

Vuk'uzenzele

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Avoid becoming a human trafficking victim

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Lucky leads flourishing gaming business

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SA rolls up sleeves to recover from COVID-19



“This is a plan through which all of us as South Africans should work together to build a new economy.”

in the economy, securing our energy supply, and freeing up digital infrastructure,” he added.

This plan directly responds to

and reliable energy supply within two years;

- Create and support over 800 000 work opportunities in the immediate term to respond to job losses;
- Unlock more than R1 trillion in infrastructure investment over the next four years;
- Reduce data costs for every South African and expand broadband access to low-income households;
- Reverse the decline of the local manufacturing sector and promote reindustrialisation through deeper levels of localisation and exports;
- Resuscitate vulnerable sectors such as tourism, which have been hard hit by the pandemic.

According to the modelling done by National Treasury, the implementation of this plan will raise growth to around three percent on average over the next 10 years.

the immediate economic impact of COVID-19 by driving job creation and expanding support for vulnerable households.

“We aim to do this primarily through a major infrastructure programme and a large-scale employment stimulus, coupled with an intensive localisation drive and industrial expansion,” says President Ramaphosa.

According to the President, the interventions outlined in this plan will:

- Achieve sufficient, secure

More Matshediso

President Cyril Ramaphosa recently announced government's Reconstruction and Recovery Plan to help South Africa recover from the devastating economic impact of the COVID-19

pandemic.

The announcement was made at a Joint Hybrid Sitting of Parliament.

The President says it is important to get people back into the jobs they lost during the Coronavirus (COVID-19) pandemic.

“We are determined to create more employment opportuni-

ties for those who were unemployed before the pandemic or who had given up looking for work,” the President says.

“This means unleashing the potential of our economy by, among others, implementing necessary reforms, removing regulatory barriers that increase costs and create inefficiencies

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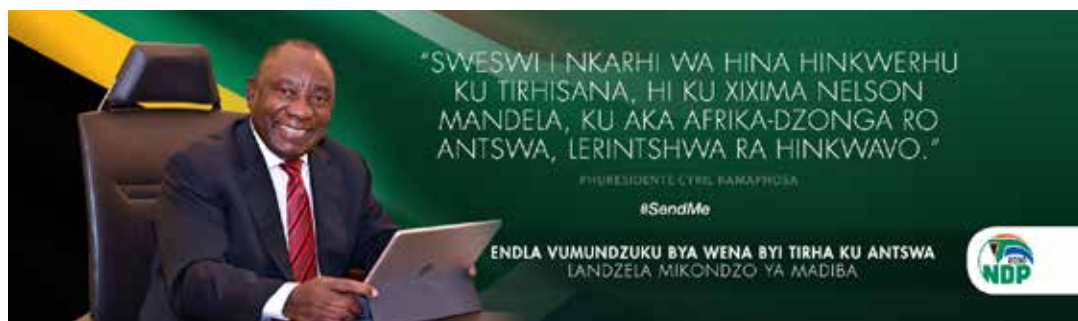
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Ku hlohlotella ikhonomi leyi tirhaka

Nsimeko wa Xihlohloteri xa Mitirho xa Phuresidente vhiki leri nga hundza swi fungha ku cinca ka nkoaka eka endlelo ra hina ro tirhana na ku pfumaleka ka mitirho.

Hi le ku endleni ka vuvekisi bya mfumo lebyi angarhelaka swinene na ku va byo lava ku humelela eka xiyenge xa vatirhi, na mfumo havumbirhi tanihi mutumbuluxi na mukotisi wa mitirho. Xihlohloteri xa Mitirho xa Phuresidente lexi nga si tshamaka xi endlwa hi xikalu na vuanami bya xona, lexi khumbaka vuvekisi bya mfumo bya R100 ra tibilyoni eka malembe manharhu lama taka.

Hi ta sirhelela na ku tumbuluxa mitirho leyi nyikiwaka timali hi ku kongoma na miphthalalo ya nseketelo wa vutihanyisi loko makete wa vatirhi wu ri karhi wu hlaharhela eka ntungukulu wa khoronavhayirasi. Xin'wana na xin'wana xa leswi xi lulamerile ku tirhisiwa, naswona i xitatisi eka vutinyiketi lebyi nga kona.

