

Vuk'uzenzele

Ipapashwe liZiko lezoNxibelelwano nokuSasazwa koLwazi lukaRhulumente (i-GCIS) English/isiXhosa **EyoMnga 2022**

I-PrEP inokuthintela i-HIV

Njengoko uMzantsi Afrika ukhumbula uSuku lweHlabathi likaGawulayo ngomhla woku-1 kweyoMnga kunye neeNtsuku ezili-16 zokuLwa ubuNdlobongela obuSekwe kwiSini (i-GBV), ukusuka ngomhla wama-25 kweyeNkanga ukuya kowe-10 kweyoMnga, i-Vuk'uzenzele iphonononga ubudlelwane phakathi kwe-GBV kunye ne-HIV/AIDS.

Ingxowa-mali yokuSabela uBundlobongela obuSekwe kwiSini nokuBulawa kwa-baseTyhini (i-GBVF) izama ukuqinisekisa ukuba uMzantsi Afrika awunayo i-GBVF ngakumabhinqa; ebantwaneni; kunye nabasetyhini abathandana nabanye base-tyhini (i-lesbian), amadoda athandana namanye amadoda (i-gay), abanesini esibini (i-bisexual), abatshintshe isini (i-transgender), abathandana nabanye abantu ngokwahlukana (i-intersex), abanesini esingaqondakaliyo (i-queer/questioning), abangakhathalelanga sini somntu abathandana naye (i-asexual) kunye nabanye (i-LGBTQIA+).

Le ngxowa-mali yaqalwa ngu-



Mongameli u-Cyril Ramaphosa kweyoMdumba wama-2021, ukuxhasa ukuphunyezwa kwe-siCwangciso-qhinga seSizwe se-GBVF. Ngokutsho kwewebhusayithi yale ngxowa-mali, idlala indima ebaluleke kakhulu ekwenzeni utshintsho, olusekelwe kuphando, kulwazi kunye nenkxaso ebonakalayo kwimibutho ebandakanyekayo ekulweni i-GBVF.

Omnye wemibutho exhaswa yile ngxowa-mali yi-Gugu Dlamini Foundation ezinze KwaZulu-Natal, nefumene ama-R250 000 aphuma kwiNgxowa-mali ye-GBVF ngowama-2022.

Umlawuli weSigqeba se-Gugu Dlamini Foundation, uMandisa Mabaso, waseka

eli ziko ngowama-2010 emva kokuba umama wakhe - ongasekhoyo uGugu Dlamini - waxulutywa ngamatye wabhuhlangowe-1998 eThekwini ngenxa yokuchaza isimo sakhe sokuba ne-HIV.

"Eli ziko lijolise ekomelezeni ulawulo lwasekhaya ukuze kuphuculwe ukuphendulwa kwe-GBVF, nokubalulekileyo ekufezekiseni ulawulo lobhubhane we-HIV eMzantsi Afrika," utsho uMabaso.

"Eli ziko likwajolise ekunciphiseni usuleleko lwe-HIV/AIDS, landise ukufikelela ekunyamekelweni kunye nasekuphuculweni kweziphumo zempilo kwabasetyhini kunye nasemadodeni osulelekileyo nabachaphazelekayo yi-HIV/AIDS," wongeze watsho.

Inkxaso-mali esiyifumana sileli ziko inceda abasetyhini namantombazana angama-522 255 kunye namadoda namakhwenkwe angama-900 aphuma kwiintsapho ezichatshazelwe yi-GBV kunye nobundlobongela basekhaya; incede abantu abaxhatshaziweyo abaphila nokhubazeko; kunye noluntu lwe-LGBTQIA+, utshilo uMabaso.

Ngokutsho kwe-UNAIDS, kwiindawo ezichaphazeleke kakhulu yi-HIV, abasetyhini abangamaxhoba e-GBV bajongana namathuba angangama-50% okufumana i-HIV. Ezinye zezizathu zoku kukudlwengulwa kunye nokwala kwamadoda ukusebenzisa iikhondom.

Yintoni i-PrEP?

Enye yeendlela zokuthintela usuleleko lwe-HIV kukusebenzisa i-Pre-Exposure Prophylaxis (i-PrEP), eliyeza elithathwa mihla le ngabantu abangenayo i-HIV kodwa abasemngciphekweni omkhulu wokuba bosuleleke yi-HIV, ngesondo okanye ngokusebenzisa iziyo-bisi ezitofwayo.

