

# Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS) English/Sesotho Photo 2022 Kgatiso 2

## Community organisations help women break free of abuse

**Gabisile Ngcobo**

**A**fter 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.

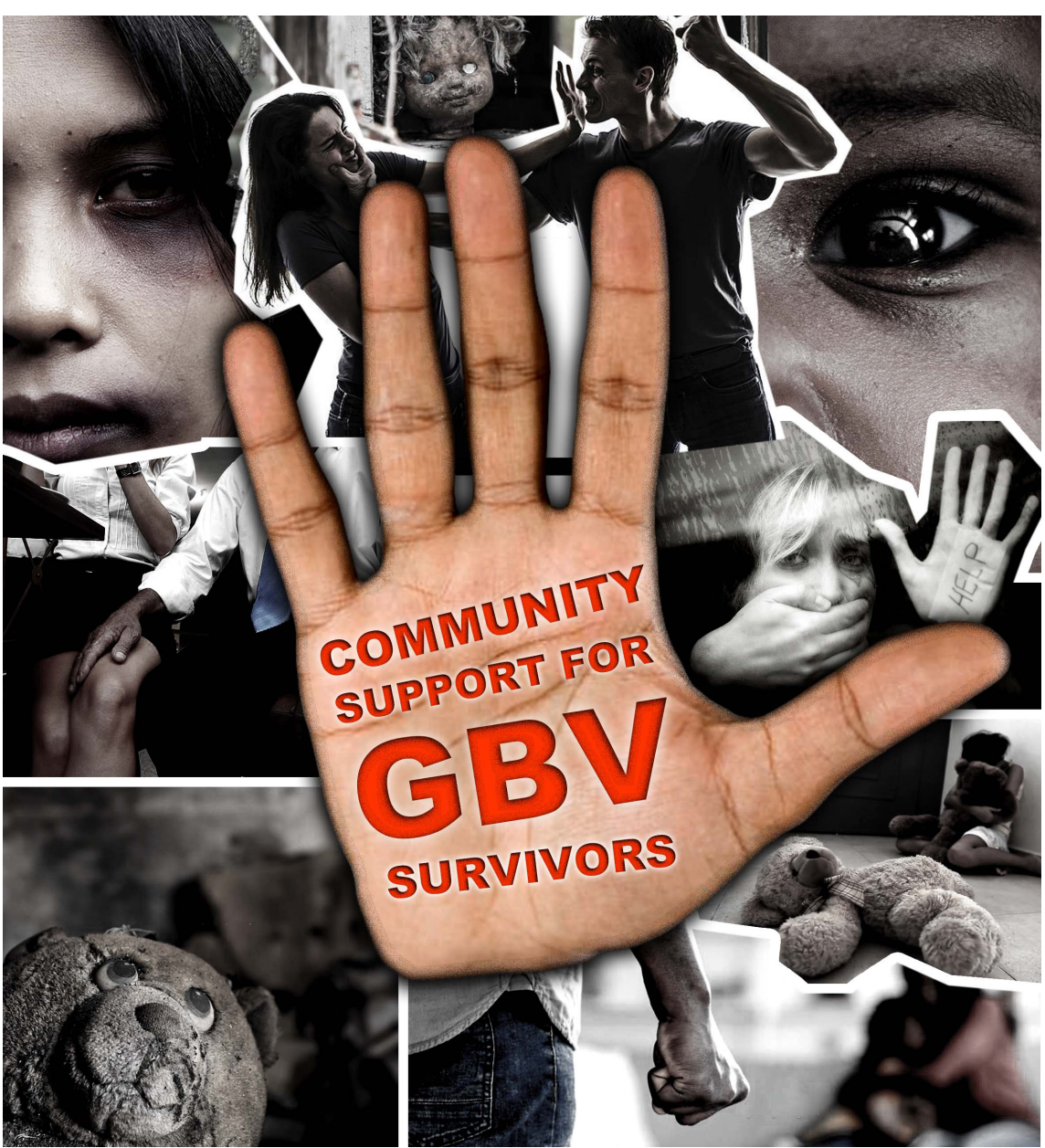
“I often wondered what would become of me because he always said he was going to kill me and that he had people watching my every move,” she says.

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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"JWALE KE NAKO YA HORE BOHLE RE SEBETSENG MMOHO, TLOTLONG YA NELSON MANDELA, HO AHA AFORIKA BORWA E NTJHA, E BETERE BAKENG SA BOHLE."

MOPRESIDENTE CYRIL RAMAPHOSA

#SendMe

RE O AHELA BOKAMOSO BO BETERE  
RE ITHUTA HO TSWA HO MADIBA



# Re lokela ho nka bohato jwale, mmoho, ho fedisa dikgoka kgahlano le basadi

**K**gwedi ya Basadi e qadile ka ketsahalo e nyarosang.

Re boetse re tobane le lehlakore le lebe a setjhaba sa rona.

