

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.

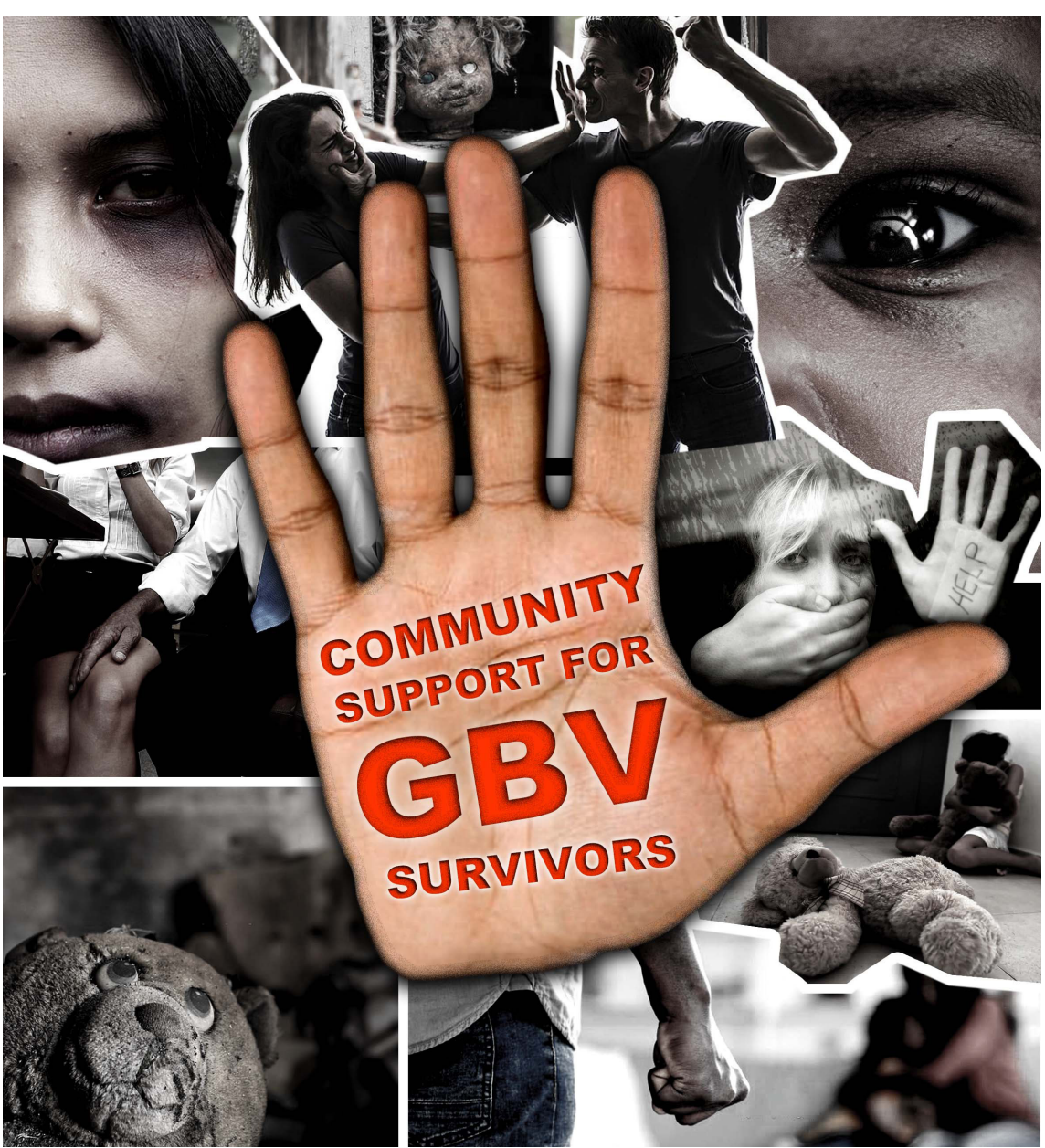
“I often wondered what would become of me because he always said he was going to kill me and that he had people watching my every move,” she says.

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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Re swanetše go dira se sengwe gonabjale re le mmogo go fediša dikgaruru kgahlanong le basadi

Re thoma Kgwedi ya Basadi ka masetlapelo.

Re sa lebane gape le lehla-kore leo le sa kgahlišego la setšhaba sa rena.

Mo kgwedding ye e fetilego, sehlopha sa banna le basadi seo se bego se gatiša bidio ya mmimo ka moepong wo o bego o sa hlwe o šomišwa kgauswi le Krugersdorp se ile sa hlaselwa ke bahlasedi bao ba bego ba itlhamile bao ba ilego ba kata ka bontši basadi ba seswai.

Ditiro tše šoro tše ke go tshela ditokelo tša basadi le basetsana gore ba dule le go šoma ka tokologo le ka polokego.

Le ge e le gore ba nyakana le bagononelwa ba ditiro tše, Tirelo ya Maphodisa ya Afrika Borwa le yona e swanetše go lebiša šedi ya ka pela go dingongorego tša setšhaba sa ka West Village, fao tiragalo ye e diragetšego gona, seo se bolelago gore se hlaselwa ke digongwana tše di itlhamilego fao lefelong leo.

