

Vuk'uzenzele

Uyethulelwa ngezokuThintana kukaRhulumente nokuNikela NgeLwazi (i-GCIS) English/IsiNdebele UNobayeni 2022

I-PrEP Ingakhandela Ingogwana Yentumbantonga (i-HIV)

Allison Cooper

Njengoba iSewula Afrika itjheja iLanga lePhasi ngezeNtumbantonga ngomhla wo-01 kuNobayeni neJima lamaLanga Ali-16 lokuLwa neNturhu eQothele bobuLili obuThileko (i-GBV) ukusukela ngomhla wama-25 kuSinyikhaba ukuyokufika kumhla we-10 kuNobayeni, i-Vuk'uzenzele ifunisisa ngobudlelwano hlangana kwe-GBV ne-HIV / AIDS.

IsiKhwama sokuQalelela amaGadango aThathelwa iNturhu eQothele bobuLili obuThileko nokuBulawa kwabaNtu abaSikazi (i-GBVF) silwela ukuqinisekisa ukuthi eSewula Afrika akuna-GBVF ekukhahlunyezwa ngayo abantu abasikazi; abantwana; abantu abezwana nabantu bobulili bunye nabo, nabantu bobulili obungakhethiko, nabantu abatjhugulule ubulili ababelhwe nabo, nabobulili obuduna nobusikazi ngasikhathi sinye muntu munye,



nebobulili obungakajayeleki ngokurarako, nebobulili obuthiyeleleko, nobunye (be-LGBTQIA+).

Isikhwamesi savulwa nguMengameli u-Cyril Ramaphosa ngoMhlolani wee-2021, ngomnqopho wokusekela ukuphumelelisa kweHlelo lamaQhinga wokuLwa ne-GBVF eliZweniloke. Ngokutjho kobunzinzolwazi besikhwamesi, senza umsebenzi oqakathekileko ekwenzeni ukuthi kwenzeke amatjhuguluko, ngokusekelwa lirhubhululo, ukuphandluluka kwabantu nesekele lokwenza eenhlanganweni ezinento eziyenzako ekulwiseni i-GBVF.

Enye yeenhlangano ezisekelwa sikhwamesi yiGugu Dlamini Foundation ya-KwaZulu-Natala, esele ithole ama-R250 000 ukusuka esikhwameni se-GBVF.

UmNqophisi oPhetheko

weGugu Dlamini Foundation, uMandisa Mabaso, wasungula ihlangano le ngomnyaka wee-2010 ngemva kobana unina – ihloko leya uGugu Dlamini – abulawa ngokukghadhlwa ngamatjhe ngomnyaka we-1998 e-Durban, abangiswa ukuthi waveza ukuthi uNengogwana ebanga iNtumbantonga, i-HIV.

“Ihlangano le inqophe ukuqinisa ilawulo likarhulumente wendawo kobanyana kuzokwenziwa ngcono amagadango wokulwa ne-GBVF, ekuyinto eqakathekileko ekuphumeleliseni amandla wokulawula isifo esibangwa yi-HIV eSewula Afrika,” kutjho uMabaso.

“Godu inqophe nokwehlisa izinga lokuthelweleka kwabantu nge-HIV / AIDS, nokwandisa amathuba wokutjhejwa nokwenza ngcono umphumela wepilo ebantwini abasikazi nabaduna abaphethwe nabacatjazelwe yi-HIV / AIDS,” uyangezelela.

Imali etholwa yihlangano le isiza abantu abasikazi abama-522 255 nabantu abaduna abama-900 ababuya emakhaya acatjazelwe yi-GBV nenturhu yomkhaya; abantu abakhahlunyeziweko abanokukhubazeka; kunye nomphakathi we-LGBT-

QIA+,” kungezelela uMabaso. Ngokutjho kwe-UNAIDS, eendaweni lapho i-HIV idlhabhe khona, abantu abasikazi ababongazimbi be-GBV basengozini yamathuba angafika ema-50% wokungenwa yi-HIV. Abanye babonobangela balokhu kukata, kunye nokwala kwamadoda ukusebenzisa amakhondomu.

