

Vuk'uzenzele

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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.

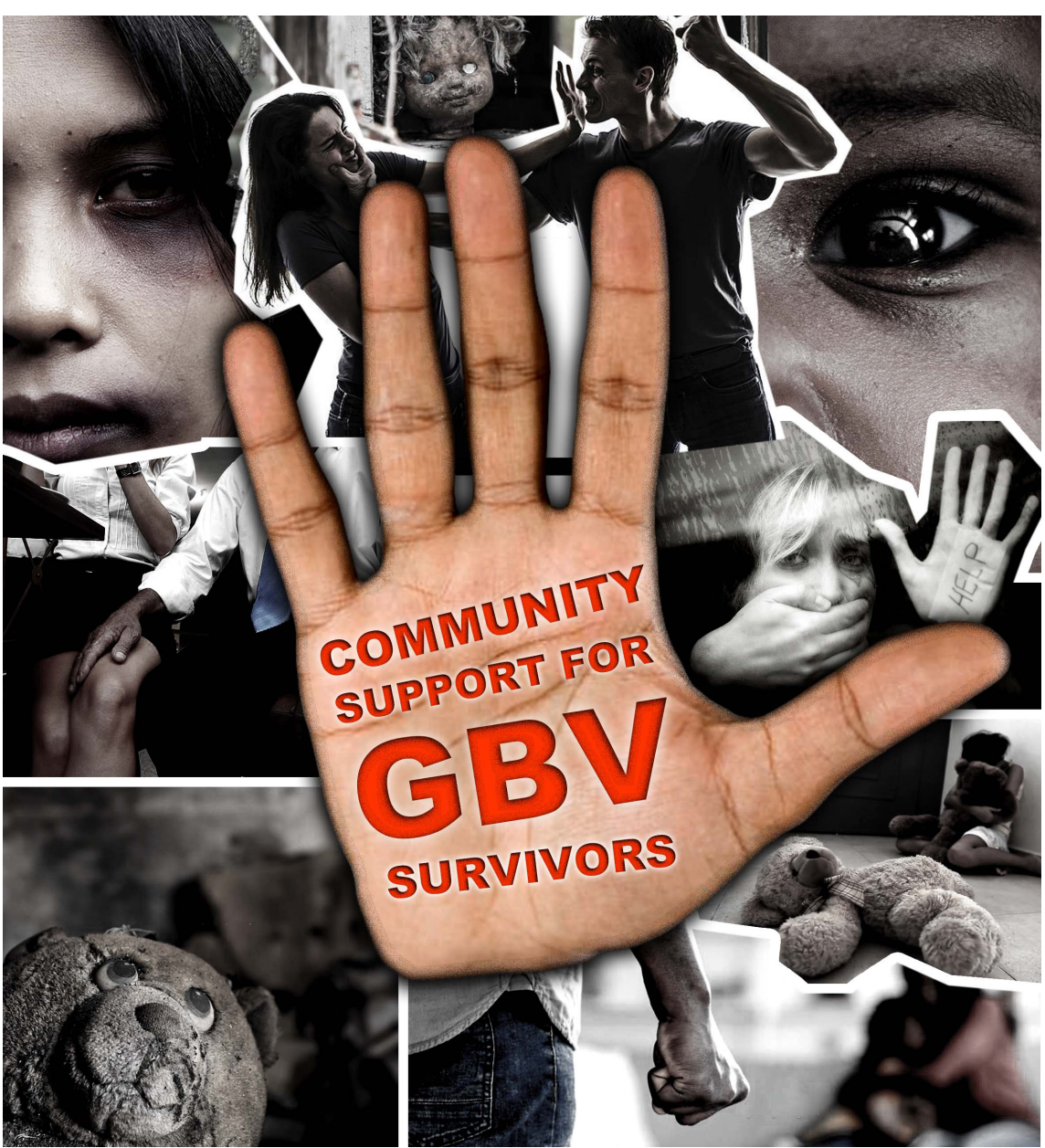
“I often wondered what would become of me because he always said he was going to kill me and that he had people watching my every move,” she says.

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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Hi fanele ku teka goza sweswi naswona hi ri swin'we ku herisa madzolonga ehenhla ka vavasati

Ku vile masungulo yo hlomula mbilu ya N'hweti ya Vavasati.

Hi tlhela hi tikuma hi langutanile na tlhelo ra munyama na ku va ro biha ra rixaka ra ka hina nakambe.

N'hweti leyi nga hela, ntlawa wa vavanuna na vavasati lava a va teka vhidiyo ya vuyimbeleri eka mugodi lowu nga ha tirhiki ekusuhi na le Krugersdorp va hlaseriwile hi vahlaseri lava a hlomile lava va nga cincisana hi ku pfinya nhungu wa vavasati lava.

Swendlo leswo chavisa swa tihanyi i ndzhukano eka timfanelo ta vavasati na vanhwanyana ku hanya na ku tirha eka ntshunxeko na vuhlayiseki.

