

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.

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.

Cont. page 2



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Gore Aforika Borwa e atlege e tlhoka go nna le baagi ba ba ipopileng seoposengwe

Le fa merusu e e neng e aparetse dikarolo tsa porofense ya KwaZulu-Natal le ya Gauteng mo malobenge sentse dithoto le go senyetsa batho ka fao ba iphe-disang ka teng, e re senyeditse gape le mo go nneng seoposengwe.

Seno se iponagaditse thata mo ditiragalong tse di setlhogo tse di diragetseng kwa Phoenix kwa eThekwini.

Mo nakong ya ditshupetso tse di setlhogo tse re iseng re ke re nne le tsona fa e sale re tsena mo temokerasing, mo maemo a neng a setse a dubegile ka batho ba ba sa tshepaneng le ba ba belaelanang, baagi ba ba sa bolong go tshela mmogo ka kagiso ba ne ba melelana dinaka.

Go gontsi go re santseng re tlhoka go ka go fatolola mabapi le ditiragalo tseno tse di diragetseng. Dikgang tsa maaka tse di gaganang ka bontsi, ditshwantsho tsa maaka le tshedimosetso e e seng ya boammaruri di dira gore go nne boima go fitlhelela seo e leng boammaruri.

Fela re a itse gore go ya ka tshedimosetso ya semmuso le bopaki jo batho ba bo neileng ka seo se ba diragatseng ke gore batho ba ne ba emisiwa mo maparegong a ditsela ao e seng a sepodisi mme ba emisiwa go ya ka morafe o ba welang mo go ona, bangwe ba ne ba ntshiwa mo dijana-geng tsa bona ka dikgoka mme ba geselwa, ba bangwe ba ne ba tlontlololwa le go tsenngwa matlho a batho.

Batho ba bangwe ba le mmalwa ba ne ba bolawa.

Bontsi jwa ditiragalo tseno tse di diragetseng ke ditla-

morago tsa go itseela molao mo matsogong. Ga re kitla re itlhokomolosa ditiragalo tsa batho ba ba itseelang molao mo matsogong ka fa neng eno. Seo ke tlolomolao e bile se kotsi.

Jaanong jaaka maemo a boetse sekeng mo mafelong a a neng a wetswe ke leru, mapodisi a rona a phuruphutsa ditiragalo tsotlhe tsa botlhokotsebe.

Setlhophisa sa matseka se romilwe gore se phuruphutse dikgetse tsa polao mme ba dirisana le baagi mo motseng oo. Go setse go tshwerwe babelaelwa bangwe ba ba latofadiwang ka ditiragalo tseno mme ba tla apara kobo e le nngwe le molao.

Bontsi jwa dikgang tse di mabapi le ditiragalo tsa kwa Phoenix di tletse ka ditiragalo tsa go leka go tlhoboganya merafe. Di tlhotlhedlwa ke melaetsa ya mmaaka a a tse-neletseng e e romelwang ke botlhokaina mo mafaratlhatheng a ditlhaeletsano le mo mafaratlhatheng a go romela melaetsa mo ditlhopheng mo gape ba tshosetsang ka gore ba tla ipusuloseisa.

Go na le maiteko a go dira gore seno se tlhagelele e kete go na le dikgogakgogano mo merafeng ya Bana ba Thari e Ntsho le ba maIndia.

Fela jaaka re bone batho bangwe ba dirisa batho ba bangwe ba ba dikobodikhutshwane go dira merusu lego tliša tlhakatlhakano, le mo ntlheng eno go na le bao ba le kang go tlhagisa ditiragalo tseno tsa bosenyi e kete e ne e le ditiragalo tsa letlhoo la bosemorafe.

Seno ba ka se se bone. Aforika Borwa ga e a bolo go ema kगतलhanong le bosemorafe e bile badiri mo nageng eno ba

ipopile ngatana e le nngwe e tswa ba tswa mo merafeng e e farologaneng.

Bana ba Mmala wa Sebilo mmogo le ba maIndia e sa le ba ipopa ngatana mo motsing wa puso ya tlhaolele, e bile bona mmogo le ba merafe e mengwe le gompiano ba santse ba eme ka le lereng ba batla go nna le setšhaba se e leng ngatananngwe se se dumelang mo temokerasing.

Mo go samaganeng le matshosetsi a a leng teng le go se tshepane, baagi ba kwa Phoenix mmogo le baagisani ba bona mo motseng wa Bhambayi, Zwelitsha le wa Amaoti ba samagane le go baakanya tseo di ripitlilweng.

