

# Vuk'uzenzele

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**Candice Cowen keeps others going**

**Page 5**



**Neeri Stroebel breaks the cycle of poverty**

**Page 9**

## Relief package supports the needy



Government is expanding the number of people who are eligible for this grant by allowing unemployed caregivers, who currently receive a Child Support Grant, to apply.

Finance Minister Tito Mboweni recently said the grant will go a long way in helping people.

"This will cost about R27 billion which we have to find in the system. Looking after our own is not just a cost, but it is an investment that we should see going forward," he added.

President Ramaphosa said the Department of Social Development is also providing food relief.

"Government is contributing R400 million to the Humanitarian Crisis Relief Fund, established by the Solidarity Fund, to assist with the immediate needs of affected communities," he added.

**Cont. page 2**

**G**overnment is implementing a range of measures to provide relief to the poor and support the recovery of the economy.

Beneficiaries of these measures include people affected by the Coronavirus Disease (COVID-19) lock-

down restrictions and the unrest experienced in some parts of KwaZulu-Natal and Gauteng recently.

"We are taking decisive action now to secure the livelihoods of millions of people who have been threatened by both the pandemic and the unrest.

"We are announcing a range of measures to support the recovery of the economy and provide relief to the poor and those who are vulnerable as a result of the measures that we had to impose to deal with COVID-19," said President Cyril Ramaphosa.

### Social Relief of Distress Grant

The President announced that government is reinstating the Social Relief of Distress Grant, to provide a monthly payment of R350 until the end of March 2022, to assist those who are unable to support themselves.



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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

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# Kubumbana kwemimango kumcoka kakhulu emphumelelweni yeNingizimu Afrika

**N**anome lobudlova nekonakalisa lobekuhlasele tincenye taKwaZulu-Natal naseGauteng esikhatsini lesisandza kwendlula kubange umonakalo lomkhulu etimphahleni nasetindleleni tekutiphilisa, kuphindze futsi kwaba nemtselela lomkhulu ekubumbaneni kwemimango.

Loku kubonakale kakhulu kulethlakalo letiluzizi letenteke ePhoenix nasetindzaweni letisedvute nakhona kanye naseThekwini.

Ngesikhatsi saletiphitsiphitsi letimbi kakhulu kuntsandvo yelinyenti yetfu, kanye nasesimeni lesivele sisolisa kakhulu futsi sekungetsembani, bantfu labebahletisene ngekuthula bajikelene bodvwa.

Kusasekunyenti lekumele kutsi sikuvumbulule lokumacondzana nalethlakalo letentekile. Kusatjalaliswa kwetindzaba letingasilo liciniso, titfombe letibunjiwe kanye nelwatiso lolungasilo kube lukhuni kwehlukana emkhatsini kweliciniso nendzaba lecanjiwe.

Kodvwa siyati ngemibiko lesemsetfweni kanye nekulandzisa kwebantfu nje kutsi bantfu bebahlu kaniswa ngekwebuhlanga kutivimbamgwaco letingekho emtsetfweni, labanye bebakhishwa etimotweni bashaywa, kantsi labanye njalo bebehliswa titfunti tabo futsi bangahlonishwa nje ngebantfu. Bantfu labanyenti babulewe.

Lokunyenti lokwentekile

kube ngenca yemphumela longagwemeki nangabe bantfu batitsatsela umtsetfo etandleni tabo. Kucinisekisa kugcina umtsetfo lokwentiwa licembu lebantfu ngalokungekho emtsetfweni ngeke kuvunyelwe kulelive. Kubugebengu futsi kuyingoti.

Njenganyalo ngobe sekunekuthula kuleto tindzawo letitsintsekile, ema- ejensi etfu lacinisekisa kugcinwa kwemtsetfo aphanya tonkhe tento tebugebengu.

Licembu lebaphenyi linikwe umsebenti wekutsi libukane nalokubulawakwebantfu futsi lisebentisana nemimango yendzawo. Sekubekhona lababoshiwe kantsi labente loko batawubukana nesandla semtsetfo lesine mandla ngalokuphelele.