Loko yin'wana ya miphthalalo yi aka eka matimba ya minongonoko leyi nga kona, xihlohloteri lexi xi tlhela xi katsa na maendlelo mantshwa.

Leswi swi katsa ku kongoma eka leswi hi swi vulaka 'ntirho wa vanhu'. Hi le ku tirheni kusuka eka xitatimente xa leswaku a ku na nkayivelo wa ntirho lowu faneleke ku endlwa ku tirhana na swiphigo swa vanhu swo tala erixakeni ra ka hina. Xikongomeloku i ku seketela vutumbuluxi byo tivikana, vuswikoti bya mapfumba na bya nhlango lebyi nga kona erixakeni hi ku angarhela ku ngenisa vanhu entirhweni leswi vuyerisaka hinkwavo. Ntirho lowu wu nghena eka mikongomelo yo hambanahambana, ku katsa na nsirhelelo wa swakudya, ku herisa madzolongwa yo ya hi rimbewu, ku antswisiwa ka swidakana na swin'wana swo tala.

Leswi swi ta tatisa matshalatshala ya mfumo, swi pfu-

melela xikalu xa le henhla na nkhumbo wa vanhu xikan'we na mixaka yintshwa ya xinakulobye na vatlangi va vaaki vo hambanahambana.

Xihlohloteri lexi xi katsa nongonoko wuntshwa wa rixaka wa ku thola vapfuneti va ku dyondzisa na va swikolo eswikolweni. Swikolo swi le ku tholeni sweswi, swi ri karhi swi nyika swivandlanene swintshwa emugangeni wun'wana na wun'wana etikweni hinkwaro.

Ntirho wa mfumo a wo va ntsena mfumo va ntirho wo pfumala swikili. Ku na ku kongoma ko katsa swiphemu hinkwaswo eka mathwasana, ku ri na swivandlanene swa vaongori, mathwasana ya tisayense, vatirha-hi-mavoko na van'wana.

Xihlohloteri lexi xi ta tlhela xi sirhelela mitirho eka tisekitara leti nga sirhelelekgiki leti ti nga hlaseriwa swinene hi ntungukulu lowu. Nseketelo wu ta nyikiwa eka vatirhi va le ka Nhluvukiso wa Tindzumulo, ngopfungopfu vavasati lava va titirhaka. Kutlula kwalomu ka 74,000 wa van'wamapurasi lavatsongo na vona va ta kuma malimpfuneto ya swicheriwa swa vuhumelerisi.

Tanihi rixaka, hi dinga vutshila na mfuwo ku tlakusa mimoya ya hina nakambe – xihlohloteri lexi xi nyika timali tintshwa ku pfuna sekitara leyi ku tlhela yi yima hi milenge ya yona, ku katsa na nseketelo eka ku tumbuluxiwa ka vundzeni bya swa xidijitali na ku ndlandlamuxiwa ka tipulatifomo ta mabindzu ya xielekitironiki.

Leswi swi ta pfumelela van'wawutshila ku tifambelana na swiyimo swa makete leswintshwa leswi ntungukulu wu nga swi rhwexa eka hina hinkwerhu na ku teka swivandlanene swintshwa swa ku kula.

Xikotisi xa nkoaka swonghasi xa ku humelerisa mitirho hi ku angarhela, lexi endlweke xa nkoaka swinene hi ntungukulu lowu, i ku khomananisa eka netiweke. Ku hlula xihingakanyi lexi xidijitali, xihlohloteri lexi xi ta nyika mifelelelo wa

inthanete wo hatlisa, wo fikeleleka eka miti leyi nga malinghena ya le hansi hi ku tirhisa timali ta mpfuneto ta nkhumananiso wa maendlelo lamantshwa xihlanganisi xa masungulo na ku ndlandlamukisiwa ka WiFi ya vaaki ya mahala.

Loko tiko ra hina ra hlaharhela eka ku onhetela lokukulu ka ntungukulu wa khoronavhayirasi, a hi kanakani hi mayelana na vukulu bya xintirhwana lexi hi nga langutana na xona.