Ba enngwe nokeng ke Foramo ya go Tliša Kagiso e e theilweng ke batlhankedi ba Tirelo ya Sepodisi sa Aforika Borwa (SAPS) ba thusiwa ke baeteledipele mo metseng eno, baagi go tswa mo metseng eno ba kopane go thusa bao ba amilweng ke ditshupetso tseno le go dira gore ba buisane ka seno.

Mafelo ano ga se ona fela a a amilweng ke dikgwetlho tseno ka fa nageng.

Maitlhommo a rona a go aga mafelo a batho ba merafe e e farologaneng ba ka nnang mo go ona a gwetlwa ke seo puso ya tlhaolele e se dirileng mmogo le dikgwetlho tsa go tlhoka tekatekano tse di tswelelang go ata.

Diteropo tsa rona, diteropokgolo tsa rona le mafelo a rona a metseselegae a santse a kgaoganngwe go ya ka gore ke batho ba morafe ofe ba ba nnang kae le gore ke ba maemo afe. Seno

se thibela gore go nne le tirisano mmogo le gore batho ba tlhaloganyane botoka, mme e bile gape seno se kgoreletsa tiro ya rona ya go aga setšhaba se se senang tlhaolele.

Dikgato tsa go baakanya thulaganyo eno ya bodulo e tshwanetse e nne karolo ya rona ya go aga ikonomi e botlhe ba nang le seabe mo go yona gore re kgone go tokafatsa maemo a botshelo a batho botlhe mo nageng ya Aforika Borwa.

Ke ka fao re semeletseng go aga makeišene le metseselegae e e tla dirang bontle mo ikonoming, mme re samagane le seno ka go tsepamisa mogopolo bogolosegolo mo go godiseng dikgwebopotlana. Ke ka ntlha ya seo re beeletsang mo mafaratlhatheng mo mafelong ano le go netefatsa gore re samagane le go tokafatsa tlamelo ya ditirelo mo go ona.

Le fa go le jalo, re tshwanetse go tobana le tlhaolele mo ditšhabeng tsa borona.

Re tshwanetse go buisana e seng fela ka maitsholo a rona mo bathong ba merafe e mengwe, gape le ka ga seo re se huparetseng re le batho ba merafe e e farologaneng.

Fa e le gore re tswelela ka maemo a ga jaana moo batho ba bantsi mo nageng ba nnang le seo e leng sa bona go ya ka gore ke ba morafe ofe mo Aforika Borwa le gore ke ba bong bofe, ga re kitla re kgona go nna le setšhaba seo go nneng seoposengwe ga sona e leng ga boammaruri.

Seo se diragetseng kwa Phoenix ke matlhotlhapelo a go re gopotsa gore re santse re emetswe ke tiro e kanakang fa pele ga rona mo go direng gore re nne le metse

e e nang le batho ba merafe e e farologaneng moo baagi ba yona ba fedisitseng melwane e e saleng e tlhomiwa ke puso ya mo malobeng.


Ditiragalo tseno gape di re bontsha ka fao batho ba bangwe ba ikaeletseng go tliša ditlhobogano magareng ga rona, mme le gore re tshwanetse go dira sengwe le sengwe se re ka se kgonang go thibela seno go ka diragala.

Ke maikarabelo a rona rotlhe go ema nokeng baagi banoba kwa eThekwini le ba bangwe ba kwa mafelong a mangwe jaaka ba samagane le go itshwarelana le go thobana maikutlo.

Temokerasi ya naga ya rona e dirilwe ke batho ba ba ratang kagiso le bao ba ratang kgolaganyo ya-setšhaba. Banna le basadi ba ba agileng temokerasi eno ya rona ke ba Mmala wa Sebilo, ba maIndia, ba maKhalate le ba Basweu ba ba nang ba itomile sesino go itshwarelana go na le go ipusuloseisa, ba ba nang ba batla gore go rene kagiso go na le gore go nne le dintwa.

Jaaka re santse re samagane le go theosa matshwafo go tswa mo ditiragalong tseno tse di diragetseng ka fa nageng tse dire roromisang kalesetshogo, tla re emeng re le ngatananngwe.

Tla re se itlhaetseng matlho go ya ka seo re farologaneng ka sona mme re dire tse di molemo tse re utlwana ng ka tsona.

Tla re direng mmogo mme re age bokamoso jo bo tla re tswelang mosola jo mongwe le mongwe wa rona a tla unngwelwang ka go lekana mo go bona. 

Thusa barutwana go sutlha dikgoreletsisi tse di tlisiwang ke COVID-19

BATSADI LE BARUTABANA ba ka thusa barutwana go itshokela ketsaetsego le kgatelelo ya maikutlo e e ba aparetseng ka ntlha ya leroborobo la bolwetse jwa mogare wa corona.

