

# Vuk'uzenzele

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**Boys  
promise to  
be men of  
honour**

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**New sexual  
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court in  
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## Plans to protect women and children

**P**resident 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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# Ukuqondana ngqo nezimo zempilo eziphathelene nengqondo

Allison Cooper

Mihla namalanga emizuzwaneni engama-40, kuba nomuntu odlulayo emhlabani ngenxa yokuzibulala. Ngosuku Lomhlaba Wonke Lwezimo Zempilo Eziphathelene Nengqondo, ngomhla ziye-10 kuMfumu, kubumbana umhlaba ukuze kuthuthukiswe izimo zempilo zabantu eziphathelene nengqondo emhlabeni wonke. Indikimba yalo nyaka ingukuvikelwa kokuzibulala. Imizamo yokuqwashisa ngezima eliphezulu lokuzibulala emhlabeni wonke kanye nendima engadlalwa yithi sonke ukuze sikuvikele lokhu iqale ngomhla ziye-10 kuMandulo, Ngosuku Lomhlaba Wonke Lokuvikela Ukuzibulala, futhi izoqhubeka kuze kube ngomhlaka-10 kuMfumu. Inhlangothi Yezempilo Yomhlaba ikhuthaza ukuthi abantu emhlabeni wonke bathathe imizuzwana engama-40 benze okuthile ngomhla ziye-10 ku-



Mfumu, ukuze kuthuthukiswe ukuqwashisa ngokubaluleka kokuqonda ukuthi ukuzibulala kuyinkinga yezempilo yomphakathi yomhlaba wonke; ukuthuthukisa ulwazi lwalokho okungenziwa ukuze kuvikelwe ukuzibulala; ukuncishiswa kwesinembekezero esihambisana nokuzibulala; bese kwaziswa abantu ababhekene nobunzima ukuthi ababodwa.

## Inyanga Yokuqwashisa Ngezimo Zempilo Eziphathelene Nengqondo

Inyanga Yokuqwashisa Ngezi-

mo Zempilo Eziphathelene Nengqondo, ehlonishwayo nase-Ningizimu Afrika ngoMfumu, iqwashisa ngesifo eziphathelene nengqondo ezahlukeni nokuthi abantu abaguliswa yilezi zifo bangasizakala kanjani. Ngenxa yesinembekezero esihambisana nezifo eziphathelene nengqondo, abantu abaningi abaluceli usizo. Isiphetho kungenzeka sibe sibi. Kusukela ngoMasingana 2019, i-South African Depression and Anxiety Group (i-SADAG) ithole izingcingo ezevile kweziye-145 000 ezikhungweni zezingcingo (ama-Helpline Call Centre) zazo ezingama-22. Kulezi zingcingo, eziye-41 800 beshayela inombolo yosizo lwabantu ababhekene nokuzibulala i-Suicide Helpline, abantu bebedinga ukusizwa ngezinkinga kanye nosizo oluphuthumayo. Umqondisi Wezokuqhutshwa Komsebenzi we-SADAG u-Cassidy Chambers uthe inani elikhulu labantu abacabanga ngokuzibulala basuke benokhwantalala, ingcindezi kanye nokuphelelwa

yithemba futhi kungenzeka bazizwe sengathi akukho okunye abangakwenza. Iningi lalabo abashaya izingcingo abazizwa kuthi abazibulale babebhekene nezinkinga ebudlelwaneni, izingcinga zezezimali kanye nezinto ezibuhlungu. “Kodwa imbangela eyayihamba phambili kwakuyingcindezi engazange itholakale kanye nengcindezi engelashiwe,” kusho uChambers. Ngokomnyango Wezempilo, Abantu abanengcindezi banezimpawu ezilandelayo:

- Bazizwela bephatheke kabi okungenani amaviki amabili
- Usuku lonke, nsuku zonke.
- Bazizwa bedangele, umoya wabo uphansi noma benengcindezi
- Abathakaseli ukwenza cishe zonke izinto ebebezi-thokozela phambilini
- Futhi baba nezinye izimpawu ezifana nokukhathala
- Ukungakwazi ukugxila kokuthile nokuzizwa

bengelutho noma bezisola.

