

# Vuk'uzenzele

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

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**Africa is for all**

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## 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.

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Vuk'uzenzele

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# 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 detoxi-

fication, 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).

# Go nwa o le mo mmeleng go baya bana mo kotsing

**BASADI BA BA SELANG NOTAGI** ba le mo mmeleng ba baya matshelo a masea a bona a a iseng a belegwe mo kotsing e e seng kana ka sepe mo ba ka feletsang ba na le makoa a saruri.



**G**o nwa bojalwa o le mo mmeleng go na le dikotsi tse digolo mo leseeng leo le iseng le belegwe gonne bojalwa bo iphetela bonolo mo kobong e e potokileng leseka fa mpeng mme bo fetele kwa leseeng go tswa mo maleng a motsadi.

Basadi ba ba leng mo mmeleng, ba ba lekelelang go ka ithwala kgotsa ba ba anyisang ga ba tshwanela go nwa bojala.

Fa o le mo mmeleng, ga go na motsotso o o ka nwang bojalwa ka ona e bile ga go na notagi epe e e babalesegileng eo o ka e selang fa o le mo mmeleng.

Ditlamorago tse di ka nnang gone ka ntlha ya notagi e o e setseng fa o le mo mmeleng di tla ikaega go ya ka bontsi jwa notagi e o e setseng le sebaka se o se tsereng o ntseng o sela notagi mme di ka farologana thata moo o ka iphitlhelang o tsholotse mpa kgotsa wa belega e ise e nne nako, wa belega leseanyana le le iketseng badimong kgotsa wa belega lesele le nang le Makoa a Bakiwang ke Bojalwa mo Maseeng (FAS).

Bomme ba ba selang notagi ba le mo mmeleng ba baya matshelo a masea a bona a a iseng a belegwe mo kotsing mo ba ka nnang le makoa mo mebeleng, mo maitsholong le mo ditlhaloganyong.

Go akanngwa gore FAS ke setlhodi se segolo sa boraro se se tlhologang makoa a tlhaloganyo e e diegang go ithuta. Bokoa jono bo tshwantshangwa le:

- **Sebopego se se sa tlwaelegang sa marapo a tlhogo le sefatlhogo:** Bokoa jono bo bua ka ga dikarolo tse di funyetseng tse di jaaka fa lerapo la tlhogo le funyetse, molomo wa kwa godimo le nko di le dinnye kgotsa di sutile foo di tshwanetseng go nna gone mmogo le metlha gare ya kwa tlase e e funyetseng go akaretsa le matlho a a gonyetseng. Fa motho a ntse a gola, le sebopego seno se se sa tlwaelegang le sona se tswela go golela pele.
- **Go diega go gola:** Makoa ano a farologane mme a ka diegisa go gola ga mmele wa motho ka botelele, bokima le

ka bogolo jwa tlhogo.

- **Go se itekanele mo tlhaloganyong:** Tlhaloganyo e e iseng e gole ka botlalo e ka tlhola gore motho a nne le makoa a magolo mo tlhaloganyong.
  - **Go se itekanele ga dikagare tsa mmele:** Mako a a leng gone ka bontsi mo ntlheng eno ke a boko jwa pelo e e godileng ka tsela e e sa tlwaelegang, serwe sa fa pele le ditokololo tsa mmele tse di godileng ka tsela e e sa tlwaelegang.
- Seabe se se kotsi mo kgolong ya ngwana se ka tlhodiwa le ke seelo se se kwa tlase sa go nwa bojalwa, sa majalwa a le pedi kgotsa a le mararo fela ka letsatsi.
- Ditlamorago tsa Makoa a a Bakiwang ke Bojalwa mo Maseeng (FAE) le tsa FAS di ka thibelwa bonolo ka gore basadi ba kgaotse go nwa bojalwa ba le

mo mmeleng.

Ditlamorago tsa makoa a FAS le FAE di nnela ruri e bile ga di baakanyege. Ga di na molemo kgotsa kalafi. Di ka kgoreletsa ngwana go tshela botshelo jo bo feletseng ka go mo kgoreletsa mo tlhaloganyong, mo mmeleng le mo loagong. **V**

*\*Tshedimosetso eno o e tlisediwa ke ba Lefapha la Boitekanelo la kwa Porofenseng ya KwaZulu-Natal.*

## A o ne o itse?

**O ka kgona go ya kwa tleliniking ya kwa motseng wa lona kgotsa kwa bookelong jwa setšhaba go bona tshedimosetso le dikeletso ka botlalo ka ga FAS.**



# Go disa dikgatlhegelo tsa ngwana

**KAROLO E E BOTLHOKWA YA KANTORO** ya Babueledi ba Merero ya Malapa ke go netefatsa gore dikgatlhegelo tsa bana di tsholediswa kwa godimo fa batsadi ba kgaogana.



