

COSH ACTION MAGAZINE

Church of Scotland Hospital, P/Bag x 502, Tugela Ferry, 3010 e-mail h053467@dohho.kzntl.gov.za, 033 493 0004 Fax 033 493 0828/9

Umsinga Candlelight Memorial Service



Health MEC Mrs NP Nkonyeni lighting candles to remember those who have died because of HIV/AIDS Standing with her are local church leaders.

MONDAY, 29th May 2006 was a sad day when more than 8000 people from all districts gathered at Umsinga Packhouse to pray together and to remember those people who have died because of HIV-Aids. Amongst guests were the KNZ Health MEC, Mrs Peggy Nkonyeni, Dr SSS Buthelezi who is a General Manager of Umzinyathi and other districts, Local Mayors, Councilors, Amakhosi, Hospital Board Members and other dignitaries.

In her speech, the Minister who was also the guest speaker for the day thanked those who are working hard to support the sick and also expressed thanks to home based care workers for their effort in a struggle to combat HIV-Aids. She also said that people should not be misled by people who claim that they cure HIV-Aids. **THERE IS NO**

CURE FOR AIDS said the Minister. The minister also requested the community to be aware of people who want to test the effectiveness of their medication to them. She said the government is doing everything in their power to protect people of this country from those individuals who see HIV-Aids an opportunity to make money.

There was also a 15 year old boy by the name of Zimkhitha Shabangu* (name changed) who lost her parents and is also infected by HIV-Aids. In his testimony he said he started taking ARV's in 2005 and his condition has improved. He said he was very sick and ARV's have helped him a lot. He is now staying with her grandma and attending school like any other kids. Another testimony was that of Mrs Zandile Ndaka* (name changed) who lost her daughters

and sons. She is staying with her grandchildren. She said it is not easy to raise kids especially when one doesn't have stable income.

The Minister accompanied by pastors and other religion leaders lit candles and people wrote their messages on the cards in memory of their beloved friends, brothers, sisters, fathers and mothers who died.

Ithemba lamakhatholika, Shembe church members and other local groups entertained the crowds.

Siyabakhumbula!!!

More pictures on page 3



DEVELOPMENTS & NOTICES !!!!!



PLEASE COLLECT YOUR IRP5 CERTIFICATE FROM SINDI MCHUNU AT REGISTRY OFFICE EXT 3004

NEW DESIGNATION FOR THE HOSPITAL MANAGER IS NOW CHIEF EXECUTIVE OFFICER

NEW POSTS ARE ADVERTISED ON THE NOTICE BOARD NEAR THE SECURITY GATE.

INFORMATION KIOSK HAS BEEN INSTALLED AT THE OPD FOR PATIENTS AND STAFF TO USE, IT HAS INFORMATION ABOUT TOP DEPARTMENT OFFICIALS, PATIENTS RIGHTS, DISEASES AND OTHER USEFUL INFORMATION



Sharp Boxes have been installed in all wards and consulting rooms around the hospital. They are used to discard syringes and needles. They replace buckets containers and they are easy to use and safer. Members of compass team are explaining about the correct use of them.

Candlelight Memorial Service - Photo tells stories...!!!



Mrs Fikile Ngema (Black and White skirt) introducing Hospital board Members



Mrs PC Mbatha, Ms BTP Mbatha and Ms Fikile Ngema accompanying the MEC Mrs NP Nkonyeni (Red Suit) to the tent



UShembe church members singing prayer songs



COSH CEO Mr Hans Human and Dr SSS Buthelezi were there.



Audiences praying with candles in their hands



Nonhlanhla Sokhela, Stagoat Zondi, Sindy Mchunu, Thobile Mchunu, Sandile Mhlongo, Sphelele Shange

HEALTH AND HOME ISSUES!!!!

The blood pressure check

After HIV and Aids, stroke and heart disease are the biggest killers of women in this country, according to the South African Medical Research Council. High blood pressure is a major risk factor. It can start in early adulthood and tends to have no symptoms, so many people realize they have it only after suffering a heart attack or stroke

The Oral Health Check Once Every 6 Months

Regular dental check are vital and not just to safeguard your teeth. It's also important to keep an eye on your gums: inflammation can lead to gum disease, as well as bad breath, bleeding gums and tooth loss. It has also been linked to an increased risk of heart disease. This is possibly because the high levels of bacterial by-products that are released into your bloodstream from your mouth when it has an infected spot can cause damage to your vascular system

Recipes!!!