Yini i-PrEP?

Enye yeendlela zokukhanela ukungenwa yi-HIV kusebenzisa i-Pre-Exposure Prophylaxis (i-PrEP), emumuthi osetjenziswa babantu abanganayo i-HIV kodwana abasengozini ekulu yokuthelwa nge-HIV ngokuya emsemeni nomuntu onayo namkha ngokujoza ngesidakamizwa; usetjenziswa wokemalanga lomuthi.

NgoRhoboyi uNgqongqotjhe wezePilo u-Joe Phaahla wathi iSewula Afrika ngiyo enabantu abanengi khulu ukudlula woke amazwe we-Sub Saharan Africa abathoma ukusebenzisa i-PrEP. Wathi amaziko wezepilo womphakathi weSewula Afrika ama-70% namkha azii-2 419 selahlanganise i-PrEP eselwako eempakaneni aphele azinikele abantu abakhamba

kilamaziko wezepilo.

“Umuntu osebenzisa i-PrEP akunasidingo sokuthi ayisebenzise/ayisele ipilwakhe yoke; umuntu angakhetha ukuyisebenzisa qobe nakazibona asengozini yokuthelweleka nge-HIV. Nokho-ke, ukuthi i-PrEP isebenze kuhle, kufanele isetjenziswe wokemalanga [ngalesisikhathi asengozini ekulu yokungathelweleka],” kufakaza uMabaso.

Nayo-ke i-PreP kufuze isetjenziswe nezinye iindlela zokuzivikela, ezinjenamakhondomu wabasikazi namakhondomu wabaduna, ngoba phela i-PrEP umuntu ayimvikeli kamanye amagulo athathelanwa emsemeni, begodu ayisiso isikhandelambeleko.

UMabaso uthi la abantu bezwana ngokuthi bafuna umntwana, i-PrEP ingasiza ngokuvikela ukungenwa yi-HIV kilo umlingani omunye onganayo i-HIV kunye neseneni elingakabelethwa.

Kusenjalo, phambilini nonyaka isiGungu esiLawula zePilo eSewula Afrika (i-SAH-PRA) siphasise ukusetjenziswa kwerenghane efakwa esithweni sobufazi kobana isebenze njenge-PrEP. Irenghane le inomuthi orhobhisa amandla wentumbantonga obizwa ngokuthi yi-dapivirine, kanti-ke kufuze itjintjwe qobenyanga.

Iyaraga ekhasini lesi-2



Monate Coffee creates future entrepreneurs

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Teens determined to promote menstruation dignity

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Iraga isuka ekhasini loku-1

Ngaphezu kwalokho, i-PrEP etja – injektjheni ehlala iinyanga ezimbili – isalindelwe ukuphasiswa. Ingaphasiswa, angeze kusaba nesidingo sokuthi umuntu akhumbule ukuginya ipilisi ilanga nela nga.

Umseme Ophephileko

Ihlangano le iqothele uku-

phungula izinga lokutheleleka nge-HIV ngokukhuthaza ukusetjenziwa kwama-khondomu nokuya emsemeni ngeendlela eziphephileko.

“Siyelalisa abantwana nelutjha ukuthi bakuriyadise ukuya emsemeni – banga-rhabhi – bekube sikhathi lapho bazabe sebalungele khona ukuthatha iinqunto ezinesisekelo esiqinileko namandla wokukhetha nokuhlukanisa ngelwazi lezepilo elingcono,” kuyelalisa uMabaso.

