

# Vuk'uzenzele

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## 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.

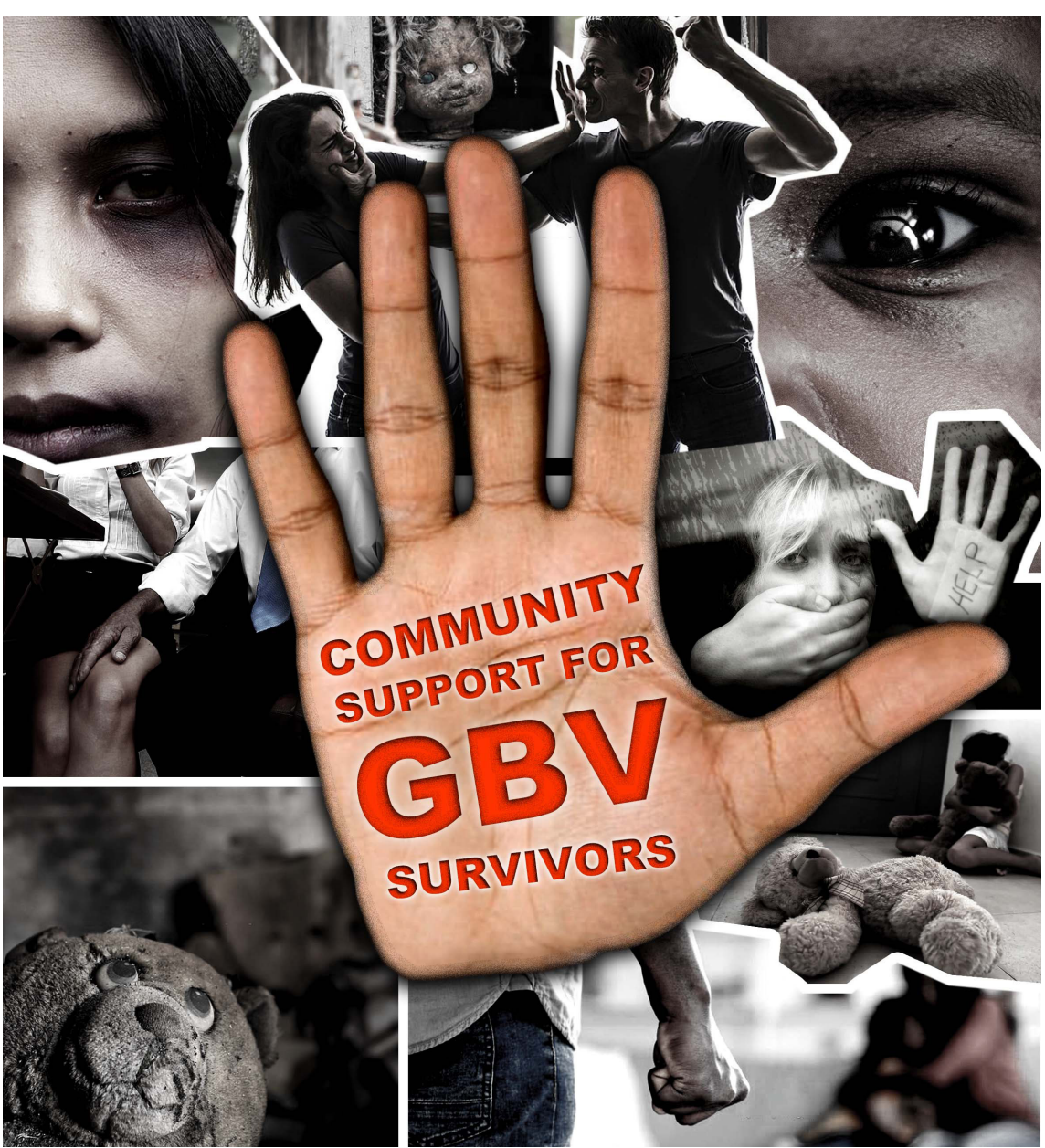
“I often wondered what would become of me because he always said he was going to kill me and that he had people watching my every move,” she says.

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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# Kufuneka sente lokutsite nyalo futsi sibambisane kucedza ludlame lolucondziswe kubomake

**I**cale ngendlela lebhulungu Inyanga Yabomake.

Sesiphindze sabukana nebumnyama lobubi emmangweni wetfu.

Kulenyanga leyengcile, licembu lemadvodza kanye nelabomake lebebatsatsa titfombe tevidiyo yemculo endzaweni leyimayini lengasasebenti edvute nase-Krugersdorp bahlaselwa bahlaseli labebahlomile lebahlanganyela badlengula bomake labasiphohlono.

Letentfo letimbi telunya tibukela phasi emalungelo abomake nemantfombatane tekutsi baphile futsi basebente ngekukhululeka nangendlela levikelekile.

