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Did you know?

...previous challenges, excitements, sadness and mood swing determines one's state of mental health in a positive or negative way.

Disability Rights Awareness workshop for targeted group



Picture by Tiro Kgoshé

Attendees listening attentively to presentations during the session

By Tiro Kgoshé

The Strategic Planning and Transformation unit in the Office of the Premier recently held a Disability Rights Awareness Month for people with disability in Parys.

This workshop was organized to increase awareness towards the promotion and protection of the dignity and rights of persons with disability.

The session was also to empower, inspire, enlighten, increase confidence, embrace and provide information for people with disability.

Chief Director for Corporate Management in the Office of the Premier, Dianne Michael, unpacked the purpose of the event and encouraged the disabled to be positive, even though it was difficult to stay positive when surrounded by negative people.

She urged them not to be limited by the disability they have.

She, however, said there was a general concern for people with

disability, especially with regard to employment opportunities.

Ms Michael motivated people with disability in the Office with an inspiring poem, which read as follows:

I am human, not a machine to be used;

I am me, feeling essence,

I am me, Heart and Soul,

I am me precious as gold ...

Asset Management and Transport Services Unit's, Doctor Molefhe, in his presentation, advised the session and said it was important to have specifications for the type of equipment and vehicles used by people with disability so that it makes the job easy, adding that the budget was available for that.

Moagi Kodisang, North West Provincial Chairperson for disabled people, made them aware that it was good to read books, study, work for the opportunity, bring better issues forward, be knowledgeable and talkative and engage with policies.

Strategic Planning and Transformation official, Gail Mokgosana, provided the people with disability with information on Gender Equality and Gender Based Violence.

In one of her slideshows she indicated that it was crucial to understand that males and females play different roles.

"A male is expected to be a husband, father, brother, son and boy child. A female is expected to be a wife, mother, sister, daughter and girl child.

"Also to know that both sexes can suffer abuse from the other while leaders and breadwinners can be born from both sexes," said Mokgosana.

Human Resource Management's Phillips Letebejane's presentation covered, among others, types of leave such as annual leave, sick leave, family responsibility leave, housing allowance etc.

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Office of the Premier embarks on a suicide prevention campaign



Tshenolo Phiri, an Intern in the EHW unit



Physiotherapist, Jacqueline Dikgwatle



Pictures by Rodney Lerato Majobe

OoP employees who attended the mental health awareness campaign

By Rodney Lerato Majobe

Depression is a perilous mental disease. People suffering from this disease are likely to have suicidal thoughts.

In an effort to address this, Office of the Premier, through the Employee Health and Wellness Directorate (Inter-nal), recently held a mental health awareness campaign under the theme: “Suicide prevention”, encouraging employees suffering from the disease to come forward to get information on what to do in their situation.

Inability to meet deadlines to

satisfy requirements, are some of the issues deemed as core stressors in the working environment.

People suffering from this illness tend to feel hopeless, helpless and worthless and therefore try very hard to hide their pain, being afraid that their colleagues might judge them, and ended up considering suicide as a way of escaping the torture.

“*Ngwana yo o sa leleleng o swela tharing*”, so says Thato Seseane, a Psychologist from the Bophelong Psychiatric Hospital, who advised employees to talk about what they

were going through so that they could get help.

“Don’t be afraid to talk about problems you are going through in your life. You can try Holistic approach by talking to your church leader, church elder or anyone you trust,” she advised.

As physical activity can also be an effective way of combating depression, a Physiotherapist, Jacqueline Dikgwatle, encouraged employees to exercise regularly.

“Exercise reduces levels of the body’s stress hormones. It also stimulates the production of

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He described housing allowance as being part of the package for all employees regardless of marital status.

If married or separated they both receive housing allowance.

Representatives of the Department of Health, Neo Nare accompanied by Suzan Makabanyane, were invited to come and explain health issues relating to people with disability.

