



## INSENGWAKAZI NEWSLETTER

**BENEDICTINE HOSPITAL**

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### **BENEDICTINE LONG SERVICE AWARDS CEREMONY 2010**



**The Benedictine C.E.O and HR manager with the staff members that received certificates**

**B**enedictine staff that served above 20 and thirty years were awarded certificates of being loyal to the public service and serving the community of Nongoma for the past 20 and 30 years. The purpose of the ceremony is to ensure that all employees who completed 20 and 30 in service are awarded certificates to appreciate the service rendered by all employees concerned. This was also another way of motivating newly employed staff to stay long within the public service. In terms of departmental policy this event, it must held in July on a yearly basis and the number of certificates to be awarded is determined by number of employees who completed 20 and 30 in that particular financial year. The event started on a high note, the awardees were dressed very nicely, and they were accompanied by their relatives to witness the awarding and to celebrate their achievements. The event was graced by the presence of Queen T.J. Zulu, Benedictine C.E.O., and Management. Check out pictures in page 2

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### More pictures on Long Service Award Ceremony.....



## BENEDICTINE C.E.O MESSAGE



**T**he birth of Christ brought God to men, but it took the cross of Christ to bring men to God. God came in human form when Jesus was born in Bethlehem. All who trust him can find renewed strength for every need. For all that God did for the mankind; the Creator deserves all praise from his creation.

Let us praise God. One who spoke the heavens into being by the word of his power. The one who keeps the stars and the planets spinning on their unseen courses. Let us magnify Him, The One who gives us the mysteries of the oceans, Let us exalt Him, the One who made us and crowned us with glory and honor. The Management would like to take this opportunity to wish you and your loved ones a Happy Christmas filled with peace and love. May the New Year bring you prosperity and blessings and great achievements in everything you wish for yourselves.

To the new staff, we would like to welcome them and they must have a good year with us in this institution. To the staff that has passed away we wish to convey our greatest condolences to their families and to their loved ones, we wish to say may their soul rest in peace. To the hospital board we wish to say keep on working hard as you were doing last year. To the community we also thank you for working with us in a good manner keep on !!! With those words I would like to wish you all a blessed 2011



BENEDICTINE MANEGEMENT WISHES ALL THE STAFF MEMBERS BORN IN THE MONTH OF JANUARY A HAPPY BIRTHDAY AND WONDERFUL YEAR FULL OF ENTHUISIAM AND COURAGE, NOT FORGETTING THE CHRISTMAS AND NEW YEARS BABY WE SAY TO THE PAR-ENTS ENJOY THE BEAUTIFUL GIFTS THAT GOD HAS BLESSED YOU WITH

2011



From left Matron Mthethwa holding Njabulo Ngubane and mother, mid-wives and Dr. Zikhali.

CONGRATULATIONS SIYANIBONGELA !!!



Menzo Myeza who is our new years baby 2011

## CHRISTMAS PARTY FOR BENEDICTINE KIDZ



**O**n the 16th of December Dr Naidoo, who was a comm. Serve doctor last year 2009 brought joy and smile to this little faces. Dr Naidoo had soft spot for the Benedictine kids ward and she felt that even in 2010, Christmas will not be Christmas without sharing it with Benedictine peads ward. Big up to Dr Naidoo and may the Lord Almighty richly blesses you!!!!

## INDUCTION PROGRAMME FOR 2011



This is a group of nursing personnel that started in 3 January 2011. The HR department has embarked on an induction programme to make new employees to be clear about services rendered in sections. Miss N Qongqo sharing with the new staff on how her office works, and motivating them to always apply the Batho-Pele principles in their workstations.

