

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS) English/isiZulu Ncwaba 2022 Ushicilelo 2

Community organisations help women break free of abuse

Gabisile Ngcobo

After years of fearing for her life, a Free State woman escaped her abusive partner – thanks to the support she received from a community organisation.

“He was verbally abusive and said he would kill me,” Dieketseng Manyokho recalls.

The 32-year-old mother from Thaba N'chu is one of many South African women who have endured gender-based violence (GBV) at the hands of the men they love.

Even though she knew she deserved better, Manyokho could not leave her boyfriend because she was jobless and financially dependent on him. “I had to tolerate all the pain and him crushing my spirit so that I could put food on the table.”

With no one to turn to, she

stayed in the destructive relationship.

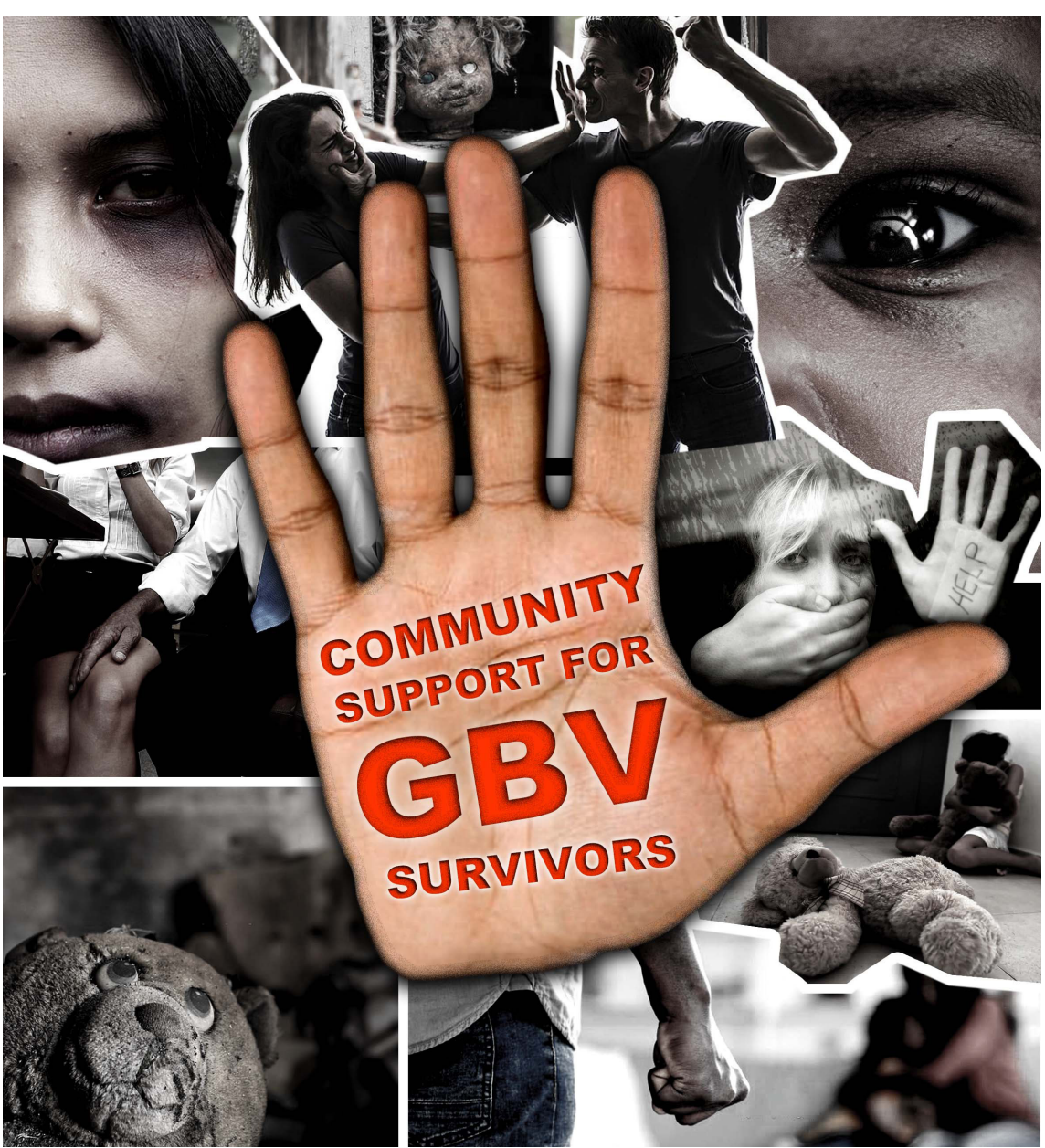
“I often wondered what would become of me because he always said he was going to kill me and that he had people watching my every move,” she says.

