

Vuk'uzenzele

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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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Ubumbano lwemiphakathi lubalulekile empumelelweni yeNingizimu Afrika

Ngesikhathi udlame kanye nokubhubhisa obekugubuzele izingxenywe za-KwaZulu-Natali nase-Gauteng kamuva nje kudala umonakalo omkhulu ezakhiweni nasendleleni yabantu yokuziphilisa, kuphinde futhi kwaba nomthelela omkhulu ekubumbaneni kwemiphakathi yakithi.

Lokhu kubonakale ngokusobala ezigamekweni ezibuhlungu ezenzeke endaweni yase-Phoenix namaphethelo eThekwini.

Ngesikhathi sothuthuva olwedlula lonke ngesikhathi sentando yethu yabantu, esikhathini esivele sigcwele ukusolana nokuphambana, abantu abebephilisa ngokuthula bavukelana bodwa.

Kusekuningi kakhulu okusamele sikuvumbulule ngalezi zigameko ezenzekile. Ukubhebhethekiswa kwezindaba ezingamampunge, imifanekiso eyenziwe kanye nolwazi olungesilona iqiniso kwenze kwaba nzima ukuhlukanisa okuliqiniso nokuqanjawe.

Kodwa-ke siyazi ngokwemibiko esemthethweni kanye nalokho esizibonele kona mathupha ukuthi abantu bebhluhaniswa ngokobuhlanga kwizivimbamgwaqo ezingekho emthethweni, abanye abantu babedonswa bekhishwa ezimotweni beshaywa, futhi

abanye balulazeka behliswa nesithunzi. Abantu abaningi babulawa.

Okuningi kwalokhu okwenzekile kungumphumela ongenakugwemeka uma abantu bezithathela umthetho ngezandla zabo. Ukuzithathela umthetho ngezandla ngeke kubezelelewe kuleli lizwe. Kungubugebengu futhi kuyingozi.

Njengoba manje ezindaweni ezithintekayo amaphaphu esehlile, abomthetho baphenya zonke izenzo zobugebengu.

Ithimba labaphenyi selijutshwe ukubhekana namacala okubulala futhi asebenza ngokubambisana nemiphakathi yasendaweni. Kukhona asebeboshiwe futhi labo abathintekayo bazobhekana ngqo nengalo yomthetho.

Okuningi okushiwoyo ngalezi zigameko e-Phoenix zibuswa imizamo yokuvukelana kwezinhlanga. Ziqalwe ngabantu abangaziwa ezinkundleni zokuxhumana nasekuthumeleni imiyalezo kumaqembu ehlukeno benza izinsongo futhi befuna nokuziphindiselela.

Kunomzamo wokufuna ukubeka lokhu kubukeke engathi kufaka ubudlelwane bobuhlanga phakathi kwemiphakathi yabantu abaNdiya kanye namaNdiya.

Njengoba nje kunabantu abazama ukuxhaphaza ubuthakathaka babantu futhi badale isiphithiphithi,

kunalabo abafuna ukuca-shisa izenzo zobugebengu ngobuhlanga ukuze futhi zizinhloso zabo.

Angeke baphumelele. INingizimu Afrika inomlando ozigqajayo onemigomo engacwasi ngokobuhlanga kanye nobumbano lwabasebenzi. Imiphakathi yabantu abaNdiya namaNdiya yayimunye emzabalazweni olwa nobandlululo, futhi ngokubambisana neminye imiphakathi, yaqhubeka nokuzinikela ekubeni nomphakathi obumbene nonentando yabantu.

Ekubhekaneni nokwesaba nokungethembani, abantu base-Phoenix nezindawo eziseduze zaseBhambayi, eZwelisha naseMawoti basebenza ukulungisa umonakalo.

Ngokusizwa inhlangano yezokugcina ukuthula eyasungulwa uPhiko Lwamaphoyisa eNingizimu Afrika ngokusebenzisana nabaholi basemphakathini, imiphakathi ihlangene ukweseka labo abakhahlaneyezwe uthuthuva kanye nokuvula imigudu yokuxoxisana ngalokhu.

Lena akuyona kuphela ingxenywe yezwe ebhekene nezinsalele ezifana nalezi.

Imizamo yethu yokwakha imiphakathi ehlangene ithunazwaifalohlelolobandlululo kanye nokungalingani okulokhu kuqhubeka.

Amadolobhakazi ethu, amadolobha nezindawo

zasemakhaya zisahlukaniswe ngokobuhlanga nangokwezizinga lempilo. Lokhu kuqeda amandla okusebenzisana kanye nokuqondisa, futhi kuphazamisa umsebenzi esesiwuqalile wokwakha umphakathi ongacwasani ngokobuhlanga.