## I MALE MEDICAL CIRCUMCISSION

**L**umemeze kwezwakala uHlanga Lomhlabathi entsheni yakwaNongoma ye-silisa, Nathi sabe sesibamba elikhulu iqhaza ekulekeleleni, ukunciphisa izifo ezithathelanayo kodwa ke lokhu okungayifaki I HIV/AIDS lapho. Sibe nomkhankaso wokusoka abafana ngenkulu impumulelo sikwenza mahhala enyangeni kaZibandlela mhla zintathu onyakeni we 2010. Lokhu sikwenza ngenkulu impumulelo sikwenza ngodokotela bethu abaseqophelweni eliphezulu. Nangosuku lokusoka babeqwashiswa ngokuthi akusho ukuthi hamba ulala nanoba ikanjani nanoma ubani. I HIV/AIDS yona ayinakho ukuthi usokile kodwa nje ikhona futhi iyabulala.

**L**omkhankaso kwazise phela wawuphakanyiswe iSilo samandla, Nathi siyisibhedlela sasukuma sanikeleka khona, ekutheni kusizwe umphakathi. Buka nje ngoba ngomhlaka 15 kuya ku 18 Zibandlela iSilo siphethe ngokuthi sibize bonke abafana kuMkhosi Wokweshama obusesigodlweni enyokeni. Kulapho ababeyobonwa khona uHlanga lomhlabathi nokuthi lubanike iziyalo zokuba amadoda emadodeni.

## NURSES DAY OF PRAYER

**B**enedictine Hospital has the past two years revived the annual nurses day of prayer is customarily observed in all provinces in the past. This event is aimed at celebrating nursing as a unique profession, motivating and urging nurses to reflect and recommit themselves to their profession of caring line with nursing pledge of service. The event started on a high note as we were honored by the presence of other Health Centres, district offices, External stakeholders and Local clergy. The place was beautifully decorated, and nurse dressed very nice in their white uniform.



Benedictine nurses marching in their white uniform entering the



Venue beautifully decorated

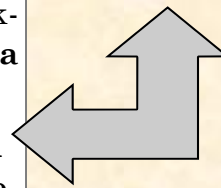


Matron Dube and Matron Massinga dressed in their white uniform looking nice

## GOOD SAMARITAN COMES IN TO EMPILWENI

**S**isesikhathini sokuphana, nanko ke **uMkhandlu wakwaNongoma** usufika uholwa ubaba **uMeya wakwa Nongoma**, ufike nezipho kubantu ebebese mtholampilo eMpilweni. Ufike kwabonakala ezonika labo abasezinhlungwini amaphasela okudla, wenzela nasebehlale isikhathi eside ukudla njengoba ubona. Phela uKhisimuzi isikhathi lapho sisuke sijabulela ukuzalwa kwenkosi Yethu u Jesu Krestu. Kukhulu okukhonjiswe **uMkhandlu wakwaNongoma** nasekucabangeleni umphakathi.

Sidlulisa okukhulu ukubonga ku **Mkhandlu wakwaNongoma siyisiBhedlela Sase Benedictine**



## 5 Things everyone should know about DIABETES

### 1. WHAT IS DIABETES?

You develop diabetes when your body does not make enough insulin or use insulin, without insulin your body cannot get the energy it needs from your food

### 2. DO I HAVE IT?

You will never know as there may be no obvious signs or symptoms e.g. always thirsty, tired, frequent passing water

### 3. IS IT SERIOUS?

Yes, without proper management it can lead to heart and kidney disease, blindness and amputation . Diabetes is a life long condition

### 4. IS THERE A CURE?

No, there is effective treatment and if you know how to take good care of yourself based on good medical advice, you can lead an active healthy life

### 5. WHO IS AT RISK?

Anyone, anywhere, at any age can get diabetes. Being overweight, not exercising, 3 times a week and having a family history of diabetes increases the risk

