

Vuk'uzenzele

Produced by: Government Communication & Information System (GCIS)

English/Isindebele

August 2021 Edition 2



Candice Cowen keeps others going

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Neeri Stroebel breaks the cycle of poverty

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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.

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Government 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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Iindawo Ezihlala Imihlobo Yoke Yabantu Ziqakathekile Epumelelweni YeSewula Afrika

Ngaphandle komonakalo owenziwe miguruguru nokugirizwa kwepahla neendleleni zokuziphilisa kwabantu okukhe kwahlela iindawo ezithileko zaKwaZulu-Natala ne-Gauteng, imiguruguru leyo ibuye yaba namacaphazela amambi ekuhlalisaneni kwabantu belizwe lekhethu eendaweni abakhe kizo.

Lokhu kuzibonakalise kuhle khulu ezehlakalweni zebangamatluhuwo ezenzeke e-Phoenix neendawo eziyibhodileko eThekwini.

Nabekusahlele lemi-guruguru engeminye yemiguruguru emimbi khulu ilizwe lekhethu elakhe layibona, nemmoyeni ebesele ugwele iinsolo nokungathembi, abantu abakade bakhe ndawonye ngokuthula soke isikhathesi bajikelene bodwa.

Kusese kunengi khulu ekusamele sikurhubhulule ngalezizahlakalo ezenzekileko. Ukwanda kweendaba ezingasilo iqiniso, imifanekiso efakelelweko kunye nemilayezo engasiyo, koke kwenze kwaba budisi ukuhlukanisa iqiniso ezintweni zokuzithomela.

Kodwana siyazi ngemibiko nangokuzibonela ukuthi abantu bebhulkaniswa ngokombala eendaweni lapho bekuvinjwe khona iindlela ngokungasi semthethweni, abanye abantu bebarhudulelwa ngaphandle kweenkoloji ebebakhamba

ngazo babetjhwe, abanye behliswa isithunzi ngokurhubutjha. Banzunzwana abantu ababhubhileko.

Okunengi kwalokhu okwenzekileko kumphumela ongeze wawubalekela lokhuya abantu nabazithathela umthetho ezandleni zabo. Umukghwa wokuba bomazelusela angeze ubekezelelwe kilelizwe. Isenzo lesi sibulelesi obuyingozi.

Njengoba sekuthulile kileziindawo lapho bekuguruzelwa khona, abathobelisimthetho belizwe lekhethu baphenya zoke izenzo zobulelesi.

Isiqhema sabofokisi sesithunywe ukusebenza ngemilandu yokubulala kilemiguruguru begodu sisebenzisana ngokubambisana nabantu bendawo. Kukhona ababotjhiweko begodu labo abenze okuphambene nokulunga bazokuqalana nesandla somthetho esiqinileko.

Ezehlakalweni ze-Phoenix zizwakala ngobunengi iindaba zokuthi bekunemizamo yokulinga ukuraranisa/ukuhlanganisa abantu bom-bala onganfano. Imizamo le-ke iphehlwe babantu abangaziwako eenkundleni zokuthintana neenqhemeni ezithumelelana imilayezo ebezisenza izwangobatjho embi, zifuna nokuthi abantu bazibuyiselele.

Kunomzamo olinga ukuveza lokhu njengesitjengiso sokuwohloka kobudlelwana hlangana kwabaNtu abaNzima namaNdiya.

Njengoba kunabantu aba-

sizakala ngokuthatheka lula kwabantu bese batjharaganisa izinto, kukhona-ke nalabo abembathisa ubulelesi ingubo yobutjhaba, ngoba baqothele ukuphumelelisa yabo iminqopho.

Angeze baphumelela. ISewula Afrika inomlando ezikhakhazisa ngawo wokusebenzisana ngokuzwelana ngekambisolawulo yayo enganabandlululo. AbaNtu abaNzima namaNdiya babebumbene emzabalazweni wokulwa nombuso webandlululo (*i-apartheid*), begodu nanamhlanje, bona nabanye abantu basazibophelele emphakathini obumbeneko newentando yenengi.