Indzaba lenkhulu mayelana nalethlakalo letenteke ePhoenix beyimayelana kakhulu ngemitamo yekuvukelana kwetinhlanga. Beyibhebhetsekiswa bantfu labangativeti emabito abo etinkhundleni tekuchumana kanye nasemacenjini ekutfumelelana imilayeto basho emavi latfukutseliso sako batsi akube nekutiphindzisela.

Kunemtamo wekuveta kubhidlika kwebudlelwano kwebuhlanga emkhatsini webantfu laBamnyama nemimango yeMandiya.

Njengaloku bekunebantfu labebatama kusebentisa kabi kuhlaseleka lula kwebantfu kanye nekubanga siphitsiphi-

tsi, kukhona nalabo labafuna kuveta tento tebugebengu njengetento tebhlanga kute kufezeke tinjongo tabo.

Ngeke baphumelele. Live laseNingizimu Afrika line mlandvo lelitigcabhako ngawo wekungabi nebhlanga ngendlela yekuba nemgomo kanye nemfelandzawonye walabo labasebentako. Bantfu laBamnyama kanye nemimango yeMandiya beyibumbene ngesikhatsi semzabalazo wekulwa nelubandlululo kanye futsi, naleminye immango, itimisele ekuhlaleni ibumbene futsi isive sentsandvo yelinyenti.

Ekuphendvuleni kulokwesaba nekungetsembani, bantfu basePhoenix kanye netindzawo letingubomakhelwane neBhambayi, iZwelitsha nase-Amaoti tiyasebentisana kulungisa lomonakalo.

Ngekusitwa inkhundla yetekuthula lesungulwe nguMbutfo Wetemaphoyisa waseNingizimu Afrika ngekuhlanganyela nebaholi bemmango, imimango ihlangene kwesekela labo labatsintseke kulesiphitsiphitsi kanye nekuvula tindlela tenkhulumiswano.

Lena akusiyo kuphela incenye yalelive lebukene netinsayeya letinjengaleti.

Imitamano yetfu yekwakha imimango lehlange yehlu lekiswa ngumshiyandvuku wekuhlela kwelubandlululo nekungalingani.

Emadolobhakati etfu, ema-

dolobha kanye netindzawo letisemaphandleni solomane tisahlukaniswe buhlanga kanye nekungalingani. Loku akugcugcuteli kubambisana kanye nekuvisisana, futsi kuvimba lomsebenti lesincume kutsi sitawenta wekwakha sive lesite buhlanga.

Kulungisa lokwehlukana ngekwetindzawo kufanele kutsi kube yincenye yemsebenti wetfu wekwakha umnotfo lofaka wonkhe wonkhe kanye nekwenta ncono emazinga ekuphila abo bonkhe bantfu baseNingizimu Afrika.

Kungaleso sizatfu-kesakha emalokishi lachumako kanye neminotfo yasetindzaweni tasemaphandleni, kanye nekugcila ekukhuleni kwemabhizinisi lamancane. Kungako sitjala timali kusakhiwomanchanti kuletindzawo kanye nekusebentela kwenta ncono kuletfwa kwetinsita.

Ngalokunjalo, kudzingeka kutsi sibukane nebhlanga emmangweni wetfu. Sidzinga kutsi sibe nekuco cisana lokucotfo hhayi kuphela ngetimongcondvo tetfu lesitsatsana ngato, kodvwa nangetimo tetintfo letisehlukana sakho.

Nukusasene kwehlukana ngekwe mcebo kanye nematfuba lapha eNingizimu Afrika kusenteka kakhulu ngekwebuhlanga nangekwebulili, ngeke sikhone kwakha sive lesihlangene sibili.

Tehlakalo tasePhoenix tisekhumbuto lesibuhlungu sekutsi ungakanani umsebenti lokusadzingeka kutsi siwente kute sakhe imimango lefaka wonkhe wonkhe lebhidlite nge mphumelelo iminyele yasesikhatsini lesengca.

Letehlakalo tikhombisa kutsi labanye bantfu batimisele kangakanani kutsi basehlukana, kanye nekutsi yini lekudzingeka kutsi sikwente kute simelane nabo.

Kusibopho setfu sonkhe kutsi sisekele lemimango eThekwini kanye nanome kukuphi eluhambeni lwayo lwekubuyisana nekwelapheka.

