

# Vuk'uzenzele

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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**

**P**resident 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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Website: [www.gcis.gov.za](http://www.gcis.gov.za)  
[www.vukuzenzele.gov.za](http://www.vukuzenzele.gov.za)

Email: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)  
Tel: (+27) 12 473 0353

### Tshedimosetso House:

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

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## Amagadango Wokuvuselela Umnotho



**S**ekuzokuphela unyaka solo kwabikwa ukwehla kwengogwana i-Corona eSewula Afrika. Isifesi sifike satjhugulula okunengi kezamaphilo nepilweni yangamalanga yeengidigidi zabantu.

Abasebenzi abanengi balahlekelwe yingcenyeyemihlo yabo njengobana amari wabo wokusebenza ehli-swa ngapha abanye badilizwa emisebenzini. Amarhwebo amanengi ahlangebene nokulahlekelwa okukhulu kwengenisomali ngebanga lokuvalwa kwamarhwebo isikhathi eside nokuvula ama-iri ehlisiweko. Amanye amarhwebo kwafanela bona avalwe. Abantu abathengisa endleleni nabazisebenzako nabo babetheke kumbi ngobujamobu.

Okubudisi ukudlula koke kukuthi, ingogwana leithethe amaphilo wabantu ekungibobabondla imindenini eminengi, lokho kwatjhiya abaseleko bakhulelwe ziinhloko bona bayokuthathani bahlanganisa nani ukuze baziphilise.

Kungebangelo amagadango amakhulu esawathathako wokukhulula abantu womabili bekufanele athathwe begodu bekarhabekile. Begodu, njengobana sekutjhidele

ukuphela komnyaka solo sanganelwa yi-corona, singathi amagadango la atjengise ukuza nomphumela omuhle wokuvuselela umnotho.

Emagadangweni esiwathetheko wokusiza, kungahle kube ngamabili la asize khulu ekusiBonelelo somBuso esi-Khethekileko se-COVID-19 nomRholo wesiKhatjhana womQatjhi/wabaSebenzi okhutjhwasiKhwama seTjhorensi yabaPhelelwe mSebenzi (i-UIF), obizwa ngokuthi yi-COVID TERS.

Bengeze sikwazi ukuwathatha amagadango ngokurhabako ingathana besinganahlelo lokuhlenga ihlalakuhle nokuziphilisa kwesitjhaba ebesele sinalo.

Sikghonile ukuqalana nesidingo esikhulu begodu ebesirhabeke kangaka esitjhabeni sekhetu sithokoze ihlelo lelizweloke nekambiso ye-Ejensi yeeMbonelelo ze-Sondlo noMhlalaphasi ka-Rhulumende yeSewula Afrika (i-SASSA) kunye ne-UIF.

Kubekhona ukuphazamiseka kwemitjhini endleleni, kodwana okunengi kwalungiswa msinyazana. Amakoro ahlukahlukene karhulumende enze umsebenzi omuhle khulu wokunikela iingidigidi zabazuzi amathuba nokuqinisekisa bona

bayabhadelwa.

Isekelo elinikelwe yi-UIF lasiza khulu amarhwebo asakhasako nadosa emhlweni kunye nabasebenzi. Laletha umehluko phakathi kokuthi amakhampalani aragele phambili nokurhweba nofana akateleleke bona avale, hlangana nemisebenzi eyahlengwako naleyo egcine iphelile.

Lokhu kwasiza amarhwebo afana ne-Sihle's Brew, ekuyindawo yokudlela ese-Gauteng, eyakghona ukungadilizi abasebenzi bayo abali-18 ngesizo lehlelo le-COVID-19-TERS. Sithokoza isekelo likarhulumende, ikampani i-Mamoshalagae Trading and Projects, ethengisa iintambo neensetjenziswa zegezi ese-Mokopane, ikghone ukubhadela abasebenzi begodu nemali yokuqatjha umakho nemali yentela kamaspala ngesikhathi sokuqinteliswa kwamakhambo.

Abasebenzi ebasebudisini bakghona ukuthola ubuncanyana bemirholo yabo.

ULindiwe Ntuli, oligcwetha le-Centurion, usitjele ngokobana ukuhlomula kwakhe kumsize kangangani ngokuthi akghone ukusebenzela ekhaya begodu akghone nokubhadela indawo yokuhlala ayiqatjhileko.

Zinengi iindaba ngamakampani akghone ukuraga nomsebenzi ngepumelelo enyakeni odlulileko njengombana bebasekelwa yi-UIF. Okufanako kungatjhiwo nangamarhwebo amancani asizwa ziimbonelelo ezihlu-kahlukene kunye nemalimboleko ebeyikhutjhwaminyango eminengi.

Amagadango la asize khulu abantu belizwe lekhethu ngeenkathi zokutlhoga.

Njengobana siphuma ebu-

jameni bokudinga isizo siya ekululameni, fanele sitjhugulule indlela yokwenza.