Hi boheka ku fikelela nhlakarhelo wa ikhonomi leyi hatlisaka na ku va ya nkatsahinkwavo. Hi boheka ku tlhelerisa vuningi bya vanhu va ka hina eku tirheni hi xihatla. Hi tlhela hi boheka ku pfala ndzima leyi lahlekeke ya mphakelo wa vukorhokeri bya masungulo na swimakiwakulu swa nkoaka swonghasi, hi tirhana na mitlhonthlo ya vanhu na ku cinca malokixi na miganga ya le matikoxikaya na yona. Ntirho wa mfumo i xitirho lexi xi nga endlaka hinkwaswo leswi nga laha henhla: ku tumbuluxa mitirho hi xikalu eka nkarhi wo koma loko timakete ti ri karhi ti hlaharhela, na ku tumbuluxa nkoaka wa vanhu loko ku ri karhi ku endlwa swoleswo.

Xikombiso lexi xi tala ku tshahiwa hi nongonoko wa mitirho ya mfumo lowukulu lowu endlweke hi United States endzhaku ka Ku Wa Ikonomi Lokukulu hi va1930.

Lexi a ku ngo va ntsena xihlohloteri, kambe swi tlhele swi kondletela vutekaxiave bya vanhu na nkatsahinkwao.

Ku na swikombiso swo talanyana swa minongonoko ya mitirho ya mfumo ya maendlelo lamantshwa eka misava leyi hluvukaka, ku katsa India, Ethiopia na kwala Afrika-Dzonga. Minongonoko leyi yi endlwa vuvekisi byo kongoma eka tiikhonomi ta laha kaya, yi fikelela tindhawu leti nga swela ku sungula, yi seketela mabindzu lamatso ngo ma laha kaya na khulukele eka ikhonomi yo angarhela kusuka kwalaho.

Yi tlhela yi kondletela vute-

kaxiave bya vanhu na nkatsahinkwavo, yi nyika miganga tindlela to cinca vutomi bya vona tanihiloko va endla mixaka yintshwa ya ntirho. Hi ku endlwa tano, yi hoxa xandla eka ncinco havumbirhi eka levhele ya le mugangeni na le rixakeni hi ku angarhela.

Vuvekisi bya vanhu byo kongoma ku seketela ntirho na ku tumbuluxa swivandlanene swa ikhonomi leswi swi endlaka nkoaka wa vanhu byi endlwa swo tala kutlula ku tirhana na xirilo xa mpfumaleko wa mitirho.

Bya angula, hikuva byi tirhisa swipfuno swa mfumo ku angula eka swidingo swa miganga ya laha tikweni, hambu ku ri eka tindhawu ta swa mbangu, nsirhelelo wa swakudya, tisenthara ta nhluvukiso wa tindzumulo to tala, kumbe eka magondzo yo antswa na ku va yo fikeleleka swinene.

Byi ya emahlweni, hikuva byi nyika nsirhelelo wa vanhu na nhlayiso wa malinghena eka lavaya wa langutanaka na vusweti hikuva wa tsandzeka ku kuma ntirho.

Ivuvekisi eka vumundzuku, hikuva byi seketela ajenda ya nhlakarhelo wa ikhonomi yo angarhela hi ku yisa vanhu vaka hina entirhweni hi ku hatlisa eka ku antswisa swimakiwakulu swa rixaka na swa masipala.

Hikwalaho ka miphthalalo leyi nga eka xihlohloteri lexi, hi le ku tumbuluxeni ka ntirho wa lavaya va wu dingaka, loko hi ri karhi hi siya nkhumbo wa nkarhi wo leha eka miganga hinkwayo.

Ku fana na minongonoko ya mitirho ya mfumo emisaveni hinkwayo, xihlohloteri lexi mitirho xi seketela na ku pfuneta xiave lexi nkoaka swonghasi xa sekitara yo ka yi nga ri ya mfumo eka ku tumbuluxa mitirho. Yi hambana na swa ntolovelu, hikuva tanihiloko nhlakarhelo wu ya emahlweni, xikalu xa ntirho wa mfumo xa hunguteka.

Ntokoto na swikili leswi kumiwaka hi vavuyeriwa va Xihlohloteri xa Mitirho xa Phuresidente xi ta antswisa mikoteko ya vona eka ku kuma ntirho wa ximfumo.