Bao ba katago ga go na le fao re ba beilego gona setšhabeng sa rena. Re ipiletša go ditšhaba gore di šomišane le maphodisa go netefatša gore basenyi ba ba a golegwa le go sekišwa.

Ditšhaba tša rena ga se tša swanela go dula le disenyi ka malapeng a bona.

Ka mehla go na le motho ditšhabeng tša rena yo a tsebago se sengwe ka seo se diragetšego, yo a kwelego se sengwe ka seo se diragetšego goba yo a tlogago a bone se sengwe ka seo se diragetšego.

Bothata ke gore ba



bantši ba rena ba kgetha go homola ka gobane mosenyi e le mogwera wa bona, e le molekane goba mošomimmogo. Goba re no tšhoga fela le go tšhoga go ba batšwasehlabelo. Go bohlokwa go gopola gore dipego tša bosenyi ka moka tše di hwetšwago ke lekala la boikgokaganyo la Thibelo ya Bosenyi boitshupo bja batho bao ba bo begago bo ka se utollwe.

Ke ipiletša go yo mongwe le yo mongwe yo a nago le tshedimošo ka ga bosenyi bjo gore ba bo bego go maphodisa gore basenyi bao ba golegwe.

Ka lebaka la bogolo bja bothata bjo ka nageng ya rena, ga go sa kgonagala go efoga boikarabelo bja go bega bosenyi bja tša thobalano.

Go ya ka karolo ya molao wo mompsha wo o setšego o thomile go šoma, kamoka le go ya ka tlamego ya rena ya maitshwaro, ka moka ga rena bjale re na le maika-

rabelo a semolao go bega bosenyi maphodiseng ge re tseba ka bona, ge re na le mabaka a go kwagala a go gononela gore bo gona goba ge re belaela gore molato wa tša thobalano o dirilwe kgahlanong le motho yo a sa kgonego go ikemela. Go se bego molato woo wa tša thobalano bjale e setše e le selo se se bonwago bjalo ka molato wa bosenyi.

Ye ke karolo ya molao o tee go ye meraro yeo ke e saennego pejana mo ngwageng wo ye e maatlafatšago ntwaga kgahlanong le dikgaruru tša bong ebile e fa thekgo le tšhireletšo go batšwasehlabelo.

Gareng ga tše dingwe, melao ye e katološa bogolo bja Retšistara ya Bosetšhaba ya Basenyi ba tša Thobalano, ya maatlafatša tshepedišo ya go lekola se ka šedi ge e le gore batho bao ba batlago mošomo ga ba na melato, le go tsebagatša melato ye mengwe ye meswa ya

basenyi ba tša thobalano.

Ditshepedišo di gare go tsenya melao ye tirišong.

Tšona di akaretša go hlaha basekiši le bomaseterata, go fa ditaello tša mabapi le peila go bahlankedi ka moka ba SAPS, le go ngwala leswa matlakala a dipharomelato gore a akaretše melato ye meswa ye e hlamilwego.

Re ikemišeditše gore metheo ye ka moka e tsenywe tirišong gore bahlankedi ba rena ba phethagatšo ya molao le dikgorotsheko di kgone go nyakišiša le go sekiša ditiro tša dikgaruru tša bong gabotse.

Dikgaruru tša bong le polao ya basadi ke bothata bjo bo tšwilego taolong setšhabeng bjo bo ikepetšego ka medu.

Ga se gwa lekana gore badirabosenyi ba golegwe, ba sekišwe, ba bonwe molato le go romelwa kgolegong.

Re swanetše go šoma mmogo go rarolla dilo tše di


hlohleletšago dikgaruru tša bong ka ditšhabeng tša rena, go akaretšwa maitshwaro le ditiro tša kgatelelo ya basadi tše di dirwago ke banna.

Go fediša dikgaruru tša bong go nyaka gore re šomišaneng mmogo bjalo ka batho.

Se se ra go tšwetša pele maitshwaro a makaone mabapi le tekatekano ya bong ka ditšhabeng tša rena, mafelong a rena go rapela le ka malapeng a rena. Bjalo ka banna, re swanetše go laetša go se kgotlelele ga rena ga kgethollo ya tša bong, taolo ka banna le dikgaruru tša bong mabapi le ka fao re swarago balekane ba rena ka gona, bašomimmogo, bomma, boese le barwedi.

Re ka be re le motho ka o tee, bjalo ka mekgatlo, dikgwebo goba bengmešomo, re swanetše go kgatha tema karolong ya lesolo la naga ka tsela ye nngwe le ye nngwe yeo re ka kgonago ka yona, e ka ba ya go ithaopa go šoma madulong a basadi ba go bogišwa ba tshabelang go ona, e ka ba ka go thekga dihlopha tša badudi tše di šomišanago le maphodisa goba e ka ba ka go tsenela masolo a dikolong tša rena a go bula badudi mahlo ka go ba tlhahlelela ka tshedimošo.