NgeyeThupha, uMphathiswa

u-Joe Phaahla uthe uMzantsi Afrika unelona zinga liphezulu lokuqala i-PrEP eselwayo kwi-Afrika esemazantsi ne-Sahara. Uthe ama-70%, okanye amaziko angama-2 419 okhathalelo lwempilo aseMzantsi Afrika adibanisa ne-PrEP eselwayo kuluhlu lweenkonzo zabo zesiqhelo.

"Umntu osebenzisa i-PrEP akanyanzelekanga ukuba ayithathe ubomi bakhe bonke, unokukhetha ukuyithatha qho xa esemngciphekweni wokusulelwa yi-HIV. Nakuba kunjalo, ukuze i-PrEP isebenze, kufuneka ithathwe yonke imihla [ngeli xesha]," uqinisekisa ngelitshoyo uMabaso.

Kufuneka kwakhona isetyenziswe kunye nezinye iindlela zokuzikhusela, ezifana neekhondom zabasetyhini nezamadoda, kuba i-PrEP ayimkhuseli umntu kwezinye izifo ezosulela ngokwabelana ngesondo kwaye ayilulo ucwangciso-nzala.

UMabaso uthi kwiimeko apho isibini sifuna ukuba nomntwana, i-PrEP ingance-

Liqhubeka kwiphepha lesi-2



Monate Coffee creates future entrepreneurs

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HLALAY UKHUSELEKILE

GONYA UKUZE USINDISE UMZANTSI AFRIKA

INGOBAMBISWANO SINGAWONISA INTSIKO LINGAKWANI I-COVIDA





Teens determined to promote menstruation dignity

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Lisuka kwiphepha loku-1

disa ekuthinteleni usuleleko lwe-HIV kwiqabane elingenayo i-HIV kunye nakusana olungekazalwa.

Okwangoku, ebutsheni balo nyaka, uGunyaziwe woLawulo lweeMveliso zezeMpilo eMzantsi Afrika uphumeze ukusetyenziswa kweringi efakwa kwilungu labucala lomntu wasetyhini njenge-PrEP. Le ringi inechiza le-antiretroviral ekuthiwa yi-

dapivirine kwaye kufuneka itshintshwe rhoqo ngenyanga. Ukongeza, i-PrEP entsha - isitofu esihlala iinyanga ezimbini - ilindele ukuvunywa. Yakuba ivunyiwe, abantu abasayi kuphinda babe bekhumbula ukusela ipilisi yonke imihla.

Ukwabelana ngesondo okukhuselekileyo

Eli ziko lijolise ekunciphiseni usuleleko lwe-HIV ngokukhuthaza ukusetyenziswa kweekhondom kunye

nokwabelana ngesondo okukhuselekileyo.

“Sibongoza abantwana kunye nolutsha ukuba balibazise ukwabelana ngesondo de babe bakulungele ukwenza izigqibo ezinolwazi nezisempilweni,” utshilo uMabaso.

“S i k w a k h u t h a z a ukwabelana ngesondo okukhuselekileyo ngokugxininisa ukusetyenziswa kweekhondom kunye nokuba neqabane elinye kuphela ngexesha. Ukuxhatshazwa kweziyobisi – ngakumbi ezo zitofwayo – kuyanqandwa kakhulu

njengoko kwandisa umgci-pheko wokosuleleka yi-HIV,” wongeza ngelitshoyo.

Eli ziko likwaxhobisa abantu abane-HIV, abasemngciphekweni kunye nabachatshazelwa yi-HIV/GBV ukuba bazi amalungelo abo kunye neendlela zokufikelela kubulungisa nakwiinkonzo zomthetho ukuthintela kunye nokucela umngeni ekunyhashweni kwamalungelo oluntu. **V**

Ngolwazi oluthe vetshe kunye noncedo oluvela kwi-Gugu Dlamini Foundation, tyelela ku: www.gugudlamini-foundation.org. Ngolwazi oluthe vetshe malunga ne-PrEP, tyelela iziko lezempilo elikufutshane nawe.

Yintoni ekufuneka beyazile omama abancancisayo abane-HIV

Njengoko uMzantsi Afrika uqwalasela uSuku lwe-Hlabathi likaGawulayo ngomhla woku-1 kweyoMnga, iSebe lezeMpilo KwaZulu-Natal libise oomama abane-HIV ukuba bacinge ngokuncancisa kuphela iintsana zabo kangangeenyanza ezintandathu.

