

Vuk'uzenzele

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Diphalane 2019 Kgatišo 1



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be men of
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Plans to protect women and children

President Cyril Ramaphosa has announced an emergency plan to deal with the violence against women and children in the country.

Addressing a Joint Sitting of the National Assembly and National Council of Provinces recently, the President said the plan strengthens existing measures and introduces new interventions in five principal areas.

These areas include;

- How to prevent gender-based violence
- Strengthening the criminal justice system
- Steps that need to be taken to enhance the legal and policy framework
- What can be done to ensure adequate care, support and healing for victims of violence
- Measures to improve the

economic power of women in South Africa.

"This emergency action plan

will be driven by an Interim Steering Committee located in the Presidency and co-chaired

by government and civil society organisations.

"The Steering Committee will coordinate rapid response at national level. The plan will be implemented over the next six months," the President said.

He called for the Joint Sitting to focus the attention of elected public representatives and the nation at large on the crisis of Gender-Based Violence and Femicide (GBVF).

"To enhance the safety of women, we are going to, as a matter of urgency, make the necessary amendments to our laws and policies to ensure that perpetrators of GBV are brought to book. We will make substantial additional funding available for a comprehensive package of interventions to make an immediate and lasting difference.

"Cabinet has resolved to direct R1.1 billion in additional funding in this financial year to the comprehensive response to GBV. It is government's intention that the funds appropriated for this programme will be raised from within the current budget allocation and will not require additional borrowing," the President said.

Prevention measures

Government will launch a mass media campaign that will target communities, public spaces, workplaces, higher education institutions and schools, as well as recreational spaces.

"As part of this campaign, we are going to provide gender sensitivity training to law-enforcement officials, prosecutors, magistrates and policy makers – and ensure that

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Go itebanya thwi le maphelo a tša menagano

Allison Cooper

Me t s o t s wana ye mengwe le ye mengwe ye 40, motho yo mongwe o lahlelwa ke bophelo bja gagwe ka lebaka la go ipolaya. Letšatši la Maphelo a Menagano la Lefase, ka la 10 Diphalane, le dira gore lefase le kopane ka nepo ya go kaonafatša maphelo a menagano ya batho lefaseng ka bophara. Morero wa ngwaga wo ke thibelo ya go ipolaya ga batho. Matsapa a go tliša temogo ka dipalopalo tša godimo tša go ipolaya ga batho lefaseng ka bophara le tema yeo yo mongwe le yo mongwe wa rena a ka e kgathago go thibela go ipolaya ga batho go thomile ka la 10 Lewedi, e lego Letšatši la Thibelo ya go Ipolaya ga Batho la Lefase, gomme a tšwela pele go fihla ka la 10 Diphalane. Mokgatlo wa Maphelo wa

Lefase o hlohleletša batho lefaseng ka bophara go tšea metsotswana ye 40 ba dira se sengwe ka la 10 Diphalane, ka nepo ya go kaonafatša temošo ya bohlokwa bja go ipolaya ga batho bjalo ka bothata bja maphelo a setšhaba bja lefase ka bophara; go kaonafatša tsebo ka ga seo se ka dirwago go thibela go ipolaya ga batho; go fokotša bogoboga bjo bo amanago le go ipolaya ga batho; le go bontšha batho bao ba lego mathateng go tseba gore ga ba noši. **Kgwedi ya Temošo ka ga Maphelo a Menagano** Kgwedi ya Temošo ka ga Maphelo a Menagano, yeo e hlompfiwago ka Diphalane ka Afrika Borwa, e tliša temošo ka ga malwetši a mantši a menagano le ka fao batho bao ba nago le malwetši a ba ka hwetšago thušo. Ka lebaka la bogoboga bjo bo amanago le malwetši a mena-

gano, batho ba bantši ga ba ye go nyaka thušo. Dipolo tša se di ka feletša ka masetlapelo. Go tloga ka Pherekong 2019, Mokgatlo wa Kgatelelo ya Menagano le Letšhogo wa Afrika Borwa (SADAG) o amogetše megala ye e fetago ye 145 000 ka Mafelong a ona a 22 a Megala ya Thušo. Go megala ye e amogetšwego, ye 41 800 e lebišitšwe go Mogala wa Thušo wa Go Ipolaya ga Batho, fao batho ba bego ba nyaka thušo ya tsenogare mathateng a bona le thušo ya tšhoganetšo. Molaodi wa Mešomo wa SADAG Cassey Chambers o boletše gore palo ye kgolo ya batho bao ba nyakago go ipolaya ba itemogela letšhogo, kgatelelo ya monagano le go hloka kholofelo gomme ba ka kwa eke ga go na kgetho ye nngwe. Bontši bja batho bao ba leditšego megala bao ba bego ba nyaka go ipolaya ba be ba lebane le mathata a tša marato, mathata a ditšhelete le

