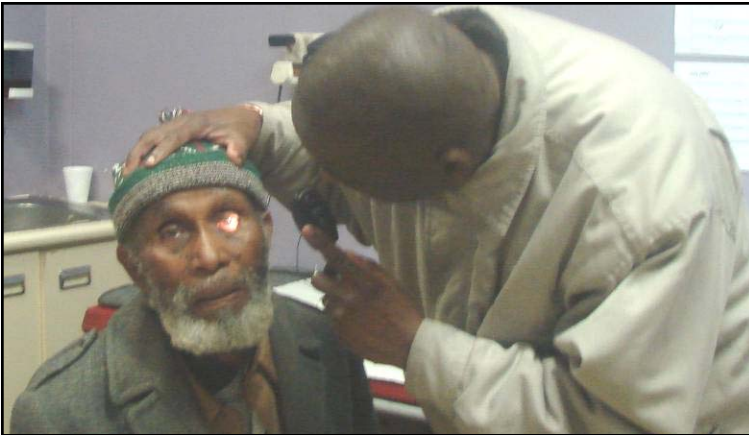


COSH ACTION MAGAZINE

Church of Scotland Hospital , P/ BAG X502 TUGELA FERRY,3010 TEL:033 493 0004 ext 3020 , 033 493 0820
Fax: 033 493 0828, e-mail: sindisiwe.sibiya@kznhealth.gov.za

Eye clinic helps the elderly



Mr Hanson Zondi being screened by the Ophthalmic Nurse Mr Alfred Mekwa.

The eye clinic located at the Church of Scotland is trying to do a lot help for the elderly affected by eye problems.

Nurses from the clinic go out to pay points at various pay stations screening the elderly that has come for their pensions for cataracts and bad eye sight.

One of these people is Mr Hanson Zondi (pictured on the left with an Ophthalmic Nurse) who had cataracts and had them removed on one eye and now has to have them removed on the other eye.

The nurses from the Bureau of Prevention of Blindness(Pretoria) come at specific dates to prescreen the patients with eye problems, those that need spectacles are given and those with

cataracts are removed. The procedure of having cataracts removed takes a day after a day or two they go back home with their eyesight restored.

The Bureau targets three specific areas Umsinga, Nongoma as well as Ulundi according to Ophthalmic Nurse Mr Alfred Mekwa. The operations are free for now as the Bureau is sponsored.

The target that has been set by the Bureau is to have 4000 cataracts removed says Mekwa. The patients only pay an administrative fee of R10 for a consultation. After various screenings a visiting Ophthalmologist joins the team for cataract surgery at the hospital.

By Lungile Landela



The elderly visiting the eye clinic.



Thomas, Robert, Sister Majola and Celimpilo Mdletshe.



Waiting patiently to be seen by the specialist.

INSIDE THIS ISSUE

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Editor's Note



Lungile Landela
PR Intern

Siyanibengelela nonke kulenyanga kajune sithemba ukuthi nizokujabulela ukufunda ipheshana lethu eliphuma njalo ngenyanga likuphathele izindaba ezenzeka esibhedlela iCosh nezindawo ezisondele.

I am Lungile Landela another PR intern and have extensive experience in radio as well as newspaper reporting and I hold a National Diploma in Journalism from ML Sultan Technikon as well as a National Certificate in Clothing Management. We hope that this month's issue will be well received by all because we've done a lot of work to try and please you.

Regular features

This month we take a closer look on what staff relations is and, the tasks carried through by this office so that people gain better knowledge of the various careers people do. We also have regular features like appointments, notices and developments, sports and more.

Lastly I will like to thank Sindisiwe Shabalala for a chance to gain knowledge in this institution as a PR Intern, uqhubeke ukwenze nakwabanye izibusiso zehlele kuwe.

Thank you.

Lungile Landela

Letters & Comments

THUMBS UP SINDY!!!!

I just want 2 thank u for informing us about what's happening at COSH now I have a concrete reason 2 come home because I know what will be happening in terms of entertainment. Please send my regards to Sthembiso (Slense), Fana (Shortman), Fiki (Charmer), Mdu (Zagila), Sandile (Shorkupzozo).
All the best, keep it up(Into enhle iyanconywa).