Loko byi ri karhi byi lavana na vaehleketeleriwa eka vugevenga lebyi, Vukorhokeri bya Maphorisa bya Afrika-Dzonga byi tlhela byi boheka ku kongomisa miehleketo hi xihatla eka swivilelo swa vaaka-ndhawu va le West Village hi xihatla, laha mhangu leyi yi nga humelela kona, lava va vulaka leswaku va rhe-ndzeriwile hi mitlawa leyi hlomeke eka ndhawu liya.

Vapfanyi a va na ndhawu erixakeni ra ka hina. Hi kombela vaakandhawu ku tirhisana na maphorisa ku tiyisisa leswaku swigevenga leswi swa khomiwa na ku tengisiwa. Vaakandhawu va ka hina a va fanelangi ku hlayisa swigevenga exikarhi ka vona.

Mikarhi hinkwayo ku



tshama ku ri na munhu wo karhi emigangeni ya ka hina loyi a tivaka swin'wana, loyi a nga twa swin'wana hambu ku ri ku vona swin'wana. Xiphiko hi leswaku vo tala va hina hi hlawula ku miyela hikuva muonhi i munghana, murhandziwa kumbe mutirhikulobye. Kumbe ho chava ntsena na ku chava ku twisiwa ku vava. Swi na nkoka ku tsundzuka leswaku vulu-mandleve hinkwabyo lebyi kumiwaka hi senthara yo tihlanganisa ya SAPS ya *Crime Stop* byi khomiwa tanihi xihundla.

Ndzi kombela munhu un'wana na un'wana loyi a nga na vuxokoxoko hi mayelana na vugevenga lebyi ku byi mangala eka vulawuri ku endlela leswaku vaonhi va kota ku khomiwa.

Loko ku tekeriwa enhlokweni vukulu bya xiphiko lexi etikweni ra ka hina, a swa ha koteki ku papalata vutihlamuleri byo

mangala vugevenga bya masangu.

Hi ku ya hi ndzulamiselo wa xinawu lowuntshwa lowu wu sunguleke ku tirha, hi ku engetela eka ku boheka ka hina ka vumunhu, hinkwerhu sweswi hi na ntirho wa xinawu wo mangala eka vulawuri loko hi ri na vutivi, nkholwo lowu twalaka kumbe vuehleketeleri leswaku ku endlile nandzu wa masangu eka munhu loyi a nga sirhelelekangiki. Sweswi i vugevenga ku nga mangali nandzu wo tano wa masangu.

Lexi i xiphemu xa wun'we wa milawu yinharhu leyi ndzi nga yi sayina ekusunguleni ka lembe leri, leyi yi tiyisaka ku lwisana na madzolonga lama simekiweke eka rimbewu na ku nyika nseketelo lowukulu na nsirhelelo eka lava nga pona.

Exikarhi ka swilo

swin'wana, milawu yi ndlandlamuxa vuanami bya Rhijisitarata ra Vaonhi va Timhaka ta Masangu ra Rixaka, ku tiyisisa endlelo ro kambela ku tshembeka, na ku ngenisa mikhete-kanyo yo tatisa ya milandzu ya masangu.

Ku na maendlelo lama nga eku yeni emahlweni yo tirhisa milawu leyi. Leswi swi katsa vuleteri bya vachuchisi na vama-jisitarata, ku nyika vatirhi hinkwavo va SAPS swile-telo hi mayelana na beyili, na ku pfuxeta mapapila ya swiwehlo ku katsa milandzu leya ha ku endlwaka.

Hi tiyimiserile leswaku swiphemu leswi hinkwaswo swi hlangana ku endlela leswaku valawuri va ka hina va nsindziso wa nawu na tikhoto swi kota ku lavisisa na ku tengisa madzolonga lama simekiweke eka rimbewu hi ndlela leyi tirhaka kahle.

Madzolonga lama simekiweke eka rimbewu na ku dlayeteriwa ka vaxisati i xiphiko xa rixaka lexi dzimeke timitsu.

A swi ringanangi ku va vaonhi va khomiwa, ku tengisiwa na ku gweviwa.

Hi boheka ku tirhisana ku lulamisa swihlohloteri swa madzolonga lama simekiweke eka rimbewu emigangeni ya ka hina, ku katsa na mavonelo na mitolvelo yo rhangisa vaxinuna emahlweni.


Ku herisa madzolonga lama simekiweke eka rimbewu swi lava leswaku hi tirhisana tanihi rixaka ra

vanhu.

Leswi swi vula ku kondletela mavonelo lamane hi mayelana na ndzingano wa rimbewu emigangeni ya ka hina, eka tindhawu ta hina ta vugandzeri na le makaya ya hina. Tanihi vavanuna, hi fanele ku kombisa ku ka hi nga kondzeleli xihlawuhlawu xo ya hi rimbewu, ku rhangisa vavanuna emahlweni na madzolonga lama simekiweke eka rimbewu eka hilaha hi khomaka hakona varhandziwa va hina, vatirhikulobye, vamanana, vasesi na vana va hina va vanhwanyana.