kgatelelo ye kgolo ya monagano. “Eupša taba ye kgolo ye e bego e baka se e bile kgatelelo ya monagano ye e sego ya phekolwa le go alafša,” gwa bolela Chambers. Go ya ka Kgoro ya Maphelo, Batho ba bangwe bao ba nago le kgatelelo ya monagano ba ba le maswao a latelago;

- Ba a hlakahlakana bo nyane dibeke tše pedi, letšatši ka moka, letšatši le lengwe le le lengwe.
- Ba ikwa ba swabile, ba nyamile goba ba na le kgatelelo ya monagano.
- Ba hloka kgahlego go dilo ka moka tšeo ba bego ba ipshina ka go di dira mo nakong ye e fetilego.
- Ba lapa kudu le go palelwa ke go ba le šedi.
- Ba ikwa ba se mohola goba ba le molato.
- Gape ba ka ba le dikgopolotšha go ipolaya.

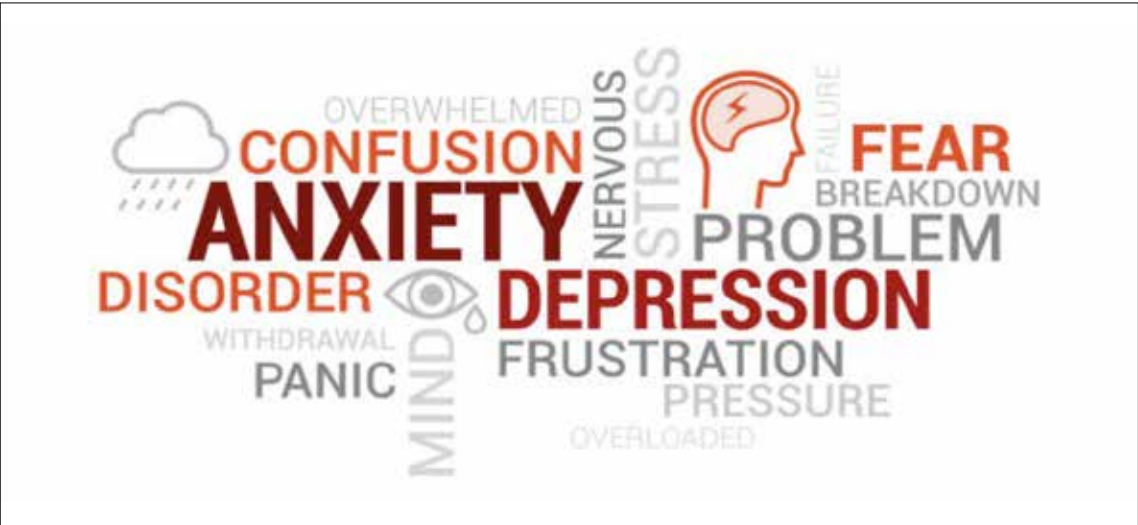
Kgoro ya Maphelo e laeditše gape gore batho bao ba tšho-

gago ka kakaretšo ba itemogela go palelwa ke go laola matshwenyego a bona ka ga dilo tše di fapanego go thoma ka tša maphelo le mathata a ka lapeng go fihla go tšhelete, sekolo le mošomo. Se se feletša ka gore mmele le monagano di thome go baba, go tloga ka go ngangega ga mešifa le go se ikhutše go fihla o thoma go lapa le go tenega gabonolo, le go itemogela go se kgone go ba le šedi gabotse le go hloka boroko. **U**

Malwetši a maphelo a tša menagano a ka alafša. Go hwetša tshedimošo ka botlalo, eya kliniking ya kgauswi le ga geno, sepetlele goba go moabi wa tlhokomelo ya maphelo. Gape o ka leletša Mogala wa Thušo wa Mathata a Go Ipolaya ga Batho wa SADAG mo go 0800 567 567, goba Mogala wa bona wa Maphelo a tša Monagano mo go 011 234 4837, goba wa leletša LifeLine mo go 0861 322 322.

GBV can cause mental instability

THE DEVASTATING EFFECTS OF Gender-Based Violence can cause women to experience various mental health disorders.