Ntokoto lowu kumiweke wu tlhela wu va ndlela yo ya eka nghingiriko wa swa vun'wamabindzu. Vatekaxiave va ta antswisa swikili na vuswikoti bya vona ku sungula mabindzu ya vona vini, naswona va nga kota ku tirhisa malinghena leya nkarhi na nkarhi leyi nyikiwaka hi ntirho wa mfumo ku nghena eka migingiriko yin'wana yo endlwa malinghena.

Ndzi tiyisisile hi ndlela yo fanana leswaku xirilo xa COVID-19 i fasitere ra xivandla-

nene xa ku aka nakambe ku antswa.

Eka nkarhi lowu hinkwawo wa nkavanyeto lowukulu, hi ta va hi nga ti endlwa swa kahle loko hi endlwa switshe mbiso swo ka swi nga humeleriseki leswi swi tlakusaka ku langutela, ntsena ku tlhela hi kayivela loko swi nga humeleli. Leswi hi swona swi endlaka leswaku wun'wana na wun'wana wa mitirho leyi na miphthalalo ya nseketelo wa vutihanyisi swi nyikiwa timali hi ku hetiseka, hi kungu ra nsimeko leri nga erivaleni.

Xihlohloteri lexi mitirho a xi hi mayelana na vutiboheri byo ka byi nga twisiseki eka nkarhinyana lowu taka, kambe xi hi mayelana na ku tumbuluxiwa ka mitirho eka nkarhi wa sweswi.

Xihlohloteri lexi i mbuyelo wa ku burisana ko angarhela swinene na tindzawulo ta rixaka, ta swifundzakulu na ta madorobakulu ku tumbuluxa hi ku hatlisa minongonoko ya mitirho leyi yi nga simekiwaka kumbe ku ndlandlamuxiwa ku nga si hundza tin'hwetit tsevu.

Tindzawulo to tirhisa na vakhomaxiave van'wana swi kambisisiwele hi vukheta eka vuswikoti bya swona bya ku tirhisa.

Eka wun'wana na wun'wana wa minongonoko leyi yi welaka ehansi ka xihlohloteri lexi, swivandlanene swi ta navetisiwa naswona ku thola swi ta va leswinene, swo pfuleka na ku tlhela swi va erivaleni.

Swikongomelokulu leswi hi nga tivekela swona swi humeleriseka, swa pimeka na ku fikeleleka, naswona hi nga dyondza kusuka eka ntokoto wa nkarhi lowu nga hundza na maendlelo ya kahle ya matiko ya misava.

Vanhu va ka hina va lulamerile naswona va tsakela ku tirha. Vuswikoti lebyo hambanahambana byi boheka ku tirhisiwa, na swikili swa nhlanganano na vuswikoti swi tirhisiwa eka ku aka hi vuntshwa tiko ra ka hina eka ku tumbuluka ka khoronavhayirasi.

Xihlohloteri xa Mitirho xa Phuresidente xi nyika ku wisanyana eka mindyangu leyi yi nga tiyisela vuxika byo tika no leha hi malinghena leyi hungutiweke swinene, na le ka vanhu hi un'weun'we lava va nga tshama malembe yo tala va nga tirhi.

Ntirho wa kahle, wa xiviri i mfanelo ya munhu un'wana na un'wana. I xipimelo lexi rhangenge emahlweni xa ku kula ka ikhonomi na ntshamiseko wa vanhu.

Hi ku humelerisa mfanelo leyi ya nkoaka, Xihlohloteri xa Mitirho xa Phuresidente xi le ku pfuneni eka ku aka rixaka leri ri tirhaka.

Papalata ku va muxanisiwa wa ngungumeriso wa vanhu



Silusapho Nyanda

Tanihi laha nhlayo ya milandzu ya ngungumeriso wa vanhu leyi manga-riwaka yi tlakukaka, swi na nkoka leswaku u teka magoza ya ku tiyisisa vuhlayiseki bya wena.