Silusapho Nyanda

**J**osephine Peta, Mmu-eledimogolo mo Katorong ya Babueledi ba Merero ya Malapa, o tlhalositse gore go ya ka Karolo ya bo 18 ya Molao wa Bana, bana le bona ke batho mme ba na le ditshwanelo fela jaaka batho ba bangwe mme ga se dilo fela tse di tshwanetseng go laolwa ke batsadi.

Seno se raya gore le fa e le gore o ne o boga mo kamanong ya

gago le molekane yo o nang le bana le ene, ga o na tshwanelo ya go ganetsa bana go mo bona, le fa e le gore go na le taelo ya kgotlatshekelo e e laelang yo mongwe wa batsadi go se bonane le yo mongwe.

Kgang ya gore motsadi yo mongwe a se atumele bana e se-kegelwa tsebe fa fela e le gore le bana le bona ba ne ba bogisiwa ke motsadi yoo. Fa go le jalo, taelo ya kgotlatshekelo e e laelang yo mongwe wa batsadi go se bonane le bana e tshwanetswe go kopiwa mo legatong la bona.

Peta o tlhalositse gore fa e le gore go na le Tirisodikgoka e e Totileng Batho ba Bong jo bo Rileng (GBV) – foo motsadi yo mongwe a dirisitseng dikgoka mo motsading yo mongwe – Katoro ya Babueledi ba Merero ya Malapa e tla italetsisa mme ya netefatsa gore dikgatlhegelo tsa bana ga di tlhokomologiwane.

Batsadi ba ba rwesitsweng melato eno ba ka letlelelwa go etela bana fa ba dumela go obamela melawana e e rileng, e e jaaka go etela bana fa ba sa nwa bojalwa le go bona bana mo mafelong ao batho ba ba bonang bonolo.

“Mo maemong ano re dirisa dikgato tsa go laola ka fao ba ikgolaganyang le bana, mme seno se raya gore go tla nna le molaodi wa maeto yo a ikemetseng, bogolosegolo motho yo a okameng maemo a boporofeshe-nale a a jaaka a modiredi wa lo-ago kgotsa ngaka ya malwetse a tlhaloganyo le maikutlo, yo a tla thapiwang ke rona gore a laole ka fao batsadi ba ba rwesitsweng melato eno ba ikgolaganyang ka teng le bana ba bona,” Peta o tlhalositse jalo.

Fa e le gore ngwana ga a batle go etela yo mongwe wa batsadi, Katoro ya Babueledi ba Merero ya Malapa e tla rebola dipatlisiso

go lekola gore a ditshwetso tseno tsa ngwana ga di tlhotlhelediwe ke yo mongwe wa batsadi.

## Lo seke lwa tsenya bana fa gare ga dikgogakgogano tsa lona

“Bana ba na le tshwanelo ya go nna le batsadi ka bobedi legotlho-komelwa ke batsadi ka bobedi.

Ba na le tshwanelo ya go tlamelwa ke batsadi ka bobedi. E bile gape ba na le tshwanelo ya go nna le batsadi ka bobedi ba diragatsa maikarabelo a bona a semolao a go nna batlhokomedi ba bana mo mererong ya tsa melao,” Peta o tlhalositse jalo.

O tlaleditse ka gore batsadi ba ba rwesitsweng melato ya go bogisa ba bangwe ga ba aposiwe maikarabelo a go ntsha dituelelo tsa go tlhokomela bana ba bona fa motswasetlhabelo a kopa taelo ya kgotlatshekelo e e laelang yo mongwe wa batsadi go se bonane le yo mongwe.

O rile batsadi ba ba ganang go tlamela bana ba bona ba itshwarelela ka gore bana bao ga ba nne le bona, ba ka iphitlhela ba

gapelediwa ke kgotlatshekelo go duela matlole a tlamelo ya bana.

Mme fa e le gore ga ba latele taelo eno ba tla bo ba nyatsa taelo ya kgotlatshekelo mme ba ka iphitlhela ba tswaletswe kwa kgolegelong sebaka se se sa feteng dingwaga di le tharo.

Mo godimo ga se, dithoto tsa bona di ka thopiwa le go rekisiwa mme madi a a tla tswang mo go tsona a ka duelela matlole a tlamelo ya bana.

Batsadi ba ba thibelwang go bona bana ba bona le bona ba na le ditshwanelo.

Ka jalo, boemong jwa gore ba gane go ntsha matlole a tlamelo ya bana go fitlha ba rebolelwa teta ya go ba bona, ba ka ikopanya le Katoro ya Babueledi ba Merero ya Malapa go bona thuso. **U**

## Go bona tshedimosetso ka botlalo

Ikgolaganye le Katoro ya Babueledi ba Merero ya Malapa mo go:  
012 357 8022 kgotsa romela imeile go:  
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

**V**ictims 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. **U**

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