Kgweding e fetileng sehlopha sa banna le basadi ba neng ba etsa kgatiso ya vidiyo ya mmino morafong o seng o sa rashwe o haufi le Krugersdorp se ile sa hlaselwa ke batho ba neng ba hlometse ba betileng basadi ba robedi.

Diketsahalo tsena tsa bo-kgopo ke thohako tokelong ya basadi le banana ya ho phela le ho sebetse ka bolo-kolohi le ka polokeho.

Nakong eo Tshebeletso ya Mapolesa Afrika Borwa (SAPS) e latellang babelaelwa ba ketso ena, e boetse e lokela ho mamela dingo-ngoreho tsa baahi ba West Village, moo ketsahalo ena e etsahetseng teng, ba reng ba phela ba dinonyana ke maqulwana a disenyi tse hlometseng sebakeng seo.

Ba betang ha ba batlehe hohang setjhabeng sa rona.

Re ipiletsa ho baahi ho sebetse le mapolesa ho netefatsa hore disenyi tsena di a tshwarwa le ho qoswa.

Baahi ba rona ha ba a lokela ho di sireletsa.

Ho dula ho na le motho ya tsebang ho hong metseng ya rona, ya utlwileng ho hong kapa ya boneng ho hong.

Bothata ke hore bongata ba rona re kgetha ho itholela hobane sesenyi e le motswalle, molekane kapa mosebetsimmoho. Ka nako



tse ding re a tshaba kapa re tshaba ho hlekefetswa. Ho bohlokwa ho hopola hore ha o hlabile mokgosi setsing sa mehala sa SAPS *Crime Stop* dintlha tsohle tsa hao di tla dula e le sephiri.

Ke ipiletsa ho bohle ba nang le tlhahisoleseding ka bosenyi bona ho e tlaleha mapoleseng molemong wa hore ho tshwarwe disenyi.

Ha ho sa kgonahala ho qoba ho tlaleha diketso tsa bosenyi tse amang motabo ho ya kamoo bothata bona bo seng bo atile naheng ya rona.

Ho ya ka molao o motjha o sa tswa kena tshebetso, le haeba re hlomphe matswalo a rona, re a lokela bohle jwale ho ya ka molao ho tlalehela mapolesa ha re na le tsebo, tumelo e lekaneng kapa pelaalo ya hore motho

ya seng maamong a ho itshireletsa o hlekefeditswe ka motabo. E se e le tlolo ya molao ho se tlalehe ketso ya mofuta oo.

Ena ke karolo ya melao e meraro eo ke e saenneng pejana selemong sena e matlafatsang ntwala kgahlano le dikgoka tse amanang le bong mme e tshehetsa le ho sireletsa mahlatsipa.

Hara tse ding, melao ena e atolosa mosebetsi wa Rejistara ya Naha ya Disenyi tsa Motabo, e matlafatse motjha wa ho fuputswa ha batho hore ha ba so etse bosenyi na, e boele e hlahise mofuta e meng ya bosenyi ba motabo.

Ho ntse ho sebetseanwa le ho kenya melao ena tshebetso. Sena se kenyeletsa ho rupellwa ha batjhutjhi le bomakgistrata, ho eletswa

ha mapolesa ka ho nehwa ha babelaelwa beili, le ho tliswa ha diphetoho tokomaneng ya diqoso kgahlano le motho hore di kenyeletse ditlolo tse ntjha tsa molao.

Re batla hore tsena tsohle di be teng ho thusa mapolesa le makgotla a dinyewe ho fuputsa le ho qosa diketso tsa dikgoka tse amanang le bong ntle le mathata.

Dikgoka kgahlano le bong le polao ya basadi le banana ke bothata bo seng bo iphile matla setjhabeng.

Ha ho a lekana ho tshwarwa, ho qoswa, ho behwa molato le ho ahlolwa ha ba etsang diketso tsena.

Re lokela ho sebetse mmoho ho lwantsha tse susumetsang dikgoka tse amanang le bong metseng ya rona, ho kenyeletsa tsela

ya bophelo e reng banna feela ke dihlooho tsa malapa le baetapele.

Ntwala kgahlano le dikgoka tsa bong e batla hore re sebetse mmoho re le setjhaba.

Sena se bolela ho kgothaletsa maikutlo a matle ka tekano ya bong metseng ya rona, dikerekeng le malapeng a rona. Jwaloka banna re lokela ho bontsha ho se be le mamello ya kgethollo ya bong, tumelo boetapeleng ba banna feela le dikgoka tse amanang le bong ka tsela eo re tshwarang balekane, basebetsimmoho, bomme, dikgaitsetsi le baradi ba rona ka yona.

