

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.

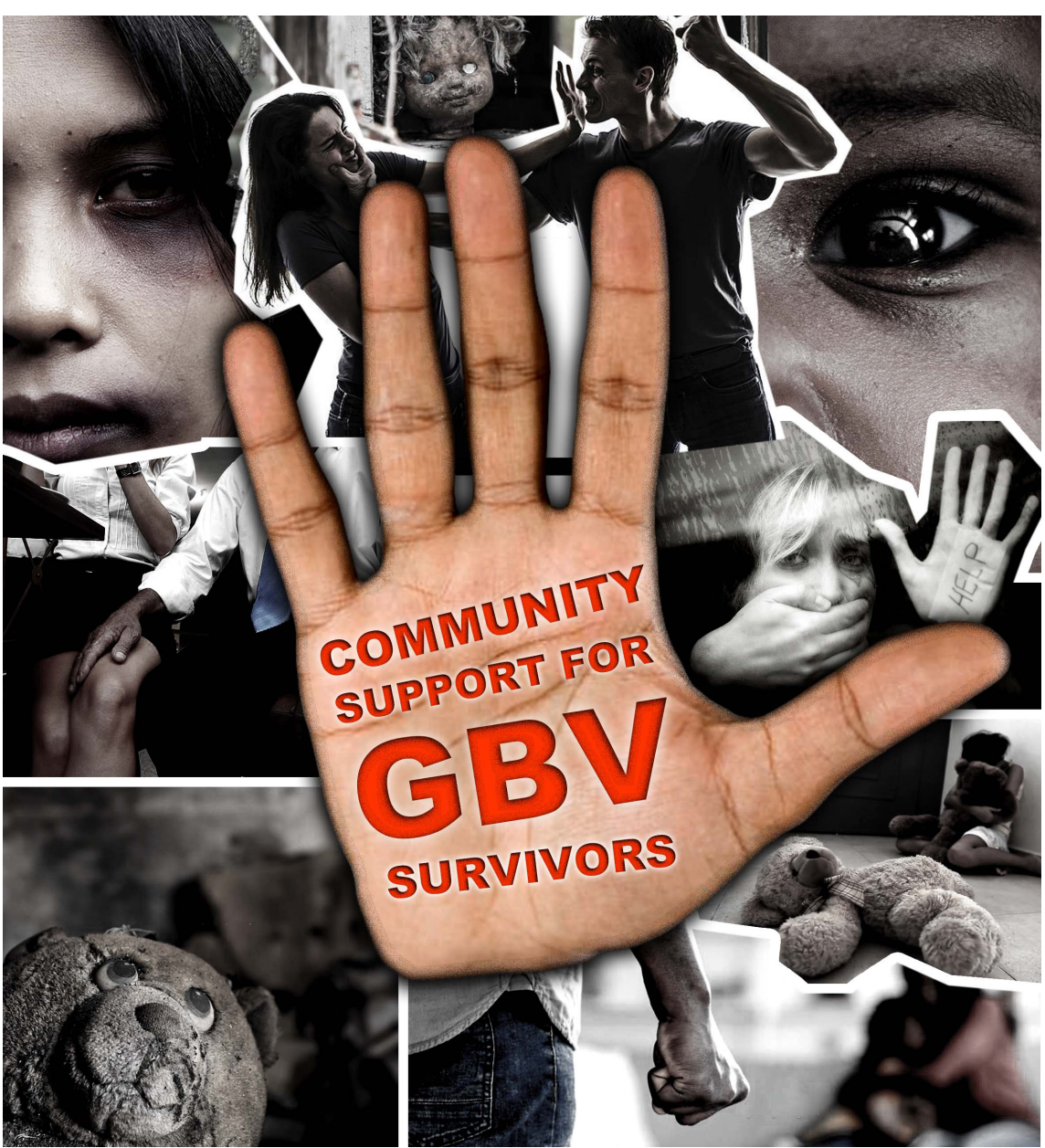
“I often wondered what would become of me because he always said he was going to kill me and that he had people watching my every move,” she says.

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 tshwanetse go tsaya dikgato gona jaanong re le seboka sengwe gore re fedise ditiragalo tsa go bogisiwa ga basadi

Re tsena mo Kgwedding eno ya Basadi re farafarwe ke matlhotlhapelo a ba diragaletseng.

Setšhaba se iponagatsa gape ka fao se leng bosula ka gone.

Kwa bokhutlhong jwa kgwedi e re tswang mo go yona banna le basadi ba nang ba ile kwa moepong o o sa tlholeng o dirisiwa gaufi le Krugersdorp ba ile go gatisa bidiyo ya mmimo ba ne ba tlhaselwa ke se-gongwana sa ditlhokotsebe tse di neng di ikatetse ka ditlhobolo tse di boitshegang mme ditlhokotsebe tseno di ne tsa ikabela basadi bano ba le robedi tsa ba betelesa.

