

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Xitsonga

August 2021 Edition 2



Candice Cowen keeps others going

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Neeri Stroebel breaks the cycle of poverty

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Relief package supports the needy



Government is expanding the number of people who are eligible for this grant by allowing unemployed caregivers, who currently receive a Child Support Grant, to apply.

Finance Minister Tito Mboweni recently said the grant will go a long way in helping people.

"This will cost about R27 billion which we have to find in the system. Looking after our own is not just a cost, but it is an investment that we should see going forward," he added.

President Ramaphosa said the Department of Social Development is also providing food relief.

"Government is contributing R400 million to the Humanitarian Crisis Relief Fund, established by the Solidarity Fund, to assist with the immediate needs of affected communities," he added.

Government is implementing a range of measures to provide relief to the poor and support the recovery of the economy.

Beneficiaries of these measures include people affected by the Coronavirus Disease (COVID-19) lock-

down restrictions and the unrest experienced in some parts of KwaZulu-Natal and Gauteng recently.

"We are taking decisive action now to secure the livelihoods of millions of people who have been threatened by both the pandemic and the unrest.

"We are announcing a range of measures to support the recovery of the economy and provide relief to the poor and those who are vulnerable as a result of the measures that we had to impose to deal with COVID-19," said President Cyril Ramaphosa.

Social Relief of Distress Grant

The President announced that government is reinstating the Social Relief of Distress Grant, to provide a monthly payment of R350 until the end of March 2022, to assist those who are unable to support themselves.

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@VukuzenzeleNews

Website: www.gcis.gov.za

Email: vukuzenzele@gcis.gov.za

www.vukuzenzele.gov.za

Tel: (+27) 12 473 0353

Tshedimosetso House:

1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

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Umanyano loluntu lubalulekile kakhulu kwimpumelelo yoMzantsi Afrika

Ngelixa ubundlo-bongela kunye nokutshatyalaliswa okugubungele iindawo ezithile zaKwa-Zulu-Natali naseRhawutini kutshanje zibangele umonakalo omkhulu kwimpahla nakwiindlela zokuphila, ziye zanafuthe elikhulu kumanyano loluntu lwethu.

Oku kwacaca gca kwiziganeko ezimanyukunyezi ezenzeke kwiindawo ezikufutshane ne-Phoenix kunye naseThekwini.

Ngexesha lezidubedube ezithile ezimbi kakhulu kwintando yesininzi yethu, nakwimo esele igcwaliswe kukusola kunye nokungathembani kwabantu, abantu ebebhala kwindawo enye ngoxolo baye bajikelana.

Kusekuninzi ekufuneka sikuvumbululile malunga neziganeko ezenzekileyo. Ukwanda ngokukhawuleza kweendaba zobuxoki, imifanekiso engcikovayo kunye neenkukacha ezingachanekanga zenze kwabanzima ukwahlula phakathi kweenyani nobuxoki.

Kodwa siyazi ngokweengxelo zomthetho nakulwazi lwethu ukuba abantu bebebukulwa ngokobuhlanga kwiindlela ezivalwe ngokungekho semthethweni, abanye abantu bakhutshwa ezimotweni babethwa, kwaye abanye bathotywa isidima kwaye becekelwa phantsi. Abantu abaninzi babulawa.

Uninzi lwezinto eze-

nzekileyo ziziphumo ezingenakuphepheka xa abantu bezithathela umthetho ezandleni zabo. Ukuthathela umthetho ezandleni akuzukunyamezeleka kweli lizwe. Kululwaphulo-mthetho kwaye kuyingozi.

Ngoku kuba ukuzola kubuyiselwe esiqhelweni kwiindawo ezichaphazekileyo, ii-arhente zethu zogcino-mthetho ziphanda ngazo zonke izenzo zolwaphulo-mthetho.

Iqela labacuphi linikwe umsebenzi wokujongana nokubulala kwaye lisenzenza ngokusondeleleneyo noluntu lwasekuhlaleni. Kubekho ukubanjwa kwabantu kwaye abo babandakanyekayo bazakujongana nengalo yomthetho.

