

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Setswana

November 2019 Edition 1



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Africa's new tech giant

Sihle Manda

President Cyril Ramaphosa's programme of reviving the South African economy has received another boost.

This was evident at the much-anticipated launch of the Mara Phone manufacturing plant at the Dube Trade Port in Durban recently. The plant is a first of its kind in South Africa.

The launch comes 12 months after company chief executive Ashish Thakkar announced at the inaugural Africa Investment Forum in November 2018 that the company would invest R1.5 billion in a South African business venture over the next five years.

The Rwanda-based Mara group took the President on

a tour of the modern state-of-the-art plant. The plant is anticipated to have an annual production capacity of over 1.2 million handsets of the Mara X and Mara Z cellphones.

A total of 200 people have been employed at the plant with 94 percent of them being youth, while 67 percent are women.

Speaking at the event, President Ramaphosa said the Mara Phone's venture was giving practical effects to the government's investment drive.

"It was described as a pipe dream. Today we are reaping the fruits of what was promised. We are delighted about this great launch because it is going to instill a lot of confidence in other manufacturers that South Africa indeed is a place where



■ The Mara Phone manufacturing plant situated in Durban has created about 200 jobs with 94 percent of them being youth and 67 percent are women.

they should all come and invest. We are delighted because Mara is a proudly African venture that is producing a South African product."

He said the company's effort

represents a great advance in the technological and electronical sector.

"We are delighted that you are increasing our technological capabilities by bringing your

company here and emboldening the skills talent that we have," he said.

In his State of the Nation Ad

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Se o tshwanetseng go se itse ka go utswiwa ga batho

Silusapho Nyanda

Bokgoba jwa matsatsi a segompieno, jo gape bo itsegeng ka gore ke go utswiwa ga batho, ke jo bongwe jwa bosenyi jo bo golang ka lebelo mo lefatsheng. Bosenyi jono jwa go utswiwa ga batho bo diriwa ka ditsela tse di farologaneng, seno ke go ya ka ba mokgatlho o o lwanthananang le go utswiwa ga batho wa *Abolitionists* 21 (A21). Mokgatlho ono o re:

- Batswasetlhabelo ba ka dira 43.4% ba utswitswe e le fa ba ne ba solofeditswe ditiro.
- Ditokololo tsa malapa di utswa batswasetlhabelo ba ka dira 11.2%.
- Batswasetlhabelo ba ka dira 9.6% ba utswiwa ke bao ba ratanang le bona (mo batho ba iphitlhelang ba na le tshepo e e feletseng mo bathong ba ba ratanang le bona).

- Batswasetlhabelo ba ka dira 8.6% ba ba utswiwa ke ba ba raeletsweng le go rekiswa ke ditsala tsa bona.
- Batswasetlhabelo ba ka dira 5.6% ke ba ba utsitsweng ka go thopiwa ka dikgoka.
- Batswasetlhabelo ba ka dira 2.6% ke ba ba utswitsweng kwa dinageng tsa boditshaba.
- Batswasetlhabelo ba ka dira 1.2% ke ba ba utswitsweng ke baruti ba maaka.

Go ya ka pegelo ya dipalopalo tsa bosenyi ya 2018/19, dikgetse di le 11 tsa go utswiwa ga batho di tlhotlheleditswe ke go thopiwa ka dikgoka ka fa nageng ya Aforika Borwa.

Batho ba ba utswang batho ba lebelela thata batho ba ba batlanang le ditiro gore ba kgone go tokafatsa maemo a bona le a bana ba bona.

Lefapha la Bosiamisi le Tlhabololo ya Molaotheo (DOJ&CD) le tlhalositse gore go le gantsi bana

ba ba utswiwa ba dirisediwa thobalano, go dira ka segapeletsa kgotsa go kgabetlelelwa dirwe tsa bona tsa mmele.

Go Thusa go Thibela go Utswiwa ga Batho


Go ya ka lefapha, go na le ditsela di le mmalwa tseo baagi ba ka di dirisang go itshireletsa, di tsenyeletsa:

- Go ikgolaganya le Lefapha la Merero ya Ditiro le Badiri le le leng mo tikologong ya gaeno go netefatsa fa go na le diphatlhatiro tsa mothale oo, bogolosegolo tseo di sa tswang mo porofenseng ya gaeno kgotsa ka fa nageng ya gaeno. Maitsholo mangwe le mangwe a a belatsang a batho ba ba batlang go go thapa kgotsa a dieijente tsa bona a tshwanetse go begiwa kwa sepodising.
- Go tlhokomela batho ba ba reng ba batla go go naya tiro le mogolo o o kwa godimo

mo nakong e khutshwane – go sa kgathalesege gore ke banna kgotsa basadi.

- Go ruta bana ba gago gore ba nne ba ntshitse matlho dinameng fa go na le batho ba bagolo ba ba batlang go itsalanya le bona, go sa kgathalesege gore ba dira seno ka namana, ka mokgwa wa go golagana le bona ka megala kgotsa go tlotla le bona mo inthaneteng.
- Go begela sepodi le ba bobegakgang ka mafelo a o belaelang a tshwere batho ba ba utswitsweng (seka, mafelo a go gweba ka mmele, dipolasa, difeme le mafelo a notagi).

