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CAM

COSH—ACTION—MAGAZINE

TOGETHER EVERYONE ACHIEVES MORE

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CAM

MARCH 2005

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COSH-A WINNER BY NATURE



Another day of celebration at COSH when the management team arrived with trophies that the hospital won at the District Office Award Ceremony.

Lomcimbi bewenziwe mhla 28th kuFebruary 2005 eMzinyathi District Office. Abasebenzi iningi labo obekungabahlangikazi liqoqane eduze kwamasango lilinde ithimba labaphathi ebeselibikezele ukuthi liza nalukhulu.

Abasebenzi bebecula, bekikiza bekhombisa injabulo, okuthe uma bethleka abaphathi kwavele kwahlokoma. Inhloso yalomcimbi bekuwuklommelisa lezozibhedlela ezizenza ngokugculisayo umsebenzi wokunakekela umphakathi.

Izindondo eziwiniwe ilezi:

Uyazibonela nje ukuthi bekuyintokozo yodwa, izindondo zibanjwe ngapha nangapha, kuculwa amaculo okuhlalisa.

Asisebenze ngokuzimisela ukuze lezizindebe zihlale ziseCOSH

Eyokuqala udokotela ozinikele no-sungule isikhungo esizinikele ekunakekeleni labo abaphila negciwane kulesisizinda, okube uDokotela uMoll.

Eyesibili kwaba umklomelo wokuba isibhedlela esihlanzekile kulesisizinda.

Eyesithathu eyokuba isibhedlela esihamba phambili ngenani labantu abathola imishanguzo yegciwane lesandulela ngculazi, eye-

sine kwaba eyomtholampilo okwazile ukubelethisa abantu abaningi ngaphandle kokubadlukisela esibhedlela okube iDouglas.

UMnu Human ongumpathi obekhona futhi kutholakala lezizindondo ebonge kakhulu abasebenzi ngeqhaza abalibambile ekwenzeni lesisibhedlela sibe ngesingcono. Uphinde wagqugquzela ekuba abasebenzi ukuba baqhubeke nokusebenza ngokuzimisela ukuze lezizindebe zihlale ziseCOSH.

SIBHALELE SIZWE

GET TO KNOW YOU.....

LOOK WHO'S JUST JOINED US



MS C.V. DLAMINI

Mbali recently appointed Finance and Systems Manager
Tell us, who are you and where do you come from?

"My name is Cynthia Vuyisile "Mbali" Dlamini. I was born on the 6th of May in Pietermaritzburg. I am the only daughter in the family with two brothers. I worked at King Edward Hospital as a Chief Bookkeeper. I then joined COSH on the 1st of November 2004. I have a National Diploma and a B Tech Degree in Cost and Management Accounting.

How do you feel about working at COSH?

"To me, COSH is the best place to be that has so many challenges. I am very dedicated and committed to contribute in making COSH a winning hospital".

What do you think makes a good manager?

"I believe to be good manager does not mean you have to be on top of everything and everyone. The most important thing is to understand your staff and be able to sympathise with them. You have to get to know their problems before you judge and reprimand them. I also believe in respect amongst the colleagues as without them you would not be a successful

manager. Together the department can grow whilst delivering effectively.

What role do you think women have in the management?

"Women have to be role models, hard workers and never stop dreaming"

Women have to be role players and never stop dreaming

What is your advice to other young woman?

"Life is not an easy road, but one needs to dream and work hard towards achieving her dreams. It is vital to work as a team to reach common goals. Lastly one has to be willing to go an extra mile".

If you are not at work, how do you spend your time?

"I enjoy listening to music, reading magazines, cooking and traveling. I also enjoy spending quality time with my son Lifa who is doing grade one at St. Nicholas School in Pietermaritzburg".



Ms Ntombenhle Zuma from Impendle. She was working at Grey's before joining COSH



Ms Sihle Ngubane from Bergville before joining COSH she was working at Emmaus Hospital

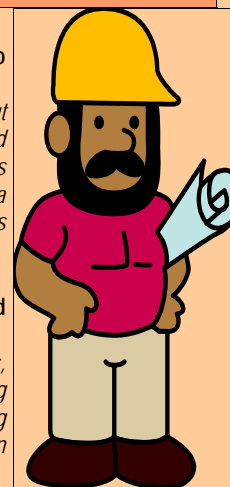


Ms Thully Mathenjwa from Ulundi. She was working for St Mary's Hospital before joining COSH

TRANSFERS

To Group 4/2003, COSH wish you all the best.

Niqhubeke no-kuziphatha kahle nalapho niya khona. We will miss you very much. Good luck to all of you



CONDOLENCES

Sizwisa ukudabuka ngokulahlekelwa ozakwethu abalandelayo.