Uninzi lwengxelo ezingqonge iziganeko zase-Phoenix bezilawulwa ziinzame zokuthelekisa iintlanga ezahlukeneyo. Bezivuselelwa ngabantu abangaziwayo kumajelo eendaba zoluntu nakumaqela emiyalezo enza amabango acaphukisayo kwaye bemelela impindezelo.

Kukho iinzame zokubonisa oku njengophawu lokuchithachitha ubudlelwane beentlanga phakathi koluntu oluNtsundu kunye nolwamaNdiya.

Njengokuba babekhona abantu ababezama ukuxhaphaza abantu abasesichengeni kwaye babangele isiphithiphithi, kukho abo bebefuna ukubonisa izenzo

zolwaphulo-mthetho ngokobuhlanga ukuze bafezekise iinjongo zabo.

Abazu kuphumelela. UMzantsi Afrika unembali yokuzingca yokuziphatha ngokungacaluli ngokobuhlanga kunye nobumbano lwabasebenzi. Uluntu oluNtsundu kunye nolwamaNdiya lwalumanyene kumzabalazo wokulwa nocalucalulo kwaye, kunye nolunye uluntu, bahlala bezibophelele kwintlalo emanyeneyo neyentando yesininzi.

Ukuphendula kuloyiko nokungathembani, abantu base-Phoenix kunye neendawo ezingabamelwane zaseBhambayi, eZwelitsha naseAmaoti zisebenzela ukulungisa loo monakalo.

Bencediswa liqonga loxolo elasekwa yiNkonzo yaMapolisa oMzantsi Afrika ngentsebenziswano kunye neenkokheli zoluntu, abahlali baye badibana ngokunika inkxaso kwabo bantu bachatshazelwe zizidubedube kwaye bavule amajelo engxoxo.

Le ayiyiyo kuphela indawo yelizwe ejongene nemicelimgeni enjalo.

Iinzame zethu zokwakha uluntu oluhlangeneyo zityhafiswa lilifa lesicwangciso socalucalulo kunye nokungalingani okuzingisayo.

Izixeko zethu, iidolophu kunye neendawo zase-maphandleni zisahlulahlulwe ngokobuhlanga



nangokodidi lwentlalo. Oku kuyayityhafisa intsebenziswano kunye nokuqondana, kwaye kudodobalisa umsebenzi esiwenzileyo wokwakha uluntu olunge-nacalulo ngokobuhlanga.

Ukulungiswa kolu phazanyiso lwendawo kufuneka kube yinxalenye yomsebenzi wethu wokwakha uqoqosho olubandakanya wonke umntu noluphucula iimeko zokuphila zabantu bonke baseMzantsi Afrika.

Yiyo loo nto sisebenzela ukwakha uqoqosho olukhulayo ezilokishini nasemaphandleni, kwaye sigxile ekukhuleni kwamashishini amancinane. Yiyo loo nto sityala imali kwiziseko zophuhliso kwezi ndawo kwaye sisebenzela ukuphucula ukubonelelwa kweenkonzo.

Ngaxesha nye, kufuneka sijongane nobuhlanga kuluntu lwethu. Kufuneka sithethe ngokunyanisekileyo kungekuphela nje ngeembono zethu komnye nomnye, kodwa nangeemeko ezibonakalayo ezisahlulahlulayo.

Xa kungona ulwahlulo lobutyebi kunye namathuba eMzantsi Afrika zisagqityelwa ikakhulu bubuhlanga kunye nesini, asinakho ukwakha isizwe esimanyene ngokwenene.

Iziganeko zase-Phoe-

nix zisisikhumbuzo esibuhlungu sokuba unganani umsebenzi ekusafuneka siwenzile ukwakha uluntu olubandakanyekayo oluye lwachithachitha ngempumelelo imiqobo yexesha elidlulileyo.

Ezi ziganeko zikwabonisa indlela abanye abantu abazimisele ngayo ekusahlulahluleni, kunye nendlela ekufuneka senze ngayo ngokusemandleni ethu ukumelana nabo.

