

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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Izinyathelo zokuvuselela kabusha umnotho



Akusasele sikhathi esingakanani kuphele unyaka selokhu kwabikwa isigameko sokuqala segciwane le-*corona* ezweni lakithi. Ubhubhane luze nomonakalo omkhulu kwezempilo yomphakathi kanye nendlela yokuziphilisa yezigidi zabantu bakithi.

Banengi abasebenzi abalahlekelwe imalingeniso njengoba isikhathi sabo sokusebenza sancishiswa kanti iningi labo ladilizwa emsebenzini. Amabhezini amaningi alahlekelwa kakhulu ngenxa yokusebenzela emuva. Kanti amanye kwadingeka ukuthi avalwe. Abantu abasebenza emikhakheni engahlelekile nabo bakhahlamezeka kakhulu.

Kodwa okunzima kunakho konke nje, lolu bhuhane seluthathe izimpilo zabantu abondlayo emakhaya amaningi, lwabashiya bengabantulayo futhi baphila ngokwesaba uma becabanga ngekusasa.

Yingakho izinyathelo zosizo esazibeka zazibalulekile futhi zaziphuthuma kakhulu. Futhi, njengamanje njengoba cishe sekusele kancane nje ukuthi kuphele unyaka, singakusho kugcwalile umlomo nje ukuthi lezi zinyathelo

zibonise ukusebenza kahle kakhulu.

Ohlelweni olugcwele lwezinyathelo zosizo lwe-sibonelelo olwethulwa, mhlawumbe izinyathelo ezimbili ezibe nomthelela omkhulu kube yisibonelelo esikhethekile sikahulumeni se-*COVID-19* kanye neSibonelelo Sesikhashana se-*COVID-19* Sokusiza Abaqashi Nabasebenzi Sesikhwama Somshwalense Wabalahlakelwe Ngumsebenzi, ngokujwayelekile esaziwa njenge-*COVID TERS*.

Besingeke sikwazi ukukhipha lezi zinyathelo kulesi sikhashana esifushane uma ngabe besingenayo ingqalasisizinda yokuvikelela komphakathi ebanzi ebesivele ikhona.

Kuze kube sikwazile ukubhekana nalesi sidingo esikhulu futhi esiphuthumayo emphakathini wakithi sibonga ingqalasisizinda kazwelonke ekahle yeNhlalngano Yezimpesheni Nezibonelelo Zikahulumeni eNingizimu Afrika (i-SASSA) kanye Nesikhwama Somshwalense Wabalahlakelwe Ngumsebenzi (i-UIF).

Noma bebukhona ubuxakaxaka kanye nezinye izinkinga, kodwa iningi lazo lixazululwe ngokushesha.

Lawa ma-ejensi kahulumeni enze umsebenzi oncomekayo ekubhaliseni izigidi zabantu abasha abazohlomula futhi aqinisekisa ukuthi bayakho-khelwa.

Ukwesekela okuhlinzeka yi-UIF kube yiyona ndlela yempilo emabhizinisini adonsa kanzima kanye nabasebenzi. Kwenze umehluko phakathi kokuthi izinkampani ziqhubeka nokuvula nokuthi ziphoqeleke ukuthi zivale, phakathi kwe-misebenzi elondolozekile kanye naleyo egcine ilahleka.

La mabhezini azuzile njenge-Sihle's Brew, okuyindawo yokudlela e-Gauteng, ekwazile ukugcina abasebenzi bayo abayi-18 ngenxa yohlelo lwe-*TERS*. Siyabonga ekwesekweni nguhulumeni, inkampani i-*Mamoshalagae Trading and Projects*, okuyibhizinisi lezinto ezisebenza ngogesi e-Mokopane, likwazile ukukhokhela abasebenzi balo ngokunjalo nemali yokugasha kanye nemali yentela yakamasipala ngesikhathi sokuvalwa kwezwe.

Abasebenzi abebexinwe ngusizi olukhulu bakwazile ukuthola ingxenya yomholo wabo.

ULindiwe Ntuli, ongummeli wezomthetho e-Centurion, uye washo ukuthi ukhulomula kwakhe kumsize kanjani ukuthi asebenzele ekhaya futhi akwazi nokukhokha imali yakhe yasemqashweni.

Ziningi izindaba zezinkampani ezikwazile ukuqhubeka ngempumelelo nokusebenza onyakeni owedlule ngenxa yokwesekelwa ezikuthole kwi-UIF. Into efanayo ingashiwo ngamabhezini asizwe yizibonelelo zikahulumeni ezahlukene kanye

nemalimboleko ehlinzekwe yiminyango eminingi.

Lezi zinyathelo zibasize kakhulu abantu bakithi ngesikhathi bezidinga kakhulu.

Ekugqukeni sisuka esigabeni sokudinga usizo siya ekululameni, kumele sishi-ntshe ukwenza.

