

# Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Afrikaans

September 2019 Uitgawe 2



**Acting in  
the best  
interests  
of the  
child**

**Page 6**



**Africa  
is for  
all**

**Page 8**

**JOBS  
INSIDE:**

## No to violence against women and children

**PRESIDENT** Cyril Ramaphosa has heard the call by South Africans for emergency measures to end Gender-Based Violence and Femicide.

**O**ver the past few days, our country has been deeply traumatised by acts of extreme violence perpetrated by men against women and children.

"These acts of violence have made us doubt the very foundation of our democratic society, our commitment to human rights and human dignity, to equality, to peace and to justice," said President Cyril Ramaphosa when he addressed the nation and again condemned Gender-Based Violence and Femicide (GBVF).

"Today, I speak to you as your President and as a citizen of our country. But I

also speak to you as a husband and as a father to my daughters. Like millions of men across this country, I am appalled at the war being waged on our sisters, our mothers, our wives, our partners and our daughters," he said.

"We know the names of Uyinene Mrwetyana, Leighandre Jegels, Janika Mallo, Ayakha Jiyane and her three little siblings, but we also grieve for many others who have died at the hands of men. These killings have caused great pain and outrage because acts of such brutality have become all too common in our communities. Violence against women has

become more than a national crisis. It is a crime against our common humanity," he added.

The President stressed that women have every right to expect that they be free from harassment and violence. "We have heard the calls of the women of our country for action and for justice. The

collective anger, the pain and the fear that these killings have caused must strengthen our resolve to end all forms of violence and abuse perpetrated by men against women," he said.

### Fighting GBV

The President said that the national register of GBV of-

fenders, provided for in the Sexual Offences Act, will be overhauled and modernised.

"It will list all the men convicted of acts of violence against women and children. I will ask Parliament to consider amending legislation to make the register public.

**• Cont. on page 2**



ALSO AVAILABLE ON:



@VukuzenzeleNews



Vuk'uzenzele

### CONTACT US

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

Email: [vukuzenzele@gcis.gov.za](mailto:vukuzenzele@gcis.gov.za)  
Tel: (+27) 12 473 0353

Tshedimosetso House:

1035 cnr Frances Baard and Festival streets Hatfield, Pretoria, 0083

**FREE COPY NOT FOR SALE**

# Healing inspired by Mother Nature

**HERBS HAVE BEEN** used to heal since ancient times and a KwaZulu-Natal woman is determined to help her patients restore their health naturally.

## More Matshediso

**N**okuthula Mahaye (53) owns a health and wellness company called Truhealth, which provides various types of therapy and sells detoxing products made from natural herbs.

Mahaye started her company in the late 1990s in her backyard in Pietermaritzburg, KwaZulu-Natal, selling herbal products to locals, before formally registering her business in 2010.

Mahaye is also a beneficiary of the Agribusiness Development Agency (ADA), which is an entity of the Department of Agriculture and Rural Development. It aims to ensure a diverse, deracialised and

sustainable agribusiness sector.

She said the ADA helped get her products tested to meet safety standards for consumption, to trade-

mark them and with marketing skills to expand distribution.

"The ADA

has also afforded me an opportunity to attend training offered by the South African Bureau of Standards (SABS)," she said.

She now has four employees and runs a clinic that offers health and wellness services, including colon hydrotherapy, reflexology, spine alignment, foot care, massage, herbology, full body detox-

ification, diet and nutrition, among others.

"I opened this business after completing a qualification in Naturopathy in Original Medicine from the International Institute of Original Medicine in the United States of America," she said.

Mahaye was inspired to consider naturopathic medicine as a career after learning that most of the sicknesses that trouble people can be

cured using natural methods.

According to Mahaye, many of her patients' health problems stem from a dirty colon, which is the result of unhealthy eating. She uses colon hydrotherapy to relieve their pain.

She said in some cases, once the colon is cleansed, other health problems such as piles, ulcers, allergies, skin problems, body odour, bad breath and many others are cured.

Body hydrotherapy, to boost the immune system, is another of the clinic's services.

She said her company is able to provide various services to people of all ages including babies.

