

# Vuk'uzenzele

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## How to apply for the R350 grant



### More Matshediso

**I**f 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.

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

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## Re aha setjhaba se lokolohileng ditleneng tsa Tshusumetso e Bolotsana Diqetong tsa Puso

**H**o mamelwa ho neng ho rerilwe ha Dipatlisiso tsa Komishene ya Boahlodi e mabapi le Tshusumetso e Bolotsana Diqetong tsa Puso ho sa tswa phethelwa moraora o tjena, e leng se fetang matsatsi a 1 000 kamora ho mamelwa ha bopaki ba paki ya pele. Leha modulasetulo wa khomishene, Motlatsi wa Moahlodi e Moholo Raymond Zondo a itse ho ka nna ha hloka hore ho be le dipaki tse mmalwa hape tse lokelang ho paka, mosebetsi wa khomishene jwale o haufi haholo le ho phethelwa. Sena ke mokolokotwane wa bohlokwa o re tli-sang haufi le ho tobana le dikgaolo tse thefulang ka ho fetisisa nalaneng ya demokerasi ya rona.

Le pele Moahlodi Zondo a nehelana ka diphetho le dikgothaletso tsa hae ho Mopresidente, bohle re ka dumellana hore mosebetsi wa khomishene e bile wa bohlokwa.

Nakong ya dilemo tse tharo, re utlwile bopaki bo neng bo hlalosa diketsahalo tse belaellwang e le tsa bobodu ba boemo bo phahameng. Re utlwile ka diketso tse bakileng boshodu ba dibilione tsa diranta tsa tjelele ya setjhaba. Re utlwile kamoo ditheo tse ngata tsa mmuso le dikhamphani tsa mmuso di neng di putlamiswa ka boomo kateng.

Pepeso ena ya sebopelo, ho nama le botebo ba tshusumetso e bolotsana di-

qetong tsa puso e ne e sa etsahale sephiring, empa e ile ya hasetswa naha kaofela.

Ka ho etsa hore maAfrika Borwa kaofela a latele ditsamaiso tsa khomishene, ho thusitse ho tli-tshepo ya setjhaba demokerasing ya rona ka mokgwa o kgothaletsang ponaleto.

Naha e lokela ho leboha haholo bohle ba neng ba ameha mosebetsing wa khomishene ena; ho tloha ho ba neng ba batlisisa, ba fuputsa le ho hlophisa tlhahisoleseding e ngata; ho ya ho dipaki tse ngata tse pakileng le ho fana ka bopaki; ho ya ho baqolotsi ba ditaba ba tlalehileng ka bokgabane ka ditsamaiso tsena; ho ya ho maqwetha a thusitseng ka ho nehelana ka bopaki.

Re boetse re lokela ho leboha haholo batho ba bangata ka bo mong, bao bang ba bona ba ntseng ba sa tsejwe, bao diketso tsabona di lebisitseng tabeng ya ho thehwa ha khomishene. Bana ke batho ba utullutseng diketso tsena tse belaellwang e le tsa botlokotsebe, ba nganngeng, ba buileng leba entseng matsholo – ka bobedi phatlalatsa le ka potelleng – ho fedisa tshusumetso e bolotsana diqetong tsa puso. Re leboha bona ha e le mona jwale re bua ka tshusumetso e bolotsana diqetong tsa puso e le taba e fetileng.

Tshusumetso e bolotsana diqetong tsa puso ha e a iphella ka bo yona. E fedisitswe ke diketso tse kopanetsweng tsa maAfrika

Borwa ho tswa ka makgalo ohle, a sebetsa dibakeng tse fapaneng ho busetsa makgabane a demokerasi ya rona ya molaotseo. Mme ho matsohong a rona bohle ho netefatsa hore ditlwaello tsena di keke tsa dumellwa ho etsahala hape.

Dilemong tse tharo tse fetileng, re nkile mehato e mmalwa ya bohlokwa ya ho sebetsana le bobodu le tshusumetso e bolotsana diqetong tsa puso. Re ne re sebetsa ka thata ho aha botjha makala a akgangBolaodi ba Botjhutjhisi ba Naha (NPA), Tshebeletso ya Sepolesa ya Afrika Borwa (SAPS), Tshebeletso ya Lekgetho ya Afrika Borwa (SARS) le a mang.

