

# Vuk'uzenzele

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Help prevent suicide

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Ofentse Rabaji is a waste whizz

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## How to apply for the R350 grant



More Matshediso

If you do not have an income and are between the ages of 18 and 60, you can apply for the Special Coronavirus Disease (COVID-19) Social Relief of Distress (SRD) Grant.

Government has reintroduced the SRD Grant of R350 per month to help qualifying applicants who have no financial support, to survive the continued hardships brought about by the COVID-19 pandemic.

The initial SRD Grant, which was discontinued on 30 April, had a positive impact on successful applicants' lives, says Social Development Minister Lindiwe Zulu.

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**GOVERNMENT REINTRODUCES THE SRD GRANT** to assist citizens who are struggling financially during the COVID-19 pandemic.



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# Sakha umphakathi ongenakho ukuQhwagwa koMbuso

**U**kulalelwa okuhleliwe kweKhomishana Ye-zomthetho Ephena ngokuQhwagwa koMbuso kusanda kuperha, ngemuvava kwezinsuku eziyi-1000 zokulalelwa kobufakazi bukafakazi wokuqala.

Ngesikhathi usihlalo wekhomishana, Iphini LeNhloko yamaJaji u-Raymond Zondo uthe kungaba nesidingo sabanye ofakazi abambalwa ukuze befakaze, umsebenzi wekhomishana awusasalelwensuku zingaki manje ukuthi uphothulwe.

Lokhu kuyinqopha-mlando ebeka obala izigigaba ezacekela phansi umbuso emlandweni wentando yethu yeningi labantu.

Ngaphambi kokuthi ijaji uZondo lethule lokho elikutholile kanye nezincomo kuMongameli, sonke singavuma ukuthi umsebenzi wekhomishana ube wusizo olukhulu kakhulu.

Esikhathini esingangemyaka emithathu, sibuzwile ubufakazi obuchaza ngezinsolo zenkohlakalo ezenziwe nezisezingeni eliphezulu kakhulu. Sizwile ngezenzo eziholele ekuntshontshweni kwezigididi zamarandi zemali kahulumeni. Sizwile ukuthi zingakanani izikhungo zikahlumeni kanye nezninkampani ezenganyelwe ngumbuso ezicekelwe phansi ngamabomu.

Lolu hlobo lokuvezwa obala, ubukhulu nokujula kokuqhwagwa kombuso akwenzekanga nje esithe, kepha kwasakazwa ezweni lonke jikelele. Ngoku-

vumela bonke abantu baseNingizimu Afrika ukuthi balandele inquubo yekhomishana, kusizile ukufaka ukuzethembu komphakathi entandweni yethu yeningi labantu ngendlela ekhuthaza ukuvuleleka kanye nokwenza izinto ngendlela esobala.

Leli lizwe kufanele libonge kubo bonke labo abebeyingxene yomsebenzi wekhomishana; ukusuka kulabo ababephena, abenza ucwaningo kanye nabahlanganisa imiqingo yeminingwane; kofakazi abanangi abafakazile futhi bahlinzeka ngobufakazi; kwizintatheli ezisebenze ngokuzikhandla ukusibikela ngokwenzakalayo; abameli abasize ngokwethula ubufakazi.

Kufanele futhi sibonge kubantu ngabanye ngobuningi babo, abanye abangadalulwanga, izenzo zabo ezaholela ekusungulweni kwekhomishana kwasekuvaleni. Laba ngabantu abavundulula lezi zinsolo zobugebengu, bamelana nazo, abaphumela obala bakhuluma futhi benza imikhankaso-phambi komphakathi kanye nasesithe – ukuze kuzoqedwanya ukuqhwagwa kombuso. Kuyabongeka kakhulu ukuthi kungenxa yabo sesikhuluma ngokuqhwagwa kombuso njengosekwedlule.

Ukuqhwagwa kombuso akuziphelelanga nje ngokwakho. Kuqedwe yizenzo zokusebenzisana zabantu baseNingizimu Afrika kuyo yonke imikhakha yempilo, abasebenza ezindaweni ezahlukahlukene ukubuyisa amagugu entando yethu yeningi labantu yomthe-

thosisekelo. Futhi kukithi sonke ukuqinisekisa ukuthi le mikhuba ayiphindi yenzeke futhi.

Eminyakeni emithathu eyedlule, siye sathatha izinyathelo eziningana ezibalulekile ukulwana nenkohlakalo kanye nokuqhwagwa kombuso. Besilokhu siqinisa ukwakha kabusha izinhlangano ezifana neNhlangano Yabezokushishwa Kuzwelone (i-NPA), uPhiko Lwamaphoyisa ase-Ningizimu Afrika (i-SAPS), uMnyango Wokuqoqwa kweNtela eNingizimu Afrika (i-SARS) kanye nezinye. Kudingke ukuthi sihlele izinhlaka ezintsha, njenge-Hhovisi Lokuphenya le-NPA ukushushisa inkohlakalo

esezingeni eliphezulu kanye neSikhungo Esikhethekile Sokuphenyase-SIU ukubuyisa imali kahulumeni entshontshiwe. Sithuthukise umthamo wethu wamandla okulwana nobugebengu ngokusungula inhlango ebiza nge-Fusion Centre, ehlanganisa ndawonye ama-ejensi ahlukahlukene okuqinisekisa ukuthotshelwa komthetho ukuze abelane ngolwazi futhi basebenzane ekuphenyweni kanye nasekushushisweni kwamaca obugebengu.

