

# Vuk'uzenzele



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STATE OF THE NATION ADDRESS

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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# Amanyathelo okuvuselela uqoqosho



**K**ungekudala iza kuba ngunyaka ukusukela oko sanika ingxelo yokuqala yesimo sentsholongwane i-corona kwilizwe lethu. Ubhubhane uza nendleko enkulu kwimpilo yoluntu nakwiindlela zokuphila zezigidi zabantu bethu.

Abasebenzi abaninzi baphulukana nenxalenye yemivuzo yabo njengoko iiyure zabo zomsebenzi zancitshiswayo kwaye uninzi lwabantu badendwa emisebenzini. Uninzi lwamashishini afumana ilahleko enzima evela kuncitshiso lwemisebenzi. Amanye kuye kwanyanzeleka ukuba avale. Abantu abasebenza kwicandelo elingamiselekanga bachaphazeleka nabo.

Eyona nto inzima kakhulu, kukuba ubhubhane uthathe ubomi babondli kwiintsapho ezininzi, wazishiya ziswele kwaye zisoyika ikamva elizayo.

Kungeso sizathu ke apho amanyathelo oncedo amaninzi enziweyo abeyimfuneko kwaye engxamisekile. Kwaye, njengoko sele kudlule unyaka, singatsho ukuthi la manyathelo angqinisisile ukuba ayasebenza.

Kumqulu ophelileyo wamanyathelo oncedo esiwazisileyo, mhlawumbi la ma-

nyathelo mabini athe anefuthe elikhulu yayisisibonelelo sezintlalo esikhethekileyo se-COVID-19 kunye ne-UIF's COVID-19 Temporary Employer/Employee Relief Scheme, aziwa ngokubanzi njenge-COVID TERS.

Besingaz' ukuba nako ukuwenza la manyathelo ngexesha elifutshane ukuba besingenazo iziseko zophuhliso ezininzi zokhuseleko lwezentlalo esele zikhona.

Sikwazile ukusabela kwesi sidingo sikhulu nesikhawulezileyo kuluntu lwethu ngoncedo, lweziseko zophuhliso zikazwelonke ezingundoqo nakwiinkqubo ze-Arhente yeziBonelelo zezeNtlalo yoMzantsi Afrika (i-SASSA) kunye neNgxowa-mali ye-Inshorensi yabangaPhangeliyo (i-UIF).

Ngokuqinisekileyo bekukho ukungasebenzi kakuhle kobugcisa kunye nokunye ukuphazamiseka endleleni, kodwa uninzi lwezi zinto zasonjululwa ngokukhawuleza. Ezi arhente zikarhulumente zenze umsebenzi omhle kakhulu wokubhalisa izigidi zabaxhamli abatshazaza zaqinisekisa ukuba bahlawuliwe.

Inkxaso enikezelwe yi-UIF ibiluncedo kumashishini nakubaqeshwa abasokolayo. Yenza umahluko phakathi

kweenkampani ezihlala zivuliwe nezanyanzelwa ukuba zivale, phakathi kwemisebenzi esindisiweyo kunye nemisebenzi elahlekileyo.

Oku kuxhamlise amashishini afana ne-Sihle's Brew, indawo yokutyela eseGauteng, ethe yabanako ukugcina abasebenzi bayo abali-18 ngenxa yesikimu se-TERS. Siyayibulela inkxaso karhulumente, kuba i-Mamoshalagae Trading and Projects, ishishini lombane elise Mokopane, likwazile ukubhatala abasebenzi balo kunye nerente kunye neerhafu ngexesha lokuvaleleka phantsi kwemiqathango ethile.

Abaqeshwa abakwimeko emaxongo babenako ukufumana inxenywe yemivuzo yabo.

ULindiwe Ntuli, umncedisi kwezomthetho e-Centurion, uchaze ngendlela izibonelelo azifumeneyo ezithe zakwazi ukumenza ukuba asebenzele ekhaya kwaye abenako nokubhatala irente.

Maninzi amabali eenkampani ezithe zakwazi ukuhlala zisebenza kunyaka ophelileyo ngenxa yenkxaso eziyifumene kwi-UIF. Kungathethwa njalo nangamashishini amancinaneancedwe ngezibonelelo ezahlukeneyo nangeemali-mboleko ezinikezelwa ngamasebe amaninzi.

La manyathelo abancede kakhulu abantu bethu ngexesha labo lobunzima.

Njengoko sitshintsha ukusuka kuncedo sibuyela kwimeko yesiqhelo, kufuneka siqale ukucinga ngenye indlela.

Ngelixa la manyathelo oncedo enzelwe ukuba abe

ngawethutyana, uqoqosho luza kuqhubeka ukuva iimpembelelo zobhubhane ixesha elide.

