea le ba malapa a bona ba swanetše go romelwa go ditirelo tša thekgo ya batšwasehlabele tšeo di hwetšagalago ka lefelong leo ba dulago go lona leo le fanago ka thušo ya tša semolao, tša kalafo, tša leago le tša menagano.

NTLHA YA BOTSHELA

Batšwasehlabele ba swanetše go bewa mo dinakong ka ga seo se diragalago melatong ya bona ntle le gore e be bona ba tšeago magato go tla go botša gore go diregago.



**BEGA DIKGARURU TŠA BONG LE BATŠWASEHLABELO BA TŠONA
KA NTLE LE GO TSEBIŠA LEINA GO**

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Go lebana le go lahlegelwa ke yo o mo ratago



Batho ba bantši ba lahlegetšwe ke bao ba ba ratago ka lebaka la leuba la *coronavirus* gomme mabakeng a mantši ba ka kwa eke mahu a ga se nnete.

“Ga o noši,” go re bjalo setsebi sa menagano sa setšhaba Zanele Ludziya go tšwa Bookelong bja Stikland ka Kapa Bodikela.

Go lahlegelwa ke yo o mo ratago ga go bonolo le gona go ka tsoša maikutlo a go fapafapana.

“Go na le dika tše ntši tšeo

o kago di hlatha go laetša gore yo o mo ratago o nyamile, eupša ge motho a sa laetše dika ga gore gore ga se a nyama.

“Batho ba ka bontšha dika tša go laetša pefelo, go tenega ka pela, manyami goba tlhokomologo. Tsela ya bona ya go nagana le yona e ka amega, ka ge ba nagana kudu le go gopola mohu. Gape ba ka ba le bothata bja go palelwa ke go hlokomedišiša goba ba bonala eke ba gakanegile,” go re bjalo Ludziya.

O eletša batho go hlokomela diphetogo tša maitshwaro, bjalo ka go rothiša megokgo le go thoma go nwa bjälwa kudu le go šomiša ditagi tše dingwe kudu. “Ba ka thoma go kgoga go feta ka mo ba tlwaetšego go kgoga ka gona, ba ka thoma go katoga batho goba ba itlhaola goba ba leka go efoga batho le mafelo a mangwe. Ba ka rata go ba lefelong la go hloka lešata goba la lešata la godimodimo. Gape ba ka befelwa ka pela goba go

bolela ka bogale,” a re bjalo.

Ge o thekga yo o mo ratago, Ludziya o re go a thuša gore o kwešiše tshepetšo ya manyami le gore yo mongwe le yo mongwe o na le tsela ya gagwe ya go lebana le manyami. O hlaloša gore manyami ga se seemo, eupša ke tshepetšo, le gore gantši go na le megato yeo batho ba e fetago ka nako ya manyami.

Megato ye e tlwaelegilego ya manyami

Megato ye e tlwaelegilego ya manyami ke go šitwa ke go dumela goba go itlhaola (go hwa bogatšo goba go tšhoga); pefelo (go befelela ba bangwe le ge go sena phošo yeo ba e dirilego); go ipona molato (go ikwa o le molato ka lebaka la dilo tšeo o sego wa di dira goba go di bolela); kgatelelo ya monagano (manyami a go tlišwa ke go lemoga gore bophelo bo tla swanelwa ke go tšwela pele ntle le motho yo ba mo ratago); le go amogela (go hwetša tsela ya go phela bophelo bjo bo phethagetšego ntle

le motho yoo).

“Ye nngwe ya ditsela tša go fenywa manyami goba go thekga yo a nyamilego ke go kwešiša mogato wa manyami wo o itemogelago wona goba yo o mo thekgago a itemogelago wona.

Se se ka tiišetša motho yo a nyamilego gore maitemogelo a gagwe a tlwaelegile.

Itshware goba o sware motho yo o mo thekgago ka pelotlhomogi, pelotelele le kwešišo, o gopole gore seo o itemogelago sona mafelelong se tla feta,” go re bjalo Ludziya. **U**

O ka thuša motho yo a lahlegetšwego ke yo a mo ratago ka go mmošiša gore o hloka thekgo ya mohuta mang. Gape go na le dihlongwa tšeo e sego tša mmušo, bjalo ka South African Depression and Anxiety Group, tšeo di fanago ka thekgo. Etela websaete ya bona www.sadag.org goba o ba leletše mogala go 0800 567 567.

Get free help for a gambling disorder



Kgaogelo Letsebe

There is no denying there is a certain glamour to gambling. Yet, for someone suffering from a gambling addiction, life is far from glamorous.

This is according to Lesego Kwanini (34), a marketing consultant from Alexandra, who started gambling in 2010 to escape the stress of her relationship and financial situation.

“It started innocently, taking a chance on the slot machines.

It wasn't long before I was hooked. In one day, I won R50 000. It's hard to say no to that kind of rush. But in the end, my habit cost far more than I ever won,” says Kwanini.

Between 2010 and 2015, Kwanini lost her job, family and friends. “I was lying to the people closest to me, but I didn't care... I had my slot machines – they were my friends.”

It was only a matter of time before those ‘friends’ turned into enemies. Running out of money to support her gambling habit, Kwanini found herself in debt and turned to loan sharks, who she could not pay back. “I was on the verge of suicide,” she admits.

While at a casino, Kwanini saw a pamphlet about the South African Responsible Gambling Foundation's (SARGF) treatment programme for problem gamblers. She attended the foundation's free outpatient counselling sessions for three months. “It was hard. There were many times I felt like gambling, but I stayed strong,” she says.

“I feel blessed now. I'm in a happy place.”

According to Sibongile Simelane-Quntana, the Executive Director of the SARGF, a problem gambler is someone who continues to gamble despite the negative consequences or impact it has on their life. They also do not want to stop.

There are many signs a disordered gambler may exhibit, including being withdrawn, tired and asking for money or loans, she says.

“There are no winners in gambling, only some who lose less,” says psychiatrist Dr Mike West, who practises at Akeso Milnerton.

Betting on games of chance or horses is harmless fun for most people but, when people lose control over their gambling habit, it can be as addictive and destructive as using drugs, says Dr West.

He advises regular gamblers to ask themselves the following questions:

- Do you hide the extent of your gambling?
- Do you gamble to escape

from problems?

- Are you making larger bets?
- When you are not gambling, do you feel irritable or depressed?
- Do you crave gambling or spend a lot of time thinking about gambling?
- Have you had difficulties in the workplace because of gambling?
- Is your gambling negatively affecting your relationships?

If you answer yes to these questions, Dr West advises an in-depth assessment for a gambling disorder. **U**

If you think you need help, contact SARGF's toll-free, 24-hour helpline at 0800 006 008, send a WhatsApp to 076 675 0710 or visit www.responsiblegambling.org.za. All services, including support, information, assessment and referral for face-to-face counselling, are free.