Ka ge dikgaruru tša bong e le bothata bja setšhaba, ke maikarabelo a setšhaba ka moka go di fediša.

Re thomile, eupša ka ge bosenyi bjo šoro bjo bo diregile ka Krugersdorp bo re gopotša, re swanetše go dira tše ntši gomme re swanetše go dira ka tšhoganetšo kudu le ka maikemišetšo. 

Dibaka tša go hwetša pasari go bafsa

Kgaogelo Letsebe

Sonia Malinga (23) go tšwa Piet Retief ka Mpumalanga o bolela gore go ba moa-mogedi wa pasari ya Khamphani ya Shoprite go netefaditše gore a be le bokamoso bjo bo tshepišago.

Malinga o hweditše pasari go tšwa kgwebong ye kgolo ya ka Afrika Borwa ka 2018. O dirile dikgopelo tša pasari ka morago ga go pheta dithuto tša sekolo seo se phagamego ka Hoërskool Piet Retief.

“Ge ke gola, mathomong ke be ke nyaka go ba ngaka, eupša ka moragonyana ke ile ka thoma go lekola dikgetho tše dingwe tša mošomo. Ke ile ka bala ka mešomo ya bolaodi bja theko ya diphahlo le kabo ya ditirelo le ya bolaodi bja go sepediša diphahlo

gomme ka ona motsotso o ke ile ka ikwa ke rata kudu lekala le. Ke go-pola ke be ke dula fase ke bogela dilori di tsena le go tšwa toropong ya gešo ke nyaka go tseba gore ke mang yo a netefatšago gore boleng le bontši bja dithoto bo nepagetše le gore di fihla lefelong la tšona la maleba. Ke fao ke ilego ka hwetša lerato la ka gona mabapi le lekala le,” gwa bolela Malinga.

Malinga o hweditše kgrata ya BCom Onase Dithutong tša Bolaodi bja go Sepetša Diphahlo ka Yunibesithing ya Johannesburg gomme a thoma mošomo wa gagwe ka Shoprite bjalo ka mošomi yo a hlahlwago ka tša bolaodi bja lefelo la go sepetša diphahlo ka Hlakola 2021. Mo nakong ye e sa tšwago go feta o ile a hlatlošetšwa go ba mosekaseki wa theko ya

diphahlo tša lebenkele.

Go ba karolo ya Khamphani ya Shoprite go okeditše tsebo ya Malinga ka intasteri ya dikgwebo tša go rekiša.

“Go nthutile tše ntši le go feta ka ga bolaodi bja go sepetša diphahlo ebile go nthušitše gore ke kgone go tšwela pele go kgoboketša mabokgoni a ka le go gola mo mošomong wa ka,” a realo.

Ka fao o ka dirago dikgopelo


Dikgopelo tša lenaneo le la pasari la Khamphani ya Shoprite leo le akaretšago bohle le buletšwe dikgopelo tša ngwaga wa dithuto wa 2023. Pasari ye e e thoma ka R45 000 go fihla ka R70 000 ka ngwaga, go lebeletšwe lefapha la dithuto le sehlongwa sa dithuto seo moithuti a tlogo ithuta go sona.

Le akaretša ditšhelete tša dithuto, dipuku, diputseletšo tša madulo a ka khamphaseng le ditumelelano tša go buša tšhelete yeo ka go šomela khamphani ye.

Dinyakwa tše bohlokwa tša go dumelelwa ka pasari di akaretša go ba modudi wa Afrika Borwa, go ba o phethile dithuto tša marematlou/kreiti ya 12 gomme o se be le me-ngwaga ya go feta ye 27.

Dipasari di a hwetšagala ka mafapheng ao a latelago a dithuto gomme bakgopedi ba swanetše go ba ka ngwageng wo o beilwego wa dithuto ka nakong ye ba dirago dikgopelo:

- Boithuteladihlare (ngwaga wa mathomo, wa bobedi, wa boraro le wa bone)
- Bolaodi bja dikgwebo tša thekišo (ngwaga wa mathomo, wa bobedi le wa boraro)
- Bolekodi bja ditšhelete (ngwaga wa bobedi, wa boraro le wa bone)

- Bokgwebi bja inthane-teng: tlhamo ya Mananeo a Dikhomphiutha a go Rekiša ka Inthanete (ngwaga wa bobedi le wa boraro)
- Dithutamahlale tša dijo (ngwaga wa bobedi, wa boraro le wa bone)
- Theknolotši ya tša tshedimošo (ngwaga wa bobedi le wa boraro)
- Dithuto tša bolaodi bja go sepediša diphahlo le tša bolaodi bja theko ya diphahlo le kabo ya ditirelo (ngwaga wa boraro le wa bone). 

Baithuti ba diyu-nibesithi bao ba ingwadišitšego bao ba hweditšego palogare ya 65% goba go feta ba hlohleletšwa go dira dikgopelo ka go etela letlakala la dipasari go www.Shopriteholdings.co.za goba ka go romela emeile go bursary@shoprite.co.za pele la 31 Phato 2022 le dikela.

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.