Ukulungisa lezi zindawo ezimapeketwane kumele kube yingxenywe yomsebenzi wethu wokwakha umnotho obandakanya wonke umuntu kanye nokuthuthukisa isimo senhlalo sabo bonke abantu baseNingizimu Afrika.

Yingakho sisebenza ukwakha iminoto echumayo yasemalokishini nasezindaweni zasemakhaya, nokugxila ekukhuleni kwamabhizinisi amancane. Yingakho sitshala izimali kwingqalasizinda kulezi zindawo futhi sisebenza ukuthuthukisa ukuhlinzekwa kwezidingo-ngqangi.

Ngasikhathi sinye, sidinga ukubhekana ngqo noku-cwasana ngokobuhlanga emphakathini wethu. Sidinga nezingxoxo eziyiqiniso hhayi nje ngokuziphatha kwethu komunye nomunye, kodwa futhi ngezimo zezinto ezisihlukanisayo.

Uma nje ukwahlukana ngokwengecho kanye namathuba eNingizimu Afrika kusabhekwa ngokobuhlanga kanye nobulili, angeke sikwazi ukwakha isizwe esibumbene ngokweqiniso.

Izigameko zase-Phoenix ziyisikhumbuzo esi-

buhlungu kakhulu sokuthi mkhulu kangakanani umsebenzi okusamele siwenze ukwakha imiphakathi ebumbene esilwe nge-mpumelelo ukudiliza imingcele yesikhathi esedlule.

Lezi zigameko futhi zibonisa ukuthi abanye abantu bazimisele kanjani ukudala uqhekeko phakathi kwethu, nokuthi sikudinga kanjani ukwenza konke okusemandleni ethu ukungabavumeli.

Kungumsebenzi wethu ngokubambisana ukweseka le miphakathi eThekwini futhi nanoma iyiphi indawo ohambeni lwayo oluya eku-buyisaneni nasekupholeni.

Intando yethu yabantu yakhiwa ngabadali bokuthula nabalamuli. Abanqobi benkululeko yethu kwakungamadoda nabesifazane abaNdiya, amaKhaladi kanye nabamhlophe ababenesibindi abakhetha indlela yokubuyisana kunokubuyisela, noxolo kunempi.

Njengoba silwela ukuphola kulokhu kuhlukumezeka kwezwe lonke, masisukume sibe munye. Masinqobe lokhu kwahlukana kwethu ngokuphokophelela ekwenzeni okuhle okufanayo.

Masisebenze ngokubambisana ukwakha ikusasa elifanayo lapho wonke umuntu enesabelo esilinganayo. **V**

Siza abafundi ukuthi babhekane ne-COVID-19



ABAZALI NOTHISHA bangabasiza abafundi ukuthi babhekane nexhala nokukhathazeka ababhekane nakho ngenxa yobhubhane lweSifo segciwane le-Corona.

More Matshediso

Abafundi balokhu bebhekene nezinsesele eziningi ngenxa yeSifo segciwane le-Corona (i-COVID-19) kanye nemikhawulo yokulawula kwezwe.

Selokhu kukhona uguquko olwenzeka njalo endimeni yezokufunda ezikoleni zase-Ningizimu Afrika, lokho okungashiya abafundi bezizwa benekhala kanye nokwesaba. Abafundi kufanele ukuthi babhekane nomhlaba omusha wokufunda nge-inthanethi noma ukubambezeleka ekufundeni, ukuzihlukanisa kwabanye abantu, ukulahlekelwa, usizi nokuhlukumezeka, konke okungadala ixhala nokukhathazeka okukhulu.

Umeluleki ngokwengqondo uBoitumelo Tlhapane, osebenzela uPhiko Lwezemfundo Ebandakanyayo i-Inclusive Education Unit kuMnyango Wezemfundo eFreyistata, uthi ukuzizwa unekhala noma ukhathazekile ngalezi zikhathi ezinzima kuyaqondakala. "Isikhathi esingangonyaka nesigamu manje, abafundi kumele bajwayele indlela entsha yokufunda, enesikhathi esincane bebhekene nothisha ubuso nobuso.

"Abaningi kuphoqeleke ukuthi bazifundele bodwa, ngesikhathi bephila ngokungenasiqiniseko ngekusasa labo kanye nomthelela we-

COVID-19 emathembeni nasemaphusheni abo, impilo yomndeni kanye neyomphakathi," kusho uTlhapane.

Ubhekana Kanjani Nalesi Simo

Uchaze wathi ixhala ngukwesaba noma ukukhathazeka ngento okungaziwa umphumela wayo. Ukusiza abafundi ukuthi babhekane nalesi simo, unikeze iseluleko esilandelayo:

- Kuqonde ukuthi kujwayelekile ukuzizwa unekhala noma wesaba. Lokhu kakusho ukuthi untekenteke. Ukungalungi kwesimo kulungile.