Luxanduva lwethu oludibeneyo ukuxhasa aba bahlali baseThekwini nakwezinye iindawo kuhambo lwabo oluya kuxolelwaniso nasekuphileni.

Intando yesininzi yethu yakhiwa ngabantu abanoxolo kunye nabalamli. Abaqulunqi benkululeko yethu yayingamadoda nabafazi abaNtsundu, amaNdiya, abeBala nabamhlophe ababekhaliphe kakhulu abakhetha indlela yoxolelwaniso endaweni yempindezelo, kunye noxolo endaweni yemfazwe.

Njengokuba sizama ukuphila kulo mothuko wesizwe udibeneyo, masiqine sibambisane. Masizoyise iiyantlukwano zethu ekufuneni okulungileyo.

Masisebenzisane ukwenza ikamva eliqhelekileyo apho wonke umntu enesabelo esilinganayo. **U**

Nceda abafundi ukuba bajongane ne-COVID-19



ABAZALI KUNYE NOOTITSHALA bangabanceda abafundi ukuba bakwazi ukumelana nenkxalabo kunye nonxunguphalo abanalo ngenxa yobhubhane weSifo seNtsholongwane ye-Corona.

More Matshedis

Abafundi bajongane nemiceli-mngeni emininzi ngenxa yeSifo seNtsholongwane ye-Corona (i-COVID-19) kunye nezithintelo zokovalwa mba kweentshukumo.

Kubekho utshintsho rhoqo kummandla wokufunda kwizikolo zoMzantsi Afrika, ezinokushiya abafundi beziva bexhalabile kwaye benoloyiko.

Abafundi kuye kwafuneka ukuba balungiselele ihlabathi elitsha lokufunda nge-intanethi okanye ukufunda okulibazisekileyo, ukuhlala bodwa, ilahleko, ukubindeka kunye nokothuka, konke oku kunokubangela ukwanda kwenkxalabo kunye nonxunguphalo.

Ingcali yoluleko lwengqondo uBoitumelo Tlhapane, osebenzela iCandelo leMfundo eBandakanya wonke umntu kwiSebe lezeMfundo eFreyistata, uthi ukuziva uxhalabile okanye unxunguphele ngala maxesha obunzima kuyaqondakala.

“Malunga nonyaka onesiqingatha ngoku, abafundi kuye kwafuneka ukuba baqhele indlela entsha yokufunda, enexesha elincinane lokudibana nootitshala kunye nelokufunda.

“Abaninzi kuye kwafuneka ukuba bafunde ngokuzimeleyo, ngelixa bephila ngokungaqiniseki ngekamva labo nangefuthe

le-COVID-19 kumathemba nakumaphupha abo, kusapho kunye nobomi bentlalo yabo,” utshilo uTlhapane.

Indlela yokumelana nale meko

Ucacisa ukuba inkxalabo luloyiko okanye ukukhathazeka ngento enesiphumo esithandabuzekayo. Ukunceda abafundi bakwazi ukumelana nale meko, unikezela ngale ngecebiso:

- Qonda ukuba yinto eqhelekileyo ukuba nenkxalabo okanye ukuba noloyiko. Oku akuthethi ukuba ubuthathaka. Kulungile ukungaziva ulungile.
- Into oyenzayo ngoloyiko lwakho yiyo into ebalulekileyo. Ingaba uyayithobela yonke imithetho ye-COVID-19 emiselwe ukuba ikhusele wena kunye nabanye abantu? Yintoni enye into ongayenza ukuqinisekisa ukhuseleko lwakho nolwabantu?
- Ingaba unazo iinkcukacha ezithembekileyo malunga ne-COVID-19 xa kunokwenzeka ukuba wena okanye umntu omthandayo osuleleke?
- Ingaba unayo inkxaso yootitshala, eyosapho kunye neyabahlalo yokunceda xa uziva unentandabuzo okanye nonxunguphalo okanye unenkxalabo? Oku kubaluleke kakhulu. Ootitshala banokunikezela ngenkxaso kunye nokufunda okungenandibano yobuqu

ngokusebenzisa izinto ze-intanethi kunye namaqela okufunda; ngokumisela izikhumbuzi zokukhuthaza abafundi ukuba bafundele ekhaya; nangokubakhuthaza ukuba bachaze uloyiko lwabo malunga nokuya esikolweni. “Oku kubalulekile, ingakumbi kwizifundo abazifumana zinzima,” wongeze watsho.