More Matshediso

Barutwana ba ko-pane le dikgwetlho tse dintsi ka ntlha ya Bolwetse jwa Mogare wa Corona (COVID-19) mmogo le dikiletso tse di ntseng di nna teng ka ntlha ya dikgato tsa go sekega nakwana ditiro tsa ka fa nageng.

Go nnile le diphetogo di le dintsi mo dikolong tsa ka fa nageng ya Aforika Borwa mo di ka dirang gore barutwana ba ikgalale le go itlhaetsa matlho.

Barutwana ba ne ba tshwanelwa ke go itlwaetsa tsela e ntšhwa ya go ithuta ka inthanete, go katogana le barutwana ka bona, go bona ba bangwe ba latlhegelwa ke matshelo a bona, go hutsafala le go roroma ka letshogo, mme tseno tsotlhe di dira gore ba ikgalale le go itlhaetsa matlho.

Ngakayamalwetseatlhaloganyo le maikutlo yo a dirang jaaka mothobi wa maikutlo mo Yuniting ya Thuto e e Tsenyeletsang Batho Botlhe kwa Lefapheng la Thuto la porofense ya Foreistata e bong Boitumelo Tlhapanane, a re go ikgalala le go itlhaetsa matlho mo dikgwetlhong tse re tobaneng le tsona ga jaana ke selo se se sa re makatseng.

“Barutwana jaanong ba setse ba na le sebaka sa ngwaga le halofo ba itlwaetsa tsela e ntšhwa ya go ithuta, go sena morutabana yo a ba kgapang go dira tiro ya sekolo le fa ba ya sekolong ba ya nako-nyana fela e khutshwanyana.

“Ba bantsi ba ne ba tshwanelwa ke go ithuta ka bobona, fa ka fa letlhakoreng le lengwe ba ne ba na le ketsaetsego ka ba sa itse gore go tla felela kae ka COVID-19 jaaka e amile bokamoso jwa bona, tseo ba neng ba fisegela go di dira

le ditoro tsa bona mmogo le go ama malapa a bona le matshelo a bona,” Tlhapanane o tthalosa jalo.

Se o ka se dirang gore o finyelele

O tlhalositse gore go ikgalala ke letshogo la go tshoswa ke sengwe se o sa itseng gore kwa bofelong se tla nna jang. Go thusa barutwana gore ba kgone go finyelela, o ba tlhaba botlhale ka tse di latelang:

- Batshwanetse ba tlhaloganyega fa motho a ikgalala kgotsa fa a itlhaetsa matlho. Seno ga se ree gore o legatlapa. Go tlwaelegile gore motho a ikgalale.
- Se o se dirang ka go ikgalala go ke sone selo sa botlhokwa. Ba tshwanetse go ipotsolotsa gore a bantse ba ikobela melawana yotlhe e e dirisiwang ya go tla go tshwaediwa ke COVID-19 gore ba sireletse matshelo a bona le a batho ba bangwe? Ke eng se sengwe se ba ka se dirang gore ba babalesege le gore ba babalele batho ba bangwe?
- Ba tshwanetse go ipotsolotsa gore a ba na le tshedimosetso e e senang bana ba phefo ka ga COVID-19 fa go ka diragala gore ba iphitlhele ba na le yona gongwe mongwe yo ba phelang le ena a ka fitlhelwa a na le yona.
- Mme gape ba tshwanetse go ipotsolotsa le gore a ba teng barutabana, balelapa le ditsala ba ba ba emeng nokeng go ba thusa fa ba gatelegile mo maikutlong kgotsa fa ba ikgalala? Ntlha e no e botlhokwa thata.

Barutabana ba ka thusa barutwana kago ba romelela

didirisiwa tsa go ithuta ka inthanete mmogo le go ba direla setlhotshwana sa go ithuta mo inthaneteng; ba ka ba thusa ka go ba direla segakolodi se se ba gakololang gore ba ithute fa ba le kwa gae; mmogo le go ba rotloetsa gore ba ntshe se se mo mafatlheng a bona ka dikgwetlho tse ba itemogelang tsona mo dithutong tsa bona.

“Seno se botlhokwa thata, segolo jang mo dirutweng tseo di ba pelelang,” o tlaleletsa ka go rialo.

Balelapa le ditsala ba ka ema barutwana nokeng ka go ba thoba matswalo gangwe le gape ka mokgwa wa go ba rotloetsa le go ba solofetsa gore tsotlhe di tla apara tshiamo, Tlhapanane o tthalosa jalo.