In 2020, desperate to break free, she finally reached out to a non-governmental organisation (NGO), Batho Ba Lerato Advice Centre, for help.

“The centre was able to arrange counselling for me, help me get a protection order and apply for child maintenance. They taught me how to be a woman who can stand on her own feet.”

Manyokho believes the centre gave her a new lease on life and she is starting to feel like herself again after enduring three years of abuse.

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Bursary opportunities for young people

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VACCINATE TO SAVE SOUTH AFRICA

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From victim to GBV prevention advocate

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Kumele sisukume manje futhi ngokubambisana ukuqeda udlame olubhekiswe kwabesifazane

INyanga Yabesifazane iqale ngosizi olukhulu.

Sesiphinde sagutshezelwa ifu elimnyama emphakathini wakithi.

Ngenyanga edlule, iqoqo lamadoda nabe-sifazane abebethatha ividiyo yomculo emayini engasasebenzi eseduze nase-Krugersdorp bahlaselwa abahlaseli abebhlome bezingovolo abebe sebedlwengula abesifazane abayisishiya-galombili.

Lezi zenzo ezethusayo zobulwane zingukudicilela phansi ilungelo labesifazane kanye nama-ntombazane lokuphila futhi basebenze ngokukhululeka nangokuphepha.

Ngesikhathi besathungatha abasolwa kulobu bugebengu, uPhiko Lwamaphoyisa eNingizimu Afrika kufanele lufakele izibuko izikhalo zomphakathi wase-West Village, lapho senzeke khona lesi sigameko, othi uhlezi uphila ngokuvinjzelwa iqembu lezigelekeqe elihlomile endaweni.

Abadlwenguli abanayo indawo emphakathini wakithi. Sinxusa imiphakathi ukuthi isebenzisane namaphoyisa ukuqinisekisa ukuthi lezi zigilamkhuba ziyaboshwa futhi ziyashushiswa. Imiphakathi yakithi akumele ibe imipheme yokukhose-lisa izigilamkhuba.

Kuhlezi kukhona oyedwa emiphakathini yakithi owazi okuthile, ozwe okuthile noma obone okuthile. Inkinga ukuthi iningi



lethu likhetha ukuthula lingasho lutho ngoba isigilamkhuba kusuke kungumngani, umlingani noma uzakwabo. Nomanje sinetwetwe noma sisaba ukuhlukunyezwa. Kuba-lulekile ukukhumbula ukuthi uma uluma indlebe isikhungo soPhiko Lokunqanda Ubugebengu lwe-SAPS lokho kugcinwa kuyimfihlo.

Nginxusa noma ngabe ngubani onolwazi ngalobu bugebengu ukuthi abike kwabomthetho ukuze izigilamkhuba zizokhalelwa ngamasongo kaSigonyela.

Ngokubhebhetheka kwale nkinga ezweni lethu, akuselula ukushaya indiva isibopho sokubika ngamacala obugebengu bezocansi.

Ngokomthetho omusha osuqale ukusebenza, ngaphezu kwesibopho sethu sokuziphatha, sonke kungumsebenzi wethu ngokomthetho ukubika kwiziphathimandla uma kukhona ulwazi esinalo,

ukukholelwa okuthile noma izinsolo zokuthi ubugebengu bezocansi benziwe kumuntu obuthakaka. Manje sekuyicala ukungabiki ngobugebengu bezocansi.

Lena ngenye yezingxenyeyemithetho emithathu engayisayina makuqala lo nyaka eqinisa ukulwisana nodlame olubhekiswe kwabobulili obuthile futhi eyeseka kakhulu nevikela labo abasindile.

Phakathi kwezinye izinto, imithetho yengeza kabanzi kwiRejista Lika-zwelonke Lezigilamkhuba Zocansi, iqinisa inqubo yokuhlolwa, futhi yethula imikhakha eyengeziwe yamacala ezocansi.