VISIT YOUR LOCAL CLINIC, DOCTOR or HOSPITAL FOR A TEST

## 16 DAYS OF ACTIVISM AGAINST WOMEN AND CHILDREN



**T**he 16 Days of Activism for No Violence Against Woman and Children campaign is in its 11th year this year. The 16 Days of Activism for No Violence Against Women and Children campaign challenges South Africans to declare a truce on violence against women and children - and ultimately, to make it a permanent one. Around the country, South Africans are being called on to combat violence against women and children. For the 11th year, South Africa is taking part in the global 16 Day of Activism for No Violence Against Women and Children campaign, which runs from 25 Nov (International Day for the Elimination of Violence against Women) through to international Human Rights Day on 10 December. While the campaign runs only for 16 days each year, its objectives are reinforced by a year-long 365 days programme and a national plan to combat abuse. South Africa is still home to high levels of violence against its women and children, despite a world renowned constitution and a legislative overhaul that safeguards women's and children's rights. The government, business, civil society organizations, faith-based organizations and the media are all participating in the drive to increase awareness of the negative impact of violence and abuse on women and children.

### The campaign also aims to:

- Challenge the perpetrators of violence to change their behavior
- Involve men in helping to eradicate violence.
- Provide survivors with information on services and organizations that can help lessen the impact of violence on their lives.

Other ways of support the campaign: Speak out women and child abuse. Encourage silent female victims to challenge Abuse to the police.

**What you can do ?:** South Africa are urged to support the campaign by wearing a white ribbon—a symbol of peace during the 16 Day period to symbolize their commitment to never commit or condone violence against women or children.

## WORLD AIDS DAY



**U**mhla ka 1 December Usuku esihlale sikhumbula ngayo abasishiya ngenxa yesifo sengculazi, nokuqwashisa abaphila ngaphansti kwesandulela ngculai ukuba bazi ukuthi ababodwa Futhi siyabathanda Nathi la e Zululand Health District sihlanganyele nomasipala wase Zululand. Umgubho wawubanjelwe e hall lase Vryheid. Lapha kwakukhona abaholi bomaspala, nabezempilo, neminye iminyango ka Hulumeni izokweseka lomcimbi. Umgomo wosuku wawuthi “**WE ARE RESPONSIBLE**”. kufanele sihlale lukhunjulwa lolusuku ngoba basephelile abantu lokhu kuthiwa bathakathiwe kanti sebehaqwe yilesisifo. kufanele sihlale sigqugquzele ngalo abantu baphumele obala uma sebehaqwe yilesi sifo. Okufanele sikwazi ukuthi imishanguzo iya tholakala emtholampilo uma usunaso. Okunye Futhi kufanele siphile impilo yokudlakahle nokuzivocavoca.

## EDITORS NOTE

**S**ithanda ukubingelela abasebenzi naba Fundi bemagazine Insengwakazi, sibonge kumdali Wethu ngokuba esigcinile kuze kwalapha enathi engasishiyile. Sibonga ngonyaka ka 2010 obenentokozo, sikhumbula imidlalo yendebe yomhlaba (World Cup) eyeyasenza saziqhenya ngobuzwe bethu. Siyawamukela unyaka ka 2011 sithemba ukuthi usiphathele okuhle kodwa

Mina ngingu Mr. Ntshangase S.T. oyi P.R.O. in-serve, ngizoqala ngokubonga isibhedlela nje sisonke ngokunginika lelithuba lokuthi ngithole ukuthi ngihlanganyele kunye nabo ekuthuthukiseni ikhono lami kwezokuxhumana. Ngibonga umama wesibhedlela, umama uMrs. Shamase ngokungamukela nangokukubambisana nami kukho konke. Ngiphinde ngibonge uMiss N. Qongqo ngokungamukela ehhovisi lakhe noma kuthiwa lincane kodwa wavula izandla. Ngicela uqhubeke nokunika abanye ithuba lokufunda, lokhu okwenze kimi ukwenze nakwabanye. uNkulunkulu akuphe amandla wembule nabanye amehlo abafana nami ungadinwa. Ngiyabonga ukubambisana nabo bonke ekade ngisebenzisana nabo. Ngicela nakwabanye nenze njalo nigadinwa. **Ngiyabonga.** Sthanda Ukwazisa ukuthi uma unesikhalazo, izincomo noma ummbono thintana neHovisi lakwa P.R.O, okanye kule ext. 7099