Ngesikhathi amagadango la bekahlonywe kwesikhathjha, umnotho wona usazokuraga nokudosa emhlweni ngenca yemithelela yengogwana engumabhuhisa le.

Nanyana imithetho yokuqinteliswa kwamakhambo seyinyefisiwe nje, amakhampalani amanengi asadosa emhlweni ngokuraga eenyanngeni lapho bekunciphe khona umsebenzi nemalingani.

Nguye kanye unobangela lo owenze bona ngemva kwemikhulumiswano nabalingani bethu bakwanelDLAC isekelomali le-COVID-19 TERS lelulelwe isikhathi bekube nakali-15 kuNtaka 2021 kwenzelwa imikhakha ebeyingakghoni ukusebenza ngokupheleleko.

IsiBonelelo somBuso esi-Khethekileko se-COVID-19 selulelwe isikhathi ngeenyanga ezintathu.

La magadango wesikhathjha.

Okwanje itjhejo lethu kumele libe sekwakheni indawo ekghonakalisa bona amarhwebo akwazi ukubuyela endimeni begodu nokuthi umnotho ukghone ukusiza ngokwakhiwa kwemisebenzi begodu udose nesisomali.

Ukubuyela endimeni komnotho kuzokuba yinto eбудиси tle begodu kuzokuthatha isikhathi, njengombana sisese phakathi kobujamo bengogwana le.

Nanyana amagadango wokusekela ngeemali la aqakatheke kangaka, angeze sakghona ukuwaraga unomphela.

Sidinga ukwenza isiqiniseko sokobana amagadango la akha isisekelo esiqinileko khona umnotho uzakuqina

ngaphandle kokufaka ilizwe lekhethu eenkolodweni ezidlula esele likizo. Ngaphandle kwalokha nange singakghona ukwehlisa isikolodo selizweloke sibe sesigabeni esilawulekako angeze umnotho wadzimelela.

Imikhumbulo yethu sisitjhaba kufanele isuke ekukhululekeni iye ekwelulameni, begodu soke kufanele sibe yingcenyeyomzamo lo.

Njengorhulumende, iinqunto eziqinileko ekusetjenzisweni kwemali yombuso kumele zithathwe begodu zifezwe nonyaka.

Amakhampalani azokudinga bona avele neendlela ezitjha zokuraga begodu neenkambiso zokudzimelelisa ibhizinisi nokwenza ingenisomali, nokugcina imisebenzi kufanele kube yinto eba liqalontangi.

Kumele sibuyisele imali yethu emnothweni welizwe lekhethu ngokuthenga ipahla ekhiqizwe ekhethwapha sisekele amarhwebo wangekhaya begodu sithenge kubathengisi bekhethwapha.

Isigulani esilimeleko esikhombisa amathuba amanengi wokuphola sinikelwa ukwelulwa komzimba kwangamalanga khona sizakuqina besikghone nokuzijamela ngaphandle kokusizwa.

Ngakho-ke amagadango wesikhathjha la abonwe njengeendlela zokuvuselela umnotho welizwe lekhethu. Umnqopho wethu ophambili kukobana siqhubekele phambili.

Sisisizwe, soke kumele sifake isandla. Sibe yingcenyeyetuthuko neragelophambili yethu.

Asisebenziseni iimbonelelo ezingezelelwe isikhathi lezi bona siragele phambili nokuvuselela umnotho ubuyele endimeni. **V**

Khuthaza Bewuvikele **AMALUNGELO** Wabantu Abasikazi,  
Wabentwana Nabanye Abacaphazeka Lula

## IHLELO LAMAPHUZU AMATHANDATHU LIKANGQONGQOTJHE

### “AYIHLOME ISAHLELE PHEZU KWENTURHU EQOTHELE UBULILI”

#### IPHUZU LOKUTHOMA

Boke abongazimbi kumele baphathwe ngehlonipho, ngesithunzi begodu basizwe mapholisa afundiswe umsebenzi wawo azakukhulamisana nabo ababuze ngokubaveleleko, ngendlela etjheja necabangela ubujamo abakibo.

#### IPHUZU LESIBILI

Abongazimbi kumele basizelwe eKumbeni Enommoya Wokuzwelana Nabo (i-VFR), namkha ngakenye ikumba lapho isitatimende sizakuthathelwa khona ngeqadi ePolisteyitjhi namkha kenye indawo lapho ungazimbi angasekelwa khona ngesizo alidingileko.

#### IPHUZU LESITHATHU

Abongazimbi bazakuthunyelwa la bayokuhlolwa/bayokupopolwa khona sisazi sezokutjhejwa kwepilo kobanyana sizokuthola ubufakazi bezokwelapha bese sitlola umbiko wezokwelapha ngalokho.

#### IPHUZU LESINE

Iphenyo elenziwako kumele lenziwe liPhiko lezePhenyo leNturhu yomKhaya, nokuVikelwa kwabaNtwana kunye namaCala wezomSeme (i-FCS) namkha lenziwe ngufokisi owufundeleko umsebenzi wephenyo elinjalo.

