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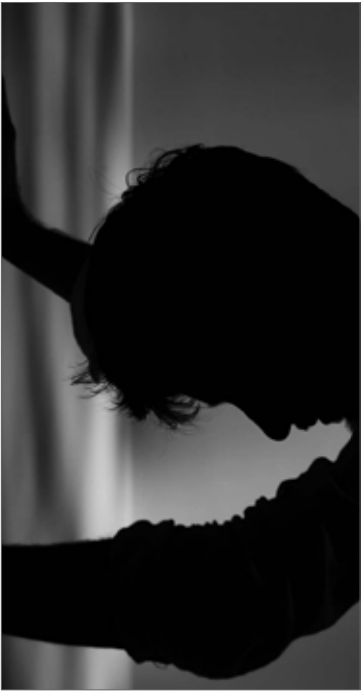
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lingxaki zokuphila une- bipolar



Allison Cooper

Noxa zininzi iindlela zokugula komntu one-*bipolar* eyona iphambili eyayisaziwa ngokuba yi-*manic depression*, yimeko yokugula ngengqondo eyenza ukugquka ngokugqithisileyo kwesimo sengqondo ukusuka ekuchwayiteni kakhulu kuye ekudakumbeni,

kubekho ukusebenza kakhule kwengqondo phakathi kwezi meko zimbini.

UGq Eddie Pak, ugqirha wezifo zengqondo okwisi-bhedlele seSebe lezeMpilo laseGauteng iSterkfontein Psychiatric Hospital eKrugersdorp, ucacise wathi yinto eqhelekileyo kakhulu into yokuba abantu babe nezimo zengqondo ezahlukileyo, bazive bevuya okanye benxunguphele, njengoko kusenzeka izinto ngezinto ebomini babo.

“Isifo se-*bipolar*, senzeka xa umntu isimo sengqondo yakhe siguquka ngokugqithisileyo ngaphandle kwesizathu esivakalayo. Oku kuguquka kuthanda ukuba sisehlo esisodwa esithatha ixeshana nesiphazamisa ubomi bomntu bemihla ngemihla,” utshilo.

limpawu ze-*bipolar*

Ngokwesikhokelo sesi sigulo esikhutshwa yiSouth African Depression and Anxiety Group (i-SADAG), iimpawu zesigaba sokuchwayita kakhulu emntwini one-*bipo-*

lar zibandakanya oku kulandelayo:

- Ukuziva uchulumance ngolona hlobo kungekho nanto inokuguquka ukonwaba kwakho;
- Ukuba nethemba ngokugqithisileyo
- Ukungakwazi ukuyifunda imeko into leyo yenza abantu abanesi sifo babe semngciphekweni wokusebenzisa gwenxa iziyobisi nokungakhathali.
- Abantu abanesi sifo badlamka ngokugqithisileyo kangangokuba kungaziintso ku besithi qwaka nje xa belala okanye bengalali konke konke;
- Bathetha le bathethe leya xa kuthethwa kwaye bayakhawulezisa ukuthetha, bathethele phezulu;
- Abanye abayazi kakuhle nale nto bayithethayo futhi nale nto bayithethayo iba yimbudane engavakaliyo;
- Bacaphuka ngaphandle kwesizathu okanye xa ubani esithi izicwangciso zabo azinasiseko sibhadlileyo. “Okokuba le ngxaki yoku-

chwayita ngokugqithisileyo ayinyangwa kwangoko, ingakhokelela kwisifo sengqondo esibizwa i-*psychosis* apho umntu azibhaqa ephila kwelakhe ilizwe. Baqalisa ukukholelwa kwizinto ezingeyonyaniso, babe bukhali, bafune ukulwa. Kulula okokuba abanye abantu bambone umntu ofikelwe yile ngxaki yokuchwayita ngokugqithisileyo izinto abazenzayo ziyabaxaka,” utshilo uGq Pak.

Le ngxaki ilandelwa kudukumba okukhulu emphefumleni, abe neempawu ezifana nesifo sokudakumba esiqhelekileyo ngokwengulo okanye okungaphaya, okuquka ukuziva ngolu hlobo lulandelayo.