Ngesikhathi lezi zinyathelo zosizo zazihlelelwe isikhashana, umnotho usazoqhubeka nokushayeka isikhathi eside ngenxa yalolu bhuhane.

Nakuba imikhawulo yokuvalwa kwezwe isixegisiwe, izinkampani eziningi ziyahluleka ukubhekana nezinyanga lapho zingasebenzanga khona lapho kwakunokunciphisa komsebenzi kanye nokulahlekelwa yinzuzo.

Yisona kanye lesi sizathu esenze ukuba, emva kwezixoxo ezijulile nesisebenzisana nabo kwezenhlalo ku-NEDLAC, usizo lwe-*COVID TERS* lelulelwe umhla ziyi-15 kuNdasa 2021 kuleyo mikhakha ebingakakwazi ukusebenza ngokuphelele.

Isibonelelo Esikhethekile se-*COVID-19* sizolulwangezinye futhi izinyanga ezintathu.

Lezi zinyathelo zingezesikhashana.

Manje kumele sigxile ekwakheni indawo ezovumela ukululama kwamabhezini, kanye nokukhula komnotho okuzoqhubezela ukusungulwa kwamathuba emisebenzi futhi ihehe utshalomali.

Ukululama komnotho kuzoba nzima kakhulu futhi kuzothatha isikhathi, hhayi ngoba sisephakathi kwalolu bhuhane.

Kubaluleke njengalezi zinyathelo zosizo, esingeke si-

kwazi ukuzigcina unomphela.

Kumele siqinisekise ukuthi lezi zinyathelo zosizo zihlinzeka isisekelo esiqinile ukuze silulame kakhulu ngaphandle kokufaka izwe ezikweletini kakhulu. Ngaphandle uma singakwazi ukwehlisa isikweletu sikazwelonke sibeke ezigabeni ezisimeme ukwelulama komnotho ngeke kwenzeka.

Izingqondo zethu njengesizwe kumele zisuke ekukhululekeni ziye ekwelulameni, futhi kumele sonke sibe yingxenye yalo mzamo.

Njengohulumeni, izinqumo ezinamandla ekusetshenzisweni kwemali kahulumeni kumele zenziwe futhi ziqaliswe ukusebenza kulo nyaka.

Izinkampani kumele zibe nezindlela ezintsha zokuphatha kanye nezinqubo ezizovikela ukusimama kwazo kanye nenzuzo, nokugcinwa kwemisebenzi njengezinto ezihamba phambili.

Kumele sibuyisele imali yethu emnothweni wethu ngokuthi sithenge imikhiziqizo yalapha ekhaya, sesekele amabhezini asekhaya kanye nezimboni futhi sithenge kubathengisi balapha ekhaya.

Isiguli esilimele esinethemba lokululama sinikwa ukwelashwa kokunyakazisa umzimba kwansuku zonke ukuze sisizwe ukuthi sibe namandla size sikwazi ukuma ngaphandle kokusizwa.

Ngakho-ke lezi zinyathelo zosizo kumele zibonakale njengemizamo yokuphinde futhi simise umnotho wethu ume qingqo. Inhloso yethu ekugcineni ukuphinde sikwazi ukuhamba futhi.

Njengesizwe, sonke masifakeni isandla. Masibe yingxenye yentuthuko kanye nenqubekelaphambili yethu.

Masisebenzise lesi sibonelelo eseluliwe ukuqhubela phambili ukululama okunamandla. **U**

Qhakambisa futhi Uvikele **AMALUNGELO** Abesifazane,
Izingane kanye nalabo Ababuthaka

UHLELO OLUMAPHUZU AYISITHUPHA LUKANGQONGQOSHE

**“AYIHLOME IHLASELE UDLAME OLUBHEKISWE
KWABOBULILI OBUTHILE”**

IPHUZU LOKU-1

Zonke izisulu kumele ziphathwe ngenhlonipho, ngesithunzi futhi zihlonywe imibuzo ngamaphoyisa aqeqeshiwe ngendlela ezwelana nezisulu

IPHUZU LESI-2

Izisulu kumele zisizelwe egumbini lapho zizokhululeka khona i-*Victim Friendly Room (i-VFR)* noma kwelinye igumbi lapho isitatimende sizothathwa ngasese eKamu Lamaphoyisa noma kwenye indawo ehlinzeka ngezinsiza zokwesekela izisulu

IPHUZU LESI-3

Izisulu zizodluliselwa/zizohanjiswa ukuyokwenza uhlobo lokwelashwa ngumsebenzi wezempilo ukuze kuzotholakala ubufakazi bokwelashwa bese kugcwaliswa nombiko wokulashwa

IPHUZU LESI-4

Uphenyo kumele lwenziwe uPhiko Oluphenya Ngamacala Omndeni, Ukuvikelwa Kwezingane Kanye Namacala Ezocansi (i-FCS) noma umseshi oqeqeshelwe lokho