Fat Free Sponge Cake

Ingredients

- 3 eggs
- 1/2 cup castor sugar
- 1/4 cup plain flour
- 1/4 cup cornflour
- 1/4 cup self raising flour

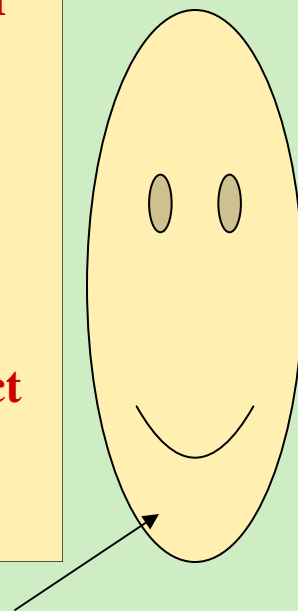
Eggs should be at room temperature. Beat for 7 minutes in an electric mixer, until light and fluffy. Add sugar 1 Tblsp at a time, beating well after each addition to dissolve sugar. Sift flours three times and then sift onto egg mixture. Fold in lightly and pour into prepared tin. Bake at 180—190 degrees for 20—30 minutes

Amasu angakusiza ekhaya

Chathaza uviniga uma ugeza izitsha ezinamafutha ikakhulu uma kade unomcimbi!!!!

What to expect in our next issue?

- **Child Protection Week Event**
- **Steamed pudding recipe**
- **Umzinyathi District Tournament**



Do you have any comments or suggestions?

Call PRO's office 033 4930004 ext 3020

Take A Girl Child To Work 2006



UBronwyn Lindsay uchazela abafundi ngemikhakha tholaka eTherapy.



Abafundi bebhala okubalulekile

YIWONA lamantombazana amancane angabaholi bethu bakusasa abekade esebenza eCOSH mhlaka 02 June 2006. Loluhlelo olwaziwa ngokuthi yi Take A Girl Child To Work beluhanjelwe abafundi abavela ezikoleni ezahlukahlukene zaseMsinga. Labafundi abayisishiyagalombili bephelezelwa othisha babo okunguMs Hlengiwe Majola kanye no Mr Tebogo Parkies. Loluhlelo luqale ngokuthi ngokuthi abafundi baziswe ngemikhakha yezemfundo engatholakala emnyagweni wazempilo. Lokukwaziswa bekenziwa ngochwepheshe nezazi zakuleyo mikhakha okungo Dokotela Ojo, Khosi Dlamini oy-iMedical Technologist, Linda Mbele (Radiographer), Sindy Sibiya (Public Relations Officer), Hlengiwe Sishi (Human Resources), Mr Jogessar (Pharmacist), Bronwyn Lindsay (Occupational Therapist) nabanye. Abafundi bathole nethuba lokusebenza nezazi. Be-beka othisha babo bathe “engathi loluhlelo lungaqhubeka ngoba lunika uqgozi kubafundi ukuthi bagcine beyizinto ezingcono kusasa”



Yilo leliqembu lamantombazane abekade esebenza eCOSH mhlaka 02 June 2006



USBU ukhombisa intombazanyana umzebenzi wase-Laboratory



FAREWELL TO GROUP 6/2005 & GROUP 8/2005 IXOXWA NGEZITHOMBE



Yizo lezizipho okwa-
kushishintshwana
ngazo

Wayigcina nini id-
walatsa? Uma ungayazi
uboza eCOSH uzo-
hamba usuyazi.



05/15/2005

Uveli Mkhize wase "COSH"
ethula amazwi okubonga

We will miss you!!!!



Abafundi benikezela izipho kubaphathi



05/1



Sewungabuza kulezizintokazi ukuthi kwakum-
nandi kanjani ukudla!!!!!!!



uNtombi Mazibuko no Zamisile Mabazo benga-
zibekile phansi

WELCOME TO COSH!!!!!!



Ms Nontobeko Mbatha (Ward Clerk), Ms Nomfundo (Ward Clerk) and Ms Sharoushka Singh (Senior Radiographer)



Ms Noluthando Mchunu (Finance Officer) Ms Sindy Zulu (Tutor) and Mr Jabulani Zungu (Ward Clerk)



Mrs Makhosi Malembe Finance Officer), Ms Nothile Mthembu (Staff Nurse) and Ms Kwenzekile Khumalo (Finance Officer)

Promotions and Birthdays!!!!!!



Congratulations to Dr Ojo. He is now a Medical Manager for Church of Scotland Hospital.



Happy Birthday to Lucky Sithole and Mbali Dlamini. Lucky was turning 14 years and Mbali was turning 16 years on the 06th May 2006

Thanks to Eye Clinic!!!



“Selokhu azalwa umzukulu wami angikaze ngimbone kepha ngosizo engilithole emtholampilo wamehlo kulesisibhedlela sengiyabona” kusho uGogo Nombhinqo Zakwe waseMsinga esigodini sakwaNxamalal. Ugogo Zakwe ngomunye wabatholakala ukuthi kumelwe engulwe ungwengwezi njengoba umtholampilo wameho uvakashela emiholweni nasezivandeni ukusiza labo abanenkinga yokungaboni ememhlweni. Esithombeni sombona eme no Sgaxa Mdletshe ongumesenzi wasemtholampilo wamehlo. Siyakubongela Gogo Zakwe!!!!