Patience Bonisiwe Ndlovu
Bonfacia Gabisile Khanyile

Emindenini yakwaNdlovu nakwaKhanyile sengathi iNkosi ingaba nani niduduzeke. Impiphefumulo yabo ilale ngokuthula.

COSH ACTION MAGAZINE—CAM

When I ask Bavumile Ndlovu what is CAM and why CAM? "CAM" she laughed at me and replied " COSH is in action and this action motivates them to perform better and provide a better service to the community". It is no use to preach things that we don't taste by action whether they are attainable or not. Action determines whether you win or you loose. So many projects have been implemented successfully at COSH because of our actions said Bavums. So ACT to see the difference to don't let others act for you.



OSESITHOMBENI uBavumile Ndlovu osiphe igama lebhukwana lethu elithi CAM.

DO YOU HAVE A BROKEN WHEELCHAIR?

Ingabe uphukelwe yi-wheelchair yakho? UThuthukani Sithole noNkosinamandla Zungu can fix it and leave you *umangele*. This project that was started in 1999 in conjunction with the N. G.O. (Flemish Funding Project) to empower disabled people. These two wheelchair doctors use assistive devices and work in old Physiotherapy play-room *ephakathi kwe wodi labesifazane nelezingane*.

There is a levy of R20 to be paid but if an owner *ethola impesheni (disability grant)* repairs are free. If the chair is not repairable, it will be replace *mahhala* to those who receive grant from *uhulumeni*. *Asisebenzise lelithuba* to support Thuthukani and Nkosie. For more information call Vanessa 033 3940004 ext 3060.



ABEZEMPILO EMAHLABA



UYAZIBONELA ukuthi balalele kanjani abantu baseMah-

Bekuwusuku lokucobelelana ngolwazi endaweni yaseMahlaba engaphansi kweNkosi uMajozi ngenkathi izisebenzi zezempilo ebezivela eCOSH ngaphansi komnyango wakwa Primary Health Care zitheleka ukuzohlomulisa umphakathi ngolwazi mayelana

nezempilo. Lomcimbi obuwenzelwe esikoleni iGangiyane Primary School mhlaka 31 March 2005 Ubuhanjelwe amalunga omphakathi angaphezu kuka 300 kuhlangukisa amakhansela, nezinduna zenkosi. Ezinye zezikhulumi ebezikhona bekuwungumdidiyeli waloluhlelo uNkz Msomi obeke wathi "izibalo

AKUKHONO kuyafiwa kulezinsizwa ezisesithombeni ezingo Thuthukani Sithole no Nkosinamandla Zungu

zikhomba ukuthi sikhulu isidingo sokufundisa ngezifo ezithathelanayo ikakhukuzazi isifo sofuba kanye negciwane lengulazi emiphakathini esiphila kuyo. Kuwumsebenzi wabezempilo ukuthi wonke umuntu athole ulwazi ukuze kugwemeke ukubhehetheka kwezifo. Phakathi kwezikhulumi noNkz Zulu obekhuluma ngamakhambi egciwane lengculaza ARV's, uNkz Sithole obecacisa nokunakekelwa kwabantu abagula ngokomqondo, uNkz Cele waseGateway obekhuluma ngezifo zocansi, uNkz Mchunu ongumphathi kwaPHC uMnu B. Sokhela obechaza ngalezizifo okuthiwa amahlalakhona "chronic diseases" kanye noMnu Mashimane osebenza emnyangweni wezenhlalakahle obezochazela umphakathi ngezizimali (grants). Umphakathi uphiwe izikibha, izikhwama kwalandela izibiliboco.



USISTA Msomi ongumdidiyeli echazela umphakathi ngesifo sofuba

COSH CATARACT CASE FINDER TRAINING



On the 01st April 2005, 15 employees from different hospitals in the district together with Community Health Care Workers were awarded certificates after attending Cataract Case Finders Training. This course held at Primary Health Care Hall started on the 29th of March 2005 and finished on the 1st of April 2005. According to Sister Ngubane the aim of this course was to equip these staff members to be able to screen clients with cataract and other eye problems in the pension pay points. Sister Sokhela who was also part of the training said they have started visiting the senior citizens in the pension pay points because these are the people who are mostly affected by eye problems. She also mentioned that it is for the first time COSH conducts this training.

VANESSA'S KITCHEN

OVEN PAN CHOCOLATE CAKE

- 3 cups flour
- 2 cups sugar
- 4 tsp baking powder
- 1 tsp bicarb
- 83mls (third of a cup) cocoa
- pinch salt

Spray and cook or oil oven pan. I use a 25x25cm square dish. Mix dry ingredients well and put in pan.

- In a jug mix:
- 2 cups boiling water
 - 1 cup oil
 - 4 Tblsp white vinegar
 - 2 tsp vanilla essence

Pour over dry ingredients and mix well.
Bake at 180° C for 20-30 mins.