Ngokwethuka nango-kungathembi, abantu be-Phoenix nabomakhelwana babo beBhambayi, beZwelithsa kunye nebe-Amaoti basebenzela ukulungisa lapho konakele khona.

Ngokusizwa yikundla yezokuthula esungulwe liButho lamaPholisa wakwa-SAPS ngokubambisana nabarholi bomphakathi, abantu bendawo bahlangene basekela labo abathintwe mguruguru okhe waba khona lo, bavula neendlela zokukhulumisana kubonisanwe.

Le akusikuphela kwenge-ngeyeli yelizwe eqalene naleziintjhiyo ezinje.

Imizamo yethu yokwakha umphakathi obumbeneko inyefiswa mazubela wehlelo le-*apartheid* nokuphikelela kokutjhiyana komphakathi ngendima yezomnotho.

Amadorobha wethu – amakhulu namancani – kunye neendawo zethu zemakhaya, nanamhlanje zisahlukaniswe ngokobutjhaba/ngokombala wabantu/ngokomhlobo wabantu nangezinga lokuphila. Lokhu-ke kukuqeda amandla ukusebenzisana nokuzwana, kuliye nomsebenzi esiwuthomileko wokwakha umphakathi ongabandlululano.

Njengendlela yokulungisa lokhu kuphanjaniswa nokuhlanakelwa kwezinto ngokuhlaliswa kwabantu kumele kube yingcinye yomsebenzi wethu wokwakha umnotho oqalelela umuntu woke nozakwenza indlela yokuphila yawo woke amaSewula Afrika ibe ngcono.

Ngikho-ke sisebenzela ukwakha umnotho ophuphuma ngepumelelo emalokitjhini neendaweni zemakhaya, siqalelele nekuhlumeni kwamabhizinisi amancani. Ngikho siqinisa umthangalasisekelo kileziindawo sisebenzela nokuzenza zibe ngcono izenzelwa kileziindawo.

Kusenjalo, kufanele sililwise ibandlululo emphakathini welizwe lekhethu. Kumele sikhulumisane ngeqiniso, hayi kwaphela ngommoya esinawo omunye komunye, kodwana nangezinto eziphathekako ezisihlukanisako.

Angeze sikghone ukwakha isizwe esibumbene mbala umnotho namathuba eSewula Afrika nakulawulwa khulukhulu kukuthi

umbalabani nokuthi umumuntubani.

Izehlakalo ezenzeke e-Phoenix zisikhumbuzo esibuhlungu sokuthi sisalelwe msebenzi onganani wokwakha iindawo ezihlala umuntu woke eziphumeleleko ukuyigiriza yoke imithangala yayizolo ehlukanisa abantu.

Lezizahlakalo godu zitjengisa nokuthi abanye abantu bakuncamele kangangani ukusihlukanisa, nokuthi kufuze senze koke esingakukghona ukukhandela ukuhlukaniswa.

Sibopho sethu soke ukusekela abantu beThekwini nebezinye iindawo ekhambeni labo lokubuyisana nokuphola.

Ihlelo lethu lentando yeningi lakhiwa balethi boku-thula nabakhi bobuhlobo. Izazi zokwakha zekululeko yelizwe lekhethu kwakubabaNtu abaNzima, amaNdiya, amaKhaladi namaKhuwa, abaduna nabasikazi, boke ababenesibindi kodwana benyula indlela yokubuyisana kunendlela yokuzibuyiselela nendlela yokuthula kunepi.

Njengoba sisiphalazela ukuphola kilamahlungu asembeke soke sisizwe, asijame ndawonye. Asehlule ukungezwani kwethu silime indima yokufunisana okuzakuba kuhle kithi soke.