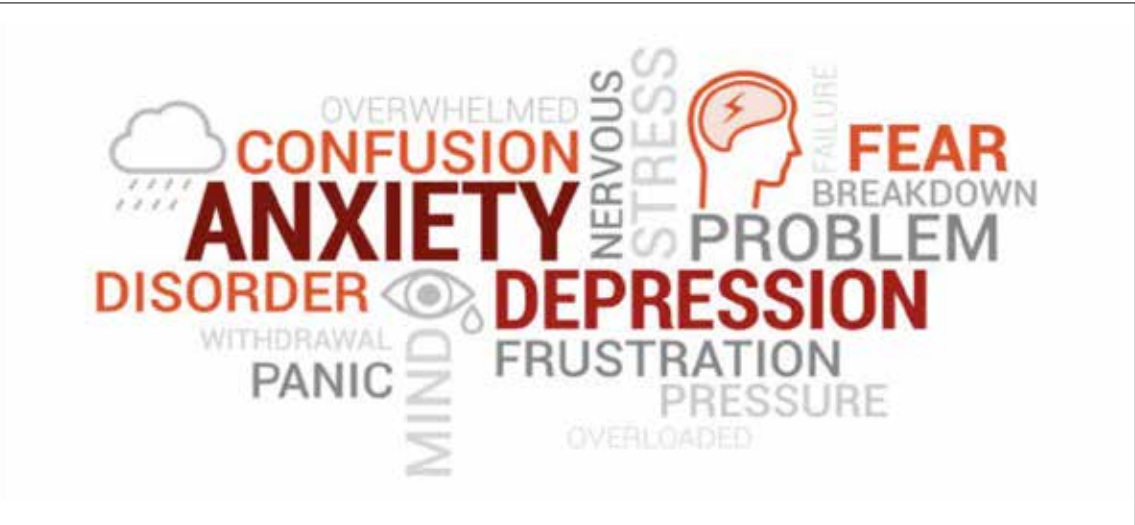
- Kungenzeka futhi babe nemicabango yokuzibulala.

Umnyango Wezempilo uphinde wagqamisa ukuthi abantu abanesifo jikelele sokuba nengcindezi bakuthola kunzima ukulawula, ukukhathazeka kakhulu ngokuphathelene nezinkinga ezahlukeni kusukela ezinkingeni zezempilo kanye nezomndeni kuya kwezemali, isikole kanye nomsebenzi. Lokhu kuholela ezikhala-zweni zangokomzimba kanye nangokomqondo, ukuqina kwemisipha kanye nokungazinzi kuya ekukhathaleni kalula kanye nokucikeka, ukungakwazi ukugxila kokuthile kanye nokuqwashisa. [V](#)

Izifo zezimo zempilo eziphathelene nengqondo zingelapheka. Ukuze uthole eminye iminin-ingwane, iya esibhedlela noma emtholampilo ose-duze nawe. Ungashayela ne-Suicide Crisis Line ye-SADAG ucingo ku-0800 567 567, i-Mental Health Line yabo ku-011 234 4837, noma i-LifeLine ku-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](#)



# Izibonelelo zikahulumeni zitakula izigidi zabantu

**IMALI EKHOKHWA WUHULUMENI** nyanga zonke ihlinzekela inqwaba yabantu baseNingizimu Afrika ababuthaka ngosizo olubalulekile ukuze baphile.



## Silusapho Nyanda

**U**kuze kuqinisekise ukuthi kuvikelwa izakhamuzi ezibuthaka kakhulu zaseNingizimu Afrika, uhulumeni ukhokha izibonelelo zikahulumeni ezevile ezigidini eziyi-17 inyanga ngayinye. Isibonelelo sikahulumeni sichaza imali yomxhaso evela kuhulumeni ekhokhelwa abantu baseNingizimu Afrika abangakwazi ukuzibhekelela. Izibonelelo zikahulumeni zenganyelwe isikhungo sikahulumeni i-South African Social Security Agency (i-SASSA), esasungulelwa ukubhekelela izinsiza zezenzhlalo ukuze kuqedwe ububha.

Kunezinhlalo zezibonelelo ezahlukene, ngokwezidingo zabafake isicelo. Lezi ziyizibonelelo zabadala, eziphinde zaziwe ngokuthi yizimpesheni; imali yesibonelelo yezingane; imali yesibonelelo yabadinga ukunakekelwa; nesibizwa phecelezi ngokuthi yigrant-in-aid sabantu abaphila ngesibonelelo sikahulumeni kodwa abadinga umuntu ozobanakekela; isibonelelo

sezigagayi zempi, isibonelelo sokukhulisa ingane ekungeyona eyakho; kanye nesibonelelo sabaphila nokukhubazeka.



## Isibonelelo sabaphila nokukhubazeka

Isibonelelo sikahulumeni esitholwa abantu abaphila nokukhubazeka siwu-R1 780. Abafaka izicelo kumele bahambisane nokuthile okubhekwayo ukuze bafanele lokhu. Uma uphila nokukhubazeka ngokomzimba noma ngokomqondo okukwenza ungakwazi ukusebenza isikhathi esiyizinyanga eziyisithupha noma ngaphezulu, ungafaka isicelo sesibonelelo sikahulumeni sabaphila nokukhubazeka.