- Ukunxunguphala
- Ukuziva ngokungathi wenze into engafanelekanga okanye ungenathemba
- Ukungafuni kuvuka ebhedini okanye kumaxa amaninzi ukungakwazi ukuvuka
- Ukungabi namandla,

ukuziva buthathaka, udiniwe

- Ukungakucaceli ukutya; ukungabi namdla wakwenza nto nokuziva ungeyonto.

“Ixesha lokudakumba emphefumleni lingakhokelela nakwi-*psychosis*, apho abantu baphila kwilizwe labo bodwa. Kwiimeko ezimbi kakhulu, bafuna ukuzilimaza kwaye bangazibulala,” utshilo uGq Pak.

Iidaba ezimnandi zezokuba uncedo lukhona. “Okokuba ubani isigulo sakhe siqondwe ngokuxilongwa, utya amayeza afanelekileyo, naloo mayeza uwasela ngendlela efanelekileyo, angaphila ubomi obupheleleyo obungaqhwalaliyo,” utshilo uGq Pak. **V**

Okokuba ucinga ukuba wena okanye umntu omthandayo unesi sigulo se-*bipolar*, yiya kwikliniki ekufutshane yezifo zokugula ngengqondo, esibhedlele okanye kwagqirha ngokukhawuleza.

Isifo se-*bipolar*, unganceda njani?

Allison Cooper

Okokuba umntu ozalana naye uye wafunyaniswa enesi sigulo, zininzi izinto onokuzenza ukumnceda nokumxhasa.

Okokuqala, yazi yonke into emele ukwaziwa ngolu hlobo lwesi sigulo umntu ozalana naye afunyaniswe enaso. Fumanisa unobangela waso, iimpawu zaso, neendlela zokusinyana uthethe nogqirha wesigulana eso, okokuba ikhona indlela.

Kufuneka uzazi nee-

mpawu ezibonakalayo xa umntu onesi sigulo eza kufikelwa lela xesha apho enokuchulumanca okugqithisileyo kunye nelo lokunxuba ngokugqithisile ngolo hlobo utsho wazi ukuba kufuneka uqalise nini na ukuthatha amanyathelo okuzilungiselela.

Ngokwesikhokelo sesi sigulo esikhutshwayi-South African Depression and Anxiety Group (i-SADAG) kuhle ukwenza izicwangciso ngoku lo mntu impilo yakhe isazinzileyo, wazi okokuba ungathini xa ubona umntu eqalisa ukubo-

nakalisa iimpawu zokuvuka kwesi sigulo. Umzekelo, ningabonisa, nibekelane imiqathango eza kuqinisekisa ukuba akukho mntu usesichengeni sokungena engozini. Le miqathango ingaquka ukuwabamba amakhadi asebhankini, izitshixo zemoto, njl njl.

“Khuthaza umntu onesi sigulo angawayeki ukuwasebenzisa amayeza, adibane nogqirha, abuyeke utywala neziyobisi kuba ezi zinto zingasivusa esi sigulo okanye zisenze sime ngeenyawo ngamandla,” utshilo uGq Eddie Pak,

ugqirha wezifo zengqondo oseSterkfontein Psychiatric Hospital seSebe lezeMpilo laseGauteng.

Okokuba umntu onesi sifo ebesebenzisa amayeza athile ixesha elide, kungabonakali nguqu itheni kwiimpawu zesigulo, okanye kukho imivuka ekhathazayo, mkhuthaze okokuba acele mayeza wambi kugqirha okanye afune uluvo lomnye ugqirha.

Abantu bakuba bephilile baphathe ngendlela eqhelekileyo, kodwa uvule amehlo mayelana neempawu zesigulo. **V**

limpawu zokuzibulala

Kubaluleke kakhulu ukuzazi iimpawu ezibonakalisa ukuba umntu angazibulala kwaye uzithathele ingqalelo ngamandla naziphi na izoyikiso umntu azenzayo.

Okokuba umntu usonga imicimbi yakhe, uthetha ngokuzibulala, usoloko ethetha ngeendlela zokuzibulala ngokwenyani okanye uya ekubonakalisa ngokukubonakalisa ukungabi nathemba, lixesha elo lokungenelela ufune uncedo kugqirha wakhe okanye kusapho lwakhe nabahlobo.