Ba DOJ&CD ba ikuela mo baaging go ntsha matlhodinameng go tlhokomela batho ba e ka tswang e le batswasetlhabelo ba bosenyi jwa go utswa batho gore ba kgone go bona thuso e e tlhokagalang. Ba tlhalosa

gore mo dinakong di le dintsi batswasetlhabelo bano o tla fitlhela ba sa itse puo e e buiwang mo lefelong le ba nnang mo go lona, ba bonagala e kete ga ba na kwa gongwe ko ba ka yang, ba bangwe ba ka bonagala ka mabadi le matshwao a mangwe a a bontshang fa ba boga mme e bile gape ba tla bo ba sena ditokomane tsa boitshupo. 

Dikgetse tsa pelaelo ya go utswiwa ga batho di ka bulwa kwa sepodising mo nomorong eno ya mogala 08600 10 111 kgotsa ka go letsetsa Mogala wa Naga wa Tshoganyetso wa go Lwantshana le go Utswiwa ga Batho mo go 0800 222 777.

Abused women and children get safe haven

PRESIDENT CYRIL RAMAPHOSA'S Emergency Action Plan on Gender-Based Violence and Femicide includes the provision of adequate care and support for survivors. The newly opened White Door Centre in Kuruman is a direct response.




Silusapho Nyanda

The White Door Centre of Hope in Seoding Village in Kuruman, Northern Cape provides a 24-hour response and safe space for victims

and survivors of gender based violence (GBV). Opened recently, the centre will take in and offer psychosocial support to up to eight victims of GBV crimes such as domestic abuse, sexual abuse and human trafficking. The centre has two social work-

ers and a house mother. It is one of seven in the province, said Hendrina Samson of the Northern Cape Department of Social Development. She said the White Door Centre of Hope is an immediate contact centre that gives victims of GBV access to counselling, a temporary safe haven from an abuser and, if necessary, facilitates a safe place for victims of GBV. "This facility is based within the community, women will have the right to contact us at any given time as it's a place for any women and children." Victims of GBV will be put in contact with the police,

doctors and given all the necessary help. "When a woman has been abused, it often happens that they go to a family member where the partner can find them. This place then allows for the police, doctor, psychologist, priest to contact the facility and place these women there." Members of the public and women that have been abused can also walk into the centre for help. The White Door Centres of Hope are also linked to the GBV Command Centre (GBVCC) which is a 24-hour tollfree hotline that gives GBV victims psychosocial care and support. 

DID YOU KNOW?

Community members can also report abuse to the GBV Command Centre by phoning 0800 428 428, sending an SMS with the words Help to 31531 or a Call Me Back with the USSD code: *120*7867#. The centre caters for people with speech and hearing impairment through Skype. To use this function, one must add 'HelpMe GBV' on their Skype account. The GBVCC website address is: www.gbv.org.za

Phepo e e siameng e mosola mo boitekanelong

GO JA DIJALWA tse di sa tlhotlhiwang go botoka thata go na le go ja dijo tse di tlhotlhiweng.

Allison Cooper

Go ja dijo tse di nang le dikotla le go netefatsa gore o ja dijo tsa phepo e e siameng ke karo-lo e e botlhokwa thata ya go tlhokomela boitekanelo.

Seno ke go ya ka Lefapha la Boitekanelo la Naga, le le reng go ja dijo tse di nang le dikotla le go ikatisa nako le nako go ka thusa gore batho ba laole boima jwa mebele ya bona go nna mo seemong se se amogelesegang le go fokotsa dikotsi tsa malwetse a a jaaka bolwetse jwa tshukiri, bolwetse jwa kgatelelo ya madi a magolo, bolwetse jwa pelo mmogo le bolwetse jwa kankere.

Dikotsi tsa go tshwarwa ke Malwetse a a sa Fetelaneng (di-NCD) di simolola o santse o le monnye mme di gole le wena fa o ntse o gola.

Di-NCD di akaretsa bolwetse jwa go swa letlhakore, bolwetse jwa pelo, bolwetse jwa kankere, bolwetse jwa tshukiri mmogo le bolwetse jwa diphio.

Kgopolo ya go matlafatsa phepo e e siameng mo matsatsing a ntlha a le 1 000 (go simolola



fa ngwana a santse a le potlana go fitlha fa a nna le dingwaga di le pedi) e botlhokwa thata mo go thibeleng phepobotlhaswa.

Le fa go le jalo, go ja dijawa tse di sa tlhotlhiwang ka gale - ka di na le tshukiri e e kwa tlase, mafura le letswai mme e bile gape di humile ka dikotla tsa dibitadini, dimenerale le difaebara - mme e bile gape di ka thusa mo go thibeleng go nona go go sa batlegeng, di-NCD le dintsho tse di bakiwang ke malwetse ano.