IPHUZU LESI-5

Imindeni kanye nezisulu zamacala ezocansi, ukubulawa kwabesifazane nokubulawa kwezingane kumele badluliselwe ukuyothola ukwesekwa okukhona kuleyo ndawo ukuze bathole usizo lwezomthetho, lokwelashwa, lwezenhlalakahle nangokwengqondo

IPHUZU LESI-6

Izisulu kumele zihlale zibikelwa ngenqubekela-phambili eyenzekayo ngamacala azo



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Ukubhekana nokushonelwa ngothandiweyo



Baningi kakhulu abantu abashonelwe ngababathandayo ngenxa yobhubhane lwegciwane le-Corona futhi lokhu kushona kwa bantu kungenzeka esikhathini esiningi kungakhokakali.

“Aninodwa kulokho,” kusho ungcweti wezokusebenza kwengqondo emphakathini uZanele Ludziya waseSibhedlela i-Stikland esiseNtshonalanga Kapa.

Ukushonelwa ngomtha-

ndayo akukaze kwaba yinto elula futhi kungavusa imizwa ehluhlukenene.

“Ziningi izimpawu ongazibheka nje uma othandiweyo ezilile, kodwa futhi nokungabonisi zinkomba kakuchazi ukuthi umuntu akazilile.

“Abantu bengatshengisa izimpawu zokuthukuthela, ukucasuka, ukudabukisa noma ukungabi nandaba.

Indlela yokusebenza komqondo yabo nayo ingaphazamiseka, njengoba umqondo wabo kungenze-

ka ukuthi usaphuphuma imicabango kanye nenkumbulo yalowo oshonile. Bangaphinde futhi babe nenkinga yokungakwazi ukugxila kulokho abakwenzayo noma babukeke njengabadidekile,” kusho u-Ludziya.

U-Ludziya weluleka abantu ukuthi bakuqaphele ukushintsha kwendlela yokuziphatha, njengokuhlala sengathi ungakhala noma ukwenyusa izinga lokuphuza utshwala kanye nokusebenzisa izidakamizwa. “Bangazithola bebhe-ma ngokwedlulele ukunalo- lokho abakujwayele, bangahoxa noma bazivalele ngabodwana noma baqo- ke ukugwema ezinye izi- ndawo kanye nokuhlangana nabanye abantu. Bangafuna ukuthula nje noma benyuse izinga lo- msindo. Bangaphinde futhi babe nolaka ngokwedlulele noma basheshe ukucasuka,” kusho yena.

Uma weseka othandiweyo, u-Ludziya uthi kuyasiza ukuthi uqonde indlela yokuzila kanye

nokuthi wazi ukuthi omunye nomunye ubhekana nakho ngendlela engafani. Uyachaza ukuthi ukuzila akusona isimo nje, kodwa inqubo, futhi abantu bajwayele ukudlula ezigabeni zokuzila.

Izigaba ezijwayelekile zokuzila

Izigaba zokuzila ezijwayelekile kungaba ukungavumi ukuthi ulahlekelwe noma ukuzivalele ngawedwana (uma ubhekana nokuba ndikindiki noma ukushaqeka); ukuthukuthela (ukuthukuthela abanye abantu bengenzanga lutho okubi); ukuzibuza-uziphendule (uma ubhekana nemi- zwa yokudliwa unembeza ngezinto ongazenzanga noma ongazishongo); ukukhathazeka (ukudabukisa okuza nokuthi ucabange ukuthi impilo izoqhubeka ngaphandle kothandiweyo); kanye nokwamukela (ukuthola indlela yokuphila impilo ngokupheleleyo ngaphandle komuntu othile).

“Indlela eyodwa yokubhe-

kana noma yokutshengisa ukweseka ukuqonda isigaba sokuzila okusona noma leso esibhekene nothandiweyo. Lokho kuzoqinisa idolo lowo ozilile ukuthi lokhu abhekene nakho kuyinto ejwayelekile. Phatha lowo muntu noma ziphathe ngobumnene, ngesineke futhi nangokuqondisa, ngokuthi ukubeke emqondweni ukuthi lokhu obhekene nakho kuzogcina ngokwedlula,” kusho u-Ludziya. **U**

Ungasiza umuntu oshonelwe ngothandiweyo ngokuthi umbuze ukuthi nhloboni yokwesekwa akudingayo. Zikhona futhi izinhlangano ezingekho ngaphansi kukahulumeni, njengeThimba Lokukhathazeka kanye Nexhala eNingizimu Afrika i-South African Depression and Anxiety Group, ehlinzeka ngokusekela. Vakashela iwebhusayithi yabo ethi: www.sadag.org noma ushayele le nombolo yosizo ethi: 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.