Intsandvo yetfu yelinyenti yakhiwa bantfu labatsandza kuthula kanye nebalamuli. Bakhi benkhululeko yetfu bekumadvodza nabomake labaMnyama, eMandiya, emakhalatsi kanye nalabamhlophe labanesibindzi lesikhulu labakhetsa indlela yekubuyisana kunekutiphindzisela, nendlela yekuthula kune ndlela yemphi.

Njengaloku sisalwanekulapheka kulokuhlukumeteka njengesive sonkhe, asimeni sibe munye. Sincobeni kwehlukahlu kane kwetfu ngekutsi sonkhe sihlase kwenta lokufananako lokuhle.

Asisebentisaneni ngekuhlanganyela kute sakhe likusasa letfu sonkhe lelifananako lapho wonkhe wonkhe atawuba nesabelo lesilinganako.

# Sita bafundzi bakwati kubukana ne-COVID-19



**BATALI NABOTHISHELA** bangabasita bafundzi kutsi bakhone kumelana nekukhatsateka kanye nekucindzeteleka emoyeni labahlangabetana nako ngenca yalolubhubhane lweSifo seLigciwane lekhorona.

## More Matshediso

**B**afundzi bahlangabetane netinsayeya letinyenti ngenca yaleSifo seLigciwane le-COVID-19 kanye nemitsetfo yekuvimbela kusebenta kwetintfo.

Kube nekugucugucuka njalo kusimondzawo sekufundza etikolweni taseNingizimu Afrika, lokungenta bafundzi kutsi bakhatsateke futsi babe nekwesaba.

Bafundzi kudzingeke kutsi batfole indlela lensha yekufundza nge-inthanethi nome kufundza lokubambelelele, kuhlala wedvwa, kulahlekelwa, kudzabuka nekuhlukumeteka, konkhe loku kungabanga kukhatsateka nekucindzeteleka emoyeni.

Umeluleki ngengcondvo Boitumelo Tlhapane, losebenta ku-Inclusive Education Unit eLitikweni Letemfundvo eFreyistata, utsi kuva ukhatsatekile nome ucindzeteleke kakhulu emoyeni ngaletikhatsi letimatima kuyavisiseka.

“Sengumnyaka nesigamu nyalo, bafundzi solo batetayeta lendlela lensha yekufundza, yekubonana kancane nebafundzisi babo kanye nesikhatsi lesincane sekufundzisa.

Labanyenti kudzingeke kutsi batifundzele ngekwabo, futsi babe bete sicinisekiso mayelana nelikusasa labo kanye nangemtselela we-COVID-19 kumatsemba abo kanye nasemaphusheni abo,

emndenini kanye nasemphilweni yabo yetenhlalo,” kusho yena njalo Tlhapane.

## Ungamelana njani nalesimo

Uchaza ngekutsi kukhatsateka kukwesaba nome kukhatsateka ngentfo leteumphumela lonesiciniseko. Kusita bafundzi kutsi bakhone kumelana nalesimo, ubanika leseluleko lesilandzelako:

- Visisa kutsi kwetayelelele kutsi ukhatsateke nome wesabe. Loku akusho kutsi ubutsakatsaka. Kulungile kutiva ungakalungi.
- Kutsi wentani ngekwesaba kwakho ngiko lokubalulekile. Ngabe uyayihlonipha yini yonkhe imitsetfo leshayiwe ye-COVID-19 kute utivikele futsi uvikele nalabanye? Yini lokunye longakwenta kucinisekisa kuphepha kwakho kanye nekuphepha kwalabanye?
- Ngabe unelwatiso lolwetsembekile yini lolumayelana ne-COVID-19 nangabe wena nome lomtsandzako asuleleka ngalolufu?
- Ngabe unako yini kwe-sekelwa bothishela, ngumndeni kanye nebangani kute kutsi bakusite nangabe awutiva kahle nome udziniwe kumbe ukhatsatekile? Loku kubaluleke kakhulu.

Bothishela bangaphindze futsi banikete kwesekela lokungatsintsani kanye nekufundza nge-inthanethi kanye nangemacambu ekufundza; ngekusungula tindlela tekukhutsata

bafundzi kutsi batifundzele emakhaya; kanye nekubagcugcutela kutsi bavakalise kwesaba kwabo lokumayelana nesikolo.