“Sikhuthazela nokuya emsemeni ngeendlela eziphephileko ngokuqinelela ngesiyeliso esithi abantu abasebenzise amakhondomu, begodu omunye nomunye abe nomlingani munye aqalene naye ngasikhathi sinye. Ukusetjenziwa kweendakamizwa – khulukhulu lezo ezifakwa emzimbeni ngezektjheni – kukhalinywa ngamagama abukhali ngoba kwandisa amathuba wengozi yokutheleleka nge-HIV,”

uyangezelela.

Ihlangano le ibuye ihlomise abantu abasahlelwe yi-HIV/GBV, nabasengozini yayo ukuthi bazi amalungelwabo

babe bakghone nokuthola isizo lomthetho kobanyana bazokwazi ukukhandela nokuphikisa ukwephulwa kwamalungelo wobuntu. ①

Eminye imininingwana nesizo ongalidinga nge-Gugu Dlamini Foundation ungalithola ngokuvakatjhela ku: www.gugudlaminifoundation.org. Eminyeminingwana nge-PrEP ungayithola ngokuvakatjhela iziko lezepilo eliseduze nawe.

Ekufuze Kwaziwe Bomma Abamunyisako Abane-HIV

Njengoba iSewula Afrika izabe itjheja iLanga leNtumbantonga le-Phasi Loke ngomhla wo-01 kuNobayeni nje, umNyango wezePilo KwaZulu-Natala uyelelisa abonina labantwana abane-HIV ukuthi baqalelele ukumunyisa abantwababo iinyanga ezintandathu ngokupheleleko.

Ngokutjho kwalomnyango, nayibe ungumma omunyisako one-HIV, kuqakathekile ukuthi ubonisane nombonisi wakho we-HIV ngeendaba zokumunyisa.

Nayibe ukhetha ukumunyisa, yenza isiqiniseko sokuthi awumuphi okhunye ukudla umntwana, uyamumunyisa kwaphela, begodu umumunyisa iinyanga zokuthoma ezintandathu zoke.

Irhuhululo litjengisa ukuthi umntwana unamathuba amancani khulu wokuthola i-HIV ebisini lebele nayibe unina umumunyisa lona kwaphela.

Ngeenyanga nawusesebantwini, nalokhuya nasele umunyisa, yenza isiqiniseko sokuthi usebenzisa ikhondomu lokhuya nawuya emsemeni; nawenza njalo wenzelela ukuvimbela ukungenwa zizifo. Nayibe uba nomraro ohlangabezana nawo, njengokuthi iinkono

zakho zibe buhlungu namkha amabelakho abe buhlungu, yenza ukuthi uye etlinigi uyokuthola isizo msinyana.

Umnyango wezepilo uqinelela ngokukhwezelela ukuthi umntwana amunyiswe ibele kwaphela ngoba lokho kuqinisa amasotjakhe womzimba, abe akhe ubuhlobo obuqinileko bokuzwana nonina. Ukumunyisa godu kuphungula nengozi yokuthi unina lomntwana angangenwa sisifo sekankere.

Iqiniso Nokungasiqiniso Ngokumunyisa

Kunengi okungasiqiniso okuphathelele nokumunyisa. Nje-ke umnyango uyayicitha lekolelo yokumunyisa engasiqiniso; uyicitha ngokuphendula nasi imibuzo evamise ukubuzwa bonina labantwana abane-HIV nalabo abanganayo i-HIV.

Umbuzo: Umakhelwanami ungitjele ukuthi ngithole umuthi wokukhambisa indeni yesana lami. Kuqakathekile lokhu?

Ipendulo: Umkghado, olibisi lokuthoma eliphuma ebeleni ngemva kokubeletha, ngiwo ohlambulula indeni yomntwana. Akunamuthi ofunekako ukuhlambulula indeni yomntwana ngemva kwalokho, ngoba ibisi lebele

lihlanzekile, eqinisweni lembesa amathunjana womntwana, avikeleke emilwaneni.

Umbuzo: Ngamalanga wokuthoma, nayibe ibisi lami lebele alikaneli, umntwana ngingamseza amanzi na namkha elinye ibisi?

