

# Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS) English/Tshivenda Thangule 2022 Khandiso 2

## 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.

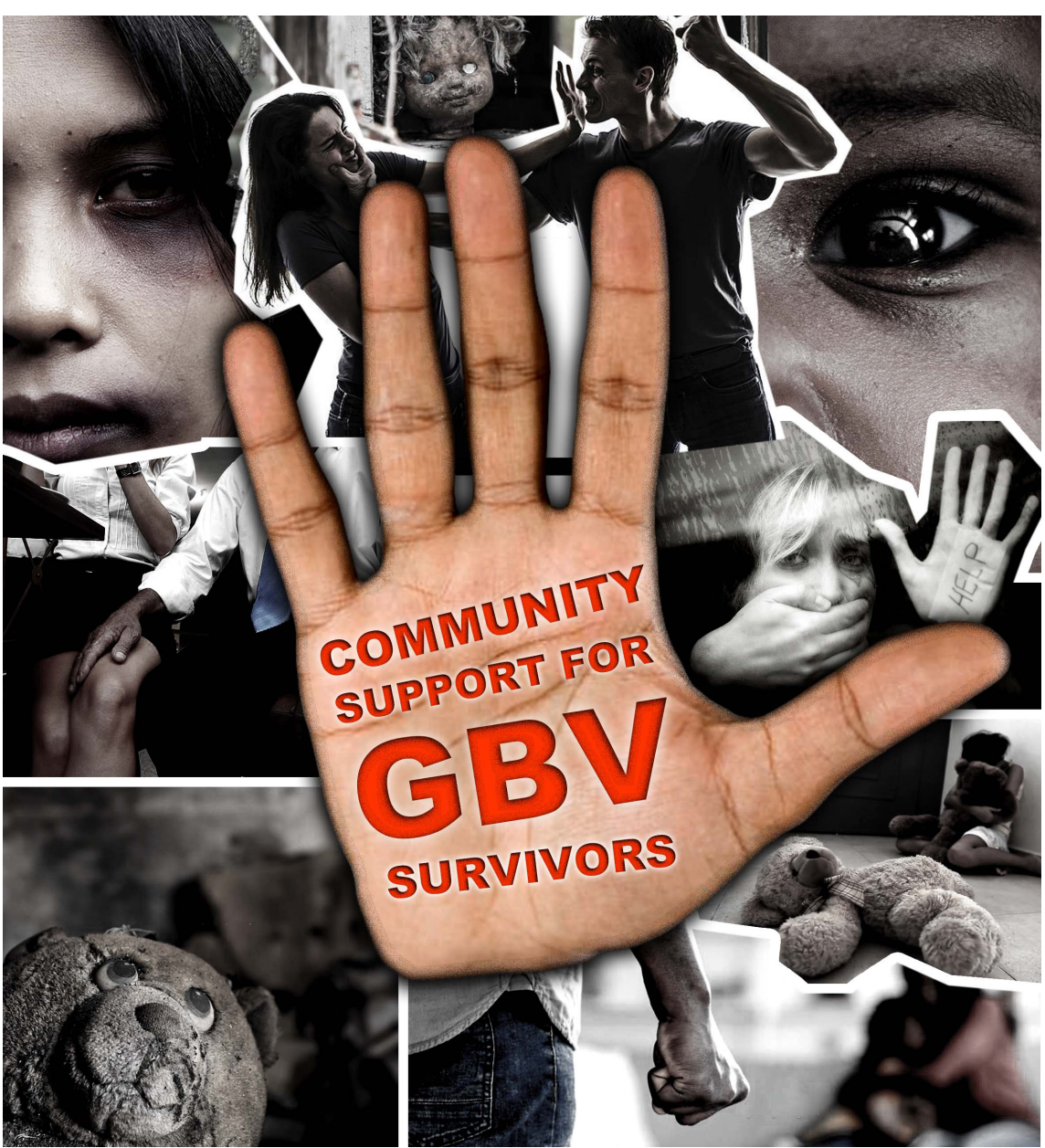
“I often wondered what would become of me because he always said he was going to kill me and that he had people watching my every move,” she says.

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.