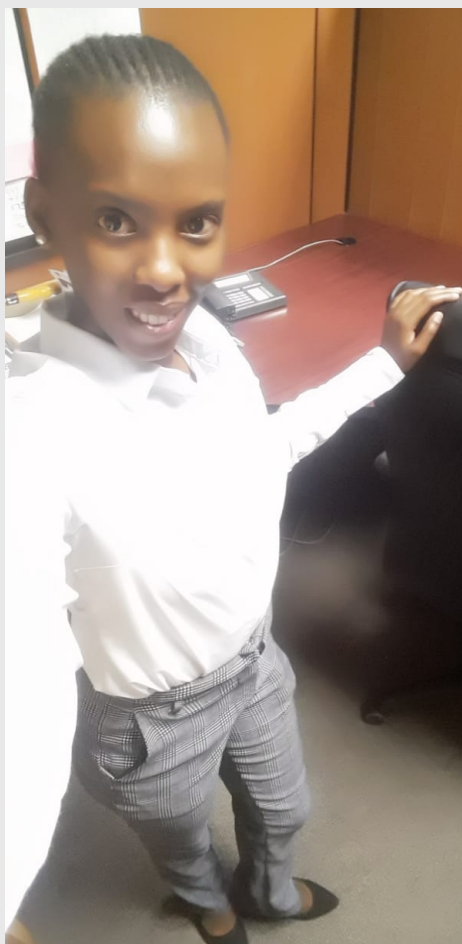
They explained that if one had a juice mixer and an orange fruit squeezed inside, what comes out would be an orange juice.

This simply explains that controlling what is inside one’s mind from previous challenges, excitements, sadness and mood swing determines one’s state of mental health, either in a positive (happiness, anger management etc) or negative way (beating, gossiping,

bad mouthing, forcing others etc).

They were advised that as people with disability, they should use their background and experiences to assist them go forward.

Mokgosana, in her closing remarks, said creating forums to engage, providing assistance and going through government policies, would stimulate change and improvement for the programme and awareness of disability rights.



By Nonoyo Lobelo

e-Update caught up with Ms Kgomotso Ramasilo, newly appointed Intern attached to Office of the Premier: Service Delivery Monitoring and Interventions Directorate, to share with us her views about her new responsibilities.

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endorphins, chemicals in the brain which activate positive mood. Exercising can minimise your depression,” she said.

Tshenolo Phiri, an Intern in the EHW unit, who coordinated the awareness campaign, said she was extremely delighted that employees were actively participating during the session.

e-Update speaks to Kgomotso Ramasilo

Nonoyo: Briefly tell us about yourself and background.

Ramasilo: After obtaining my Bachelor's Degree in Development Studies and PGCE certificates from the North West University, I have been in the employ of the Office of the Premier since the 1st of April 2018 to date.

Prior to this, I served as an English teacher for a year at the Bodibe Shudintle Middle School.

Nonoyo: What are your responsibilities, and or scope of work?

Ramasilo: My responsibilities entails:

- Administration work which include consolidating monthly and quarterly reports from sub-districts and district;
- Monthly community profiling throughout the district; and
- Conduct frontline monitoring and support initiatives such as Baseline Assessment at Frontline Service Delivery sites.

Nonoyo: In comparison with your previous employment, how do you find the Office of the Premier?

“I am happy that employees were interacting with speakers,” she said.

She hopes that in future, those who have been afraid to talk about their mental illness will have the guts to do so. “I hope employees will have the confidence to talk about depression in future,” Phiri concluded.

Ramasilo: I find Office of the Premier to be realistic, by virtue of the quality of work expected, as well as the standard of professionalism required.

Challenges mostly experienced in my work centered mainly around engagements with aggrieved community members, and/or violent protestors, since my core mandate is about service delivery.

I find Office of the Premier to be realistic, by virtue of the quality of work expected,

Nonoyo: What motivates you the most in your work?

Ramasilo: Making a difference, wherever I am. Subsequently, being a change agent fulfills me, and the values I stand for.

Nonoyo: Thank you Ms Ramasilo, it has been a pleasure communicating with you, enjoy your stay and all of the best!