Ipendulo: Umntwana uzifunela umkghado nje kwaphela. Ekufuze ukwenze nje wena kukuthi uhlale upha umntwana ibisi kobanyana nawe uzokwehlisa – ngaleyindlela wehlisa ibisi elinengi. Bawa umbelethisi akunikele umntwanakho kungakapheli ama-30 wemizuzu ngemva kobana umntwana abelethiwe, uthome ukumumunyisa. Umntwana uzakufunda ukumunya msinyana ngaleyindlela, kanti nawe kuzakusiza ukuthi wehlise ibisi elinengi.

Umbuzo: Ngiyamunyisa, kodwana umntwana akakholwa/akasuthi. Ngingamnikela nebisi lokwenziwa/loku-thengwa na?

Ipendulo: Awa, ungenza ibisi elinengi ngokumunyisa umntwana khulu (ngokumumunyisa amahlandla amanengi). Nikela umntwana isikhathi ukuthi amunye abe akholwe ebeleni linye ukwenzelela ukuba nesiqiniseko sokuthi umntwana uthola ibisi lamva. Ukumunya

komntwana khulu kwenza ibisi libe linengi.

Umbuzo: Umntwanami ufuna ukumunya qobe, kanga-ngokuthi sengisola ukuthi mhlambe ibisi lami liyatlhayela?

Ipendulo: Mhlambe umntwanakho ukhula msinyana, ngaleyindlela-ke ufuna ibisi elinengi. Ngokuhlala unande umunyisa, umzimbakho ungenza ibisi elinengi elizamsuthisa umntwana. Angekhe liphele ibisi lakho. Ngezelela isikhathi sokumunya komntwana – ungaqintelisi umntwana ekumunyeni. Nayibe umntwana uba namadugu amanzi angaphezulu kama-thandathu qobelanga, unande amunyiswa (ubuncani bakhona amahlandla abu-8 ukuya kali-12 qobe lilanga), begodu uthela (umntwana) umzimba ngama-500g ubuncani bakhona ngeenyanga, kutjho ukuthi umzimbakho wenza ibisi elaneleko.

Umbuzo: Ngenzanjani nayibe umntwanami uhlala ngokulila?

Ipendulo: Thulisa umntwanakho ngokumumunyisa ibele amahlandla amanengi. Abantwana bafuna ukuba kibonina. Unina lomntwana nomntwana nabahlalaka mero linye kuzakukhuthaza lokhu. Umntwanakho nakalambileko, nakomileko namkha

nakangazizwa kuhle ukumunya ibele kuzamanelisa. Akusilula ukuthi ungadlisa umntwanakho ngokweqileko nayibe umumunyisa ibisi lebele kwaphela.

Umbuzo: Kulungile na ukuseza umntwana ezinye iinselo?

Ipendulo: Awa, ezinye iinselo zingavulela umntwana ingozi yokuthulula neyenyumoniya. Okhunye-ke kukuthi umntwana nakasela nezinye iinselo angeze amunye khulu, ngalokho-ke nawe angeze wenze ibisi elaneleko.

Umbuzo: Umntwana akawafuni amanzi na lokhuya nakutjhisako?

Ipendulo: Awa, ibisi lokuthoma linamanzi amanengi, ngaleyindlela-ke liyakuqeda ukoma komntwana. Yenza isiqiniseko sokuthi umntwanakho ummunyisa khudlwana nakutjhisako.

Umbuzo: Ngikuthoma nini okhunye ukudla?

Ipendulo: Ngemva kweenyanga ezintandathu, ragela phambili njengobanyana bewumunyisa, kodwana ngezelela nangokhunye ukudla. Umntwana ukghona ukuthoma ukufunda ukudla ngemva kweenyanga ezisithandathu. ①

Imininingwana le siyiphile mNyango wezePilo waKwaZulu-Natala.