Izinqubo ziyaqhubeka zokuphasisa le mithetho. Lokhu kubandakanya ukuqeqeshwa kwabashushisi nezimantshi, ukukhipha iziqondiso zebheyili kuzozonke izikhulu zakwa-SAPS, kanye nokubuyekeza amaphepha okwethwesa icala ukuthi

afake phakathi amacala amasha asunguliwe.

Siphokophele ukuthi konke lokhu kume ngomumo ukuze izikhulu zethu zomthetho kanye nezinkantolo bezophenya futhi bashushise amacala odlame olubhekiswe kwabobulili obuthile ngendlela.

Udlame olubhekiswe kwabobulili obuthile nokubulawa kwabesifazane kuyinkinga yomphakathi esuka phansi ezimpandeni.

Akwanele neze nje ukuthi izigilamkhuba ziboshwe, siquliswe icala, zilahlwe yicala bese ziyagwetshwa.

Kufanele sisebenze ngokubambisana ukulwa nongqondongqondo bodlame olubhekiswe kwabobulili obuthile emiphakathini yethu, kubandakanya ukuziphatha nezenzo ezibeka amadoda phambili.

Ukuqeda udlame olubhekiswe kwabobulili obuthile

kubiza ukuthi sisukume ngokubambisana njengabantu.

Lokhu kusho ukugqugquzela ukuziphatha ngendlela odabeni lokulingana ngokobulili emiphakathini yakithi, ezindaweni zokukhonza kanye nasemakhaya ethu. Njengamadoda, kufanele sibonise ukuthi ngeke simelane nokucwasa ngokobulili, ukubeka amadoda phambili kanye nodlame olubhekiswe kwabobulili obuthile ngendlela esiphatha ngayo abalingani bethu, ozakwethu, omama bethu, odadewethu kanye nama-dodakazi ethu.

Noma ngabe umuntu ngamunye, izinhlangano, amabhizinisi noma abaqashi, kufanele sibe yingxenyeyomzamo kazwelonke ngayoyonke indlela esingakwazi ngayo, kungaba ukuvolontiya esikhungweni sokukhose-sela, ukweseka amaforamu amaphoyisa omphakathi noma ukuhlanganyela emikhankasweni yokuqwashisa ezikoleni zethu.

Njengoba udlame olubhekiswe kwabobulili obuthile luyinkinga yawowonke umphakathi, kungumsebenzi womphakathi wonke ukuthi uluqede nya.

Sisenzile isiqalo, kodwa njengoba ubugebengu obuyisihluku e-Krugersdorp busikhumbuza, kudingeka ukuthi senze okungaphezulu futhi sidinga ukuthi sisukume ngokuphuthuma nangokuzimisela okukhulu. **V**

Amathuba emifundaze yabantu abasha

Kgaogelo Letsebe

U-Sonia Malinga (23) wase-Piet Retief eMpumalanga uthi ukuhlomula ngomfundaze we-Shoprite Group kuqinisekise inhlansi yethemba yekusasa lakhe.

UMalinga wathola umfundaze ovela esitolo sokuthengisa saseNingizimu Afrika ngowezi-2018. Wafaka isicelo somfundaze emva kokuphuthula amabanga aphezulu esikoleni i-Hoërskool Piet Retief.

“Ngikhula, ngangifuna ukuba ngudokotela, kodwa ngokuhamba kwesikhathi ngaqala ngabheka eminye imikhakha. Ngafunda ngokunikezelwa nokuphathwa kwempahla cishe ngaheheka kukhona ngaso leso sikhathi.

Ngiyakhumbula ukuthi ngangijwayele ukuhlala ngibukele amaloli engena ephuma edolobheni langakithi ngizibuze ukuthi ubani oqinisekisa inani nezinga lezipahla



U-Sonia Malinga waphothula iziqu zakhe ze-BCom Honours ku-Logistics Management emva kokuthola umfundaze wakwa-Shoprite Group.

ukuthi liyilo nokuthi zifike endaweni lapho kufanele zilethwe khona. Ilapho-ke ngathola khona uthando lwako,” kusho uMalinga.

UMalinga wathola iziqu zakhe ze-BCom Honours ku-Logistics Management eNyuvesi yase-Johannesburg wabe eseqala ukusebenza e-Shoprite njengomphathi osaqeqeshwa esikhungweni sokusabalalisa impahla ngoNhlolanja ngowezi-2021. Kamuva nje ukhushulelwe esikhundleni somcwaningi wempahla engena esitolo.

