

Vuk'uzenzele

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Tshimedzi 2019 Khandiso 1



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promise to
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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Ndivhano-thwii na zwa mutakalo wa muhumbulo

Vho Allison Cooper

Kha mithethe ya 40 miñwe na miñwe muthu u lozwa vhu-tshilo hawe nga u ñivhulaha, vhañwe vhathu vha khou xeledwa nga vhutshilo havho nga mulandu wa vhuñivhulahi.

Duvha la Mutakalo wa Muhumbulo la Lifhasi, nga la 10 Tshimedzi, li ño vhonala shango lo ñangana li tshithu tshithihi u khwinisa zwa mutakalo wa muhumbulo wa vhathu u mona na shango. Thero ya ñaivaha ndi Thivhelo ya Vhuñivhulahi.

Ndingedzo dza u ita tsivhudzo nga ha reithi ya vhuñivhulahi ine ya vha ñha u mona na shango na vhuñifhinduleli vhune muñwe na muñwe washu a nga vhu ita u thusa u zwi thivhela dzo thoma nga la 10 Khubvumedzi line la vha Duvha la Thivhelo ya Vhuñivhulahi la Lifhasi, zwi ño ya phanña u swika la 10 Tshimedzi.

Dzangano la Mutakalo wa Li-

fhasi li khou ñuñuwedza vhathu u mona na shango u shumisa mithethe ya 40 u dzhia liga nga la 10 Tshimedzi, u khwinisa tsivhudzo ya ndeme ya u ñivhulaha sa thaidzo ya mutakalo wa nnyi na nnyi shango lothe; u khwinisa ñdivho ya zwine zwa nga itwa u thivhela u ñivhulaha; u fhungudza tshitigima tshi ñumanawo na u ñivhulaha; na u sumbedza vhathu vhane vha vha vha na thaidzo iyi uri vha zwi ñivhe uri a vha vhothe.

Ñwedzi wa Tsivhudzo ya zwa Mutakalo wa Muhumbulo

Ñwedzi wa Tsivhudzo ya zwa Mutakalo wa Muhumbulo, na wone u a dzhielwa ñha na u tevhezwa Afrika Tshipembe nga Tshimedzi, u simula tsivhudzo u mona na nyimele nnzhi dza zwa mutakalo wa muhumbulo na zwauroi vhathu vhane vha vha na vhuñwadze uvhu vha nga wana hani thuso.

Nga nwambo wa tshitigima tshi

ñumanaho na thithiseo ya mutakalo wa muhumbulo, vhathu vhanzhi a vha bvi vha ñoña thuso. Mafheloni zwi nga vha na makhaulambilu.

U bva nga Phando 2019, Tshigwada tshi thusaho vhalwadze vha Mutsiko wa Muhumbulo na U la mbulu tsha Afrika Tshipembe (SADAG) tsho ñanganedza ñhingo dzi fhiraho 145 000 kha senthara dzatsho dza 22 dza vhuñetshedzathuso. Kha hedzi dzothe, dza 41 800 dzo vha dzi khou ya kha Vhuñetshedzathuso ha Vhuñivhulahi, hu na vhathu vhane vha khou ñoña ndamulelo kha khakhathi dzo kalulaho na thuso ya shishi.

Mulanguli Muhulwane wa Tshumelo dza SADAG Vho Cassey Chambers vho amba uri tshivhalo tshihulu tsha vhathu vha humbulesaho nga ha u ñivhulaha vha vha na mbilaelo, mutsiko wa muhumbulo na u fhelelwa nga fhulufhelo vha pfa u nga a hu tshe na inwe ñdila. Vhunzhi ha vhathu vhane vha founa vha

tshi pfa uri vha ñoña u ñivhulaha vho vha vha tshi khou ñangana na thaidzo dza zwa lufuno, thaidzo dza masheleni na thiroma. " Fhedzi, tshivhanghi tshihulwane ndi mutsiko wa muhumbulo u songo wanuluswaho na u ilafhiwa," vho amba nga u ralo Vho Chambers.

U ya nga Muhasho wa zwa Mutakalo, vhathu vhane vha lwala mutsiko wa muhumbulo vha ñangana na tsumbadzwadze dzi tevhelaho;

- U sa vha na mutakalo na luthihi lwa tshifhinga tshi lingana vhege mbili lwa ñuvha lothe ñuvha liñwe na liñwe.
- Vha pfa vho ñungufhala, muya u fhasi kana vho tsikwa.
- Vha fhelelwa nga dzangalelo kha mishumo yothe ye vha vha vha tshi ñiphina ngayo.
- U vhana maneto na u kunde-lwa u nweledza tshithu.
- Vha pfa vha tshi nga a vha tshe na mushumo kana u

ñivhona mulandu.