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OoP's bursary scheme success story



Kelebogile Kotsokoane at her workstation at Provincial Treasury



Picture Thato Vincent Kepu

The man responsible for all bursary applications in the Office of the Premier, Basie Seiso

By Thato Vincent Kepu

Office of the Premier (OoP) is not only committed to ensuring the facilitation and coordination of provincial departments, but it is also committed to ensuring the betterment of citizens of the province and the country at large.

One of the channels through which this is done is the bursary scheme, which has been in existence prior, the advent of the democratic government in 1994.

The main aim of the bursary scheme is to financially assist those needy and deserving youth of the North West who are seeking to further their studies beyond matric, and want to be equipped with the necessary skills so that they could be employable and take their stand in the corporate world.

According to the Bursary Administration Officer, Gopolang Seiso, scheme covers students from the province attending universities within the borders of South Africa, TVET colleges and universities of technology.

This is also one way of curbing unemployment because beneficiaries are obliged to enter into an agreement where after completion of their studies, they have to serve one of the provincial departments as a way of giving back to their province.

One of the beneficiaries of the bursary scheme is Kelebogile Kotsokoane, who showered praises for the bursary scheme.

Kele, as she is affectionately known by colleagues, is attached to the Budget Management Directorate at the Provincial Treasury, and has been at the department for the past five years.

"I got the bursary when I started my studies in 2011, and pursued my Bachelor of Commerce in Economics with the North West University.

I completed my studies at the end of 2014 and stayed at home for six months before being awarded a contract at the Department of Finance in the Directorate of

Management Accounting, in the office of the CFO.

"I got a permanent appointment in 2017 as a Senior Accountant and then promoted during this year (2019) as an Assistant Director," Kele explained.

She commended the scheme because she never experienced any problems with payments - from registration to tuition fees and accommodation - everything was paid on time.

She sent a word of advice to all prospective students to study hard, make good life choices and invite God in everything they do.

Office of the Premier commends Kelebogile and all other successful beneficiaries and continue to open its doors to all who want to take advantage of this bursary scheme, so that there is an increase in the number of scheme graduates so that the level of unemployment can be reduced, and move North West province forward.

Otukile is appointed Deputy President of SAMIFRA



Pictures by Peter Mandubo

Bishop Otukile Mosimanegape, attached to Chief Directorate: Communication, was recently elected as Deputy President of the South African Ministers Fraternal (SAMIFRA), deputizing the newly elected President, Bishop Job Dliso, at the organisation's elective Conference in Kuruman, Northern Cape. Bishop Dliso is the Chairperson of Standing Committee on Public Accounts (SCOPA) In the North West Provincial Legislature.



Executive Members of South African Ministers Fraternal (SAMIFRA)

Sports Wednesday: Interdepartmental Aerobics



Picture by Pheagane Modipane

By Pheagane Modipane

Public servants hard at work to promote healthy lifestyle and become physically active in their lives.

Officials take advantage of the Sports Wednesday programme to participate in inter-departmental aerobics.

Regular physical activity is one of the most important behaviors contributing to good health. Being

physically active comes with a plethora of health benefits.

Some of these benefits include:

- Achieve and maintain a healthy weight;
- Decrease risk for heart diseases;
- Decrease risk for diabetes;
- Lower blood pressure;
- Lower cholesterol;
- Strengthen bones and muscles;

- Improve mental health, with ageing; and
- Living an active lifestyle has many benefits for your body and contributes to your physical and mental wellbeing.

Inter-departmental aerobics (fused with endurance exercises) are held every Wednesday at the Mmabatho Stadium from 14h30.



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Participate in the people's race,
a movement greater
than yourself

Four Supply Chain Management officials in the Office of the Premier participated in the annual Old Mutual Soweto Marathon recently.



"I thought it was going to be difficult since it was my first time participating in the marathon. I will definitely take part again in the next year's marathon. The reason why I managed to finish 10km half marathon is because I have been a participant in our Sports Wednesday activities to keep fit," said Phemelo Motale, one of the participants at the Old Mutual Soweto Marathon.