“Gangwe le gape barutwana ba tlhoka go gakololwa gore matsapa a ba a tsayang le boineelo jo ba nang le jona mo dithutong bo a bonwa e bile bo a lebogwa, mme ka go dira jalo ba tla simolola go itshepa le go feta.”

Se o ka se dirang go fokotsa go ikgalala

Tlhapanane a re go na le ditsela di le dintsinzana tsa go fokotsa go ikgalala tseo batsadi le barutwana ba ka di dirisang. Mo go tsona ke:

- Go netefatsa gore go na le thulaganyo e go sa ikgatolotsweng yona ya gore ba ithuta neng, ba robala neng le gore ba ikentsha neng bodutu. Seno se tla thusa barutwana gore ba fitlhelele seo ba tshwanetseng go se fitlhelela le go se fitlhelela ka nako eo ba e beetsweng, fa ka fa letlhakoreng le lengwe se tla ba thusa gore ba ikutlwe e kete ke bona bo komang ka

nna mo dithutong tsa bona.

- Barutwana ba tshwanetse go dirisa didirisiwa tsotlhe tse ba di neetsweng tsa go ithuta, go ya ka khari-khulamo ya bona, tse di tswang kwa sekolong le tse di tswang mo mananeng a go ithuta a a gasi-wang mo thelebišeneng le mo seyalemoweng.
- Batsadi ba tshwanetse go thibela gore barutwana ba se fitlhelelwe ke tshedimosetso e ntsi e e tshosang ya ditiragalo tsa COVID-19, segolo jang tse di mabapi le batho ba ba tlhokafalang le tsa dikgang tsa go fetlha letshogo, gonne seno se tla dira gore ba nne le letshogo le le feteletseng mme seno se ka ba tlhobaetsa mo maikutlong le mo ditlhaloganyong.
- Barutwana ba tshwanetse go itlhokomolosa mafaratlhatlha a ditlhaeletsano, a ba tseela nako e ntsi eo ba ka bong ba e sola mosola ka go ithuta ka yona e bile a ba kgoreletsa thata mo go ithuteng.
- Balelapa ba ka fetola ditsela tseo ba phelang ka tsona ka go itlwaetsa go dira ditirwana tsa go ikatisa tse di jaaka go katisa mmele le go tshameka.

“Fa mongwe yo a phelang le morutwana a ka latlhegelwa ke botshelo, morutwana a ka hutsafala, e leng le lengwe la matshwao a go itlhaetsa matlho le go ikgalala.

“Go botlhokwa gore sekolo le batsadi ba ise morutwana yono ko a ka bonang thuso ya go thoba maikutlo le tlhaloganyo gone, mme Lefapha la Thuto ya Motheo le na le yona tirelo eno, se sengwe gape se se ka diriwang ke go bona tshedimosetso e e sa duelelweng kgotsa morutwana a

isiwe kwa tleliniking ya fa gaufi gore teng ba mo romele kwa go tshwanetseng,” Tlhapanane o tthalositse jalo.

Matshwao a motho yo o itlhaetsang matlho

Batsadi ba tshwanetse go ntsha matlho dinameng mme ba ele tlhoko matshwao a a bontshang gore ngwana wa bona o itlhaetsa matlho. Ona ke fa:

- Ngwana a itlhaola mo bathong ba bangwe le go nna mophelanosi.
- A ja go feta tekano le go robala gangwe le gape.
- A kgopisega bonolo thata, go tshwana le fa a leletse ruri, a fela pelo fela kgotsa a kgopisega ka bonako.
- Go le thata gore a tsepamise mogopolo mo go seo a se dirang.
- A palelwa ke go dira tiro le go e fetsa kgotsa go dira tiro gae le go e fetsa.
- A na le maitsholo a a tswileng mo tseleng, a a jaaka a go rumulana.
- A dira mabaka a a sa utlwalang a gore a se ye seko-long.
- A phela a le mo mogaleng kgotsa mo mafaratlhatlheng a ditlhaeletsano.
- A palelwa ke go dira ditiro tse dingwe tsa ka fa lapeng le go di fetsa. ①

Fa batsadi ba batla thuso ba ka etela dikantoro tsa tikologo tsa lefapha. Ba ka ikgolaganya gape le Setlhophapha sa Aforika Borwa sa Merero ya Kgatelelo ya Maikutlo le go ikgalala, mo go 0800 567 567 kgotsa ka go romela SMS mo go 31393 mme modiri yo a thobang batho maikutlo o tla ba letsetsa.