Re thehile makala a matjha, a kang Botsamaisi ba Dipatlisiso ka hara NPA bakeng sa ho tjhutjhisa boemo bo phahameng ba bobodu, Lekgotla le Ikgethang la Yuniti e Ikgethang ya Dipatlisiso (SIU) bakeng sa ho busetsa matlole a setjhaba a utswitsweng. Re ntlafaditse bokgoni ba rona ba twantsho ya botlokotsebe ka ho theha Setsi sa Kopanelo, se bokanyang mmoho makala a fapafapaneng a qobello ya molao bakeng sa ho arolelana tlhahisoleseding le ho hokahanya dipatlisiso le botjhutjhisi ba botlokotsebe.

Re fetotse boetapele dikgwebong tse mmalwa tsa lewa tsa mmuso (di-SOE), le ho qala motjha wa ho di-tsoseletsa hore di itekanele ho tsa ditjhelele tsebetso.

Re sebeletsa ho ba le mo-

tlolo o motjha wa di-SOE o kgothaletsang ponaleto, boikarabelo tse toma le ho ba tsa moshwelella.

Boholo ba mosebetsi ona bo a tswella. Ho na le dibaka moo kgatelopele e bileng monyebe ho feta kamoo re neng re tshepile kateng, mme tsena re di shebile ka tjantjello e kgolo.

Sephetho le dikgothaletso tsa khomishene ntle le qeaqeo di tla matlafatsa mekutu ena. Re lebeletse hore khomishene e tla hlwaya bofokodi ba tsamaiso bo entseng hore tshusumetso e bolotsana diqetong tsa puso e etsahale.

Sena se tla re thusa ho nka mehato e meng ya ditokiso.

Leha re ka re nako ya tshusumetso e bolotsana diqetong tsa puso e fetile, ha re so hlole bobodu. Bobodu le boqhekanyetsi bo dula bo le teng le ho teba makaleng ka bobedi a mmuso le a poraefete.

Leha e keke ya ba boemong ba tshusumetso e bolotsana diqetong tsa puso, mosebetsi e jwale ya botlokotsebe e thefula naha ya bo rona haholo, e fokodisa ditheo tsa rona le ho hlotha maAfrika Borwa ditlhoko tse ngata tsa mantlha.

Bobodu ke ntho e mpe haholo ka dinako tsohle, e hlotha batho tse molemo hodima ba le ka hara koduwa e teng hajwale ya botho. Mona re bua ka diketso tse nyonyehang tsa bobodu selemong se fetileng mabapi le ho rekwa ha thepa le ditshebeletso tse neng di batleha bakeng sa ntwala ya rona kgahla-

nong le sewa sa COVID-19.

Re arabetse ka potlako bakeng sa ho kgina bobodu bo jwalo, ho hlwaya ba ikarabellang le ho nka bohato kgahlanong le bona.

Sena ke bopaki ba boitlamo ba rona ba ho fedisa bobodu ka metso.

Re tiisitse melawana ya Lefapha la Matlotlo, ra theha setsi sa ditheo tsa molao tse kopanetseng mosebetsi le ho neha SIU thomo e batalletseng ya ho batlisisa dipelaello tsohle tse amanang le bobodu ba dithendara tsa COVID-19.

Re phatlaladitse inthaneteng dintlha kaofela tsa dikonteraka tse amanang le ditheko tsa mabaka a COVID-19 ditheong kaofela tsa mmuso, e leng ntho e neng e qala ho etsahala ka hara naha.

Tshenyo e entsweng naheng ya rona ke tshusumetso e bolotsana diqetong tsa puso e tebileng. Ditlamora tsa yona di tla utlwahala bakeng sa dilemo tse ngata tse tlang.

Feela, ka ho sebetsa mmoho, re qadile ho lokisa dintho.

Re qadile ho aha botjha le ho tsoseletsa.

Re ka lebella hore sephetho sa Khomishene ya Zondo se tla matlafatsa maiteko ana haholo. Se tla re neha monyetla wa hore re qete le ho lebala ka ho phe-thahala ka dinako tsa tshusumetso e bolotsana diqetong tsa puso.

Ho sa na le mosebetsi o mongata o re emetse-ng, mmehosana lediqholotso tse ngata tseo ho lokelwang ho tobanwa le tsona.

Feela re motjeng wa ho aha setjhaba se lokolohileng ditleneng tsa tshusumetso e bolotsana diqetong tsa puso le bobodu. **U**

# Thusa ho thibela ho ipolaya

Allison Cooper

**B**atho ba bangata ba hloka hahala ka lebaka la ho ipolaya ho feta ba hloka-halang ka lebaka la HIV, malaria, mofetshe wa matswele, dintwa le dipolayano.