Ngokwesebe, ukuba ungumama oncancisayo one-HIV, kubalulekile ukuba uxoxe ngeendlela zokuncancisa kunye nomcebisi wakho we-HIV.

Ukuba ukhetha ukuncancisa, qiniseka ukuba uyancancisa kuphela kwiinyanga ezintandathu zokuqala.

Uphando lubonise ukuba umntwana unamathuba amancinane kakhulu okufumana i-HIV kwibisi lebele ukuba ngaba umama umncancisa ibele qha.

Ngeenyanga okhulelwe ngazo, naxa uncancisa, qiniseka ukuba usebenzisa ikhondom xa usabelana ngesondo ukuthintela naluphi na ulosuleleko olutsha. Ukuba unazo naziphi na iingxaki ezifana nokuqaqanjelwa ziingono okanye ngamabele,

qiniseka ukuba uya ekliniki kwangethuba ukuze ufumane uncdo.

Isebe likucebisa ngamandla ukuncanciswa kwebele qha kuba kunceda usana lube namajoni omzimba awomeleleyo, kwaye kubekho ubudlelwane obuqinileyo phakathi komama kunye nosana. Ukuncancisa kukwanciphisa umngcipheko kumama wokuba abe nomhlaza webele.

Intetho ezingeyonyani kunye neziyinyani ngokuncancisa

Zininzi iintetho ezingeyonyani nezayanyaniswa nokuncancisa, isebe liye lazibhenca ezintetho ngokuphendula le mibuzo ilandelayo ebuzwa rhoqo ngoomama abane-HIV kunye nabo bangenayo.

Umbuzo: Ummelwane wam uthe mandifumane iyeza lokucoca isisu somntwana wam. Ingaba oku kubalulekile?

Ipendulo: Umthubi, lubisi lokuqala lwebele nolukhutshwa ngamadlala ebele emva kokubeleka, lulo olucoca indle emnyama yokuqala esiswini. Awuyi kudinga nawaphi na

amayeza okucoca ngakumbi njengoko ubisi lwebele lucocekile, kwaye ngokwenene lufaka ifula esuswini, lusikhusele kwiintsholongwane.

Umbuzo: Kwiintsuku ezimbalwa zokuqala, ukuba andinalo ubisi olwaneleyo, ndingamnika amanzi okanye olunye ubisi?

Ipendulo: Umthubi uyiyo yonke into efunwanganumntwana. Kufuneka nje uncancise umntwana rhoqo ukuze wehlise - ngolo hlobo wenza ubisi oluninzi. Cela umbelekisi ukuba akunike usana lwakho kwisiqingatha sokuqala seyure emva kokubeleka, ukuze ulufake ebeleni. Usana luya kufunda ngokukhawuleza ukuba kuncancwa njani kwaye oku kuya kukunceda wenze ubisi oluninzi.

Umbuzo: Ndimncancisa ibele, kodwa umntwana akoneli. Ingaba kufuneka ndimnike nobisi olungumgubo?

Ipendulo: Hayi, ungehlisa ngokuncancisa umntwana rhoqo. Nika usana lwakho ixesha elaneleyo lokuncanca de aneliseke kwibele elinye, ukuze uqiniseke ukuba lufumana ola bisi lokugqibela

nolufunyanwa ngumntwana ekupheleni kokuncanca. Okukhona usana luncanca, kokukhona usehlisa.

Umbuzo: Usana lwam lufuna ukuncanca rhoqo mhlawumbi andinabisi lwaneleyo?

Ipendulo: Mhlawumbi usana lakho lukhula ngokukhawuleza, kwaye ludinga ubisi oluninzi. Ngokuncancisa rhoqo, unokwenza ubisi olwaneleyo kwiimfuno zosana. Ubisi aluyi kuphela. Nika usana lakho ixesha elongezelelweyo lokuba luncancise - musa ukususa usana ebeleni. Ukuba usana lakho luba namanaphukeni amanzi angaphezu kwesithandathu yonke imihla, oko kuthetha ukuba wondliwa rhoqo (ubuncinci kangangesi-8 kuya ku-12 yonke imihla), kwaye umntwana utyeba kangangama-500g rhoqo ngenyanga, ngoko ke wenza ubisi olwaneleyo.

Umbuzo: Ukuba umntwana wam ukhala oko, ndenze ntoni?

