

# Vuk'uzenzele



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**GROW SOUTH AFRICA**

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## 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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# Tinyatselo tekuvuselela umnotfo



**S**ekutawuhlangana umnyaka solo kwavakala indzaba yekucala ngeligciwane lekhorona eveni letfu. Lolubhubhane lute nomonakalo lomkhulu kutemphilo temphakatsi nakutindlela tekutiphilisa tetinkhulungwane tebantfu bakitsi.

Basebenti labanyenti balahlekelwa yincenye yemiholo njengoba emahora abo ekusebenta ancishiswa, kwatsi labanyenti badzilitwa. Emabhizinisi lamanyenti alahlekelwa kamatima ngenca yekumiswa kwalemnye imisebenti yawo. Lamanye kwadzingeka kutsi avale. Bantfu labasebenta kumkhakha longashayelwa umtsetfo nabo batsintseka.

Lokulukhuni kunako konkhe, lolubhubhane lutsetse timphilo talabo lababondli emindenini leminyenti, basala sebaswela kakhulu, baba nekwesaba ngelikusasa.

Kungako-nje letinyatselo tekusita letiluliwe lesititsatsile betisidzingo futsi tiphutfuma. Manje, lokutsi cishe sekundlule umnyaka, singasho sitsi letinyatselo kuyabonakala kutsi tisebentile.

Kulenhlanganisela yeti-

ndlela telusito lesitetfulile, mhlawumbe tinyatselo letimbili letibe nesisindvo lesikhulu bekuyimali lekhetsekile yesibonelelo se-COVID-19 kanye neSikimu se-UIF se-COVID-19 sesikhashana sekubonelela umcashu nemsebenti, ngalokutayelekile lesatiwa ngekutsi yi-COVID TERS.

Besingeke sikwati kuniketela ngalolusito kulesikhashana lesincane kubebekungekho kuphepha kwe-sakhiwoncanti emphakatsini.

Sikwatile kuphendvula ngaphandle kwekucitsa sikhatsi kulesidzingo lesikhulu emmangweni, sibonga kuba khona kwesakhiwonchanti lesibalulekile esiveni kanye netinhlelo te-Ejensi yekuCinisekiswa kweteNhlalakahle eNingizimu Afrika (i-SASSA) kanye neSikhwama Semshwalense Welabangasebenti (i-UIF).

Kusobala kutsi bekuningcinamba ekusebenteni kanye nekutsikameteka endleleni, kodvwa-ke letinyenti takhona talungiswa masinyane. Lama-ejensi ahulumende ente umsebenti loncomekako wekubhalisa tinkhulungwane talabamele kuzuza taphi-

ndza tacinisekisa kutsi babhadelwe.

Kusekela lokwentiwe yi-UIF kusite emabhizinisini labebukene nebumatima nebasebenti. Kwente umehluko phakatsi kwetinkapani letisele tivuliwe kanye naletiphocelwe kutsi tivalwe, naphakatsi kwemisebenti lehlengekile nalelahlekile.

Loku kuhlomulise emabhizinisi lafana ne-Sihle's Brew, indzawo yekudlela eGauteng, lekhonile kugcina basebenti bayo labangu-18 ngenca yeluhlelo le-TERS. Sibonga lusekelo lwahulumende, i-Mamoshalagae Trading and Projects, libhizinisi letintfo tegezi leliseMokopane, likhonile kukhokhela basebenti bayo kanye nerenti netinhlawulo tamasipala ngesikhatsi sekuvalwa kwelive.

Basebenti labebasebumatimeni bakhonile kutfo libintana emiholweni yabo.

Lindiwe Ntuli longummeli wemtsetfo wase-Centurion ebecoca ngekutsi kutfo kwakhe kusitakala kumente wakhona kusebentela ekhaya wakhona nekukhokhela irenti.

Tinyenti tindzaba ngetinkapani letikhonile kubambelela kulomnyaka londlulile ngenca yelusito lolutfolakele ku-UIF. Lokufanako kungashiwo nangemabhizinisi lamancane lasitwe tibonelelo letehlukene nekubolekwa timali lokwentiwa matiko lahlukene.

Letinhlelo tibasite kakhulu bantfu bakitsi ngalesikhatsi bebadzinga sito.

Njengoba sisuka ekusitweni sintjintjela ekusimameni, kufanele sintjintjeka kwenta.

Njengoba letinhlelo telusito betentelwe simo sesikhashana, umnotfo usatochubeka kuva umtselela ngenca yalolubhubhane sikhatsi lesidze.