Asisebenzisane ukwakha ingomuso linye, lapho woke umuntu azakuba nesabelo esifanako khona. **U**

Siza Abafundi Bakghone Ukulawula i-COVID-19



ABABELETHI NABOTITJHERE bangasiza abafundi ukuqalana nokutshwenyeka begodu nokugandeleleka komkhumbulo ebadlula kikho ngebanga lengogwana i-corona.

More Matshediso

Abafundi bekade baqalene neentjhi-jilo ezinengi ngebanga lengogwana yekhorona (i-COVID-19) begodu nokuqinteliswa kwamakhambo nemisebenzi ethileko.

Kube namatjhuguluko aragela phambili ekorweni yezefundo neenkolweni zeSewula Afrika, begodu lokho kungatjhiya abafundi bazizwa batshwenyekile begodu banevalo elikhulu.

Abafundi kwakufanele bazilawule ebujameni obutjha bokufunda nge-inthanethi nokubambeleleka kwehlelo lokufunda.

UDorhodere osebenza ngokweluleka ngengqondo u-Boitumelo Tlhapane, osebenzela i-Inclusive Education Unit yomNyango wezeFundo esifundeni se-Freyistata, uthi ukuzizwa utshwenyekile nofana ugandelelekile ngokomkhumbulo ngazo iinkhathezi zobujamo obubudisi kuyinto ezwisisekako.

“Sekuhlangene umnyaka nesiquantu nje sikilobubujamo, abafundi kwakufanele bajaye indlela etja yokufunda, kubalekelwe ukuba sematlasini ngahlanye bangathintani nabasesikolweni bekwaphungulwa nesikhathi sokufundisa.

“Abanengi bekufanele bazifunde ngokwabo, esikhathini lapha baphila ngokungaqinisekiseki ngekusasa labo begodu nomthelela i-COVID-19 ebenawo phezu kwamathemba nama-bhudango wabo, umndeni

begodu nepilo yomphakathi,” kutjho u-Tlhapane.

Uqalana Bunjani Nobujamobu?

Uhlathulula bona ukutshwenyeka kulivalo nofana kukhathazeka ngento enomphumela ongakaqinisekiseki. Njengendlela yokusiza abafundi bona baqalane nalokho, unikela ngeeyeleliso ezilandelako:

- Zwisisa bona kujayelekile ukutshwenyeka nofana ukuba nevalo. Lokhu akutjho bona ubuthakathaka. Kulungile bona ungazizwa kuhle.
- Okwenzako ngevalo lakho ngikho okuqakathekileko. Uyayilandela imithetho yoke ye-COVID-19 ebe-kiweko ukuvikela wena nabanye na? Yini okhunye ongakwenza ukuqinisekisa ukuphepha kwakho nekwabanye na?
- Ngabe unayo imininingwana eliqiniso emayelana ne-COVID-19 nakungenzeka bona wena nofana umuntu ophila naye nofana otjhidelene naye atheleleke?
- Unalo isekelo elibuya kibotitjhere, umndeni nabangani abazokusiza nawuzizwa ungakaqinisekiseki nofana ugandelelekile nofana utshwenyekile? Lokhu kuqakathekile.

Abotitjhere banganikela ngesekelo ngaphandle kokuba sesikolweni begodu nokufunda ngokusebenzisa iinsetjenziswa ze-inthanethi begodu nangeenqhema zokufunda; ngokuhlela iinkhumbuzisikhathi ngenendlela yokukhuthaza abafundi bona bafunde

ekhaya ngesikhathi esithileko; begodu ngokubakhuthaza bona bakhulume ngevalo abanalo ngokuya esikolweni.

“Lokhu kuqakathekile, khulukhulu mayelana neemfundo abazithola zibudisi ukuzifundela ngokwabo,” ungezelele watjho.

Umndeni nabangani banganikela abafundi isekelo ngokwemizwa, ngendlela yokukhuthaza begodu nokukhuthazwa bona bathabele ipilo okuragela phambili, kutjho u-Tlhapane.