Ipendulo: Thuthuzela usana lwakho ngokulubeka ebeleni. Iintsana kufuneka zisondele koonina. Oomama kunye neentsana abasebe-

nzisa igumbi elinye kuya kukukhuthaza oku. Ukuba usana lwakho lulambile, lunxaniwe okanye lukhathazekile, ukumncancisa ibele kuya kwamnelisa. Akunakwenzeka ukuba ulincancise ngokugqithisileyo usana lwakho xa ulunika ubisi lwebele kuphela.

Umbuzo: Ingaba kulungile ukuliseza ezinye iziselo?

Ipendulo: Hayi, ukongeza ezinye iziselo kuthetha ukuba usana lakho lusemngciphekweni wokufumana izifo ezinjengorhudo kunye nokukralla kwemiphunga (inyumoniya). Kwakhona, ukuba usana lufumana ezinye iziselo, aluyi kuncanca rhoqo kwaye awuzukwazi ukwehlisa.

Umbuzo: Aluwadingi na amanzi usana lwam xa kushushu?

Ipendulo: Hayi, ubisi lokuqala lunamanzi amninzi kwaye luphelisa unxano losana lakho. Qiniseka nje wena ukuba ulincancisa rhoqo usana lwakho xa kushushu.

Umbuzo: Ndikongeze nini okunye ukutya?

Ipendulo: Emva kweenyanga ezintandathu, qhubeka nokuncancisa nje ngakuqala, kodwa wongeze nokunye ukutya. Umntwana ulungele ukuqala ukufunda ukutya emva kweenyanga ezintandathu. **V**



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Amanani emisebenzi abonisa ukuba uqoqosho lwethu lusendleleni yokubuyela kwimo entle

Kule minyaka imbalwa idlulileyo, abemi boMzantsi Afrika kuye kwafuneka ukuba bajongane nokukhula okucothayo kunye nokunyuka kwentswela-ngqesho.

Oku kuye kwenziwa kubi ngakumbi ngubhubhane, lilinge lovukelo-mbuso ngeyeKhala wama-2021, kunye nezikhukhula ezinamandla kwiindawo zaKwaZulu-Natal ekuqaleni kwalo nyaka, eMpuma Koloni kunye naseMntla Ntshona.

Phakathi kwayo yonke le nto, ingxaki yombane iye yabonakala inkulu, ibangelaumonakalokuqoqosho kunye nobunzima kumakhaya nakumashishini.

Nangona kunjalo, phakathi kwale mingeni yoyikekayo, uluntu kunye noqoqosho lwethu lubonakalise ukomelela kwakhona ngokukhawuleza. Kwaye kukhangeleka ingathi uqoqosho lwethu lubonakalisa iimpawu ezikhuthazayo zokubuyela kwimo entle.

Amanani amva nje engqesho, ikakhulu, asinika izizathu zokuba nethemba.

Iinkcukacha-manani zoMzantsi Afrika zirekhode ukwehla kwezinga lentswela-ngqesho kwikota yesibini yama-2021. Ngokucacileyo, umlinganiselo wabo ubonisa ukuba elonani labantu abaqeshiweyo linyuke ukusuka kwi-14.5 lezigidi zabantu kwikota yesine yama-2021 ukuya kutsho kwi-15.5 lezigidi kwikota yesibini yama-2022. Oku kukwanda okukhuthazayo kwemisebenzi efuneka ngamandla kwisiqingatha sokuqala salo nyaka.



Le misebenzi idalwe ikakhulu kumacandelo afana neenkonzo zoluntu nezentlalo, kurhwebo, kwezemali kunye, ngokukodwa, kwezolwakhiwo.

Kunjalo, kuninzi ekufuneka kwenziwe ukuba sifuna ukwenza umehluko obonakalayo ngezinga eliphezulu lentswela-ngqesho kwilizwe lethu.

Kwangaxeshanye, la manani abonisa ukuba imimandla ephambili yeSicwangciso soKwakha ngokuTsha nokuVuselela uQoqosho - esifana nokuqeshwa kwabantu abaninzi, uhlaziyo lwezooqoqosho kunye nophuhliso lweziseko - zinefuthe eku-daleni imisebenzi.

Njengoko uphuhliso lweziseko kunye notyalo-mali iyenye yezinto eziphambili kwisicwangciso sethu sokuvuselela uqoqosho, ukukhula kwemisebenzi kwicandelo lokwakha kukhuthaza ngokukodwa.