Tirisodikgokga e e setlhogo ya mofuta o ke ya go gataka ditshwanelo tsa basadi le basetsanyana tsa gore le bona ba tshele le go dira mo lefelong leo ba lokologileng mo go lona le leo ba babalesegileng mo go lona.

Fa Mapodisi (SAPS) a tsweletse go batlana le babelaelwa ba tiro eno, ba tshwanetse go reetsa ka tsebe ntlha seleso sa baagi ba West Village, mo tiragalo eno e diragetseng teng, bao ba lelang ka gore ba tlhaselwa ke digongwana tsa ditlhokotsebe tse di tlhometseng ka ditlhobolo tse di boitshegang mo lefelong leo ba nnang mo go lona.

Babeteledi ga re ba batle le e seng mo setšhabeng sa rona. Re ikuela mo ditšhabeng tsa rona go dirisana le mapodisi go netefatsa gore ditlhokotsebe tseno di a tshwarwa le go sekisiwa. Baagi mo

ditšhabeng tsa rona ga ba tshwanela go itira e kete ga ba itse ditlhokotsebe mo motseng ba ntse ba di itse.

Mo motseng ga go ke go nna lesepa la bosigo, ka gale go a bo go na le mongwe yo a itseng sengwe, yo a utlwetseng sengwe kgotsa yo a boneng sengwe. Matsapa a re nang le ona ke gore ba bantsi mo go rona le fa go na le se ba se itseng ba a didimala gonne ba itsane le setlhokotsebe seno, ke tsala ya bona, ba mo maratong le sona kgotsa ke badiri-mmogo le sona. Ka dinako dingwe ke ka ntlha ya gore se a tshabiwa e bile ga go yo a batlang go lelela kgama le mogogorwane.

Batho ba tshwanetse go gakologelwa ntlha e e botlhokwa ya gore motho mongwe le mongwe yo a lomang tsebe mapodisi ka Mogala wa Tikwatikwe ya go Lwantshana le Ditiro tsa Bosenyi dintlha tsa gagwe tsa boitshupo ga di kitla di bewa mo pepeneneng.

Ke ikuela mo mothong yo mongwe le yo mongwe yo a nang le kitso e e rileng ka se se diragetseng seno go begela mapodisi gore ditlhokotsebe tseno di tshwarwe.

Ka ntlha ya ka fao bothata jono bo leng bogolo ka teng ka fa nageng ya rona, ga go sa kgonagala gore motho a ka itlhokomolosa maikarabelo a go bega ditiro tsa tlolomolao ka thobalano.

Go ya ka molao o montšhwa o o leng teng o o sa tswang go tsenngwa tirisong, mmogo le botho jwa rona, motho yo mongwe le yo mongwe o na le maikarabelo a semo-

lao a go begela sepodisi ka kitso e nngwe le e nngwe e a nang le yona, ka seo a dumelang gore se diragetse kgotsa ka seo a se belaelang ka tiragalo ya go betelesa motho yo a palelwang ke go ikemela kgotsa ya bosenyi jwa tlolo ya molao wa tsa thobalano. Jaanong ke tlolomolao fa go na le se o se itseng ka tiragalo ya tlolo ya molao wa thobalano mme o sa belege sepodisi.

Ntlha eno ke karolo ya o mongwe wa melao e le meraro e ke e saenileng fa ngwaga ono o simolola gore e ka tsenngwa mo tirisong go matlafatsa ntwaga ya go lwantshana le ditiragalo tsa go bogisa basadi mmogo le go oketsa dikgato tsa go ema nokeng le go sireletsa batswasetlhabelo ba ditiragalo tseno.

Gare ga tse dingwe, melao eno e oketsa tiro ya Rejisetara ya Naga ya Ditlhokotsebe tse di Tlolang Melao ya Thobalano (NRSO), e gagamatsa dithulaganyo tsa go sekaseka dintlha tsa modirakopo ya tiro gore ga go molato o a kileng a tshwarelwa ona, mmogo le go oketsa ditiragalo tse di tsewang e le tsa tlolo ya molao wa thobalano.

Dithulaganyo tsa go sola mosola melao eno di setse di simolotse. Tsona ke tsa go katisa batlhankedi ba bosesiki le baagiseterata, go ntsha ditaello tsa gore batlhankedi botlhe ba SAPS ba ka amogela beile fa go diragetse eng mmogo le tsa go kwalola sešwa diforomo tsa go bula dikgetse gore melato e mengwe e mešwa eno le yona e nne teng mo

diforomong tseno.