Nanoma mikhawulo yekuvalwa kwelive icegiswe, tinkapani letinyenti tisashikashika nekubukana nalokulahlekelwa tinyanga tekungasebenti nalokulahlekelwa ngumalingena.

Kungalesizatfu kutsi, kulandzela kucocisana kabanti nabalingani lesisebentisana nabo ku-NED-LAC, kuzuza kwe-COVID TERS kwelulelwe kuye ku-15 Indlovulenkulu 2021 kumikhakha lengakakhoni kusebenta ngalokugcwele.

Sibonelelo se-COVID-19 lesikhetsekile selulwe ngalinye tinyanga letintsatfu.

Letinyatselo leti tisala titesikhashane.

Kunakisisa kwetfu nyalo kumele kube sekwakheni simondzawo lesivumako kutsi emabhizinisi avuseleleke, kanye nekukhula kwemnotfo lokudvundvubalisa kwakhiwa kwemisebenti nalokuheha lutjalomali.

Lokuvuseleleka kutawuba lukhuni futsi kutawutsatsa sikhatsi, loku kubangwa kutsi sisasemkhatini walolubhubhane.

Njengekubaluleka kwalinyatselo tekulekelela nyalo, singeke sikwati kutigcina ngalokuchubekako.

Sidzinga kucinisekisa kutsi letinyatselo telusito tiniketa sisekelo lesicinile

sekuvuseleleka kabanti ngaphandle kwekuchubekisela live ekujuleni kwesikweleti. Ngaphandle kwekutsi sehlisele phansi emazingeni lalawulekako sikweleti setfu savelonkhe angeke sibe nekuvuseleleka kwemnotfo ngemphumelelo.

Lwati lwetfu silive nyalo kumele lusuke kulombuso wekusitwa lwendlulele kulona wekuvuseleleka, futsi kumele sonkhe sibe yincenye yalomzamo.

Njengahulumende, tincumo leticinile kunchitfomali yesive kumele tentiwe futsi ticaliswe kusentjetiswa kulomnyaka lona.

Tinkapani kutawudzingeka kutsi tibe netindlela letinsha tekuphatsa netinchobo leticinisa kusimama nenzuzo, kanye nekugcina umsebenti kube ngulokuphambili letikunakako.

Kumele sibuyisele imali yetfu emuva emnotfweni wetfu ngekutsenga imikhicito yasekhaya, sisekele emabhizinisi asekhaya netimboni nekutsenga kubakhiciti basekhaya.

Sigulane lesilimele lesinematfuba lamakhulu ekululama nasiniketwa kwelashwa ngekunyakatisa mtimba kute sibe nemandla site sikhone kutimela singakasiwa.

Kumele tibukwe njaloke letinyatselo tekusita njengetindlela tekubuyisa umnotfo wetfu esimeni sawo. Umgomo wetfu lesiwufunako kutsi sikwati kuchubeka futsi.

Njengesive, asesonkhe sifakeni sandla. Asekutsi sonkhe sibe yincenye yentfutuko nenchubekelembili yetfu.

Asesisebentiseni lolusito lolweluliwe kuchubekisa kuvuseleleka lokunemandla. **V**

Khutsata Uphindze futsi Uvikele **EMALUNGELO** AboMake,  
Bantwana Nemacembu Lahlaseleka Kalula

## LUHLELO LWETINDVUNA LWEMAPHUZU LASITFUPHA

**“AYIHLOME IHLASELE BUDLOVA LOBUCONDZISWE  
KUBANTFU BEBULILI LOBUTSITE”**

### LIPHUZU 1

Bonkhe bahlukunyetwa bafanele kutsi baphatfwe ngenhlonipho, ngalokunesitfunti futsi babutwe imibuto ngemaphoyisa laceceshiwe kutekubukana nemhlukunyetwa ngalokunelovelomiva.

### LIPHUZU 2

Bahlukunyetwa bafanele kutsi basitelwe eGumbini Leleta Umhlukunyetwa Akhululeke i-Victim Friendly Room (i-VFR) noma kulelinye ligumbi lapho kungabhalelwa khona sitatimende ngasese eSiteshini seMaphoyisa noma kuletinye tindzawo letinetinsita tehlukunyetwa.

### LIPHUZU 3

Bahlukunyetwa batawendluliselwa/batawuyiswa kutekuhlolelwa kwelashwa yingcweti yetekunakekela ngetemphilo kute kutfolakale bufakazi betekwelashwa aphindze abhale nembiko wetekwelashwa.