Re le batho ka bonngwe, mekgatlo, dikgweba kapa bahiri, re lokela ho ba karolo ya boiteko ba naha ka hohle kamoo re ka kgonang kateng, re fane ka botshabelo, re tshehetse diforamo tsa tshebedisano ya mapolesa le setjhaba ho lwantsha bosenyi metseng kapa re be karolo ya matsholo a tlhokomediso dikolong tsa rona.

Jwalokaha dikgoka tse amanang le bong e le bothata ba setjhaba ka kakaretso, di boetse ke boikarabelo ba setjhaba ho di fedisa.

Re se re qadile mosebetsi, empa diketsehalo tse nyarosang tsa Krugersdorp di re hopotsa hore re sa lokela ho sebetse ka matla, re sebetse ka potlako le ka maikemisetso a ho bona dipheho.



# Menyetla ya dibasari bakeng sa batjha

Kgaogelo Letsebe

**S**onia Malinga (23) wa Piet Retief, Mpumalanga o re ho fumana basari ya Shoprite Group ho mo netefaleditse bokamoso bo tjhatsi.

Malinga o fumane basari lebenkeleng lena le lehola la Afrika Borwa ka 2018.

O entse kopo ya basari kamora ho phethela dithuto tsa hae tsa sekolong se phahameng, Hoërskool Piet Retief.

“Ha ke hola ke ne ke batla ho ba ngaka, empa hamorao ka batlisisa ka makala a mang. Ka bala ka *supply chain and logistics management* mme ya nkgahla hanghang. Ke a hopola ke ne ke dula ke shebella dilori di tsa di kena di etswa motseng wa heso ke ipotse hore ke mang ya netefatsang hore boleng le bongata ba



■ Sonia Malinga o fumane lengolo la hae la *BCom Honours ho Logistics Management* ka thuso ya basari ya Shoprite Group.

thepa e nepahetse le hore e fihla moo e loketseng.

Ka qala ka ba le thahase-llo nakong eo,” ho bolela Malinga.

Malinga o ile a fumana lengolo la *BCom Honours ho Logistics Management* Yunivesithing ya Johannesburg mme a qala ho sebetsa Shoprite a rupe-llwa botsamaisi sebakeng sa kabo ya thepa ka

Hlakola 2021. O sa tswa nyollelwa ho ba okamela tsa bolepi ba tlhokeho ya thepa mabenkeleng.

Ho ba karolo ya Shoprite Group ho atelositse tsebo ya Malinga ya indasteri ya mabenkele. “Ho nthutile haholo ka tsamaiso ya tlhophiso mme ho nthutitse hore ke tswele pele ka ho ntshetsa pele bokgoni ba ka le ho imatla-

fatsa mosebetsing wa ka,” ho boletse yena.

## Ho etsa kopo

Dikopo di buletswe bakeng sa lenaneo la dibasari le kenyeletsang bohle la Shoprite Group la selemo sa dithuto sa 2023.

Basari e ntsha R45 000 ho ya ho R70 000 ka selemo, ho latela lekala la thuto le setheo sa thuto.

E kenyeletsa ditafello tsa dithuto, dibuka, dithuso tsa bodulo khampaseng le ditumellano tsa ho sebeletsa khampani ena kamora ho phethela dithuto e le tsela ya ho e lefa.

Ditlhokeho tsa bohlokwa tsa ho fumana basari di kenyeletsa ho ba moahi wa Afrika Borwa, o be o phethetse materiki/ke-reiti ya 12 mme o se be le dilemo tse fetang 27.

Dibasari di fumaneha makaleng a ka tlase a thuto mme bakopi ba be selemong se boletsweng sa dithuto ha ba etsa dikopo:

- *Pharmacy* (selemo sa

pele, sa bobedi, sa boraro le sa bone)

- *Retail business management* (selemo sa pele, sa bobedi le sa boraro)
- *Accounting* (selemo sa bobedi, sa boraro le sa bone)
- *E-commerce: UI design* (selemo sa bobedi le sa boraro)
- *Food sciences* (selemo sa bobedi, sa boraro le sa bone)
- *Information technology* (selemo sa bobedi le sa boraro)
- *Logistics and supply chain* (selemo sa boraro le sa bone).

Baithuti ba ngodisitsweng yunivesithing bao matshwao a dithuto tsa bona kaofela a fihlellang ho 65% kapa ho feta ba kgothaletswa ho etsa kopo ka ho kena websaeteng ya [www.Shopriteholdings.co.za](http://www.Shopriteholdings.co.za) kapa ba romele imeile ho [bursary@shoprite.co.za](mailto:bursary@shoprite.co.za) pele ho la 31 Phato 2022.

Owen Mngadi

**S**uccessful 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



■ Online grocery business Kuloola is growing in Showe.

Picture supplied by Siyanda Mthethwa.

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](http://www.kuloola.com).