Re ikemiseditse go netefatsa gore dikgato tseno tsotlhe di rulaganngwa ka tshwanelo gore ditheo tsa naga ya rona tsa molao mmogo le dikgotlatshekelo di kgone go dira dipatlisiso le go isa kwa kgotlatshekelo ditiragalo tse dingwe le tse dingwe tsa go bogisa basadi le go samagana le tsona ka tlhamalalo.

Go bogisiwa le go bolawa ga basadi le basetsana ke bothata jo bo setseng bo iphile maatla mo setšhabeng sa rona.

Ga go mosola go tshwara, go sekisa, go athola le go romela ditlhokotsebe kgolegelong re sa itse gore matsapa di a tsaya kae.

Re tshwanetse go nna ngatana e le nngwe gore re kgone go rarabolola matsapa a a dirang gore ditiragalo tsa go bogisiwa ga basadi di tswe mo taolong mo metseng ya rona, mmogo le go fedisa maitshwaro le mogopolo wa gore setlhako go lela sa monna.

Go fedisa ditiragalo tsa go bogisa basadi go tlhoka gore re le batho re samagane le bothata jono re le seboka sengwe.

Seno se raya gore re tshwanetse go bua ka dilo tse dintle fela fa re bua ka go lekalekana ga batho ba ba nang le bong jo bo farologaneng fa re le mo ditšhabeng tse re tswang mo go tsona, fa re le kwa dikerekeng le fa re le mo malapeng a rona.

Re le banna re tshwanetse go bontsha ka fao re sa batleng ka teng ditiragalo tsa go nyatsa batho ba bong jo bongwe, ka fao re

sa batleng maitshwaro a mogopolo wa gore setlhako go lela sa monna le ka fao re sa batleng ditiragalo tsa go bogisa basadi mme re tshwanetse go bontsha seno ka go bontsha ka fao re tshwarang ka teng baokapelo ba rona, badirimmogo ba rona ba bong jo bongwe, bomme ba rona ba ba re godisitseng, bokgaitsemi ba rona le bo ausi ba rona mmogo le ka fao re tshwarang ka teng basetsanyana ba rona.

Go sa kgathalesege gore re le bangwe ka monwana, re le karolo ya mokgatlho, re le karolo ya dikgweba kgotsa re le bathapi, rotlhe re tshwanetse go nna le seabe ka tsela nngwe le nngwe e re ka kgonang mo dikgatong tsa naga, e ka tswa e le ka go ithaopa go thusa mo mafelong a go thusa basadi ba ba tshabelang mo go ona go bona thuso, go ema nokeng diforamo tse di dirisanang le sepodisi mo mererong ya pabalesego mo metseng kgotsa go nna le seabe mo matsholong a sekolo a go bula setšhaba matlho ka go se tlhatlhelela ka tshedimosetso.

Fela jaaka ditiragalo tsa go bogisa basadi e le selo se se amang setšhaba sotlhe, le setšhaba se tshwanetse go tsaya maikarabelo a go fedisa ditiragalo tseno.

Re setse re simolotse go dira sengwe ka bothata jono, mme fela jaaka tiragalo ya botlhokotsebe e e setlhogo e e diragetseng kwa Krugersdorp e re gopotsa gore kgakala ke ko re yang, re tshwanetse go oketsa lebelo la go tsaya dikgato tse dingwe gape ka bonako re sa etsaetsege.

Ditšhono tsa dibasari tsa bašwa

Kgaogelo Letsebe

Sonia Malinga, wa dingwaga di le 23, wa kwa Piet Retief kwa porofenseng ya Mpumalanga a re go nna yo mongwe wa bao ba amogetseng basari ya Setlamo sa Shoprite go tla dira gore a nne le bokamoso jo bo botoka.

Malinga o neilwe basari eno ke setlamo seno sa Aforika Borwa ka ngwaga wa 2018. O dirile kopo ya basari eno morago ga go konosetsa dithuto tsa gagwe tsa sekolo se segolwane sa Hoërskool Piet Retief.

“Fa ke ne ke gola ke ne ke batla go nna ngaka, fela fa ke ntse ke gola ke ne ka fetola mogopolo mme ka nna le kgatlhego mo go ithutelong dilo tse dingwe. Ke ne ka simolola go buisa tshedimosetso e e mabapi le dithuto tsa lephata la taolo ya tlamelelo ya dithoto mmogo le tse di ka ga lephata la dijanaga tse di rwalang dithoto mme di ne tsa nkgapa maikutlo.

Ke gopola ka fao ke neng ke rata go bogela diteroko di ntse di tsena di tswa mo motseng o ke goletseng mo

go ona ke ntse ke ipotsa gore ke mang yo a dirang bonnete jwa gore boleng jwa ditlhagisiwa tse di rwelweng mo diterokong tseno ke bona jo bo batlegang e bile le dipalo tsa ditlhagisiwa tseno ke tsona tse di lekaneng mmo go le gore di goroga koo di tshwanetseng go goroga teng. Ke teng mo ke iphitlhetse ke setse ke rata tiro eo,” ga rialo Malinga.