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Iimbalobalo Zemisebenzi Zitjengisa Ukuthi Umnotho Wekhethu Uthoma Ukuvuseleleka

Eminyakaneni edlulileko le, amaSewula Afrika akhe aqalana nomraro wokuhluma komnotho kabuthaka nokwanda kwabantu abangasebenziko.

Lokhu-ke kuthuweleliswe sisifo esikhe sarhagala ngebangamatluhuwo, kwathuweleliswa nanga mzamo wokulinga ukuketula umbuso olingwengo Velabahlince wee-2021, kwathi ngekuthomeni komnyaka lo, kwasahlela iinkhukhula kezinye iindawo zaKwaZulu-Natala, nePumalanga Kapa kunye neTlhwagwini Tjingalanga. Kwenzeka koke lokhu nje, nomraro wegezi nawo bewusolo wengame ngelifu lobumnyama, kwenzeka umonakalo emnothweni, kwabhoka umthlago emakhaya nemabhizinisini. Nokho-ke nanyana sisahlelwe ngilemiraro eyesabekako nje, umphakathi nomnotho welizwe lekhethu utjengise ukuba namandla wokuja-melana neentjhihilo. Nje-ke kuneenkomba ezihle ezitjengisa ukuthi umnotho uthoma ukuhluma.

Iimbalobalo zamva nje zisiqinisa isibindi sokuthi singaba nethemba nokho.

IZiko leemBalobalo leSewula Afrika lazise iimbalobalo ezitjengisa ukuthi lehlile inani labantu abangasebenziko ekoteni yesibili yomNyaka wee-2021. Okuqakathekileko kukuthi lesilinganisano sitjengisa ukuthi inani mbala labantu abasebenzako likhuphuke ukusukela eengidini ezili-14.5 ekoteni yesine yomNyaka wee-2021, layokuba ziingidi ezili-15.5 ngekota yesibili yomNyaka wee-2022. Lesi-ke silinganiso



esipha amandla sokwanda kwenani lemisebenzi efuneka kangaka ngesiquntu sokuthoma sanonyaka.

Imisebenzi le ivuleke khulu emakorweni anjengewomphakathi nehlalakuhle, newezokurhweba, newezeemali, kunye newemagongtrageni.

Siyavuma-ke nokho ukuthi kusese kunengi ekusafuze kwenziwe nakuzakuba nomehluko obonakala mbala wokwehla kwenani eliphezulu kangaka labantu abangasebenziko elizweni lekhethweli.

Ngakelinye ihlangothi, leziimbalobalo zitjengisa ukuthi amaqalontanzi weHlelo lokwAkha nokuVuselela – njengokuqatjiswa komphakathi ngobunengi, ukuhlulwa ngobutjha komnotho kunye nokwakhiwa komthangalasisekelo – koke kunento okuyenzako ekuvulweni kwemisebenzi.

Njengoba ukwakhiwa nokuthuthukiswa komthangalasisekelo namasiso kungamanye wamaqalontanzi wehlelo lethu lokuvuselela nje, kuba yinto ekhuthazako

ukwanda kwemisebenzi emagongtrageni.

Isabelo seemali sangoMhlo-lanja wee-2022 sitjengise ukukhutjhuwa ngama-30% kwemali esetjenziselwa umthangalasisekelo womphakathi owakhiwa mbuso eminyakeni emithathu ezako le, sayokuba mabhiliyoni ama-R812, ukube eminyakeni emithathu edlulileko bekusetjenziswe imali emabhiliyoni ama-R627.

IBhodi yezokuThuthukiswa kweBubulo lamaGongtraga mhlapha isandukuveza ukuthi andile amaphrojekthi womthangalasisekelo asunduzwa mabhizinisi wombuso anjenge-Transnet ne-Eskom, kodwana kube njalo nemadrobheni amakhulu ama-Methro kunye nangomthangalasisekelo womNyango wezemiSebenzi kaRhulumente nezomThangalasisekelo.