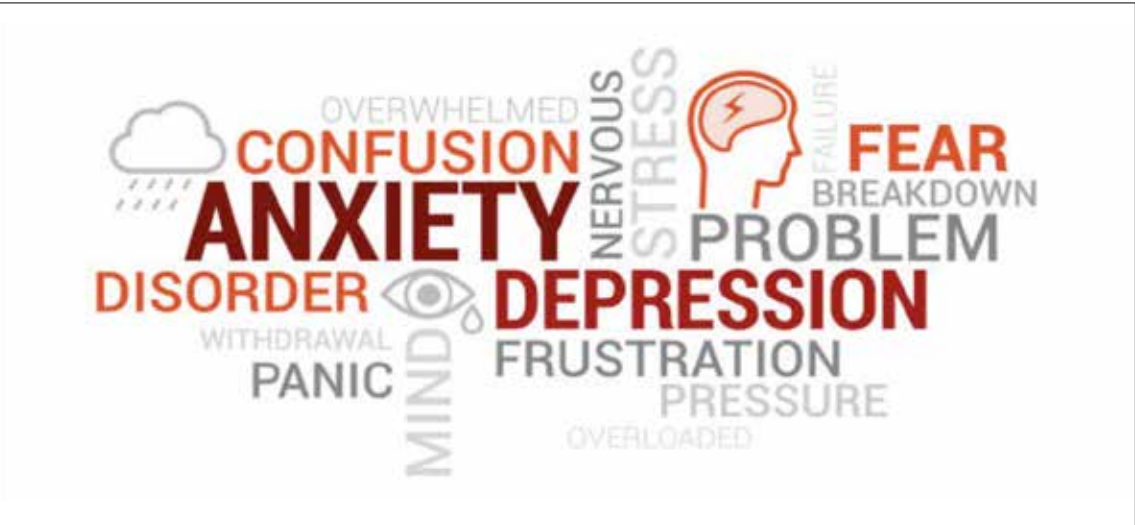
- Vha nga vha na mihumbulo ya u ñivhulaha.

Muhasho wa zwa Mutakalo wo sumbedza uri vhathu vhane vha anzela u vhilahela na u vha nyofho dzo kalulaho vha a konñela u zwi langa, u vhilahela ho kalulaho kha zwithu zwinzhi u bva kha thaidzo dza mutakalo na dza muñani u ya kha dza tshede, tshikolo na mushumo. Hezwi zwi ñisa mbilaelo dza muhumbulo na muvhilini, u bva kha mutsiko kha misipha na u sa dzudzanyea zwa ñisa u neta nga u ñavhanya na u dinalea, u tshithu na vhusayakhofhe. **V**

Vhuñwadze ha muhumbulo hu a alafhea. U wana mafhungo nga vhuñalo, kha vha ye kiliniki ya havho ya tsinisa, sibadela kana kha vhañetshedzi vha ndondolamutakalo. Vha nga dovha vha founela kha Luñingo lwa Zwiwo zwa Vhuñivhulahi lwa SADAG kha 0800 567 567, Luñingo lwa vha Mutakalo wa Muhumbulo kha 011 234 4837, kana LifeLine kha 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." **V**

Mindende i netshedza thikhedzo kha vhathu vha dzimilioni

MBADELO YA N̄WEDZI muṁwe na muṁwe i bvaho kha muvhuso i netshedza tsireledzo ya ndeme vhukuma kha vhathu vha sa koni u q̄itsireledza vha Afrika Tshipembe.



Vho Silusapho Nyanda

Ukhwaṭhisedza uri vhunzhi ha vhadzulo vha sa koni u q̄itsireledza vha Afrika Tshipembe vho tsireledzea, muvhuso u badela mindende i fhiraho 17 milioni n̄wedzi muṁwe na muṁwe.

Mundende zwi amba ndambedzo ya muvhuso i badelwaho vhathu vha Afrika Tshipembe vhane vha kundelwa u q̄ikona. Ndangulo ya mundende i langwa nga tshiimiswa tsha muvhuso tsha Zhendedzi la Vhutsireledzi ha Matshiliso la Afrika Tshipembe (SASSA), le la thomiwa u itela u netshedza tshumelo dza vhutsireledzi ha matshiliso u fhelisa vhu-shayi.

Hu na mindende yo vhalaho ine ya vha hone, zwi tshi bva kha ṭhoḑea dza vhahumbeli. Yone ndi mundende wa mualuwa, une wa dovha wa q̄ivhiwa sa phentsheni ya mualuwa; mundende wa u unḑa vhana; mundende wa ndondola-muholefali; mundende wa thusedzo kha vhathu vhane vha wana mundende fhedzi vha ṭoḑa muṁwe muthu ane

a tea u vha ṭhogomela; mundende wa manzhakanḑila a nndwani; mundende wa vhana vha si na vhabebi; na mundende wa vuholefali.