Mahaye added that should a problem be detected that requires conventional medical treatment, the patient will be referred to a medical doctor. **V**



**Nokuthula Mahaye runs a clinic that offers various forms of therapy and natural herbs to heal patients.**

## For more information

- Contact the ADA at 033 347 8600 or email: [info@ada-kzn.co.za](mailto:info@ada-kzn.co.za).
- Manufacturers who would like to get their products approved for certification by the SABS should call 0861 27 7227 or toll free 0800 00 7112 or email: [info@sabs.co.za](mailto:info@sabs.co.za).

ooo

# Drankgebruik tydens swangerskap stel babas in gevaar

**VROU WAT ALKOHOL DRINK** terwyl hulle swanger is, stel hulle babas in ernstige gevaar om geboortegebreke te hê.



**D**rankgebruik tydens swangerskap hou 'n aansienlike risiko vir die ongebore baba in, omdat alkohol die plasentaverspering maklik oorbrug en dus van moeder na kind oorge-

dra word.

Vroue wat swanger is, probeer om swanger word of wat borsvoed, behoort nie alkohol te gebruik nie. Daar is tydens swangerskap geen veilige tyd om te drink of 'n veilige tipe alkohol nie.

Die moontlike gevolge, afhangend van die vlak en duur van alkoholinname, kan wissel van spontane abortus en vroeë-geboorte, tot stilgeboorte en fetale alkoholsindroom (FAS).

Moeders wat alkohol gebruik terwyl hulle swanger is, stel hul ongebore kind in gevaar om fisiese, gedrags- en intellektuele probleme te ontwikkel.

FAS is vermoedelik die derde hoogste oorsaak van aangebore verstandelike gestremdheid. Die sindroom word verbind aan:

- **Kranio-fasiale misvorming:** Tipies 'n verkleinde skedelgrootte, klein boonste lip en neus, skuins en klein laer kaak en verkorte ooglede. Dié misvormings sal met ouderdom voortbestaan.
- **Groeivertraging:** 'n Groot

verskeidenheid groeivertraging wat lengte, gewig en skedelgrootte kan beïnvloed.

- **Abnormaliteite van die senuweestelsel:** Onvolledige ontwikkeling van die brein mag tot erge intellektuele agterstand lei.
- **Misvorming van organe:** Die misvormings wat die meeste voorkom is dié van die hart, eksterne geslagsorgane en gewrigte.

Selfs matige alkoholinname van omtrent twee of drie drankies per dag, kan die ontwikkeling van die baba in gevaar stel.

Fetale alkoholgevolge en FAS kan voorkom word deur eenvoudig nie alkohol tydens swangerskap in te neem nie.

FAS en fetale alkoholgevolge

is permanent en onherstelbaar. Daar is geen geneesmiddel en geen behandeling nie. Dit kan 'n kind se lewenslange vermoë om geestelik, fisies en sosiaal te funksioneer en om die beste te wees wat hy/sy kan wees, belemmer. **V**

*\*Hierdie inligting is deur die KwaZulu-Natalse Departement van Gesondheid verskaf.*

## Het jy geweet?

**Vir meer inligting of raad oor FAS, kan jy jou plaaslike kliniek of gemeenskaps-gesondheidsentrum besoek.**



# Stel kinders se belange eerste

**DIE PRIMÊRE ROL VAN DIE KANTOOR** van die Gesinsadvokaat is om te verseker dat kinders se belange eerste gestel word wanneer hulle ouers se verhouding eindig.



Silusapho Nyanda

Ingevolge Artikel 18 van die Kinderwet, is kinders nie die onderdane van ouergesag nie, maar mense met hul eie regte, sê Josephine Peta, Senior Regsbeampte by die Kantoor van die Gesinsadvokaat.

Dit beteken dat selfs al is jy deur jou mede-ouer mishandel, jy nie jou kinders voorwaardelike toegang tot hom/haar kan weier nie, selfs wanneer mede-ouers beskermingsbevele teen mekaar verkry het.

Die uitsondering is wanneer die kinders ook mishandel is. 'n Beskermingsbevel

behoort in sulke gevalle namens hulle verkry te word.