Ngalesikhatsi basafuna labasolwa balelcala. Luphiko Lemaphoyisa Ase-Ningizimu Afrika kufuneka lunake letikhalo temmango waseWest Village, lapho lesigameko senteke khona, lotsi ungaphasi kwekuvinjetelwa macembu emagenge lahlomile lakulenzawo.

Badlenguli abanayo indzawo emangweni wetfu. Senta lubito kumimango kutsi isebentisane nemaphoyisa kucinisekisa kutsi letigebengu tiyaboshwa bese tiyashushiswa. Imimango yetfu akufuneki ifihle tigegebengu letisemkhatsini kwayo.

Ngaso sonkhe sikhatsi kukhona umuntfu emangweni wetfu lowati lokutsite, love lokutsite noma lobone lokutsite. Inkhang kutsi linyenti letfu likhetsa kubindza



ngoba lolobhebhethsekisa ludlame ungumngani, umlingani noma umuntfu lesisebenta naye. Noma simane siyasaba kutsi sitawentakaliswa. Kuncoka kukhumbula kutsi onkhe emathiphu latfolwe Sikhungo Sekulwa Nebugebengu se-SAPS agcinwa ayimfihlo.

Ngicela wonkhe umuntfu lonelwatiso mayelana nalelcala kutsi alibike kubaphatsi kute kuboshwe labo labagangile.

Ngenca yekukhula kwalenkhinga kulelive lakitsi, akusakhonakali kutsi singawunaki umsebenti wetfu wekubika emacala lamayelana netemacansi.

Ngekuya kwetibonelelo temtsetfo letisandza kucala kusebenta, letingeta kulokutibophelela kwekutiphatsa kwetfu, nyalo sonkhe sinemsebenti losemtsetfweni wekubika kubaphatsi uma sinelwatiso, sinenkholelo noma sinetinsolo letivakalako

tekutsi kunelicala letemacansi lelentiwe lelibhekiswe emuntfwini lobutsakatsaka. Nyalo sekulicala kungabiki lolo luhlobo lelicala letemacansi.

Lena ngulenywe incenye yemitsetfo lemitsatfu lephasise ekucaleni kwalomnyaka lekhlulisa kulwa neludlame lwetebulili futsi lenika kusekela lokukhulu nekuvikeleka kulabo labasindzile kulokuhlukemeteka.

Kulokunye, lemitsetfo ikhulisa lobubanti beRejista Yavelonkhe Yetephulamtssetfo Temacala Etemacansi, ikhulisa lenchubo yekuhlola tephulamtssetfo, kanye nekufaka letinye tinhlobo temacala etemacansi.

Tinchubo tekwenta lemitsetfo kutsi isebentisendleleni. Loku kufaka kuceleshwa kwebashushisi nabomantji, kunika bonkhe basebenti be-SAPS ticondziso tekunika ibheyili, kanye nekubuyeketa

kweluhlu lwemacala kute akhone kufaka emacala lamasha lasandza kusungulwa.

Siyatsemba kakhulu kutsi tonkhe letindlela time ngemumo kute basebenti bakitsi betemtsetfo netinkhantolo bakhone kuphenya futsi bashushise ngemphumelelo lenkhulu emacala lamayelana neludlame lwetebulili.

Ludlame lolubhekiswe kubulili lobutsite nekululawa kwabomake kuyinkhinga lenkhulu lejule netimbandze emimangweni yetfu.

Akukaneli kutsi labo labalubhebhetselisako baboshwe, bashushiswe, balahlwe licala bese bayagwetjwa.

Kufuneka sisebentisane kute sibukane naloko lobubanga ludlame lwetebulili emimangweni yetfu, lefaka ekhatsi indlela yekutiphatsa kanye nalenemikhuba leyenta emadvodza abukele phasi labasikati.

Kucedza ludlame lwetebulili kudzinga kutsi sisebentisane sibantfu.

Loku kusho kutsi kufuneka sigcugcutele tindlela tekutiphatsa letikahle mayelana nekulingana kutebulili emimangweni, emasontfweni kanye nasemakhaya etfu. Njengemadvodza, kufuneka sikhombise kungakuvumeli kubandlulula ngekwebulili, singawuvumeli umcondvo wekubukela phasi labasikati kanye neludlame lolumayelana netebulili ngendlela lesiphatsa ngayo balingani betfu, labo lesisebenta nabo, bomake, boresi kanye nemadvodzakati etfu.

Kungaba muntfu ngamunye, noma tinhlango, emabhizinisi noma bacashi, kufuneka sibe yincenye yemitamo yavelonkhe ngayo yonkhe indlela lesingakhona ngayo, kungaba kuvolontiya esikhungweni sekuhlalisa labaswele, singasekela emacembu emmango lasebentisana nemaphoyisa noma ngekuhlanganyela kumikhankaso yemicimbi letsite etikolweni takitsi.