“Abafundi batlhoga ukukhunjuzwa njalonjalo bonyana imizamo yabo begodu nokuzimisela kwabo kuyabonakala begodu kuyathokozisa, ngakho-ke lokho kwenza bona izinga lokuzithemba kwabo likhuphuke.”

Ungakwehlisa njani ukutshwenyeka

U-Tlhapane uthi kuneendlela ezihlukahlukene ababelethi nabafundi abangazisebenzisa ukwehlisa izinga lokutshwenyeka. Lokhu kufaka hlangana:

- Ukuqinisekisa bona kunehlelo elibekiweko nelilandelwako lokufunda, lokulala nelokuhlanganyela. Lokhu kuzokusiza abafundi bona bafikelele iminqopho yabo nesikhathi esibekelwe umsebenzi othileko, lokha nabasasizwa ngokuthi bazizwe base nelawulo eemfundweni zabo.
- Abafundi kufanele basebenzise imithombo yoke ekhona abanikelwa yona esikolweni begodu nakiwo amahlelo wefundo, akhambiselana nekhari-

khyulamu, agadangiswe kumabonakude begodu nemrhatjhwani.


- Ababelethi bangasiza ngokuqinisekisa bona abafundi abazizwa ngokweqileko iindaba ezimayelana ne-COVID-19, khulukhulu zokubhubha kwabantu begodu nezemibono engasilo iqiniso ngengogwana le, njengombana lokhu kungakhwezelela ivalo labo begodu kubange ukugandeleleka komkhumbulo.
 - Abafundi kufanele behlise ukusebenzisa iinkundla zokuthintana nge-inthanethi (ama-social media), njengombana idla isikhathi sokufunda begodu ibanga ukuphazamiseka okunengi.
 - Umndeni ungajayela ipilo yabafundi ngokungezelela imisebenzi yokuzitjheja, njengokuzithabulula umzimba nokudlala.
- “Nangabe umfundi ulahlekelwa mumuntu amthandako, angahlangabezana nobujamo obubuhlungu obufana nokugandeleleka komkhumbulo nofana ukutshwenyeka eMoyeni.

“Kuqakathekile bona isikolo nababelethi badlulisele abe-ntwana abanjalo kabasebenza ngomkhumbulo bomNyango wezeFundo esiSekelo nofana bathintane namaziko anikela ngesizo lasimahla nofana imitholapilo eseduze”. kutjho u-Tlhapane.

Amatshwayo Wokugandeleleka

Ababelethi kufanele batjheje begodu baqale amatshwayo ahlukenekako angatjengisa bona umntwana

nabo ugandelelekile. Wona ngila:

- Umntwana uvamisa ukuhlala ayedwa begodu azihlukanise nabanye abantu.
- Amaphetheni wokudla newokulala angakajayeleki.
- Ukutjhuguluka kwemizwa okweqileko, njengokulila, ukusilingeka nofana ukukwata msinya/ukuhluthuleka.
- Ukubhalelwa kubeka umkhumbulo ngokupheleleko entweni ayenzako.
- Ukungaqedi imisebenzi yesikolo yangetlasini ne-yenzelwa ekhaya.
- Ukubhalelwa kukuziphatha ngefanelo, njengokuba nelaka nokuhluthuleka.
- Ukubeka iinzathu ezinganatlha zokungayi esikolweni.
- Ukuhlalela umaliledinini nofana ukuba seenkulndeni zokuthintana nge-inthanethi isikhathi eside.
- Ukuhluleka ukuqeda eminye yemisebenzi yangamalanga. 

Ukuze umntwana afumane isizo, ababelethi bangavakatjhela ama-ofisi womnyango asesiyingini. Bangathintana ne-South African Depression and Anxiety Group ku-0800 567 567 nofana bathumele umlayezo nge-SMS ku-31393 njengesibawo sokuthi umeluleki abathinte.