Funa uncedo

Okokuba wena, okanye nabani na omaziyo ufuna uncedo, yiya kwiziko elikufuphi lokunyanga isifo sokugula ngengqondo, ekliniki, esibhedlele okanye kwagqirha. Ungaphinda unxibelelane nabakwaCipla kule nombolo: 0800 456 789 yoncedo ngesifo sokugula ngengqondo isebenza imini nobusuku, kwinqanaba yoncedo ye-SADAG engu: 011 234 4837, kwi-Suicide Crisis Line engu: 0800 567 567 okanye i-Akeso Psychiatric Response Unit kwinqanaba esebenza imini nobusuku ethi: 0861 435 787.

Yonke into ofuna ukuyazi ngomvuzo omncinci omiselweyo



■ Ngokwalo mthetho woWona Mvuzo Mncinci uMiselwe weSizwe, kumacandelo amaninzi abasebenzi kufuneka bangahlawulwa imali engaphantsi kwama-R20 ngeyure.

Dale Hes

Wonke ummi wase-Mzantsi Afrika osebenzayo unelungelo lokufumana umvuzo ofanelekileyo ukuze akwazi ukuzondla yena nosapho lwakhe.

Ngokuphunyezwa ngokusesikweni komvuzo omncinci omiselweyo wesizwe ngu-

Mongameli Cyril Ramaphosa ekuqaleni kwalo nyaka, eli lungelo lokufumana umvuzo ofanelekileyo likhuselekile ngokusemthethweni.

UMphathiswa wezaBasebenzi uMildred Oliphant uthi lo mvuzo umiselweyo awuthathi ndawo yemivuzo ekuselwe kuvunyelwene ngayo kwiqumrhu leengxoxo labasebenzi nabaqeshi.

“Lo mvuzo umiselweyo uza kunceda ngokukodwa abo basamkela ngaphantsi kakhulu komvuzo ocetywayo wama-R20 ngeyure. Kukho icandelo eliza kuncedeka kakhulu. Elo licandelo lokwamkela, ukuphatha kakuhle nokutenda iindwendwe, apho ufumana abasebenzi abamkela kuphela ngokunikwa imadlana ngabantu beyiphiwa,” utshilo.

Amalungelo akho phantsi koMthetho woWona Mvuzo Mncinci uMiselweyo weSizwe

- Phantsi koMthetho woWona Mvuzo Mncinci uMiselweyo weSizwe, kwinkoliso yamacandelo abasebenzi kufuneka bangahlawulwa imali engaphantsi kwama-R20 ngeyure yomsebenzi.
- Lo mvuzo awubabali abasebenzi basezifama abamele ukuhlawulwa ubuncinane i-R18 ngeyure, abasebenzi basekhaya (i-R15 ngeyure) nabasebenzi kwiNkqubo yeMisebenzi yoLuntu eNatyisiweyo (i-EPWP)

(i-R11 ngeyure).

- Kufuneka uhlawulwe ubuncinane umvuzo omiselweyo ngeyure nganye oyisebenzileyo. Nokuba usebenza ixesha elingaphantsi kweeyure ezine ngemini, kusafuneka uzihlawulwe iiyure ezine ezipheleleyo.

Yimalini ekufuneka uyihlawulwe ngenyanga?

- Okokuba wamkela ama-R20 ngeyure kwaye usebenza iiyure ezisibhozo ngemini iintsuku ezintlanu zeveki, kufuneka uhlawulwe imali engama-800 eerandi ngeveki. Ngenyanga umqeshi wakho makakuhlulwe imali engama-3 466.40 eerandi.
- Okokuba uzuza ama-R20 ngeyure kwaye usebenza iiyure ezilithoba ngosuku iintsuku ezintlanu zeveki, kufuneka uhlawulwe imali engama-900 eerandi ngeveki. Kufuneka uhlawulwe imali engama-3 899.70 eerandi ngenyanga.
- Okokuba ungumsebenzi wasezifama obhatalwa i-R18

ngeyure kwaye usebenza iiyure ezingama-40 ngeveki, kufuneka uhlawulwe imali engama-3 119.76 eerandi ngenyanga. Okokuba usebenza iiyure ezingama-45 ngeveki kufuneka uhlawulwe imali engama-3509.73 eerandi ngenyanga.