Sishintshe ubuholi kumabhizinisi amanangi ahlukahlukene aphethwe uhulumeni, futhi sesiqale inquubo yokuwabuyisela esimweni sezimali nokusebenza kahle. Sisebenza siya endleleni entsha yama-SOE egqugquzelu ukusebenzela obala ngempumelelo, ukuphendula kanye nokusimama. Omningi walo msebenzi

uyaqhube ka nokwenzeka. Kusenezindawo lapho inqubekela-phambili ibihamba ngonyawo lonwabu kakhulu uma kuqhathanswa nalokho obekulindele-kile, futhi lezo zindawo manje sezithola ukunakwa.

Imiphumela etholakele kanye nezincomo zekhomishana zizoqinisa ngokungangabazisi le mizamo. Sibheke ukuthi ikhomishana ikhombe ubuthakathaka bohlelo-kusebenza okuyikho okuholele ekuqhwagweni kombuso. Lokhu kuzosinika amandla okuthi sithathe ezinye izinyathelo zokulungisa ukuthi lokhu kungenzeki esikhathini esizayo.

Ngesikhathi singasho ukuthi isikhathi sokuqhwagwa kombuso sesiphelile, kodwa asikayinqobi inkohlakalo. Ukukhawanisa kanye nenkohlakalo kusalokhu kusabalele futhi kugxile kakhulu kuyo yomibili imikhakha okahulumeni kanye nozimele.

Yize nomu kungeke kubesezingeni lokuqhwagwa kombuso, lezi zenzo zobugebengu zithunaza izwe lethu kakhulu, zenze buthaka izikhungo zethu futhi zinchisha abantu baseNingizimu Afrika izidingo-ngqangi eziningi.

Inkohlakalo ingukuziphatha okubi ngokwedlule, kepha kungukonakala okukhulu uma yenziwa kubantu ngesikhathi sosizi. Lapha sikhuluma ngezenzo zenkohlakalo ezinyanyekayo ezenzeka ngonyaka oewdlule zokuthengwa kwezimpahla nezinsizakalo

ezidingekayo empini yethu yokulwana nobhubhane lwe-COVID-19.

Sisebenze ngokushesa ukunqanda lezi zenzo ezifana nenkohlakalo, ukukhomba labo abahlangene nayo kanye nokubathathela izinyathelo ezifanele. Lokhu kungubufakazi bokuzinikela kwethu ekukhucululen inkohlakalo.

Siqinise imithethonqubo kaMgcinimafa, sakha isikhungo i-fusion centre futhi sanikeza uPhiko Olukhetekile Lwezokuphenya igunya elibanzi lokuphenya zonke izinsolo zenkohlakalo ezihllobene ne-COVID-19. Okokuqala ezweni, sishicile ku-inthanethi imininingwane yazo zonke izivumelwano zokuthengwa kwezinsiza ze-COVID-19 kuzo zonke izinhlaka zikahulumeni.

Umonakalo owenzekile ezweni lakithi ngokuqhwagwa kombuso ujulile. Umthelela wawo uzobonakala kakhulu eminyakeni eminingi ezayo. Kodwa, ngokusebenza ngokubambisana, sesiqalile ukwenza izinto ngendlela eyiyo. Sesiqalile ukwakha kabusha kanye nokubuyisela esimeni.

Singalindela ukuthi imiphumela yeKhomishana kaZondo izoqinisa le mizamo ngokungelinganiswe nalutho. Izosinikeza ithuba loku-thatha isinqumo sokuqedanya ukuqhwagwa kombuso.

Umsebenzi omkhulu usasele, futhi kusamele kubhekthane nezinselele eziningi. Kodwa sisendleleni yokwakha umphakathi okhululekile ekuqhwagweni kombuso kanye nenkohlakalo.❶

# Siza ekunqandeni ukuzibulala kwabantu

Allison Cooper

**B**anigi abantu abashona nge-ndlela yokuzibulala ukwedi-lula labo ababulawa yi-HIV, umalaleveva, umdlavuza webele, impi kanye nokubulawa.

Ngokwezibalo zakamuva zeNhlango Yezempilo Emhlaben (i-WHO), zitsengise ukuthi bangaphe-zulu kwezi-700 000 abantu abashona ngokuzibulala unyaka nonyaka – lokhu kungukushona koyedwa kwabayi-100 futhi oyedwa ngemizuzwana engama-40.