Hambi ku nga va ku ri munhu a ri yexe, mihlangano, mabindzu kumbe vathori, hi boheka ku va xiphemu xa matshalatshala ya rixaka hi ndlela yin'wana na yin'wana leyi hi nga yi kotaka, hambu ku nga va hi ku tinyiketela ku tirha eka ndhawu ya vutumbelo, ku seketela tiforamu to vuphorisa bya le migangeni kumbe ku tikatsa eka mapfhumba yo lemukisa eswikolweni swa ka hina.

Tanihileswi madzolonga lama simekiweke eka rimbewu ku nga xiphiko xa rixaka hinkwaro, i vutihlamuleri bya rixaka hinkwaro ku ma herisela ramakumu.

Hi sungurile, kambe tanihileswi vugevenga byo chavisa bya le Krugersdorp byi hi tsundzuxaka, hi fanele ku endla swo tala naswona hi fanele ku tirha hi xihatla lexikulu na xikongomelo. 

Xivandlanene xa basari eka vantshwa

Kgaogelo Letsebe

Sonia Malinga (23) wa le Piet Retief eMpumalanga u vula leswaku ku va a ri loyi a nga kuma basari ya Shoprite Group swi tiyisise leswaku a va na vumundzuku lebyi tshembisaka.

Malinga u kume basari kusuka eka vhengele ra laha Afrika-Dzonga hi 2018. U endle xikombelo xa basari endzhaku ko heta tidyondzo ta xikolo xa le henhla eHoërskool Piet Retief.

“Loko ndza ha kula, ekusunguleni a ndzi lava ku va dokodela, kambe endzhaku ka nkarhi ndzi sungule ku languta eka swilanghwa swin'wana. Ndzi hlayile hi mayelana na nkholukelano wa vuphakeri na malawulelo ya vutleketlanhundzu

kutani xikan'wekan'we swi ndzi koka rinoko. Ndza tsundzuka a ndzi tala ku tshama ndzi languta titiraka ti nghena na ku huma edorobeni ra le kaya kutani ndzi tivutisa leswaku i mani a tiyisisaka leswaku risima na nhlayo ya tinhundzu swi lulamile na leswaku ti fika eka ndhawu ya mfikiso leyi nga lulama. kwalaho hilaha ndzi nga kuma hiseko wa mina,” ku vula Malinga.

Malinga u pase digiri ya Onasi ya BCom ya Malawulelo ya Vutleketlanhundzu eka Yuni-vhesiti ya Joni kutani a sungula ku tirha eka Shoprite tanihi mufambisi loyi a ha leteri-waka wa senthara ya vuhangalasi hi Nyenyananya 2021. Wa ha ku tlakusiwa sweswinyana a va muxoperi wa vu-

hangalasi bya vhengele.

Ku va a ri xiphemu xa Shoprite Group swi ndlandlamuxile vutivi bya Malinga bya indasitiri ya mavhengele. “Swi ndzi dyondzisile swo tala hi mayelana na malawulelo ya vutleketlanhundzu naswona swi ndzi kotisile ku hluvukisa hi ndlela leyi yaka emahlweni swikili swa mina na ku kula eka ntirhovutomi wa mina,” a vula.

Hilaha ku endliwaka xikombelo ha-kona

Swikombelo swa nongoloko wa tibasari wo katsa hinkwavo wa Shoprite Group swa lembe ra dyondzo ra 2023 swi pfurile. Basari yi nava kusukela eka R45 000 kufika eka R70 000 hi lembe, hi ku

ya hi ndzima ya dyondzo na nhlangano wa dyondzo. Wu katsa tihakelo ta tidyondzo, ti-buku, malimpfuneto wo tshama ekhamphasini na mitwanano yo tirha endzhaku ko heta tidyondzo.

Swilaveko swo nghe-na swa masungulo swi katsa ku va muakatiko wa Afrika-Dzonga, ku va u pasile matiriki/Giredi ya 12 na ku va u nga hundzi 27 wa malembe hi vukhale.

Tibasari ta kumeka eka tindzima ta dyondzo leti landzelaka naswona vakomberi va fanele ku va eka lembe ra vona ro karhi ra dyondzo hi nkarhi lowu va endlaka xikombelo xa vona hawona:

- *Pharmacy* (lembe ro sungula, ra vumbirhi, ra vunharhu na ra vumune)
- *Retail business management* (lembe ro sungula, ra vumbirhi na ra

vunharhu)

- *Accounting* (lembe ra vumbirhi, ra vunharhu na ra vumune)
- *E-commerce: UI design* (lembe ra vumbirhi na ra vunharhu)
- *Food sciences* (lembe ra vumbirhi, ra vunharhu na ra vumune)
- *Information technology* (lembe ra vumbirhi na ra vunharhu)
- *Logistics and supply chain* (ra vunharhu na ra vumune). ①

Swichudeni swa le yunivhesiti leswi tsariseke leswi nga na nhlayoxikarhi ya 65% kumbe kutlula swi khutaziwa ku endla swikombelo hi ku endzela pheji ya basari eka www.Shopriteholdings.co.za kumbe ku imeyilela bursary@shoprite.co.za ku nga si fika 31 Mhawuri.

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



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.