Uhlahlo lwabiwo-mali olwenziwe kweyoMdumba wama-2022 lwandlala ukunyuka okungangama-30% kwinkcitho yeziseko zoluntu kule minyaka mithathu izayo noluye kutsho kuma-R812 ebhiliyoni, xa

kuthelekiswa nama-R627 ebhiliyoni ale minyaka mithathu idlulileyo.

IBhodi yoPhuhliso loShishino loKwakha kutshanje iqaphele ukuba kukho ukwanda kweprojekthi zeziseko eziqhutywa ngamashishini karhulumente afana no-Transnet kunye no-Eskom, kodwa nakoMasipala abambaxa kunye nangeSebe leMisebenzi yoLuntu neziSeko ezinguNdoqo.

KweyeSilimela, kulonyaka sibone uqoqosho lwethu lubuyela kumanqanaba okukhula kwangaphambi kobhubhane ngenxa yesiphumo esincumisayo se-GDP kwikota yokuqala yonyaka. Ngokwendalo injongo yethu kukusuka ngokubonakalayo apha emazantsi, yiyo loo nto siqhubeka nokugxila kuhlaziyo lwezakhiwo noluqhuba ukukhula koqoqosho.

Kutshanje urhulumente upapashe isihlomelo esicetywayo sokususa imiqathango yelayisenisi emisela umyinge wombane onokuveliswa kwaye sikhuthaza utyalo-mali kwiiprojekthi ezinkulu, eziluncedo neziya kongeza ngokukhawuleza ku-

mthamo omtsha weziko lombane. Oku kubonisa isiganeko esibalekileyo kakhulu kwiinzame zethu zokuguqula imeko yombane welizwe, imfuneko ebalulekileyo kuhlumo loqoqosho kunye nokutsala utyalo-mali.

Susela oko kwabhengezwa isicwangciso sesizwe sombane kweyeKhala kulo nyaka, singurhulumente oko sisebenzisana namahlakani ahlukeneyo ukuphumeza kunye noku-guqula umgaqo-nkqubo.

Oko sithe sanyusa umyinge welayisenisi ukuya kutsho kwiimegawathi ezili-100 ngeyeSilimela wama-2021, zingaphezu kwama-500 MW iiprojekthi zabucala zokuvelisa umbane ohlaziyekayo esele zibhalisiwe, kunye nangaphezu kwama-6,000 MW eprojekthi ezikumanqanaba ohlukeneyo ophuhliso ezisendleleni.

Inkqubo yohlaziyo lwezakhiwo iyaqhubeka nokubhalisa inkqubela phambili ekuxhaseni ukukhula koqoqosho kunye nokutsala utyalo-mali.

Ukukhula koqoqosho akunakufezekiswa kwaye imisebenzi ayinakuyilwa

ngaphandle kokwenza iinguqu ezinzima kodwa eziyimfunekoneziya kuphucula iimeko zoshishino kunye nezotyalo-mali. Le yindima karhulumente.

Nangona kunjalo ukuze impumelelo iqinisekise, kuya kufuneka senze imvisiswano phakathi kwamashishini, abasebenzi kunye noluntu, kungekuphela nje kwiinguqu ezifunekayo, kodwa nakurhwebo oluyimfuneko ukuze sifezekise iinjongo zethu.

Ngelixa uqoqosho lwethu lusathatha ixesha ukubangcono kwaye nenkqubo yethu yenguqu iphunyezwa, siza kuqhubeka silandela iindlela ezininzi zokungenelela ukuxhasa ukudalwa kwemisebenzi. Ecaleni kwamanyathelo axhasa ukukhula kwecandelo labucala, siza kwandisa imisebenzi yoluntu kwaye siqinisekise ukhuseleko loluntu kwabo basengozini kakhulu.

Ukukhula kwengqesho, kunye nezinye iimpawu ezithembisayo zokubuyela kwimo entle, kufanele kusikhuthaze ukuba si-tyhalele phambili nenguqu kwaye siphumeze iSicwangciso sethu soKwakha ngokuTsha nokuVuselela uQoqosho ukuze sivule utyalo-mali kunye nokukhula. Kufanele ikhuthaze onke amahlakani asekuhlaleni ukuba asebenze ngokusondeleleneyo ngakumbi nangokukhawuleza okukhulu kunye nangenjongo yokufezekisa ukukhula ngokukhawuleza kunye nokudala imisebenzi emininzi. 