Sena ke ho ya ka dipalo-palo tsa moraorao tsa Mokgatlo wa Lefatshe wa Bophelo bo Botle (WHO), tse bontshang hore batho ba fetang 700 000 ba shwa ka ho ipolaya selemo ka seng – hona ho bolela hore bathong ba 100 ba shwang a le mong ke ya ipolayang, mme ho akanyetswa hore metsotswaneng e meng le e meng e 40 ho na le motho a le mong ya shwang.

“Re keke – mme ha re a lokela – ho iphapanya diketso tsa ho ipolaya,” ho

rialo Ngaka Tedros Adhanom Ghebreyesus, Motsamai-Kakaretso wa WHO.

“Ho shwa ha motho a le mong ke tahlehelo e kgolo haholo. Ho thahasella thibelo ya ho ipolaya ho bile ho bohlokwa ho feta hahle, kamora dikgwedi tse ngata tsa ho phela le Lefu la Sewa sa Kokwanahloko ya Corona, jwale batho ba se ba na le mabaka a mangata a kotsi ya ho ipolaya, ho latela hore ba lahlehelwe ke mesebetsi, ho kena mathateng a ditjhelete le ho qhelelwa ka thoko setjhabeng – e leng ona mathata a ntseng a re aparetse,” o a tlatselisa.

## Letsatsi la Lefatshe la Thibelo ya ho Ipolaya

Letsatsi la Lefatshe la Thibelo ya ho Ipolaya le thakgotswe ka la 10 Loetse 2003, ke Legotla la Matjhaba la Thibelo ya ho Ipolaya (IASP).

Le reretswe ho thibela ho ipolaya le boitshwaro bo nang le matshwao a ho ipolaya, ho fedisa ditlamorao tsa hona le ho fana ka foramo bakeng sa dirutehi, ditsebi tsa boitekanelo ba kelello, basebeletsi ba dikoduwa, baithaopi le mahlatsipa a ho ipolaya.

Ho ya ka sehlopha sa Afrika Borwa sa Tetebele ya Maitutlo le Letshoho (SADAG), ho na le ditlaleho tsa ho ipolaya tse 23 le tse 230 tsa maiteko a sehloho a ho ipolaya tse rekotuweng Afrika Borwa letsatsi ka leng.

“Ho ipolaya e ntse e le kgoba setjhabeng sa bo rona – ha ho motho ya batlang ho bua ka hona; ha ho motho ya tsebang ho bua ka hona le batswadi ha ba batle ho bua le bana ba bona ka hona, ka mohlomong ho ka ‘jala mehopollo e sa lokang’.

Leha ho le jwalo, ke taba ya nnete, mme e ka bonahala ka


palo e eketsehang ya mehala eo re e tholang ka letsatsi,” ho rialo Cassey Chambers, Molaodi wa Ditshebetso wa SADAG.

“Haeba batho ba bangata ba ba le tsebo e ngatanyana ka ho lemoha ho ipolaya le ho tseba kamoo ba ka thollang motho thuso pele ho senyeha, re ka thusa ho fokotsa sekgahla sa ho ipolaya,” o rialo.

## Seo e ka bang matshwao a ho ipolaya:

- Ha motho a bua ka ho fedisa bophelo ba hae, ho shwa kapa ho ipolaya.
- Ha motho a na le takatso e kgolo ya ho shwa kapa ha motho a dula a ngongoreha ka lefu le ho shwa.
- Ha motho a fana ka thepa ya hae ya bohlokwa.
- Ha motho a na le matshwao a ho tetebele, a kang ho halefa, ho nya-

hama, ho ikgula, bothata ba takatso ya dijo le ba boroko, le ho lahlehelwa ke thahasello dinthong tseo a tlwaetseng ho di etsa.

- Ha motho a nwa jwala kapa a sebedisa dithethefatsi ho feta tekano.
- Ha motho a fana ka monyenetsi wa ho ba siyo kamoso kapa a le sadisa ka tsela e nngwe.
- Ha motho a fetola boitshwaro ka tsela e makatsang.
- Ha motho a etsa ditlhophisso tsa mabaka a sokang a phethelwa. 

Haeba wena kapa motho eo o mo tsebang a batla thuso, iteanye le SADAG nomorong ya bona ya koduwa ya ho ipolaya e sebetsang bosiu le motshehare ho 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!