Ku papalata ku va muxanisiwa wa ngungumeriso u fanele ku papalata ku fambafamba u ri wexe, navusi-ku, kumbe ku famba eka switarata leswi nga tirhisiweki. Swi na nkoka leswaku u twisisa ndhawu leyi u nga eka yona mikarhi hinkwayo. Ku va u lemuka swi ta ku pfuna ku vona leswi swi nga

tshamisekangiki. Loko u vona munhu kumbe movha wu ku landzelela, kuma ndhawu leyi nga tala vanhu u foyinela maphorisa kumbe munhu loyi u n'wi tshe-mbhaka hi xihatla. Vangungumerisi va tala ku tirhisa xitshembhiso xa ntirho ku tlhakisa vaxanisiwa va vona naswona va ta tshine-

lela vaxanisiwa va vona ku va nyika ntirho kumbe swin'wana. Ndlela leyi ya ku ngungumerisa yi nga humelela kun'wana na kun'wana na le ka vuhlanganisi bya vanhu, exikolweni, emolweni na le handle ka yindlu ya wena. Tiyisisa leswaku u endla vulavisisi hi vuenti hi vathori u ngasi ya hlangana na vona hi nyama ku endla nkambelo-vutivi. Leswi swi nga endliwa hi ku kambisisa leswaku khamphani yi kona hi ku kamba eka Khomixini ya Tikhamphani na Nhu-ndzu yo ka yi nga khomeki hi mavoko. Naswona u fanele ku byela un'wana loyi u n'wi tshembhaka loko u ya eka nkambelo-vutivi u tlhela u kombela leswaku a ku foyinela endhaku ka nkarhi wo karhi. Loko swi koteka, famba na un'wana. Vana na vukheta loko u tirhisa vuhlanganisi bya vanhu, ngopfu ngopfu loko munhu loyi u nga n'wi tiviki a tinyiketela ku ku pfuna, ku pfuna hi mali, ndhawu yo tshama kumbe ntirho hi ku hlamula leswi u nga swi tsala.

Loko u ya hlangana na munhu wuntshwa, endla tano endhawini ya mani na mani naswona u byela un'wana loyi u n'wi tshe-mbhaka leswaku a tiva laha u nga kona. Loko u huma na vana, tshama kusuhi na vona naswona u tiyisisa leswaku u kota ku va vona minkarhi hinkwayo. U nga tshuki u rhuma n'wana a nga ri na munhu lonkulu loyi a tshembhekaka ku n'wi languta. Ti toloveti ku kamba vana va wena nkarhi na nkarhi, leswaku u tiva laha va nga kona.

Vuxokoxoko lebyi byi nyikiwile hi Ndzawulo ya Vululami na Nhluvukiso wa Vumbiwa.

Ku kuma vuxokoxoko byo tala hi ngungumeriso wa vanhu foyinela Nomboro ya mahala ya Tiko ya Ngungumeriso wa Vanhu eka: 0800 222 777. Ku mangala ngungumeriso wa vanhu tihlanganise na maphorisa eka: 10111.

Healing childhood trauma

A NON-GOVERNMENTAL organisation is working hard to help young children deal with past hurts and trauma in the Western Cape

Silusapho Nyanda

The Community Keepers non-governmental organisation (NGO) is addressing child abuse by providing 28 schools in the Western Cape with trauma counselling services. The NGO has counsellors and social workers permanently located at schools in Cape Town and the Cape Winelands. The team of professionals assist pupils who have been victims of violence



at home or their local communities. The NGO's Chief Executive Officer Gerri Taning says

they treat pupils with different traumatic experiences through group and individual sessions. "We work in disadvantaged communities where violence is prevalent. We help children who have experienced adverse childhood experiences such as abuse, loss, poverty and other challenges that are faced by children," says Taning. One of the key topics the NGO seeks to address during sessions with the pupils is the belief that 'men don't cry'. The organisation aims to teach young boys to be in tune with their feelings and emotions. This will encourage young boys to talk about their feelings and experiences. Taning says that trauma can cause behavioural problems in children.

"When there is a cycle of traumatic experiences that builds up it often affects children negatively. A quiet child will start lashing out and engaging in risky behaviour. A child that was outgoing suddenly becomes withdrawn. Some pupils go from the brightest students to not being able to keep up with their peers." He says that trauma can be dealt with, but it requires proactive teaching of children before the cycle is repeated.

Schools looking to partner with Community Keepers can call 072 781 5535 or email info@community-keepers.org.