Cont. in page 2





**Bursary opportunities for young people**

**Page 6**





**From victim to GBV prevention advocate**

**Page 9**



To read *Vuk'uzenzele* download the GOVAPP on:



Search for SA Government on Google playstore or appstore

**CONTACT US**

Website: [www.gcis.gov.za](http://www.gcis.gov.za) Email: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)

[www.vukuzenzele.gov.za](http://www.vukuzenzele.gov.za) Tel: (+27) 12 473 0103

**Tshedimosetso House:**  
1035 cnr Frances Baard and Festival streets, Hatfield, Pretoria, 0083

 Vuk'uzenzele  @VukuzenzeleNews





## Ri tea u dzhia vhukando zwino nahone roṭhe u fhelisa khakhathi dzi no itelwa vhafumakadzi

**O**vha mathomo a tatisaho a Nwedzi wa Vhafumakadzi.

Ri khou dovha hafhu ra livhana na gole litswu nahone lo vhfihaho la lushaka lwashu.

Nwedzi wo fhelaho, tshigwada tsha vhanna na vhafumakadzi vhe vha vha vha tshi khou rekho-da vidio ya muzika kha muṱwe mugodi usa tsha shumaho tsini na Krugersdorp vho ḑo ṱhaselwa nga vhanna vho ḑitamaho he vha ḑo tambudza vhafumakadzi vha malo khavho lwa vhudzekani nga guṱe.

Zwiito hezwi zwi shushaho zwa u tambudza ndi zwiito zwi nyadzaho pfanelo dza vhafumakadzi na vhasidzana dza u dzula na u shuma fhethu hu re na mbofholowo na tsireledzo.

Musi vha kati na u ṱoda vhahumbulelwa kha mulandu uyu, vha Tshumelo ya Mapholisa vha Afrika Tshipembe vha tea u dovha vha sedzesa lwa tshihaḑu kha mbilahelo dza tshitshavha tsha West Village, he tshiwo itshi tsha itea hone, vhane vha ri vha khou tshila vhe kha nyofho nga nṱhani ha miraḑo ya dzigenge yo ḑitamaho nga zwiwali.

Vhathu vha no tambudza lwa vhudzekani a vha ngo ṱanganedzwa kha tshitshavha tshashu. Ri khou itela khuwelelo zwitshavha uri zwi thusane na mapholisa u vhona uri zwigevhenga hezwi zwi farwe nahone zwi gwevhiwe. Zwitshavha zwashu zwi songo tenda u dzula na zwigevhenga vhukati hazwo.

Hu ḑi dzulela uvha na muṱwe kha zwitshavha



zwashu ane a ḑivha zwiṱwe, o pfaho zwiṱwe kana we a ḑi tou zwi vhona zwiṱwe nga maṱo. Thaidzo ndi ya uri vhunzhi hashu ri ṱanga u fhumula ngauri vhaiti vhazwo ndi vhangana vhashu, mufunwa kana mushumisani. Kana ravha ri khou tou ofha na u shavha u ṱhaselwa. Ndi zwa ndeme u humbula uri u luṱwa nḑevhe huṱwe na huṱwe hune ha ṱanganedzwa kha senthara ya u Thivhela Vhugvehenga kha SAPS hu dzhiwa sa tshiphiri.

Ndi khou itela khuwelelo muṱwe na muṱwe ane avha na vhuṱanzi nga ha vhugvehenga uvhu a vhige kha vha maanḑalanga oteaho uri vhaiti vhazwo vha farwe.

Musi ro sedza u gonyelanṱha tshoṱhe ha tshivhalo tsha iyi thaidzo kha ḑino shango, azwi tsha konadzea u thudzela kule vhuḑifhinduleli ha u vhiga milandu ya vhudzekani.

Uya nga mbetshelwa ntswa dza zwa mulayo wo no thomaho u shuma, hu u itela u tikedza

mvumbo yashu, roṭhe ri na vhuḑifhinduleli lwa mulayo ha u vhiga kha vha maanḑalanga oteaho musira ḑivha, ra vha na u tenda ho khwaṱhaho kana u humbulela uri huna zwiito zwa u tambudza lwa vhudzekani zwo itwaho muṱwe muthu. Zwa zwino ndi mulandu usa vhiga zwiito zwenezwo zwa u tambudza lwa vhudzekani.