Allison Cooper

Many people who access services at psychiatric hospitals have in one way or another been impacted or affected by Gender-Based Violence (GBV). This is according to Clinical Psychologist Robyn Travers, who works at the Department of Health's Tara The H. Moross Hospital in Johannesburg.

Travers confirmed that GBV can lead to women experiencing various psycho-social, economic and societal stressors. “The psychological impact of GBV can contribute towards adult victims experiencing depression, anxiety-related disorders, post-traumatic stress disorder and substance-use disorders. Additionally, feelings of shame, anger, hopelessness and helplessness and suicidal urges may be prominent,” she said.

Each women's psychology is different and they may experience different symptoms and mental health conditions. “It is very difficult to predict which women are more likely to experience which mental health conditions, as this depends on a range of factors such as genetic vulnerabilities, family and community-based support structures, emotional intelligence and resilience. “It is also important to keep in mind that trauma is experi-

enced differently by individuals and that the process of working through the trauma is specific to the individual,” said Travers. Not all women who experience GBV are likely to develop substance-use disorders. “Others, who may already be reliant on substance-use, may increase the frequency and intensity of substance use.” **Help is at hand** Travers said women who have been victims can access mental health services at any of the community-based clinics where individual and group-based interventions are offered. “At times, assistance may also take the form of psychiatric medication to assist in alleviating the initial symptoms. This could potentially be followed by a combination of medication and psychological intervention,” said Travers. “It is important that families adopt a non-judgemental and compassionate stance

The Department of Social Development's emergency Gender-Based Violence Command Centre can be contacted at 0800 428 428, or by sending a 'please call me' to *120*7867#. In addition, a Skype helpline is available for people with hearing impairments - add 'HELPME GBV' to your Skype contacts. People with disabilities can also SMS 'HELP' to 31531.

towards their loved ones or friends during their healing process,” she added. Travers explained that emotional and practical support is of the utmost importance during this period. “This can include listening to the victim's story, feelings and experiences; creating a safe physical environment; and accompanying the victim to the hospital, police station and legal aid clinic.” **U**

Tšhelete ya thušo ya leago e thuša dimilione tša batho

TEFO YA KGWEDI le kgwedi go tšwa go mmušo e fana ka tšhireletšo ya ditšhelete go batho ba Afrika Borwa bao ba lego kotsing kudu.



Silusapho Nyanda

Go netefatša gore badudi ba Afrika Borwa bao ba lego kotsing kudu ba a šireletšega, mmušo o lefa tšhelete ya thušo ya leago go batho bao ba feta go ba 17 milione kgwedi ye nngwe le ye nngwe.

Tšhelete ya thušo ya leago e ra tšhelete ye e tšwago go mmušo yeo e lefšago maAfrika Borwa bao ba palelwago ke go itirela. Tšhepedišo ya ditšhelete tša thušo ya leago e laolwa ke sehlongwa sa mmušo seo se bitšwago Setheo sa Tšhireletšo ya Leago sa Afrika Borwa (SASSA), seo se hlometšwego go fana ka ditirelo tša tšhireletšo ya leago ka nepo ya go lwantšha bohloki.

Go na le ditšhelete tše mma-lwa tša thušo ya leago, go eya ka dinyakwa tša yo a dirago dikgopelo. Tšona ke tšhelete ya thušo ya leago ya batšofadi, yeo gape e bitšwago phensene ya botšofadi; tšhelete ya thušo ya leago ya tlhokomelo ya ngwana; tšhelete ya thušo ya leago ya ngwana yo a golofetšego; tšhelete ya

tlhokomelo ya batho bao ba phelago ka tšhelete ya thušo ya leago eupša ba hloka motho yo mongwe gore a ba hlokomela; tšhelete ya thušo ya bagale ba sešole; tšhelete ya thušo ya kgodišo ya bana ba ditšhiwana; le tšhelete ya thušo ya bogolofadi.



Tšhelete ya thušo ya bogolofadi

Tšhelete ya thušo ye e hwetšwago ke batho bao ba phelago ka bogolofadi ke R1 780. Bakgopedi ba swanetše go fihlelela dinyakwa tše itšego gore ba be le maswanedi a go e hwetša.

Ge e le gore o na le bogolofadi bja mmeleng goba o fokola ka monaganong gomme seo se go dira gore o se ke wa kgona go šoma mo lebakeng la dikgwedi tše

tshela goba go feta, o ka dira kgopelo ya tšhelete ya thušo ya bogolofadi.