#### IPHUZU LESIHLANU

Imindeni nabongazimbi bamacala wezomseme, wokubulawa kwabantu abasikazi newokubulawa kwabantwana abancani bonina kufuze ithunyelwe emahlelweni wokusekela abongazimbi akhona kezomthetho, kezokwelatjhwa, kezomphakathi kunye nakezokuthotjwa kwemikhumbulo.

#### IPHUZU LESITHANDATHU

Abongazimbi kumele bahlale babikelwa ngendima esele yenziwe ngamacalabo ngilabo abawaphenyako.



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## Ukuqalana Nokubhubha Komuntu Otjhidelene Naye



**A**bantu abanengi babhujelwe ngabatjhidelene nabo ngebanga leNgogwana ye-Corona (i-COVID-19) begodu kanengi ukubhujelwa kwenza uzizwe ngasuthi uyabhudanga, koke lokhu akwenzeki kwamambala.

“Awusiwedwa,” kutjho uDorhodere wezeNgqondo emphakathini uZanele Ludziya osebenza esibhedlela i-Stikland esisesifundeni seTjingalanga Kapa.

Ukubhujelwa mumuntu otjhidelene naye akwamukeleki lula begodu kungavusa imizwa ehlukahlukene nehlanguhlangu ngamuntu.

“Manengi amatshwayo ongawabona bewuwayele emuntwini obhujelweko nosazilileko, kodwana ukungabi khona kwamatshwayo akutjho bona umuntu loyo akasiseenlungwini.”

“Abantu bangatjengisa ubuhlungu babo ngokukwata, ngophelaphela ihliziyi/ukucasuka, ngokuhlala batlhuwile nofana ngokungabi nekareko lokwenza ezinye izinto zepilo. Uku-sebenza komcabangabo kungaphazamiseka, nje-ngombana bazabe bathatha babeka ngomuntu obatjhiyileko/obhubhileko. Okhunya kukuthi bangaba nekinga yokutjhejisisa begodu bangatjengisa amatshwayo

wokungasebenzi kuhle komkhumbulo,” kutjho u-Ludziya.

UDorhodere wezeNgqondo lo, uyelelisa abantu bona batjheje ukutjhoguluka kwemizwa, njengokulilakhulu nofana ukukhuphuka kwezinga lokusela utjwala nofana ukusebenzisa iindakamizwa. Abantu abafelweko “Bangabhema ukudlula ngendlela ejayelekileko, bangazihlukanisa nabantu nofana babalekele ukuba nabantu nofana ukuba seendaweni zomphakathi. Abanye bangafuna ukuba sendaweni ethulileko abanye kenetjhada elikhulu. Okhunya kukuthi bangatjengisa umukghwa wokufuna ukulwa nofana ukukgharameja abanye abantu” ubeke watjho.

U-Ludziya uyatjho bona nawusekela umuntu obhujelweko, kuyasiza bona uzwisise ikambiso yokuzila begodu omunye nomunye udlula kiyo ngendlela ehlukeleko. Uhlathulula bona ukuzila akusiso isimo nje kwaphela, kodwana buhlungu obutha-

tha isikhathi ukwelapheka begodu abantu bavamisa ukuba nesidingo sokudlula eengabeni ezithileko zokuzila ngaphambi kokwamukela.

### Iingaba Ezijayelekileko Zokuzila

Iingaba ezijayelekileko zokuzila zifaka hlangana ukungamukeli isimo nofana ukuzihlukanisa nabantu (ukuzizwa unganamandla nofana ukwenganywa livalo elimbi); ukukwata (ukukwatela abanye ngitjho bangakakwenzi linto elimbi); ukubalabala (ukuzizwa umlandu eentweni ezingakenziwa nofana ezikhulunyweko); ukudana (ukudana okuza nokulemuka bona ipilo isazokuraga ngaphandle komuntu obekade utjhidelene naye loyo); begodu ukwamukela (ukuthola indlela yokuphila ipilo epheleleko ngaphandle komuntu loyo).

“Indlela yinye yokuqalana nokubhujelwa nofana yoku-sekela umuntu osebhulungwini; kuzwisisa isigaba

sokuzila ozithola ungaphekathi kwaso nofana leso umuntu obhujelweko aqalene naso. Lokhu kungaqinisekisa umuntu ozilileko bona lokhu adlula kikho kujayelekile begodu ngekomuntu woke. Ziphathe nofana uphathe umuntu loyo ngokulunga, ngokubekezela nokuzwisisa, ukhumbule engqondweni bona lokhu ohlangabezana nakho kuzokudlula” kutjho u-Ludziya. **U**

**Ungasiza umuntu obhujelwe mumuntu atjhidelene naye ngokumbuza bona ngiliphi isekelo alidingako. Kukhona iinhlangu ezingasi ngezakarhulumende, ezifana ne-South African Depression and Anxiety Group (i-SADAG), ezinikela ngesekelo. Vakutjhelela iwebhusayithi/ubunzinzolwazi babo ku- [www.sadag.org](http://www.sadag.org) nofana udosele umtato 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.