Botlhokwa jwa Dijawa tse di sa Tlhotlhiwang

Dijawa tse di sa tlhotlhiwang ke dijo tse di sa tlhotlhiwang le eseng kgotsa tse di tlhotlhiweng go se nene mme di jewa ka seemo sa tsone sa tlhago. Di tsenyeletsa dijo tse di sa tlhotlhiwang, tse di jaaka maungo le merogo e

e jewang; mmogo le dijo tse di tlhotlhiweng go se nene tse di jaaka outsu, reise e e phitshwana le metswako ya dinawa. Dijo tseno ga di a tshwanelwa go tshelwa letswai, tshukiri kgotsa mafura.

Dijo tse di tlhotlhiweng le fa e le gore tse dingwe tsa tsona di santse di lebege e kete di santse di le mo seemong sa tsona sa tlhago, tse dingwe tsa tsona di apeilwe le go silwa mo e bileng di sa tlholeng di bonagala gore kwa tshimologong e ne e le eng mme e bile di na fela le dikotla di le dinnye fela mme tse dingwe ga di na le dikotla dipe mo go tsona.

Mme e bile gape mo go tsona di na le metswako e metlhano kgotsa go feta e e jaaka tshukiri, mafura a oli le a a omisitsweng, letswai, metswako e e emisang

boleng jwa dijo mo seemong se le sengwe mmogo le metswako ya go diegisa dijo go senyega.

Metswako eno e dira gore dijo di balole, fela bomadimabe ba tsona ke gore fa o dija ka bontsi di ka dira gore o je tshukiri e ntsi e e ka go dirang gore o none.

Letswai le lentsi le lone le ka go bakela bolwetse jwa kgatelelo ya madi a magolo le bolwetse jwa pelo.

Boloka Madi

Dijo di a tura. Lefapha la abelane ka dikakanyo tseno tse di tla go thusang gore o boloke madi a o a dirisang fa ka mo letlhakoreng le lengwe o tla kgona go reka dijo tse di nang le dikotla:

- Reka fa ditlhwatlhwa tsa go reka di le kwa tlase.
- Lebelela letlha leo dijo di bolang ka lona fa o reka dijo mmogo le boleng jwa dijo tseo tse o di rekang ka tlhwatlhwa e e kwa tlase.
- Netefatsa gore o na le madi a le mantsinyana le mafelo a a lekaneng a go boloka dijo gore o kgone go reka ka mmetela (mme o lebelele le gore a o tla kgona go dirisa dijo tseo tsotlhe pele

di ka bola).

- Gore di go tswela mosola, reka maungo le merogo fa e le nako ya ona.
- Dijo tse di gomositsweng tse di jaaka bupi, folouru, reisi, pasta, milirase le dijo tse dingwe tse di gomositsweng ka setsidifatsi di kgona go nna sebaka se se telele mme e bile gape di rekega ka mmetela.
- Dijo tse di rekiwang ka bongwe ka bongwe go le gantsi di tura go gaisa tse di rekiwang ka mmetela.
- Reka dijo di le mmalwananyana fela fa o reka dijo tsa thini, tse di sa tlhokeng go tsaya nako e ntsi di le mo molelong le tse di buduleng. Di a tura e bile gantsi di na le tshukiri e ntsi, letswai le mafura.
- Dijo tsa masea tsa mabotlolo le tsona di a tura. Ba jese dijo le merogo e e foreše e e ka kgabetlelelwang kgotsa e e ka silwang gore di jege.



*** Tshedimosetso eno e rebotswe ke ba Lefapha la Boitekanelo la Naga.**

○○○

Knowing CPR can be a life saver

WITH SUMMER and the festive season upon us, knowing what to do in an emergency can save a life.

Silusapho Nyanda

Choking, smoke inhalation or drowning can happen suddenly and getting help can be the difference between life and death.

Being able to do cardiopulmonary resuscitation (CPR) can be crucial.

The Western Cape Department of Health says CPR is an emergency procedure done to manually keep the brain functioning.

This life-saving technique is very useful in many emergencies, including heart attacks or near drownings, where someone's breathing or heartbeat has stopped."

The best way to perform



CPR is to follow the Circulation, Airway and Breathing method (CAB system) which helps a first-responder remember the sequence of

steps during CPR.

The Resuscitation Council of Southern Africa (RCSA) said when performing CPR on an unconscious adult

the procedure is 30 thrusts in the middle of the chest, followed by two breaths on the unconscious victim. CPR must continue until help arrives.

When performing CPR on a child who is choking, the child gets five back slaps and up to five chest thrusts. Next, one must open the baby's mouth to look for and remove any visible foreign material.

If this works, you place the patient in the recovery position and check for continued adequate breathing, reassessing the patient continuously.

If this does not work, one must apply 30 chest compressions, then look inside

the mouth and remove any foreign object, and administer two breaths until the baby is able to breathe again or help arrives.

If you're alone and have immediate access to a telephone, call the ambulance yourself before beginning CPR.

For more information on performing CPR, visit <https://www.westerncape.gov.za/general-publication/cardiopulmonary-resuscitation-cpr>. Alternatively, phone the RCSA at 011 478 3989 or visit: www.resus.co.za.