Hetshi ndi tshipiḑa tsha muṱwe wa milayo miraru ye nda i saina mathomoni a uno ṱwaha ino khwaṱhisa nndwa ya u lwa na khakhathi dzi no itelwa vhathu nga mbeu khathihi na u fha thikhedzo yo khwaṱhaho na u tsireledza zwipondwa.

Kha zwiṱwe zwazwo, milayo iyo i ṱanḑavhudza Redzhisiṱara ya Lushaka ya Vhaiti vha Milandu ya Vhudzekani, u khwaṱhisa u ṱhaṱhuvha, khathihi na u engedza khethekanyo ntswa dza vhaiti vha milandu ya u tambudza lwa vhudzekani.

Ri mugwalani wa u ita milayo iyi uri i thome u shuma. Hezwi zwi katela u

pfumbudzwa ha vhatshutshisi na vho madzhisiṱaraṱa, u ṱetshedza ndaela nga ha beiḑi kha vhaofisiri vhoṱhe vha SAPS, khathihi na u ṱwalulula nga huswa mabambiri a u vulisela milandu u itela u katela milandu miswa yo itwaho.

Ri na fulufhelo uri vhukando hoṱhe hovhu vhu mugwalani uri vha maanḑalanga a zwa mulayo na dzikhothe vha kone u ṱoḑisisa khathihi na u gwevha milandu ya khakhathi dza u tambudzwa lwa mbeu nga ṱila yo teaho.

Khakhathi dza u tambudzwa lwa mbeu na mabulayo a itelwaho vhafumakadzi na vhana ndi thaidzo khulusa kha tshitshavha tshashu.

Azwi ngo lingana uri vhaiti vha milandu heyi vha fariwe, u sengiswa, u wanwa mulandu vha gwevhiwa.

Ri tea u shuma roṭhe u lwa na vhaiti vha khakhathi dza u tambudzwa lwa mbeu kha zwitshavha zwashu, hu tshi katelwa na vhuḑifari ha vhathu


vha vhanna khathihi na maitele.

U fhelisa nndwa dza khakhathi dza u tambudzwa lwa mbeu zwi ṱoda uri roṭhe sa vhathu ri shumisane.

Hezwi zwi katela u ṱuṱuwedza matshilele avhuḑi anga ha ndinganyelo ya mbeu kha zwitshavha zwashu, fhethu ha vhurerele hashu khathihi na mahayani ashu. Sa vhanna, ri tea u sumbedza usa ṱanganedza zwa u sedzela fhasi vhathu nga mbeu, u sedzela nṱha vhanna fhedzi khathihi na u tambudzwa nga mbeu nga zwine ra farisa zwone vhafunwa vhashu, vhashumisani, vho mme, dzikhaladzi na vhana vhashu vha vhasidzana.

Zwi sina ndavha uri ni noṱhe, madzangano, mabindu kana vatholi, ri tea uvha tshipiḑa tsha ndingedzo dza lushaka nga ṱila dzoṱhe dzine ra nga kona ngadzo, hu ngavha u ḑinekedzela nga zwanda hu dzulaho vhathu, u tikedza zwigwada zwa tshitshavha zwa u lwa na vhugvehenga kana u dzhenelela mabembela a u amba na vhagudiswa zwikoloni.

U fana na khakhathi dza u tambudzwa nga mbeu zwine zwavha thaidzo kha tshitshavha tshashu, ndi vhuḑifhinduleli ha tshitshavha tshoṱhe u zwi fhelisa.

Ro no thoma, fhedzi sa zwine vhugvehenga vhu shushaho ha Krugersdorp ha ri humbudza, ri khou tea u ita zwinzhi nahone ri khou tea u shuma lwa tshihaḑu ri na ndivho. 

# Zwikhala zwa bazari kha vhaswa

**Kgaogelo Letsebe**

**S**onia Malinga (23) u bva Piet Retief kha la Mpumalanga uri u vha muñwe wa vho wanaho bazari u bva kha Tshigwada tsha Shoprite zwo ita uri vhumatshelo hawe vhu vhe vhu no khou fulufhedzisa uvha havhuḍi.