Njengoba ludlame lwetebulili luyinkhinga yemmango, kungumsebenti wemmango wonkhe kutsatsa sincumo sekulucedza.

Sesicalile, kodvwa lamacala lasabekako aseKrugersdorp ayasikhumbuta, kusafuneka sente ngalokwengetiwe futsi kufuneka sente masinyane kakhulu nangekutimisela. **V**

# Ematfuba emfundzate kubantfu labasha

**Kgaogelo Letsebe**

**S**onia Malinga (23) wasePiet Retief eMpumalanga utsi kutfola umfundzate lovela ku-Shoprite Group kucinisekise kutsi utawuba nelikusasa lelitsembisako.

Malinga utfole lomfundzate kulesitolo sekutsengisa saseNingizimu Afrika ngemnyaka we-2018. Ufake sicelo salomfundzate emva kwakuphotfola imfundvo yemabanga lasetulu e-Hoerskool Piet Retief.

“Ngisakhula, ngacala ngafuna kuba ngudokotela, kodvwa kamuva ngacala kubuka letinye tintfo. Ngafundza ngeteluchungechunge lokwetfulwa kwetinsita kanye netekulawula kuhanjiswa kwemphahla futsi loku kwekugcina kwacishe kwangidvonsa ngaleso

sikhatsi. Ngiyakhumbula bengivamise kuhlala ngibuka emaloli angena futsi aphuma edolobheni langakitsi bese ngiyatibuta kutsi ngubani locinisekisa kutsi letintfo letitfutsi tsezingeni futsi tilinani lelifanele yini nekutsi ingabe tiyafika yini endzaweni lekufanele tiye kuyo. Kungaleso sikhatsi lapho ngacala kuba nelutsandvo lalomsebenti,” kusho Malinga.

Malinga watfola ticu te-BCom Honours Kutekulawula Kuhanjiswa Kwemphahla eNyunivesi yaseJohannesburg wabese ucala kusebenta e-Shoprite njengemphatsi wesikhungo losafundza abe aceceshwa ngeNdlovana 2021. Nyalo losesi usandza kukhushulelwa esikhundleni sekuba ngumhlathi wekugwaliswa kabusha kwe-

mphahla.

Kuba yincenye ye-Shoprite Group kukhulise lwati laMalinga kulemboni yetekutsengisa.

“Kungifundzisile kakhulu futsi nangalokungetiwe mayelana netekulawula kuhanjiswa kwemphahla nangekungenta kutsi ngichubeke nekutftukisa emakhono ami nangekutsi ngikhule emsebentini wami,” usho njalo losesi.

## Usifaka njani sicelo


Kufaka ticelo teluhlelo lwemfundzate lofaka konkhe we-Shoprite Group kuvuliwe kumnyaka wekufundza we-2023. Lomfundzate ucala ku-R45 000 uye ku-75 000 ngemnyaka, kuye ngemkhakha wekufundza nangaleso naleso sikhungo setemfundvo. Ufaka ekhatsi imali yekufundza, yemabhuku, imali ye-

kuhlala kusikhungo lofundza kuso kanye netivumelwano tekusebenta kubo uma sewuphotfulile.

Tidzingo letisisekelo tekutsi wamukelwe tifaka kutsi ube sakhamuti saseNingizimu Afrika, ube uphotfule Matikuletjeni / Libanga 12 nekutsi ungabi ngetulu kweminyaka le-27 budzala.

Imifundzate ikhona kulemikhakha lelandzelako futsi labafaka ticelo kufuneka babe kulomnyaka lobekiwe wekufundza ngalesikhatsi labafaka ngaso ticelo tabo:

- Tifundvo te-*Pharmacy* (umnyaka wekucala, wesibili, wesitsatfu newesine)
- Tifundvo te-*Retail Business Management* (umnyaka wekucala, wesibili newesitsatfu)
- Tifundvo te-*Accounting* (umnyaka wesibili, wesitsatfu newesine)

- Tifundvo te-*E-commerce: UI Design* (umnyaka wesibili newesitsatfu)
- Tifundvo te-*Food Sciences* (umnyaka wesibili, wesitsatfu newesine)
- Tifundvo te-*Information Technology* (umnyaka wesibili newesitsatfu)
- Tifundvo te-*Logistics and Supply Chain* (umnyaka wesitsatfu newesine). 

Bafundzi base-nyunivesi lesevele babhalisile bafundza labanemamaki lahlanganise wonkhe lama-65% noma ngetulu bayagcugcutelwa kutsi bafake ticelo ngekuvakashela [www.Shopriteholdings.co.za](http://www.Shopriteholdings.co.za) noma ba-imeylele ku-[bursary@shoprite.co.za](mailto:bursary@shoprite.co.za) kungakengci mhlati-31 Ingci.

**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).