"Angeke sikhazi – futhi akumele – sikhaye indiva ukuzibulala," kusho u-Dkt Tedros Adhanom Ghebreyesus, onguMqondisi-Jikelele we-WHO.

"Ukuzibulala koyedwa

kulusizi. Ukubhekana kwethu nokunqanda ukuzibulala kubaluleke kak-hulu manje, emva kwezinyanga eziningi siphila nobhu-bhane lwegciwane lweSifo se-Corona, oluze nobungozi bokuzibulala – ukulahle-

kelwa yimisebenzi, ingcindezi yezi-mali kanye nokuhlala kwabantu ngabodwana – okusekhona kak-hulu namanje," kwengeza yena.

#### Usuku Lomhlaba Loku-nqanda Ukuzibulala

Usuku Lomhlaba Loku-nqanda Ukuzibulala l-wabekwa ngokuse-mthethweni yiNhlango Yomhlaba Jikelele Yoku-nqanda Ukuzibulala mhla ziyyi-10 kuMandulo 2003.

Izinhloso zayo kwakungu-kunqanda ukuzibulala kanye nendlela yokuziphatha engaholela ekuzibulaleni, isiza

ngokunciphisa umthelela wakho futhi ihlinzeka ngenkundla yezifundiswa, ochwepeshe bezempilo abelapha ngokwengqondo, abasebenzi bezimo ezibucayi, amavolontiya naba-sinde ekuzibulaleni.

Ngokusho kweThimba laseNingizimu Afrika Loku-khathazeka kanye Nexhala (i-SADAG), zingama-23 izi-gameko zokuzibulala kanti futhi zingama-230 izigameko ezi-zima zokuzama ukuzibulala eziqoshwa nsuku zonke eNingizimu Afrika.

"Ukuzibulala kusalokhu kuyisihloko esingumhlola ongamukelekile emphakathini wakithi – akekho namunye ofuna ukukhuluma ngakho; akekho owaziyo ukuthi kukhulunywa kanjani ngakho futhi abazali abafuni ukukhuluma ngakho kubantwana babo besabela ukuthi

kungahle 'kutshale umqondo othile wokuzibulala'. Noma kunjalo, kuseyinkinga yangempela, futhi lokhu kubonakala ngezingcingo ezandayo zansku zonke esizitholayo," kusho u-Cassey Chambers, onguMqondisi Wokusebenza kwe-SADAG.

"Uma bebaningi abantu abazi kahle ngokuzibulala futhi bazi ukuthi umtholela kanjani usizo umuntu onale nkinga ngaphambi kokuthi konakale izinto, singawazi ukwehlisa izinga lokuzibulala," kusho yena.

#### Izinkomba ezingabakhona zokuxwayisa ngokuzibulala zibandakanya:

- Ukuhuluma ngokuthi umuntu aqede ngempilo yakhe, ukufa noma ukuzibulala.
- Ukuba nesifiso esinamandla sokufa noma ukuzindla

ngokufa.

- Ukuphisana ngezinto ezi-yigugu kuwe.
- Izinkomba zokukhathazeka, njengokuba nemizwa eguguguquka ngezikhathi, ukulahlelwa yithemba, ukuzihoxisa ezintweni ezi-ningi, ukwehla kwezinga lokudla kanye nokungalali, futhi ulahlelwa intshisekelo yemisebenzi ejwayelekile.
- Ukwenyusa izinga lokuphuza utshwala noma ukusetshenziswa kwezidakamizwa.
- Ukusikisela ngokungabi-bikho esikhathini esizayo noma ukuvalelisa.
- Ukushintsha ngokushesha kwendlela yokuziphatha.
- Ukwenza izinhlelo zokunakekela izinto ezi-ngaphelanga. 

Uma wena noma wazi umuntu odinga usizo, shayela ino- mbolo yezimo ezi-bucayi zokuzibulala ye-SADAG esezenza ubusuku nemini ethi: 0800 567 567.

## Anyone 35 years and older can register for their FREE COVID-19 vaccination

Registering to get vaccinated is easy!



Send the word **REGISTER** to  
060 012 3456 on Whatsapp  
Internet access or data required

OR



Dial \*134\*832\*IDNumber#  
No ID Number? Just dial \*134\*832#  
FREE on all South African Mobile Networks

OR



Search EVDS South Africa online or go to: <https://vaccine.enroll.health.gov.za>  
Any device with Internet Access

OR



Register by calling 0800 029 999  
Monday - Friday: 7am to 8pm  
Saturday, Sunday and public holidays: 8am to 6pm  
Toll free on all South African Mobile Networks

You will need the following information when registering:

- Your identification number (Passport, Asylum seeker number, RSA ID or refugee number)
- The location where you want to be vaccinated (home or work)
- If you are a member of a medical aid you will need your medical aid provider name and your medical aid number

You will receive an SMS with the details of your vaccination date and site after registering

Don't delay. Register today!