Malinga o tangedza bazari u bva kha vhengele ilo la zwiliwa la Afrika Tshipembe nga ṁwaha wa 2018. O ita khumbelo ya bazari nga murahu ha musi a tshi fhedza ngudo dza sekondari tshikoloni tsha Hoërskool Piet Retief.

"Musi ndi tshi khou aluwa, ndo vha ndi tshi tama uvha dokotela, fhedzi nga murahu nda vho thoma u sengulusa nga ha mañwe mabuḍo. Nda vhala nga ha zwa u renga

zwibveledzwa khathihi na ndangulo ya kutshimbidzele kwazwo he nda fhedza ndi tshi vho thoma u tsweyambilu. Ndi a humbula zwa uri ndo vha ndi tshi dzula nda talaleta matiraka a tshi dzhena na ubva hune nda dzula hone nda divhudzisa uri ndi nnyi ano vhona uri vhuḍi na tshivhalo tsha thundu ndi zwo teaho nahone zwo swikiswa fhethu hoteaho he zwa laedzwa u iswa hone. Ndi hone he nda kona u wana zwine nda takalela zwo-ne," u ralo Malinga.

Malinga o wana digirii ya BCom Honours kha zwa Ndangulo ya Kutshimbidzele kwa Zwibveledzwa ngei Yunivesithi ya Johannesburg he a thoma lwendo lwawe kha buḍo lawe na vha Shoprite sa mulanguli mupfumbuziwa kha senthara ya u

endedza zwibveledzwa nga ṁwedzi wa Luhuhi 2021. Asi kale a tshi khou tou bva u aluswa uvha muṁhaṁhuvhi wa u vhuedzedza zwibveledzwa vhengele.

Uvha tshipiḍa tsha Tshigwada tsha Shoprite zwo tḁḁavhudza ndivho ya Malinga kha ndowetshumo ya mavhengeneleni. "Zwo ngudisa zwinzhi nga ha ndaulo ya u endedza zwibveledzwa zwa dovha zwa nnyita uri ndi ise phanḁa na u bveledzisa zwikili zwanga na u kona u aluwa kha buḍo langa," u ralo.

## U ita khumbelo

Khumbelo dza mbekanyamushumo ya bazari dza Tshigwada tsha Shoprite dzo katelaho zwoṁhe dzo vula u itela ṁwaha wa 2023. Bazari dzi thoma kha R45 000 u

swika R70 000 nga ṁwaha, zwi tshi laedzwa nga zwi-ne muthu a khou gudela zwone na uri u dzhena gudedzini lifhio.

I katela mbadelo dza u guda, bugu, vhudzulo ha nga ngomu gudedzini khathihi na thendelano ya u doya uvha shumela.

Tḁoḁea dza ndeme u dzhenela ndi uvha u mudzulapo wa Afrika Tshipembe, no fhedza murole wa matiriki/gireidi 12 nahone usiho nṁha ha ṁṁwaha ya 27 nga u aluwa.

Bazari dzi waniwa kha mabuḍo a tevhelaho nahone vhaiti vha khumbelo vha tea uvha vhe kha ṁwaha wo bulwaho wa u guda nga tshifhinga tsha musi vha tshi ita khumbelo yavho:

- *Pharmacy* (ṁwaha wa u thoma, wa vhuvhili, wa vhuraru na wa vhuṁa)

- *Retail business management* (ṁwaha wa u thoma, wa vhuvhili na wa vhuraru)
- *Accounting* (ṁwaha wa vhuvhili, wa vhuraru na wa vhuṁa)
- *E-commerce*: u ola IU (ṁwaha wa vhuvhili na wa vhuraru)
- *Food sciences* (ṁwaha wa vhuvhili, wa vhuraru na wa vhuṁa)
- *Information technology* (ṁwaha wa vhuvhili na wa vhuraru)
- *Logistics na supply chain* (ṁwaha wa vhuraru na wa vhuṁa). **V**

Matshudeni o ḁiṁwalisaho are yunivesithi o konaho u swikisa 65% kana u fhira vha khou tṁṁuwedzwa u ita khumbelo nga u dalela siaṁari la bazari kha [www.Shoprite-holdings.co.za](http://www.Shoprite-holdings.co.za) kana vha rumele imeili kha [bursary@shoprite.co.za](mailto:bursary@shoprite.co.za) hu sathu swika la 31 Thangule.

**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).