



Siyakhuluma

NEWS

July - September 2022

STAY UPDATED

MEN ENGAGED IN MEANINGFUL DISCUSSIONS IN DANNHAUSER



Rev Thusi (National Council of Churches)



Programme Director , Mr. Mphile Mlambo

Meaningful discussions about men by men recently took place at Annievale Community hall in Ward 7 in Dannhauser, attracted men from all walks of life with the aim to empowering one another. Civil society groups and government department were fully represented.

Isibaya Samadoda is a platform whereby men are able to discuss men related issues. These discussions give men an opportunity to discuss a role they can play to fight men's health issues ,Gender

Based Violence (GBV) , drugs and social ills within their communities.

Men's health was previously underrated amongst men. Men were perceived as masculine by society. They will only visit health facilities only when they had stab wounds or when they were wheel barrowed in a hopeless and helpless positions. This narrative has since changed because of the health programmes that are mainly focusing on men. " We had heard that men are complaining about queuing alongside pregnant women and children at our health facilities, said Mr. Roji. Furthermore Mr. Roji

urged men to visit health facilities for comprehensive health screening and adhere to prescribed treatment for better results. Men were advised to break the silence as victims of GBV and consult Department of Social Development for interventions. Dr Tshabalala who is the chairperson of Traditional Health Practitioners mentioned that boy children must be given attention and be groomed before they start misbehaving.

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MENTAL HEALTH AWARENESS

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life from childhood and adolescence through adulthood.

CAN YOUR MENTAL HEALTH CHANGE OVER TIME?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for an ill relative or experiencing economic hardship they may experience poor mental health.

WHAT IS MENTAL ILLNESS?

Mental illness are conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long or long-lasting (chronic) and affect someone's ability to relate to others and function each day.



Kagiso Mokone - Psychological Advisor

“ Our mandate is to cater for our health care workers' mental health. Taking care of one's overall health includes both physical and mental health. Therefore promoting the literacy and psycho-education on mental health is of paramount importance.”

Appointments can be made and schedule to meet at your workplace or at the district office.

Available from 7h30 - 16h00 Monday to Friday

Bookings can be made on 034 328 7046 /082 7832976

WHY IS MENTAL HEALTH IMPORTANT FOR OVERALL HEALTH?

Mental and physical health are equal important components of overall health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes and heart disease. Similarly, the presence of chronic conditions can increase the risk for mental illness.

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KwaZulu-Natal Department of Health



KZN Department of Health



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**GROWING
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TOGETHER**

ISIBAYA SAMADODA GALLERY



Dr Dlamini from Sports, Arts and Culture Department



CLLR Radebe (Ward 11)



Dannhauser Health Outreach Team



Mountain Zulu Dancers



Mr. Mduduzi Nkosi (Civil Society)



Dr Shabalala (Amajuba (THP Chairperson)



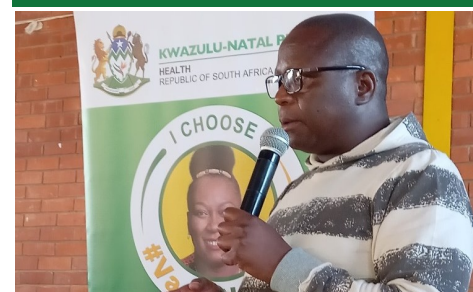
Dr Tshabalala and Dr Mtshali



Mr .Nkosinathi Roji



Mr. Bheki Nxumalo (HAST Clinical coordinator)



Mr Nxumalo explaining services that are offered by SASSA Department



Ms Buthelezi from Economic Development warned the audience about debts



Males who attended the gathering



PHOTO GALLERY



Traditional Health Practitioners performing Ukuphahla as they celebrate Annual Traditional Medicine Day in Dannhauser



Dr Rev Ndlovu leading in prayer



Dr Shabalala and Dr Tembe shortly after umgido



Nonhlanhla Mnyandu from Ezemvelo Wildlife which ensured that people feasted inyamazane

STAFF APPOINTMENTS



Ms Sphosethu Sibiya - HR In serve Intern



Mr Xolani Maduna - NCD Coordinator



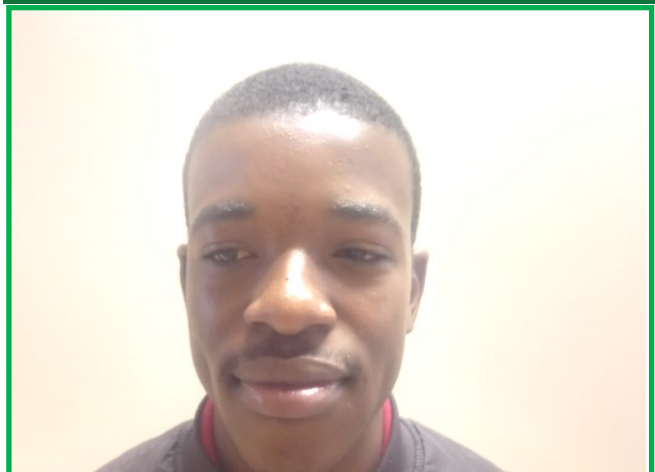
Ms Nontobeko Zwane - Secretary - Intern



Ms Nombuso Mahlangu - HR - in Service Intern



Fanele Vilakazi - Finance & SCM In serve



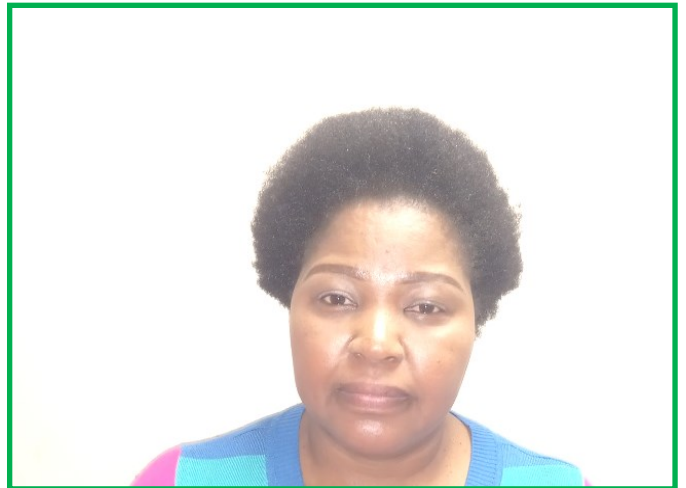
Mr Ntsikelelo Hlophe - SCM In serve



STAFF APPOINTMENTS



Thabile Kunene—HR In serve



Nomusa Khumalo — Assistant Director Finance



Mr Mlungisi Sithole : HR In Service Trainee



Mrs Nonkululeko Msomi : Adherence Facilitator



Mr Sanele Malwanda—SCM Supervisor



ACKNOWLEDGEMENTS

EDITORIAL TEAM

Contact details : 034 328 7012 / 083 8420 343
nonhlanhla.khuzwayo2@kznhealth.gov.za

Amajuba District Health Email
Private Bag x 6661
Newcastle , 2940

Stories and photos by Ms. Nonhlanhla Khuzwayo - Assistant Director: Communications

Edited by Mr. Mercury Nzuza : Acting District Director

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