Ukuba yingxenywe ye-Shoprite Group kusabalalise ulwazi lukaMalinga

embonini yezitolo ezithengisa impahla. “Kungifundise okuningi ngokuphathwa kwempahla futhi kwangivumela ukuthi ngiqhubeke ngithuthukise amakhono ami futhi ngiyephambili emkhakheni wami womsebenzi,” kusho yena.

Sifakwa kanjani isicelo

Izicelo zohlelo lwemifundaze yayo yonke imikhakha yakwa-Shoprite Group zivuleleke ukufunda ngonyaka wango-2023. Umfundaze usuka kwizi-R45 000 kuya kwizi-R70 000 ngonyaka, kuye ngomkhakha wezi-

fundo kanye nesikhungo. Umfundaze ubandakanya izindleko zokufunda, izincwadi, indawo yokuhlala esikoleni kanye nezivumelwano zokuthi ohlomule ngomfundaze uzobuya azosebenzela inkampani.

Imibandela yokuqala yokuthola umfundaze ibandakanya ukuba isakhamuzi saseNingizimu Afrika, kube uwuqedile umatikuletshe/ibanga le-12 futhi ungabi ngaphezu kweminyaka engama-27 ubudala.

Imifundaze ikhona kule mikhakha elandelayo futhi abafakizicelo kumele babe semnyakeni ogaguliwe ngesikhathi sokufaka kwabo isicelo:

- Izifundo ze-*Pharmacy* (unyaka wokuqala, wesibili, wesithathu nowesine)
- Izifundo ze-*Retail Business Management* (unyaka wokuqala, wesibili nowesithathu)
- Izifundo ze-*Accounting* (unyaka wesibili, owesithathu nowesine)

- Izifundo ze-*E-commerce: UI Design* (unyaka wesibili nowesithathu)
- Izifundo ze-*Food sciences* (unyaka wesibili, owesithathu nowesine)
- Izifundo ze-*Information Technology* (unyaka wesibili nowesithathu)
- Izifundo ze-*Logistics and Supply Chain* (unyaka wesithathu nowesine). **U**

Abafundi asebe-bhalisile enyuvesi abaphase ngama-nqaku angama-65% esehlenganisiwe noma ngaphezulu bayagqugqazelwa ukuthi bafake izicelo ngokungena ekhasini lemifundaze ku-www.Shoprite-holdings.co.za noma bathumele i-imeyili ku-bursary@shoprite.co.za ungakashayi umhla wama-31 kuNcwaba.

Owen Mngadi

Successful entrepreneur Siyanda Mthethwa (36) has responded to the escalating fuel costs that are crippling small, rural businesses and households in Eshowe, KwaZulu-Natal, by launching an online grocery business.

Established in 2020, Kuloola, which is derived from the Zulu word Kulula ('it's easy'), delivers groceries to the doorsteps of rural homes and spaza shops in Eshowe.

Kuloola operates through WhatsApp, SMS, Please Call Me and online. Grocery orders are packed and delivered by local third-party delivery agents within 24 hours, at a fee of R40, which is up to three times less than what customers typically pay for transport.

According to Mthethwa,

Online grocery delivery service takes Eshowe by storm



villagers had to travel more than 40km to town. Rural spaza shop owners, including his grandmother, were hard hit by the rising fuel costs as they stock twice a week.

In 2019, he bought a bakie and started operating. His customer base incre-

ased, which prompted him to formalise it and seek funding.

“I received private funding of R1 million, which helped me to get three delivery vans and a small warehouse where we operate our call centre in Eshowe. The call cen-

tre is a critical component of our business because people do not have internet access here and they do not have airtime in most cases. They can simply send a ‘Please Call Me’ and we will respond,” he says.

Kuloola has since added seven vans to its fleet and now employs 22 permanent employees. Mthethwa provides delivery services to over 2 000 customers each month, the majority of whom are owners of spaza shops.

Young people with smartphones also have opportunities to work as ambassadors to recruit customers from their villages and earn commis-

sion. Mthethwa says he is earmarking the next town, Empangeni, to offer the same services.

He says he has partnered with supermarkets that prepare orders instead of using his warehouse.

“After the July 2021 looting and persistent fuel hikes, the demand for our services has increased.

There is now a demand for other items like appliances that we need to take into account,” he says.

Mthethwa’s plan is to grow the business across the province as a solution to escalating fuel costs. He also plans to add long-distance services from the city to rural areas.

For more information about Kuloola, visit www.kuloola.com.