



KWAZULU-NATAL PROVINCE  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# BETHESDA

# Indaba

APRIL 2025 EDITION

## HEALTH & WELLNESS



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# TAKING FITNESS & HEALTH INTO A PRIORITY TASK..

In the occasion of Promoting Healthy life Style, Bethesda Health and Wellness team is hosting various activities in supporting Healthy Life Style programme. There are lot of other initiatives that have been introduced under the slogan 'HEALTHY LIFE STYLE'. On the 19th March 2025 our team led by Mr. T. Myeni (EAP) practitioner hosted an awareness regarding above in order to assist our staff members in participating in the program me. There are other activities that are taking place currently ,programs such as Aerobics sessions that are taking place on Wednesdays and sports are part of these programs led by Mr. W. Dlamini (Pharmacist assistant). These programs involve various custodians from different departments but our EAP Practitioner, Physiotherapists, Dieticians as well as Occupational therapist (REHAB Team) are front liners in leading us with different tasks. We are leaving in times where our staff members go through different types of stressors , through these programs we are trying to improve physical, mental and emotional health statuses of our staff members. We can never be able to render an excellent service delivery with depressed staff members.



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# THE INTERGRATION GROWS FONDER AS THE EXECUTIVE MANAGEMENT DOES 'OPERATION SIYAHLOLA' TOGETHER WITH THE MEMBERS OF THE HOSPITAL BOARD.



Mr. M. I. Mathe (CEO) ,Bethesda hospital with the executive management and the hospital board committee .



**O**n the 7th March 2025 , our Chief executive officer Mr. Mathe and the executive management took a walk with the Board Members after a successful meeting that has been held, later on the team walked through the hospital checking on reported projects as well as other important operations that are currently underway in Bethesda , such as the management of gardens and grounds, cleanliness etc.

We normally have these board meetings as we are committed in promoting access to information to the public for good support.

We use stakeholders as out mediums of communication as well. This hospital has board members that assist the facility to connect to our local communities as well as they serve on behalf of the department as mediums of communication, The same is taking place through use comprising of councilors.

OPERATION SIYAHLOLA BY THE EXECUTIVE  
MANAGEMENT & THE HOSPITAL BOARD MEMBERS



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OPERATION SIYAHLOLA  
BOARD MEMBERS

# BETHESDA INVADES STREETS OF THE NEAREST TOWN DURING THE CONDOM DISTRIBUTION CAMPAIGN

## STOP THE SPREAD OF STI'S

The 5th February 2025 marked the condom distribution day for Mkuze community. Bethesda Hospital HAST Team conducted a campaign, reminding the citizens of Mkuze Town about the importance of wearing protection during sexual intercourse. The campaign started at the Mkuze Taxi Rank with the leadership of the Transport committee in the taxi rank (Mr. Mashibhisa), Store Managers were invited as well as the community as a whole. We had different delegates from the department of health who joined us as part of the campaign. Mkuze is well known for its population, as a busy town with local locations where lot of people ends up leave their rural homes to reside for opportunities. It is within our responsibility as a local hospital to take part in educating and encouraging youth about being protective and also being able to keep up with such environment whilst abstaining from sex.



OUR STAFF MEMBERS APPROACHING  
SHOPS DURING THE CAMPAIGN



CJ CLOTHING PERSONNEL RECEIVING A  
BOX FULL OF CONDOMS



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We have various types of programs aimed at assisting young girls and the community as a whole about such practices.

Abstaining from sex as well as using the protection is a practical habit. One needs to have strong principles of one self how they normally practice intercourse, what principles do they live under, this even goes to the type of partners they want and choose. Its all about self priority once people have learned how to prioritize themselves then they can be able to control partners regarding the use of protection.

Our staff members moved around town , engaging with the force of different stores as well as agencies and banks distributing condoms and encouraging people about safe sex.

As the hospital we have a good rating starting from people who are ART initiated and compliant to their treatment this goes to TB as well. HAST team is doing well when it comes to the management of the HIV/AIDS /TB Outreach program me. It is within our wishes to achieve 95% prevention of the teenage pregnancy, youth diagnosed with HIV as well as the community that is very practical about using condoms. We need more of an educated society even married couples. We are located in the deep rural area where other people down plays such practices because of tradition, belief and culture. We are looking forward to be able to work more with the traditional authorities , and find ways of how the traditional leaders can be educated about these things too so that they will know how to fit them in when assisting people during traditional consultations. We are working towards making this a norm in rural area that condoms must be used and people must love them selves , value them selves this goes to married men too. We are living in an era with many sexual transmitted diseases , we even discovered out breaks like HFMD which gets to be transmitted sexually, also we have other illnesses such as HEPATITIS and many more nowadays self consideration in rural areas is the word to be spread because its all begin with belief and self worth then people can able to choose where and how they choose to be getting involved in romance.

# CONDOMISE



As everyone can see from the above picture the Department of Health has been introducing different types of condoms from the size, to quality and flavor. We have been improving ever since, this is done in order to meet peoples types of satisfaction and willingness to use. The Department of Health ensures free access to condoms for everyone, we find condoms in cans almost anywhere starting from public toilets, hospital entries, pharmacies, shops in order to relieve people from buying condoms even though we have types of condoms that are manufactured and sold privately, those are condoms in the market sold by different brands like DUREX etc.

In hospitals we have staff members designated to take care of the condo cans, checking expiry dates and filling of the cans when run empty for the community's free access to condoms.



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# PHOTO GALLERY



# ZIVIKELE



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# BIKA SIKUSIZE

## COMPLAINTS RESOLUTION PORTAL



COMPLAINTS



COMPLIMENTS



ENQUIRIES



LOCATE YOUR  
FACILITY



CONTACTS



FOLLOW UP



SELF  
SCREENING



FAQS



FOLLOW US

For more enquiries , complaints , compliments and suggestions our provincial team in the Department of health has Introduced an app aiming to improve access to information for the local community as well as patients. This is a very informative app that makes it simple for everyone to have access into health care services whether they have enquiries or they want to follow up their cases or even when they want directions and need urgent enquiries on certain illnesses this app has all the information. It is very good for those residing at homes, a person can even call for ambulance using the app. It has benefited us a lot as the residents in rural hospitals because our referral patients are now able to contact and have enquiries with regional hospitals. We are currently having daily lessons regarding an app where we educate our patients regarding how to down load the app and where can one find it online, how it works etc.

### HOW TO DOWNLOAD

1. One must be a smart phone user.
2. Google play store.
3. It is called BIKASIKUSIZE app.
4. Download.



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# PHARMACEUTICALS

**UBUWAZI?**  
did you know

*Indaba*

**UNENDING DEDICATION IN PROMOTING ACCESS TO  
INFORMATION EVEN THROUGH CAMPAIGNS.**



Pharmacy staff giving health education in various Out Patient Departments within the facility.

**A FRIENDLY REMINDER : SEPTEMBER MARKS PHARMACY  
MONTH. WE ARE LOOKING TOWARDS THE NEXT AWARENESS CAMPAIGN  
WHICH WILL BE TAKING PLACE THIS YEAR.**

*Sazi story Sakho nephilisi*



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# SIZIMISELE UKUQHUBEKA NOKUHLINZEKA UMPHAKATHI NGEMITHI OYIDINGAYO

UMA UNGAWUTHOLANGA EMTHOLAMPILO  
BIKA KULENOMBOLO



**033 395 2279**

noma



**082 314 1167**

WhatsApp line

*Sizimisele ukukusiza ngoba kuwumsebenzi wethu*

#KZNHealthCares

#AsibeHealthyKZN



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