### LIPHUZU 4

Luphenyo lufanele kutsi lwentiwe Luphiko Lwetekuphenya Emacala Ebudlova Bemndeni, Kuvikelwa Kwebantwana Nemacala Etemacansi (i-FCS) noma umseshi loceceshwe ngalokufanele.

### LIPHUZU 5

Imindeni nebahlukunyetwa bemacala etemacansi, kubulawa kwabomake, kubulawa kwebantwana bafanele kutsi bandluliselwe kutinsita letisita bahlukunyetwa letikhona kuleyo ndzawo kute kutsi batfole lusito lwetemtsetfo, lwekwelashwa, lwetenhlalakahle nelwesimo sengcondvo.

### LIPHUZU 6

Bahlukunyetwa bafanele kutsi basheshe banikwe umbiko bangakawulandzeleli mayelana nenchubekelebili yemacala abo.



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REPUBLIC OF SOUTH AFRICA



## Kubukana nesimo sekulahlekelwa ngulomutsandzako



**B**antfu labanyenti balahlekelwe ngulabo lababatsandzako ngenca yekubhedvuka kwelubhubhane weligciwane lekhorona kantsi nalokufa kuke kungakholelweki esikhatsini lesinyenti.

“Awusiwedvwa,” kusho Zanele Ludziya losati setengcondvo semphakatsi esibhedlela i-Stikland eNshonalanga Kapa.

Kulahlekelwa ngulomtsandzako akusilula futsi ku-

ngavusa imiva leyehlukehlukeni.

“Kunetimphawu letinyenti longatibuka nangabe lomtsandzako aselusizini, kodvwa-ke kungabonakali kwetimphawu akusho kutsi lowo muntfu akekho elusizini.

“Bantfu bangakhombisa timphawu tentfukutselo, sicanucanu, kudvumala noma simo sekungakhatsaleli lutfo. Kusebenta kwengcondvo yabo nako kungatsintseka, njengobe

baphishaneke ngemicabango nenkhumbulo yaloloshonile. Kungenteka babe nenkinga yekutintisa ingcondvo noma babukeke badidekile,” kusho Ludziya.

Weluleka bantfu kutsi bacaphele kuntjintja kwendlela yekutiphatsa, njengekutive engatsi ungakhala nome kunatsa tjwala ngalokwecile nekusebentisa tidzakamiva. Utsi, “Bangabhema ngalokwendlulele, bangatehlukana noma bagweme kuba nebantfu nekuya eti-

ndzaweni. Bangafuna kuba sendzaweni lethulile noma lenemsindvo losetulu. Bangaba nebudlova noma inhlitayo lencane.”

Nawesekela lomtsandzako, Ludziya utsi kuyasita kutsi usicondzisise lesikhatsi selusizi nekutsi nguloyo naloyo simphatsa ngendlela leyehlukele. Uyachaza kutsi lusizi akusiso simo, kodvwa yincubo, futsi bantfu bandlula etigabeni tekuba selusizini.

### Tigaba telusizi letetayelekile

Tigaba telusizi letetayelekile kungemukeli noma kutehlukana (kuba ndzinkinzi noma kwetfuka); intfukutselo (kutfukutsela labanye bangakoni lutfo); kutibuta utiphendvule (kutiva unelicala ngetintfo longakatenti noma longakatikhulumini); kwehla kwemoya (buhlungu lobuta nekwati kutsi imphilo seyitawuchubeka ngaphandle kwalomtsandzako); kanye nekwemukela (kutfola indlela yekuphila ngaphandle

kwaloyo muntfu).

“Lenye indlela yekubukana nelusizi noma kukhombisa kwesekela, kucondzisa sigaba selusizi lokuso noma loyo lomtsandzako lakuso. Loko kungacanisekisa loselusizini kutsi abone kutsi loku lakuvako kutayelekile. Tiphatsa noma uphatsa loyo loselusizini ngemusa, kubeketela kanye nekucondza, utikhumbute kutsi lesimo lobukene naso sitawundlula,” kusho Ludziya. **U**

**Ungamusita loshiywe ngulomtsandzako ngekumbuta kutsi udinga nhloboni yelusito. Kukhona netinhlango letingekho ngaphasi kwahulumende, njenge-South African Depression and Anxiety Group, letisekelanako. Vakashela iwebhusayithi yabo ku-[www.sadag.org](http://www.sadag.org) noma ushayele lenombolo yelusito yamahhala ku-0800 567 567.**

## Get free help for a gambling disorder



### Kgaogelo Letsebe

**T**here 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](http://www.responsiblegambling.org.za). All services, including support, information, assessment and referral for face-to-face counselling, are free.