Peta verduidelik dat in die geval van geslagsgebaseerde geweld (GGG), waar een ouer die ander mishandel, die Kantoor van die Gesinsadvokaat betrek word om na die belange van die kinders om te sien.

Die beskuldigde ouer mag toegelaat word om die kinders onder toesig te sien as hulle aan sekere vereistes voldoen, soos om nugter te wees vir die besoeke met die kind en om die kind in openbare plekke te ontmoet.

"In sulke gevalle kyk ons na toesighoudende kontak, wat beteken dat 'n onafhanklike toesighouer, verkieslik 'n deskundige soos 'n maatskaplike werker of sielkundige, deur ons aangestel word om besoeke te monitor

en daarvoor toesig te hou," sê Peta.

As die kind weier om een van die ouers te sien, sal die Kantoor van die Gesinsadvokaat 'n waardebeoordeling doen om vas te stel of die kind se optrede deur iemand beïnvloed word.

## Moenie die kinders in die middel plaas nie

Kinders het die reg op toegang tot albei ouers en om deur albei ouers versorg te word. Hulle het die reg om deur albei ouers onderhou te word. Hulle het ook die reg om albei ouers as hul voogde te laat optree in regsake.

Peta voeg by dat mishandelaars nie van hulle verantwoordelikhede rakende kinderonderhoud kwytgeskeld word, wanneer 'n slagoffer 'n beskermingsbevel teen hulle versoek nie.

Sy sê dat ouers wat weier om hulle kinders te onderhou op grond daarvan dat hulle nie by die kinders

woon nie, deur die hof gedwing kan word om kinderonderhoud te betaal. As hulle daarna nie betaal nie, sal hulle skuldig wees aan minagting van die hof en kan hulle tronkstraf vir 'n tydperk wat nie langer as drie jaar is nie, opgelê word.

Daar kan ook beslag gelê word op hulle bates, wat verkoop sal word om kinderonderhoud te betaal.

Ouers wat verhoed word om hulle kinders te sien het ook regte.

Maar eerder as om kinderonderhoud te weerhou totdat toegang toegestaan word, behoort hulle egter die Kantoor van die Gesinsadvokaat om hulp te nader.



## Vir meer inligting

Kontak die Kantoor van die Gesinsadvokaat by 012 357 8022 of stuur 'n e-pos aan: NationalOffice-FA@justice.gov.za

# St Elizabeth TCC ready to help rape survivors

**IN A REMOTE** part of the Eastern Cape, rape victims find a warm, sympathetic place where professionals are trained to support and care for them.

Silusapho Nyanda

Victims of rape in the Lusikisiki area have access to the best care at the St Elizabeth Thuthuzela Care Centre.

The centre, which opened in 2011, is accessible 24-hours a day, seven days a week. It is fully staffed and equipped to offer the best care, said St Elizabeth Thuthuzela Care Centre Co-ordinator Bulelwa Lali.

Lali said the centre has four government entities under its roof. These are the National Prosecuting Authority (NPA), which oversees the centre and also prosecutes suspected rapists; the SAPS, which investigates

rape cases; the Department of Health, which conducts medical examinations; and the Department of Social Development, which conducts psychological and social needs tests.

Two nurses, one a rape forensic specialist, and two social workers work alongside Lali, who is a National Prosecuting Authority employee.

The centre welcomes walk-in patients and also assists those referred by the police.

According to Community Development Worker Nomagcisa Sikwata, the centre has helped secure convictions in local rape cases. "It has been very helpful. Whenever a rape case is

reported, I contact them and they will be there in no time."

One of nine in the Eastern Cape and over 50 in the country, the centre services Lusikisiki and surrounding towns. Lali said victims range from children to the elderly, women and men.

Lali explained that the centre's forensic nurse collects DNA from victims, which becomes key evidence should there be a trial. This is why it is important for rape victims to visit places of help within 72 hours and before taking a bath.

If it is decided that it is not safe for a rape victim to return to their home, a place of safety will be found for them.

Lali said when children,



people over the age of 60 and people living with a mental illness are assaulted, a social worker will do a home visit to determine if the environment is suitable for them.

To get help from the St Elizabeth Thuthuzela Care Centre, call 039 253 5052.