Mundende wa vuholefali

Mundende u wanwaho nga vhathu vhane vha tshila na vuholefali ndi R1 780. Vahumbeli vha tea u swikela ṭhoḑea dzo teaho uri vha kone u lugela u wana mundende uyu. Arali vha na vuholefali ha muhumbulo kana ha muvhilini zwine zwa ita uri vha sa kone u shuma lwa tshifhinga tsha miṁwedzi ya rathi kana u fhira, vha nga ita khumbelo ya mundende wa vuholefali.

Musi vha tshi ita khumbelo, vha tea u q̄adza fomo ya khumbelo ya mundende wa vuholefali ofisini ya havho

ya SASSA ya tsinisa phanḑa ha muofisiri wa SASSA.

Nṭha ha izwo, vha tea u q̄adza afidavithi kha fomo ya SASSA phanḑa ha Khomishinari wa Muaniso ane a sa vhe mushumi wa SASSA.

Muvhuso u ṭoḑa tshitatame-nnde tsha muano tsho sainwa nga muthu a na vhuḑifari havhuḑi ane a nga khwaṭhisedza dzina na vhukale ha muhumbeli.

Kha vha netshedze ṭhanziela ya ndaka – zwi tshi katela mute-ngo wa masipala wa tshifha-ṭo (nnḑu) tshiṁwe na tshiṁwe tsha vhone vhaṁe, ṭhanziela ya phentsheni ya phuraivethe, liṁwalo la Ndambedzo ya Vhusha-yamushumo, ṭhanziela ya u vhofohololwa mushumoni i bvaho kha mutholi wavho wa kale arali vho vha vho tholiwa, na, arali mufarisi wavho o lovha kha miṁwaha miṭanu yo fhiraho, khophi ya wiḽi na muvhigo u sumbedzaho mai-tele a u kuvhanganya ndaka ya mufu, u badela zwikolodo na u kovhekenya zwo salaho kha vhaṁe vha mufu.

Arali vhe tshavhi, vha tea u netshedza phemithi ya tshiimo tsha tshavhi na liṁwalo la vhuṁe

la tshavhi li re na didzhithi dza 13.

Nṭha ha izwo, uri vha wane thendelo vha tea u:

- Vha mudzulapo wa Afrika Tshipembe kana vha mudzuli wa tshoṭhe kana tshavhi na u vha vha tshi khou dzula Afrika Tshipembe nga tshifhi-nga tshine vha khou ita khumbelo,
- Vha vhukati ha miṁwaha ya 18 na 59,
- Vha songo vhuya vha wana ndondolo u bva kha tshiimiswa tsha muvhuso,
- Vha na liṁwalo la vhuṁe la Afrika Tshipembe,
- Vha sa holi masheleni a fhiraho R78 120 arali vha songo malwa/mala kana R156 240 arali vho malwa/mala,
- Vha si na ndaka i q̄uraho u fhira R1 115 400 arali vha songo malwa/mala kana R2 230 800 arali vho malwa/mala,
- Vho dzhenela ndingo dza dzilafho hune dokotela o tiwaho nga muvhuso a q̄o ṭhaṭhuvha vuholefali havho,
- Vha q̄e na mivhigo na

rekhodo dza zwa dzilafho dza tshifhinga tsho fhiraho musi vha tshi ita khumbelo na musi ṭhaṭhuvho itshi itwa.

Mundende wa mualuwa

Mundende wo dzudzanywa u itela u thusa vhaaluwa. Mundende wa mualuwa u badelwa vhathu vha re na miṁwaha ya 60 kana u fhira.

Muṭanganedzi u tea:

- U vha a sa holi masheleni a fhiraho R78 120 arali vha songo mala/malwa kana R156 240 arali vho malwa/mala, na
- Vha si na ndaka i q̄uraho u fhira R1 115 400 arali vha songo malwa/u mala kana R2 230 800 arali vho malwa/u mala.
- Vhaṭanganedzi vha wana R1 780 nga n̄wedzi nahone avho vha miṁwaha i fhiraho 75 vha wana R1 800.

SASSA i badela mundende kha vhaṭanganedzi nga kha u tou vha ṁea tshelede tshanḑani nga maḑuvha o tiwaho fhethu hune ha holelwa mundende. I badela nga kha diphosithi nga eḽekhiṭhironiki kha bannga kana akhaunthu ya bannga ya poswoni kana zwiimiswa zwi ngaho mahaya a dzulaho vhaaluwa. ①

Maḑungo haya o netshedzwa nga vha Zhendedzi la Vhutsireledzi ha Matshiliso la Afrika Tshipembe (SASSA)

U wana zwinzhi nga ha mindende, kha vha kwame SASSA kha: 012 400 2000 kana vha ye kha: www.sassa.gov.za.

Vho vha vha tshi zwi q̄ivha?

Gurannḑa ya Vuk'uzenzele i q̄o tshimbidza mitevehe ya athikiji nga ha tshaka dzo ḑhambanaho dza mindende, zwi tshi elana na N̄wedzi wa Mveledziso ya Matshiliso.