Usapho kunye nabahlobo banokunikezela ngenkxaso yase mphefumleni kubafundi, ngendlela yokubakhuthaza kunye nokuqinisekisa okungaguqukiyo, utshilo uTlhapane “Abafundi kufuneka besoloko bekhunjuzwa ukuba iinzame nokuzimisela kwabo ziqatshelwe kwaye zixatyisiwe, ngale ndlela kwan disa ukuzithemba kwabo.”

Indlela yokunciphisa inkxalabo

UTlhapane uthi zininzi iindlela abathi abazali nabafundi banciphise ngazo inkxalabo. Ezi ziquka:

- Ukuqinisekisa ukuba kukho inkqubo engqongqo yokufunda, eyokulala kunye neyokuzonwabisa. Oku kuza kunceda abafundi ukuba bahlangabezane neenjongo zabo kunye nemihla ebekiweyo, ngelixa bencedwa ukuba bazive belawula izifundo zabo.
- Abafundi kufuneka basebenzise zonke izibonelelo ezifumanekayo esikolweni nakwiinkqubo zemfundo, ngokuhambelana ne-

kharithyulam, ezisasazwa kumabonakude nakunomathotholo.

- Abazali bangancedisa ngokuqinisekisa ukuba abafundi abaziboni kakhulu iindaba ze-COVID-19, ingakumbi malunga nokusweleka kunye neengcingane zamayelenqe, njengoko oku kunokubangela uloyiko lwabo kwaye kukhokelele kwimeko ezininzi zengqondo.
- Abafundi kufuneka banciphise ukusebenzisa amajelo eendaba zoluntu, njengoko kuchitha ixesha lokufunda kwaye kususiphazamiso esikhulu.
- Usapho lungakwazi ukuziqhelanisa nendlela yalo yokuphila ngokongeza imisebenzi yokuzikhathalela, njengokuzilolonga kunye nokudlala.

“Ukuba umfundi uphulukene nomntu amthandayo, banokuba neempawu zokubindeka ezifana nonxunguphalo okanye inkxalabo. “Kubalulekile ukuba isikolo kunye nabazali bathumelele abafundi kwinkxaso ejongene neemfuno zengqondo nezentlalo, enikezelwa liSebe leMfundo esiSiseko, okanye bacele ukuthunyelwa kwizibonelelo zasimahla okanye kwiikliniki zasekuhlaleni,” utshilo uTlhapane.

Iimpawu zembandezelo

Abazali kufuneka bahlale bephaphile kwaye bajonge iimpawu ezahlukeneyo ezi-

nokubonisa ukuba umntwana wabo usembandezelweni. Ezi ziquka:

- Ukuthula komntwana kunye nokuzikhetha kwabanye abantu.
- Ukutya kunye nokulala ngendlela ezingaqhelekanga.
- Ukuba neemvakalelo ezigqithileyo, ezinjengokuhlala ulila, ukucaphuka okanye ukuba nomsindo msinyane.
- Ukusokola ekugxileni.
- Ukungayigqibi imisebenzi kunye nemisebenzi yesikolo eyenzelwa ekhaya.
- Iingxaki zokuziphatha, njengobundlongondlongo.
- Ukwenza izizathu zokungayi esikolweni.
- Ukubasemnxebeni rhoqo okanye kwiinethiwekhi zamajelo eendaba zoluntu.
- Ukusilela ekugqibezeleni eminye imisebenzi yobomi yemihla ngemihla. **V**

Ukufumana uncedo, abazali kunye nabafundi banokutyelela ii-ofisi zezithili zesebe lemfundo.

Banokuqhagamshelana ne-South African Depression and Anxiety Group, ku-0800 567 567 okanye bathumelele i-SMS ku-31393 kwaye umcebisi uzakubuya akutsalele umnxeba.