NgoMgwengweni nonyaka sibone umnotho wekhethu ubuyela eenkhathini zangaphambi kokusahlala kwesifo esikhe sarhagala, ngenca yomphumela omuhle wePahla ePheleleko ya-

ngeKhaya (i-GDP) ekoteni yokuthoma yomnyaka. Umnqopho wantanzi kuphakama msinyana lapha sikhonapha, okhona kwenza ukuthi siragele phambili ngomnqopho wethu wokuhlelwa ngobutjha kwendlela yokusebenza okusunduzwa ukuhluma komnotho.

Mhlapha urhulumente umemezele isiphakamiso samatjhuguluko wokubulala isilinganisano esibekiweko selayisense yokuphehla igezi nesikhuthaza abaphehli abakhulu ukuthi basikime baphehle igezi ngobunengi kuzokwazi ukungezeleleka igezi yethungelelwano lelizwe loke. Lokhu-ke kusilinganisoliqha esikhulu emzameni wethu wokuhlelwa ngobutjha iindaba zokuphehlwa kwegezi, ekuyinto yokuthoma eqakatheke khulu ukuhluma komnotho nokubiza amasiso. Solo kwamanyezelwa ihlelo lelizwe loke ngoVelabahlince nonyaka, sisebenza njengorhulumente osebenza ngokusizana nabanye ababelani ekuphumeleliseni nekuhleleni imithethokambiso ngobutjha.

Solo siphakamise isilinganiselo sokuthola ilayisense sayokuba li-100 lama-megawatt ngoMgwengweni wee-2021, sekutloliswe amaphrojekthi wegezi evuselelwako angaphezulu kwama-500 MW, ephayiphini elingaphezulu kwee-6 000 MW lamaphrojekthi aseengabeni zokwakhiwa ezihlukahlukileko.

Ihlelo lokuhlelwa ngobutjha solo liragela phambili ngokuveza indima yokuya phambili ekusekeleni ukuhlunyiswa komnotho nekubizeni amasiso.

Ukuhluma komnotho angeze kwaphumelela, nemisebenzi angeze yavuleka ngaphandle kokudlula ehlelweni elibudisi kodwana elifunekako lokuhlela ngobutjha okuzakuletha ubungcono emmoyeni webhizinisi newamasiso. Lo-ke msebenzi karhulumente.

Nokho nasizakuba nesiqiniseko sepumelelo, kuzakufuneka sivumelane hlangana kwamabhizinisi, nabasebenzi kunye neenhlango zomphakathi, hayi kwaphela ngamatjhuguluko afunekako wokuhlela ngobutjha, kodwana nangokubonisana okufunekako kobanyana sizokuphumelela kilokho esikunqophileko.

Njengoba umnotho welizwe lekhethu uzakuthatha isikhathi ukuvuseleleka nakusaphunyeleliswa nehlelo lethu lokuhlela ngobutjha, sizakusolo sifunana nezinye iindlela zokungezelela amagadango wokuvula imisebenzi. Ngokukhambisana namagadango asekelo ukuhluma kwekoro yangeqadi, sizakwandisa nokuqatjha embusweni, sibe siqinisekise nokuthi abasebenzi abacaphazeka lula bayavikeleka.

Ukwanda kwabantu abaqatjhwako/abathola umsebenzi, ngokukhambisana namanye amatshayo athembisako wokuvuseleleka komnotho, kufuze kusikhuthaze ukuthi sitjhotjholoze ngamandla ngokuhlela ngobutjha besiphumelelise neHlelo lethu lokwAkha nokuVuselela kobanyana kuzokuvuleka amathuba wamasiso newokuhluma. Kufuze kukhuthaze boke ababelani bomphakathi ukuthi basebenze ngokutjhidelana khudlwana, nangengqondo yokurhabisa izinto ngomnqopho wokuhlumisa msinyana nokukhuthaza ukuvulwa kwemisebenzi msinyana nangobunengi. 