Social Scene!!!! Social Scene!!! Social Scene!!!!



Celani Jobe

“Ave ngidansa
uma ngihleli
phansi”



Veli Mkhize and friends



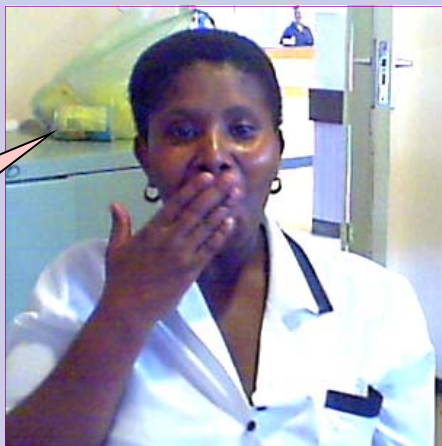
Zamisile Mabaso -
College

“Engathi uyiqalele
phansi lengoma
qala kanje.....”

“Kwasho bani ukuthi
kudansa abasha kup-
hela”

“Uma ngingawinanga
lana kobe ningirobhile”

“Hhuuuu mina
ngiyasaba ukuvela
ezithombeni”



Buyi Zulu—OPD




Bheka “Shezana” Shezi
Workshop

COSH Trip to —Gauteng Province (Leratong Hospital)

On the 21—23 April COSH netball and soccer teams visited Leratong Hospital in Gauteng Province. Teams left of Friday the 21st. Two taxis and two cars carrying members left for Gauteng at 06h00 in the evening. The purpose of the trip is to build relationships with people from other provinces. These staff members known as the *ubumnandi* lovers comprised of hospital staff

have been to different places like kwaNdebele in Mpumalanga Province. According to Mr Mdumiseni Sokhela who is a sports organiser these trips have helped a lot in creating and maintaining better relationships amongst staff. He further said this hospital is situated in a rural area and *ubumnandi uyazenzela*. We had friendly games and COSH netball teams won by 23—6 and

Leratong soccer team beat COSH by 9-2 *ihlazo sesihambe kangaka!!!!*. Apart from playing games we also visited different places like Calton Centre, Gold Reef City and others enjoyed their shopping spree. After games COSH and Leratong had a braai together *umdanso kunqamuka ifiga*.

Photos in page 12 

“Ithi ngiqale ngizifundele
isiPutukezi khane nginge-
zukuhlupheka uma sengi-
funa ukweshela
phambili”



NEXT TRIP

Where? ***Mozambique***
Maputo (*Out of the*
Country) When? ***22—25 Sep-***
tember 2006

What? ***Touring (no games)***
Fees? ***To Be Confirmed***
Requirements? ***Passport***

For more information call
Mdumiseni (3008) or Sindy ext
(3020) or Nonhlanhla (3035)

Lwadiwa kabuhlungu uKHOZI FM eCOSH!!!!!!!



Iqembu laseCOSH kanye neloKHOZI ngaphambi komdlalo



Bekukubi kodwa iCOSH iyohlala iwina nje!!!!!!!

LWAZE lwadiwa kabuhlungu Ukhozi FM eCOSH ngo Mqgibelo mhlaka 20 May 2006. Lomdlalo obuhlelwe yikomiti lezemidlalo eCOSH lapho iCOSH ivele yenza edume ngazo yashaya UKHOZI FM ngamabili kwelilodwa kwelikanobhut-

shuzwayo kwaba angu20—13 kwelomnqakiswa SHAME ON YOU KHOZI!!!!!! Ababukeli batheleke ngizinkani ezinkundleni zemidlalo uzwan gemisindo nje “uyeye uyeye” bedliwa basakazi ICOSH ingazibekile

phansi. Phakathi kwabadlali bokhozi bekukhona uSibonga Mngadi nabanye. Emva komdlalo izivakashi bezilungiselwe okuya ngasethunjini okumnandi ngempela. Usuku belumnandi kukuhle kudele!!!!!!



Iqembu loKHOZI kanye neqembu laseCOSH ngaphambi komdlalo!!

COSH TRIP TO GAUTENG PROVINCE



COSH netball player (Bongiwe Gabela) scored 15 goals

Goals were pouring like water and zishikilisana kuwongaphansi nongaphezulu



Thomas (Leratong Hospital Sports Organiser) welcoming COSH teams



Khuli Sokhela, Veli Mkhize (Isikhokho saseCOSH), Zama Nala and Lungile Dumakude relaxing before games



Sasicula sijabula unga-phika nokuthi sedliwe !!!!

Ungaphika uma ngingathi kwayihora lesibili ekuseni uSiya Zwane edansa ngaseBalfour endleleni eya EGauteng!!!!!!