Ge o dira kgopelo, o swanetše go tlatša fomo ya kgopelo ya tšhelete ya thušo ya bogolofadi kantorong ya SASSA ya kgauswi le ga geno go na le mohlankedi wa SASSA.

Godimo ga fao, o swanetše go tlatša abitabiti godimo ga fomo ye e tlwaelegilego ya SASSA go na le Mokhomisenare wa Boikano yo e sego mohlankedi wa SASSA.

Mmušo o nyaka gape gore setatamente sa boikano se saenwe ke motho yo a nago le seriti yo a ka kgonago go tlišetša leina le mengwaga ya mkgopedi.

Efa gape bohlatse bja dithoto – go akaretšwa boleng bja go tšwa go masepala bja thoto efe goba efe ye e lego ya gago, bohlatse bja tšhelete ya phensene ya phraebete, sengwalwa sa Sekhwama sa Inšorentshe ya bao ba Lahlegetšwego ke Mešomo, setifikeiti sa go go lokolla mošomong go tšwa go mongmošomo wa gago wa peleng ge e le gore o be o šoma, gomme, ge e le gore

molekane wa gago o hloketše mo mengwageng ye mehlano ye e fetilego, go tla nyakega wili le dipego tša mathomo le tša mafelelo tša thekišo le phatlalatšo ya dithoto.

Ge e le gore o mofaladi, o swanetše go fana ka phemiti ya maemo a bofaladi le Sengwalwa sa Boitsebišo sa bofaladi sa dinomoro tše 13.

Godimo ga fao, gore o be le maswanedi o swanetše go:

- Ba modudi wa Afrika Borwa goba modudi wa sa ruri wa ka mo nageng goba mofaladi ebile o dula ka Afrika Borwa ka nako yeo o dirago kgopelo ka yona.
- Ba le mengwaga ye 18 go fihla go ye 59.
- Ba o sa hlokomelwe ka sehlongweng sa mmušo,
- Ba le pukwana ya Boitsebišo ya Afrika Borwa.
- Se hwetše letseno la go feta R78 120 ka ngwaga ge e le gore ga se wa nyala/nyalwa goba letseno la R156 240 ka ngwaga ge e le gore o nyetše/nyetšwe.
- Se be le dithoto tša boleng bja go feta R1 115 400 ge e le gore ga se wa nyala/nyalwa goba tša boleng bja R2 230 800 ge e le gore o nyetše/nyetšwe.
- Dirwa tlhahlobo ya tša kalafo fao ngaka yeo e thwetšwego ke mmušo e tlogo sekaseka bogolo bja bogolofadi bja gago.
- Tliše dipego dife goba dife tša kalafo tša peleng le dipego tša ge o dira kgopelo le tša ge tshekatsheko e dirwa.

Tšhelete ya thušo ya leago ya batšofadi

Tšhelete ye ya thušo e hlametšwe go thuša batšofadi.

fadi.


Tšhelete ya thušo ya leago ya batšofadi e lefša batho bao ba nago le mengwaga ye 60 goba go feta.

Moamogedi o swanetše:

- Go se hwetše letseno la go feta R78 120 ka ngwaga ge e le gore ga se a nyala/nyalwa goba letseno la R156 240 ka ngwaga ge e le gore o nyetše/nyetšwe, gomme
- Go se be le dithoto tša boleng bja go feta R1 115 400 ge e le gore ga se a nyala/nyalwa goba tša boleng bja R2 230 800 ge e le gore o nyetše/nyetšwe.

Baamogedi ba hwetša R1 780 ka kgwedi gomme bao ba nago le mengwaga ya go feta ye 75 ba hwetša R1 800.

SASSA e lefa tšhelete ye go baamogedi ka kheše ka matšatši ao a beilwego mafelong a itšego a go ba lefa.

E lefa gape ka tepositi ya elektroniki ka pankeng goba ka akhaonteng ya panka ya Poso goba dihlolongweng tša go swana le mafelong go hlokomela batšofadi. 

Tshedimošo ye e abilwe ke SASSA

Go hwetša tshedimošo ka botlalo ka ga ditšhelete tša thušo ya leago, ikgakaganye le Sassa mo go 012 400 2000 goba eya go www.sassa.gov.za.

Naa o be o tseba?

Kuranta ya Vuk'uzenzele e tlo gatiša diathekele tše mmalwa ka ga mehuta ye e fapanego ya dišhelete tša thušo ya leago ka ge kgwedi ye e le Kgwedi ya Tlhabollo ya Leago.