Nangona zinyenyisiwe izithintelo zokuvaleleka phantsi kwemiqathango ethile, uninzi lweenkampani ziyasokola ukumelana neziphumo ezingalunganga zeenyanga zokuncipha kwemisebenzi kunye nelahleko yengeniso.

Kungenxa yesi sizathu sokuba, xa kulandelwa ingxoxo ebanzi kunye namahlakani ezentlalo kwi-NEDLAC, isibonelelo se-COVID TERS sandisiwe kude kube ngumhla we-15 kweyoKwindla 2021 kumacandelo angakwazanga ukusebenza ngokupheleleyo. Isibonelelo esikhethekileyo se-COVID sandiselwe ezinye iinyanga ezintathu.

La ahlala engamanyathelo amafutshane.

Ingqwalasela yethu ngoku kufuneka ibe kukudala imeko evumela amashishini ukuba abuyele kwimeko yesiqhelo, kunye nokukhula koqoqosho olukhuthaza ukudala imisebenzi kunye nokutsala utyalo-mali.

Ukubuyela kwimeko yesiqhelo kuya kuba nzima futhi kuya kuthatha ixesha, hayi kancinci nje kuba sisephakathi kulo bhuhane.

Nangona ebalulekile okwangoku la manyathelo oncedo, asisoze sikwazi ukuwagcina unaphakade.

Kufuneka siqinisekise ukuba la manyathelo oncedo abonelela ngesiseko esiqinileyo sokubuyela kwimeko yesiqhelo ebanzi ngaphandle kokutyhalela nzulu ilizwe etyaleni. Ngaphandle kokuba sinokwehlisa ityala lesizwe

lethu liyokufikela kumanqanaba azinzileyo akunakubakho ukubuyelwa kwimeko yesiqhelo yoqoqosho.

Ukuqonda kwethu kwesizwe ngoku kufuneka kudlulele ngaphaya kommandla woncedo uyokufikelela kolo lokubuyela kwimeko yesiqhelo, kwaye sonke kufuneka sibe yinxalenye yezi nzame.

Njengorhulumente, izigqibo ezinzima kwinkcitho yoluntu kuya kufuneka zenziwe kwaye ziphunyezwe kulo nyaka.

Inkampani kuza kudingeka ukuba zibe noqaliso lweendlela ezintsha zokuphembelela iindlela kunye neenkqubo ezikhusela uzinzokunye neenzuzo zazo, ukugcinwa kwemisebenzi ibe yeyona nto yazo iphambili ethathelwa ingqalelo.

Kufuneka sibuyisele imali yethu kuqoqosho lwethu ngokuthenga iimveliso zalapha ekhaya, ukuxhasa amashishini asekuhlaleni kunye nemizi-mveliso kunye nokuthenga kubathengisi basekhaya.

Isigulana esonzakeleyo esinethemba lokubuyela kwimeko yesiqhelo sinikwa unyango lwarhoqo lwase-mzimbeni ukusinceda ukuba somelele side sibe nakho ukuzimela singancediswa-nga.

Ngoko ke kufuneka la manyathelo oncedo abonwe njengeendlela zokubuyisela kwimeko yesiqhelo uqoqosho lwethu. Eyona njongo yethu ephambili kukuqhubela phambili kwakhona.

Njengesizwe, masincedisani sonke. Masibe yinxalenye yophuhliso lwethu kunye nenkqubela-phambili.

Masisebenzise uncedo olwandisiweyo ukuphembelela ukubuyela kwimeko yesiqhelo enamandla. **V**

Khuthaza kwaye uKhusele **AMALUNGelo** abaseTyhini,  
aBantwana kunye namaQela asesichengeni

## ISIGWANGCISO SOMPHATHISWA ESIMANQAKU MATHANDATHU

**“MAYIHLOME KUSILIWA UBUNDLOBONGELA OBUGXILE KWEZESINI”**

### INQAKU 1

Onke amaxhoba kufuneka aphathwe ngentlonipho nesidima kwaye udliwanondlebe lwenziwe ngamagosa asebupoliseni aqeqeshiweyo ngendlela enovelwano kumaxhoba.

### INQAKU 2

Amaxhoba kufunekaancedelwe kwigumbi elamnkelayo lamaxhoba i-*Victim Friendly Room (i-VFR)* okanye kwelinye igumbi apho ingxelo iza kuthathwa ngasese khona kwisikhululo samapolisa okanye kwezinye iindawo ezibonelela ngeenkonzo zokuxhasa amaxhoba.