- Ukuthi wenzani ngokwesaba kwakho yikho okubalulekile. Ingabe uyayithobela imithetho ye-COVID-19 ebekiwe ukuvikela wena nabanye? Yini enye ongayenza ukuqinisekisa ukuphepha kwakho nokwabanye?

- Ingabe unalo ulwazi oluthembekile nge-COVID-19 uma kungenzeka wena noma othandiweyo wakho esuleleka?

- Ingabe othisha bayakweseka, umndeni kanye nabangani bayakusiza na uma uzizwa ungaqinisekanga noma unokhwantalala noma unekhala? Lokhu kubaluleke kakhulu.

Othisha bangeseka futhi bafundise bengekho phambi kwabafundi ngokusebenzisa i-inthanethi nokusungula amaqembu

okufunda; ngokuzikhumbuza ukugqugquzela abafundi ukuthi bafunde besekhaya; nokubagqugquzela ukuthi bakhulume ngokwesaba kwabo mayelana nokufunda. "Lokhu kubalulekile, ikakhulukazi ezifundweni ezinzima kubona," enezela.

Umndeni nabangani bangeseka abafundi ngokuzwelana nabo, ngokubagqugquzela nokubaqinisekisa njalo-nje, kusho uTlhapane.

"Abafundi badinga ukuhlale bekhunjuzwa njalo-nje ukuthi imizamo yabo nokuzinikela kwabo kuyabonakala futhi kuyabongeka, lokho kuzokhuphula ukuzithemba kwabo."

Ulinciphisa Kanjani Ixhala

UTlhapane uthi kunezindlela ezehlukene abazali nabafundi abanganciphisa ngazo ixhala. Lezi zindlela zibandakanya:

- Qinisekisa ukuthi kune-nqubo eqondile yokufunda, ukulala kanye nokuchitha isikhathi nabanye abantu. Lokhu kuzosiza abafundi bafeze amaphupho abo kanye nokugcina izikhathi zomnqamulajuqu, futhi kuzobasiza ukuzizwa bekwazi ukuzilawulela izifundo zabo.

- Abafundi kumele basebenzise zonke izinsizakufunda ezihlinzekwe esikoleni nasezinhlalweni zemfundo, ezihambisana nohlelo lokufunda, ezisakazwa kumabonakude

nasemsakazweni.

- Abazali bangasiza ngokuqinisekisa ukuthi abafundi abalaleli ngokweqile izindaba ze-COVID-19, ikakhulukazi mayelana nokufa kanye nemibono yetulo, njengoba lokhu kungabhebethekisa ukwesaba kwabo futhi kuholele ezimeni ezinzima ngokwengqondo.

- Abafundi kumele behlise isikhathi abasichitha ezinkundleni zokuxhumana, njengoba lokhu kuchitha isikhathi sokufunda futhi kuyisiphazamiso esikhulu.
- Umndeni ungazijwayeza indlela yabo yokuphila ngokwengeza imisebenzi yokuzinakekela, efana nokuvocavoca umzimba nokudlala.

"Uma umfundi elahlekelwe umuntu amthandayo, bangaba nezimpawu zokubhekana nosizi ezifanayo nalezo zokukhathazeka noma ixhala.

"Kubalulekile ukuthi isikole nabazali bathumele laba bafundi ukuthi bathole usizo ngokwengqondo, oluhlinzekwa nguMnyango Wezemfundo Eyisisekelo, noma baxhumane nezinsiza zamahhala noma imitho-lampilo yendawo ukuze bezodluliselwa phambili," kusho uTlhapane.

Izimpawu Zosizi

Abazali kumele baqaphele futhi bagade izimpawu ezahlukene ezingabonisa

ukuthi ingane yabo ibhekene nosizi. Lezi zimpawu zibandakanya:

- Umntwana uyazihlangula futhi abe inkomo edla yodwa.

- Izindlela zokudla nokulala ezingajwayelekile.

- Ukushesha uzwele kakhulu, okufana nokuhlale ukhala, ukucasuka noma ukuthukuthela masinyane.

- Ukuhluleka ukugxila kulokho okwenzayo.

- Ukungaqedi imisebenzi nomsebenzi wesikole wasekhaya.

- Izinkinga ngendlela yokuziphatha, ezifana nokuba nolaka.

- Ukubeka izaba zokungayi esikoleni.

- Ukuhlale njalo usefonini noma ezinkundleni zokuxhumana.

- Ukuhluleka ukuqeda eminye imisebenzi yansuku zonke. 🚫

Ukuthola usizo, abazali nabafundi bangavakashela amahhovisi ezemfundo esifunda. Bangaphinde baxhumane neNhlango yaseNingizimu Afrika Ebhekele Ukukhathazeka Nexhala i-South African Depression and Anxiety Group, ku-0800 567 567 noma bathumele i-SMS ku-31393 umeluleki uzobafonela.