- Okokuba ungumsebenzi wasekhaya obhatalwa i-R15 ngeyure kwaye usebenza iiyure ezingama-40 ngeveki, kufuneka uhlawulwe imali engama-2 599.80 eerandi ngenyanga. Ngeeyure ezingama-45, kufuneka uhlawulwe imali engama-2 922.75 eerandi.

Ubhenela kubani xa uhlawulwa ngaphantsi komvuzo omiselweyo?

Izikhazazo ungazibhekisa kwi-ofisi ekufutshane ye-Sebe lezaBasebenzi, okanye ungazibhekisa ngqo kwi-Khomishini yoLamlo noSombululo (i-CCMA). I-CCMA ivule iinombolo zomnxeba ezimbini zokwamkela imibuzo ezizezi: **011 377 6627** kunye no: **011 377 6625**.

Umvuzo omiselweyo, uloyiso lwabasebenzi

OWONA MVUZO mncinci umiselweyo wesizwe obukade ulindiwe uza kwenza umahluko kwaye ube negalelo elihle kwimpilo zabantu.

Siya Miti

Owona mvuzo mncinci umiselweyo wesizwe ongama-R20 ngeyure okanye imali engama-3 500 eerandi ngenyanga, oqalise ukusebenza ngomhla woku-1 kweyoMqungu uza kukhusela abasebenzi abangakhuseleka-nga bangaxhatshazwa.

Lo mvuzo ungowona mncinci umiselweyo wesizwe ubhengezwe ngokusesikweni nguMongameli Ramaphosa ngeyeNkanga kowama-2018, wavunywa nguMfelandawonye weMibutho yaBasebenzi yaseMzantsi Afrika (i-COSATU) njengeniyathelo

lokuqala lomvuzo obonakalayo wabasebenzi abazizigidi eziyi-6.4 abasebenza kwiivenkile ezinkulu, oonogada kunye nabo basebenza njengabacoci.

Noxa izindaba ezimnandi nje ezi kwinkoliso yabasebenzi, uZolile Binta ongunogada eMonti uthi kwafuneka baqhankqalaze ukuze bafumane isiqinisekiso sokuba baza kuwufumana umvuzo wama-R20 ngeveki.

“Siza kuwufumana lo mvuzo umiselweyo wesizwe kule nyanga okokuqala. Ukususela ngomnyaka wama-2010 ukuya kutsho kweyoMqungu kulo nyaka besifumana i-R11 ngeyure. Sisebenza kwicandelo elinobungozi

kwaye sifuna imali engaphezulu kwama-R20 ngeyure.

“Ndinabantwana abasixhenxe, oyena mncinci uneminyaka eli-17. Abantwana bethu abafumani misebenzi kwaye nenkosikazi yam ngumntu ohleli ekhaya. Nalo mvuzo umiselweyo awanelanga. Kodwa uza kwenza umahluko noko, kuqala besifumana imali ephakathi kwe-1 500 leerandi nama-2 000 eerandi,” utshilo uBinta.

Omnye unogada, uNombeko Zenani, uthi lo mvuzo umiselweyo uza kwenza umahluko omkhulu ebomini bakhe kwaye uza kukhusela abasebenzi bangaxhatshazwa.



Umququzeleli walapha wombutho iDemocratic Transport Logistic Allied Workers Union, uMelumzi Ndongeni, uthi noxa lo mvuzo umiselweyo uza kwenza umahluko ebomini babasebenzi abaninzi, abanye abaqeshi banendlela yokuqhatha ngokuthi bahlise iiyure abazisebenzayo abasebenzi kwishifu nganye.

“Wona uza kwenza umahluko, kodwa kusekho imiba efuna

ukulungiswa. Ewe, lo mvuzo umiselweyo ngumthetho ngoku, kodwa zimbalwa kakhulu iinkampani eziwuthobelayo. Umzekelo, amanye amashishini ebisoloko ehlawula ama-R25 ngeyure ayihlile loo ntlawulo yaba ngama-R20 ngeyure kuba esithi atsala nzima. Akukho nto inokwenziwa ngale nto, kuba bathobela umthetho,” utshilo uNdongeni.