### INQAKU 3

Amaxhoba aza kuthunyelwa / asiwe kuvavanyo lwezonyango yingcali yezonyango ukuze afumane ubungqina ngonyango kwaye agcwalise ingxelo yezonyango.

### INQAKU 4

Olu phando kufuneka luqhutywe liCandelo loPhando lobuNdllobongela baseKhaya, uKhuseleko laBantwana kunye noPhando lwaMatyala angeSondo (i-FCS) okanye umcuphi onoqeqesho olufanelekileyo.

### INQAKU 5

Iintsapho kunye namaxhoba olwaphulo-mthetho ngokwesondo, ukubulawa kwabasetyhini kunye nokubulawa kwabantwana kufuneka bathunyelwe kwiinkonzo zokuxhasa amaxhoba ezifumaneka ngaphakathi kwezakhiwo zoncendo lwezomthetho, ezonyango, ezentlalo nezengqondo.

### INQAKU 6

Amaxhoba kufuneka abonelelwe engekabuzi ngengxelo ngenkqubela phambili yamatyala abo rhoqo.



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## Ukujongana nokuswelekelwa ngumntu omthandayo



**A**bantu abaninzi baswelekelwe ngabantu ababathandayo ngenxa yobhubhane wentsholongwane i-Corona kwaye ukufakunokudla ngokuvakala kungeyonyani.

“Awukho wedwa,” itsho ingcali yezengqondo yasekuhlaleni uZanele Ludziya ovela kwiSibhedlele saseStikland eNtshona Koloni.

Ukuswelekelwa ngumntu omthandayo zange kube lula kwaye kunokubangela iimvakalelo ezininzi.

“Zininzi iimpawu onokuziqwalasela xa umntu omthandayo eselusizini, kodwa ukungabikho kweempawu akuthethi ukuba loo mntu akakholisizini.

“Abantu banokubonakalisa iimpawu zomsindo, ukucaphuka, ukudakumba okanye ukungakhathali. Ukusebenza kwengqondo yabo kunokuchaphazeleka, njengoko benokuxakeka ziingcinga naziinkumbulo zomfi. Basenokuba nengxaki yokuzokisa ingqondo

okanye babonakale bedidekile,” utshilo uLudziya.

Ucebisa abantu ukuba baqwalasele inguquko kwindlela yokuziphatha, ezinjengokulila okanye ukwanda kokusetyenziswa kotywala kunye nezinyobisi. “Basenokutshaya ngaphezulu kwendlela abaqhele ukutshaya ngayo, banokurhoxa okanye bazikhethe okanye banokubaphepha abantu kunye neendawo. Basenokufuna inzolo okanye ingxolo enkulu. Banokuba ndlongo-ndlongo

ngakumbi okanye bacaphuke msinyane,” utshilo.

Xa unika inkxaso kumntu omthandayo, uLudziya uthi kuyanceda ukuqonda inkqubo yosizi futhi wonke umntu uhlangabezana nayo ngokwahlukileyo. Uyacacisa ukuba isililo ayisosimo, kodwa yinkqubo, futhi abantu bahlala bedlula kumanqanaba osizi.

### Amanqanaba aqhelekileyo osizi

Amanqanaba aqhelekileyo osizi kukuphika okanye ukuba wedwa (ukuba ndindisholo okanye ukothuka); umsindo (ukuba nomsindo kwabanye abantu noxa bengenzanganto); ukuxoxisana (ukuba neemvakalelo zesazela ngezinto ezingenziwanga okanye ezingathethwanga); uxinzelelo (usizi oluza nokuqonda ukuba ubomi buya kuqhubeka ngaphandle kwabo ubathandayo); kunye nokwamkelwa (ukufumana indlela yokuphila ubomi obupheleleyo ngaphandle kwalo mntu).

“Indlela enye yokumelana okanye yokubonisa inkxaso kukuqonda inqanaba losizi okulo okanye olo umntu omthandayo ajongene nalo. Oku kunokuqinisekisa ukuba umntu oselusizini into ahlangebezana nayo iqhelekile. Mphathe umntu okanye uziphathe wena buqu ngobubele, ngomonde kunye nangokuqonda, ugcine engqondweni ukuba le nto uhlangabezana nayo iza kudlula,” utshilo uLudziya. **V**

**Ungamnceda umntu oswelekelweyo ngokumbuzela ukuba loluphi uhlobo lwenkxaso aludingayo. Kukwakho nemibutho engekho phantsi kukarhulumente, efana ne-South African Depression and Anxiety Group, enikezela ngenkxaso. Ndwendwela iwebhusayithi yawo ku: [www.sadag.org](http://www.sadag.org) okanye utsalele umnxeba kule nombolo yoncedo ethi-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. **V**

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.