Can be served warm with thick cream, cold with whipped cream, or iced when cool. I make a thick custard, let it cool slightly, and mix in ½cup coconut, and top with that. (Leave to set in fridge overnight, so custard can be sliced)

ZAMISILE'S CORNER....

ATTITUDE

Attitude is a man weapon which should be carried out on a daily basis. It is unforeseen but manifests its characteristics all day long in an individual life. It can make a person to succeed or it can be destructive

How can you define attitude?

This is the tendency or ability to respond to ideas, or any given situation. For one to be successful, one needs to have a positive attitude in whatever is being done or thought of. God created a man in His image. He created him to be above all the living creatures. This reflects positiveness about man from the beginning of life, mankind was created with a purpose to have an impact thus positive attitude is re-



Ms Zamisile Mabaso

quired of man (Genesis chapter 1:26-28). If that is the case let us discuss the word "attitude". There are some prerequisites of a positive attitude that one needs to have, namely

The four C's ie capability, confidence, consultation and calmness.

- **CAPABILITY**
This is about telling yourself that I am beautiful, positive self talk, accepting yourself as you are believing in yourself
- **CONFIDENCE**
Have confidence in whatever you do. Believe that God has created you with an inner strength which will help you to overcome whatever is in front of you. Don't undermine yourself. You have been created with

potentiality and use it in a constructive way.

- **CONSULTATION**
"Indlela ibuzwa kwabaphambili" says a Zulu idiom. There are people ahead that have made it successfully. Don't be scared to consult with them about their secret of success and have a good interpersonal relationship with them

....don't undermine yourself....

- **CALMNESS**
In what ever you plan to do, always leave room for disappointments. In life there is always a diversity which means that things may not go according to your plans. In that case remain calm and say to yourself "I am a winner".

On our next issue we will talk about negative attitude

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HOSPITAL PRAYERS

Kubobonke abasebenzi

UMfundisi Siyabonga Mkhwanazi kanye noMfu Hezekia Sithole bebandla iBody of Christ bayabonga kubasebenzi kanye nabaphathi besibhedlela ngethuba lokuletha imikhuleko kulabo ababanjwe izinhlungu zokugula. Babonga nempatho kubahlengikazi. Sengathi uNkulunkulu angabapha ithemba, baphile bangakhohlwa ukuthi iNkosi iyabathanda.

From Mfu Mkhwanazi noMfu Sithole (kwaMaphumulo)

KUBASEBENZI

Lelibhukwana lingelawowonke umuntu ngakho basebenzi masilisebenzise. Ungaletha noma yini kusukela emahlayeni kuya ezindatshaneni, imisebenzi (projects) nokunye. Thumela ehovisi lePRO noma ufone ext 3020.

Hleka no CAMZAS



A woman comes out of a doctor's room screaming. As she runs down the passage another Dr stops and asks what had happened. After being told he goes to his colleagues and asks "what is the matter with you? Mrs X is 84 years old, has eight grown children and 12 grandchildren and you told her she is pregnant. The doctor smiles and says well it cures her hiccups, didn't it?"

Mr F. I. Mthethwa - College Student

FROM THE DESK OF THE HOSPITAL MANAGER.....



Mr Hans Human - The Hospital Manager

please get a copy from your supervisor / manager. Study it and support it as it is the master plan that will give us direction for the next 12 months.

There are many challenges that lie ahead and only by working together as a unified and strong team we will be able improve services. I am concerned to hear many rumors all over the hospital – to many to mention. Again I want to remind staff to make use of the grievances procedure, complaint/suggestion boxes, PRO, written submissions, appointments, et cetera. To improve formal com-

them as early as possible in order to be solved as soon as possible.

The painting of the wards will be finished soon and the patients will return to their respective wards. The hospital and clinics received many equipment sponsored by the Italian Government. 64 new fire extinguishers have been installed to protect us in case of a fire. Please report people that want to steal it – it is there for your and the safety of the patients. The next phase will be the installation and supply of curtains and bed screens at all of the clinics and all the wards.

The PRO will soon finish with the patient information brochure which will inform them about services rendered, et cetera. A Hospital Housing Committee will be established and will start to operate soon . As demonstrated above it is clear that the hospital is making progress – please support management and soon we will render 5 star health services.

I hope that everyone enjoyed the first issue of the newsletter. Please take ownership and enjoy it. Our strategic plans for 2005/2006 have been finalized and copies of it has been circulated. For those that have not seen it

munications an extended management meeting to be held monthly will commence in April 2005. I want to re-emphasize it that it is our mission to render 5 star services and should there be any concerns please raise

TB AWARENESS DAY—ZIXOXWA NGEZITHOMBE



USister Zulu echaza ngemishanguzo



Kwamazama ihholo sekugida uBig Boy



Ilunga lomphakathi libuza imibuzo



Zazingasala kanjani izibiliboco?



Ikwaya lonompilo namavontiya lalinandisa