Malinga o alogile ka Tekeri e Kgolo ya BCom mo dithutong tsa Bolaodi jwa Dijana ga tse di Rwalang Dithoto kwa Yunibesiting ya Johannesburg mme o simolotse tiro ya gagwe mo setlamong sa Shoprite ka Tlhakole 2021 mo a neng a dira jaaka molaodi yo a katisiwang wa tikwatikwe e e rweleng maikarabelo a go tsamaisa dithoto.

Mo malobanyaneng o ne a tlhatlosiwa go okama mae mo a motlhatlhoi wa go rekela mabentlele dithoto.

Fa e sale a direla Setlamo sa Shoprite kitso le maitemogelo a Malinga mo go tlhloganyeng intasetering ya mabentlele e godile tota.

“Ke ithutile dilo tse dintsi mabapi le tiro ya bolaodi

jwa dijanaga tse di rwalang dithoto e bile seno se nthu sitse gore ke tswelele go godisa bokgoni jo ke nang le bona mo tirong ya me,” o tlhalositse jalo.


O ka dira kopo jang

Letsholo lotlhe la dibasari tsa Setlamo sa Shoprite le butse gore dikopo tsa go ya sekolong mo ngwageng wa 2023 di tsibogelwe. Matlole a motho a le mongwe a ka a amogelang a dibasari mo ngwageng ke go tloga go R45 000 go fitlha go R70 000, mme go tla ya ka gore motho o ithutela eng kwa setheong sefe. Madi ano a tsenyeletsa a go duelela dithuto, a go reka dibuka, a go duelela madulo mme motho o tshwanetse go saena tumelano ya go a duela ka go direla setlamo seno.

Dintlha tse di botlhokwa tsa go dira gore motho anne le matshwanedi a go bona thuso eno e tshwanetse ya bo e le moagi wa naga ya Aforika Borwa, a weditse dithuto tsa gagwe tsa matriki/ tsa mophato wa bo 12 e bile a sena dingwaga di feta di le 27.

Dibasari tseno di thusa batho ba ba ithutelang makwalo a dithuto tse di late-lang e bile batho ba ba dirang dikopo ba tshwanetse ba bo ba le mo maemong a dithuto a a tlhalositsweng fa tlase fa ba tsenya dikopo tsa bona:

- Dithuto tsa Kitso ka Melemo (motho yo a dirang kopo o tshwanetse a bo a le mo ngwageng wa ntlha, wa bobedi, wa boraro kgotsa wa bone)
- Dithuto tsa Taolo ya Dikgwebo tsa Mabentlele (motho yo a dirang kopo o tshwanetse a bo a le mo ngwageng wa ntlha, wa bobedi kgotsa wa boraro)
- Dithuto tsa go Rwala Maikarabelo a Dithulaganyo tsa Matlole a Setheo (motho yo a dirang kopo o tshwanetse a bo a le mo ngwageng wa bobedi, wa boraro kgotsa wa bone)
- Dithuto tsa go Tsamaisa Dikgwebo tsa go Rekisa Ditirelo ka Inthanete: Dithuto tsa go Aga Lenaneo la go Rekisa ka Inthanete (motho yo a dirang kopo o tshwanetse a bo a le mo ngwageng wa bo

- bedi kgotsa wa boraro)
- Dithuto tsa Kitso ka Dijo (motho yo a dirang kopo o tshwanetse a bo a le mo ngwageng wa bobedi, wa boraro kgotsa wa bone)
- Dithuto tsa Kitso ka Tlho komelo ya Didirisiwa tsa Tshedimosetso le tsa Thekenoloji (IT) (motho yo a dirang kopo o tshwanetse a bo a le mo ngwageng wa bobedi kgotsa wa boraro)
- Dithuto tsa Kitso ka Tiro ya go Laola Dijana ga tse di Rwalang Dithoto mmo go le ya Taolo ya Tlamelelo ya Dithoto (motho yo a dirang kopo o tshwanetse a bo a le mo ngwageng wa boraro kgotsa wa bone). 

Baithuti ba ba ikwadi-sitseng ba mo dithutong tsa bona tsa mophato wa materiki ba boneng dipholo tse di kanaka 65% kgotsa go feta ba rotloediswa gore ba etele tsebe ya dibasari mo webesaeteng ya www.Shopriteholdings.co.za kgotsa ba romele imeili mo go bursary@shoprite.co.za pele letsatsi la bo 31 Phatwe 2022 le ka garela.

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.