Lapho ufaka isicelo, udinga ukugcwalisa ifomu lokufakela

isicelo sesibonelelo sikahulumeni sabaphila nokukhubazeka ehovisi lakwa-SASSA eliseduze nawe phambi komsebenzi wakwa-SASSA.

Ukwengeza kulokho, kumele ugcwalise incwadi yomthetho efungelwe ebizwa phecelezi ngokuthi yi-afidavithi ehambisana nefomu elijwayelekile lakwa-SASSA phambi kukaKhomishana Wokufungelwe ongeyena umsebenzi waseSASSA.

Umbuso udinga nesitatimende esifungelwe esisayinwe umuntu othembekile ongaqinisekisa igama kanye neminyaka yobudala yofaka isicelo.

Kumele uhlinzeke nangobufakazi bempahla onayo – ehlanganisa nenani lakumasipala lanoma iyiphi indlu noma umhlaba okungokwakho, ubufakazi bempesheni ekungeyona ekahulumeni, idokhumenti Yesikhwama Somshwalense Wokubhekelela Ukungasebenzi, isitifiketi sokuyekiswa emsebenzini umqashi wakho odlule uma ubusebenza, futhi, uma unomlingani oshone eminyakeni emihlanu edlule,

ikhophi yencwadi yokwabiwa kwamafa kanye nesaziso sokuqala kanye nesokugcina esibhalelwe abanentshisekelo sichaza ngenqubo yokuqoqa nokwaba impahla kanye nokukhokhelwa kwezikweletu.

Uma ungobalekele kuleli, kumele uhlinzeke ngemvume ekhomba ukuthi ungobalekele kuleli kanye nomazisi onezinombolo eziyi-13 wababalekele kuleli.

Ukwengeza kulokho, ukuze utholakale ufanele ukuhlomula kumele:

- Ube yisakhamuzi saseNingizimu Afrika noma ongeyena owakuleli osezinze lapha noma obalekele kuleli futhi ohlala eNingizimu Afrika ngesikhathi sokufaka isicelo,
- Ube phakathi kweminyaka yobudala eyi-18 kanye nengama-59,
- Ungabi ngonakekelwa esikhungweni sikahulumeni,
- Ube nomazisi waseNingizimu Afrika,
- Ungaholi ngaphezu kuka-R78 120 uma ungashadile noma u-R156 240 uma ushadile,
- Ungabi nempahla ngaphezu kuka-R1 115 400 uma ungashadile noma u-R2 230 800 uma ushadile,
- Wenziwe ukuxilongwa kwezempilo lapho udokotela ozoqokwa umbuso ezobheka izinga lokukhubazeka kwakho, futhi
- Uze nanoma yimaphi amarekhodi angokudlule ezempilo kanye nemibiko uma wenza isicelo sakho kanye nangesikhathi uhlolwa.


## Isibonelelo sikahulumeni sabantu abadala

Lesi sibonelelo sikahulumeni sidizayinelwe ukusiza abantu

abadala. Isibonelelo sabantu abadala sikhokhelwa abantu abaneminyaka yobudala eyi-60 noma ngaphezulu.

### Oyitholayo kumele:

- Angatholi ngaphezu kuka-R78 120 uma ungashadile noma u-R156 240 uma eshadile
- Angabi nempahla ngaphezu kuka-R1 115 400 uma engashadile noma u-R2 230 800 uma eshadile.
- Abayitholayo bathola u-R1 780 ngenyanga bese labo abaneminyaka yobudala ngaphezu kwengama-75 bethola u-R1 800.

U-SASSA ukhokhela abathola isibonelelo sikahulumeni ukheshi ngezinsuku ezithile nasezindaweni abakhokhelwa kuzo ezithile. Uyakhokha futhi ngensiza esebenza ngobuchwepheshe yokufaka imali ema-akhawuntini asebhange noma e-Postbank noma ezikhungweni ezifana namakhaya abantu abadala. 

*Lolu lwazi luhlinzekwe i-South African Social Security Agency (i-SASSA).*

**Ukuze uthole uthole eminye imininigwane mayelana nezimali eziyisibonelelo sikahulumeni, thinta u-SASSA ku-012 400 2000 noma uye ku-[www.sassa.gov.za](http://www.sassa.gov.za)**

## Ingabe Bewazi?

**Iphephandaba i-Vuk'uzenzele lizoba nochungechunge lwemibhalo emayelana nezinhlobo ezahlukene zezimali eziyisibonelelo sikahulumeni ngokuhambisana neNyanga Yokuthuthukiswa Kwezenhlalakahle.**