“Loku kubalulekile, ikakhulu etifundvweni letibanika insayeya,” kwengeta yena njalo.

Umndeni nebangani banganika bafundzi kwesekelwa ngekwemphefumulo, ngeindlela yekubakhutsata kanye nekubacinisa ngaso sonkhe sikhatsi,” kusho Tlhapane.

“Bafundzi badzinga kukhunjutwa njalo kutsi imitamoyabo kanye nekutinikela kwabo kuyabonakala futsi kuyadvumiseka, loku kwenyusa kutetsemba kwabo.”

## Ungakunciphisa njani kukhatsateka

Tlhapane utsi kunetindlela letahlukahlukene bafundzi nebatali labanganciphisa ngato kukhatsateka. Loku kufaka ekhatsi:

- Cinisekisa kutsi kune-nchubokwenta lecinile yekufundza, yekulala nekutijabulisa. Loku kutawusita bafundzi kutsi bafeze tinjongo tabo kanye nemincamulajucu, ngaleyo ndlela kubasite kutsi bativele balawula tifundvo tabo.
- Bafundzi kufanele kutsi basebentise yonkhe imitfombolusito lekhone labanikwe yona esikolweni kanye nalemayelana netinhlelo tekufundza, letihambisana neluhlelo lwetifundvo, letisakatwa kumabonakudze kanye

nasemisakatweni yemoya.

- Batali bangasita ngekutsi bacinisekise kutsi bafundzi abativa ngalokwengcile tindzaba letiphatselene ne-COVID-19, ikakhulu letiphatselene nekufa kanye nemibono eluzungu lolubi lolungekho emtsetfweni, ngobe loku kungabanga kwesaba kwabo bese kuholela etimeni letinyenti tengcondvo.
- Bafundzi kufanele kutsi banciphise kucitsa sikhatsi etinkhundleni tekuchumana, ngobe loku kucitsa sikhatsi sekufundza futsi kusetsikameto lesikhulu.
- Umndeni ungatetayeta indlela yawo yekuphila ngekutsi wengete imisebenti yekutinakekela, njengekutivocavoca umtimba kanye nekudlala.

“Nangabe umfundzi ashonelwa ngulamtsandzako, bangakhombisa timphawu tekudzabuka letifanana nekucindzeteleka ngekwengcondvo nome kukhatsateka.

“Kubalulekile kutsi sikolo kanye nebatali bafundzi labanjalo babandlulisele lapho batawutfole khona kwesekela ngekwengcondvonhlalo, lokunikwa Litiko Letemfundvo leSisekelo, nome babonane nemitfombolusito yamahhala nome umtfolamphilo wendzawo kute ubandlulisele,” kusho Tlhapane.

## Timphawu tekuphatfwa kucindzeteleka emoyeni

Batali kufanele kutsi baca-

phele futsi bagadze timphawu letahlukahlukene letingakhombisa kutsi umntfwanabo ucindzeteleke emoyeni. Loku kufaka ekhatsi:

- Kutsi umntfwana abonakale ayinkhomo ledla yodvwa futsi atikhiphe kulabanye.
- Kukhombisa emaphethini ekungalali ngesikhatsi lesifananako nekungadli kahle.
- Kutsintseka ngalokwecile emoyeni, njengekukhala njalo, kuba nesicanucanu nome kuphangise batfukutsele.
- Kuba nebumatima kutsi agcile ndzawonye.
- Kungaphotfuli imisebenti lanikwe yona kanye nemisebenti layentela ekhaya.
- Tinkinga tekutiphatsa, njengekuba nebhonga.
- Kuphutsa kuya esikolweni bese ubeka tizatfu letingasito.
- Kuhlala njalo akhuluma elucingweni nome asetinkhundleni tekuchumana.
- Kwehluleka kuphotfula leminyane imisebenti yekuphila yemihla ngemihla

Kute batfole lusito, batali nebafundzi bangavakashela emahhovisi esigodzi elitiko letemfundvo. Bangaphindza futsi batsintsane ne-South African Depression and Anxiety Group, kulenombolo: 0800 567 567 nome batfumele i-SMS ku: 31393 umeluleki utawubese uyakutsintsa akuphendvule.