Mandu Khanyile, Ladysmith (Msinga).

Received via e-mail

Have you got anything to say? Please contact us at the Public Relations Office or by

e-mailing us at

Sindisiwe.Sibiya@Kznhealth.gov.za or call us at 033 493 0820. We would like to get notices from you, news about departments as well as comments.

Keep in touch.

Motivational Talk

I have this belief that whatever we need in life someone is already in the process of taking care of it. That we don't even need to ask he looks after us even when we have abandoned Him, he is always there taking care of us.

All we need do is to believe.

By Lungile Landela

If you have anything to say especially motivational please do not hesitate to contact us or e-mail us. But make sure that the contribution is attributed to the correct author because we do not tolerate plagiarism.

You can drop it off too even if it is hand written we will surely appreciate it.

Thank you Letter

Thank you very much for a very encouraging letter Mandu we will try to keep the newsletter entertaining as well as informative. E Cosh izinto ziyenzeka so everything that happens is bound to be seen on the newsletter. Keep on reading the newsletter we surely will not disappoint you and everyone else.

Regards

Sindy Shabalala

This July all hospital staff will get in—service training on how to manage back pain. For more info or if you are interested please contact the Physiotherapy department on Ext 3060 and talk to Ademola Adewuyi.

Editorial Team

Lungile Landela
Sindisiwe Shabalala
Andile Dladla

Tips on living a healthy lifestyle

1. Most importantly have breakfast .
2. Drink lots of water.
3. Try walking for exercise .
4. Beware of what you put inside your body like junk foods as well as alcohol, try to minimize on them and just reward yourself from time to time.
5. Avoid addiction to anything someone once told me.
6. Laugh more you'll look younger.
7. Be optimistic about life.
8. Live every moment as if it was the last .
9. Love deeply it will be reciprocated.
11. Pray more it gives one clarity on what's important and what is not in life.

From the Manager's desk



Mr H J Human
Church of Scotland's
CEO

Patient care was not compromised and patients were treated with respect . Let's continue this co-operation as social partners knowing that it's all about putting the patients first (Batho Pele) and knowing that our work is about them. We all must remind ourselves constantly that we need to aim to reach vision expressed in the Freedom Charter, our hard fought Constitution and Bill of Rights that protect the vulnerable and guide us towards a better South Africa.

Please note that the strike is now over and everything is back to normal.

We would like to thank our staff for their continued dedication to their work and Organised Labour for the good spirit in which the strike was conducted at COSH.

With this spirit and with the blessings of God we will achieve our vision which is, " To render five star hospital services". I also want to thank the staff that attended the pray groups in the early mornings. Without all of your support we as management would not have coped.

Thank you.

H J Human

The spirit of Batho Pele

APPOINTMENTS



THEMBELIHLE Sithole
Food & Services Manager

Meet the new Food and Services Manager Thembelihle Sithole is from Escort she has a National Diploma in Food & Beverage Management from the Durban University of Technology which she received in 2002. Her previous experience includes working for Entabeni Hospital as a Food Service assistant as well as working as a Daily Manager at Boxer Super Stores. She is 28 years old and very eager to make a valuable contribution to this hospital. We welcome you heart warmly &hope you enjoy the working environment.

Community Action

What we can do about the TB problem?

TB is a community problem. This is because when many in a community have TB, there is a strong chance that other people will catch it. We must prevent TB and help those people who have the disease.

1. We need houses with enough space and fresh air.
2. We need to be able to get healthy foods which do not cost a lot of money.
3. We need cleaner workplaces and so on.

(Taken from a Health Dept poster)

Our visit to Gateway Clinic

The Gateway Clinic is one of the busiest departments situated here at Cosh. It serves as a Primary Health Care Clinic. Sister Chonco is the Sister in Charge at this clinic.

GATEWAY CLINIC
MATERNITY



Sister in charge at the Gateway Clinic

Sister T. Chonco

Stellenbosch students visit Cosh



From left : Willem, Emma, Leaan, Bianca as well as Merise who visit Umsinga every year during the school holidays as part of a Missionary Team.

Pic credit : Lungile Landela

The Physiotherapy department is having an aerobics session at 07H30 am on the 10th of July 2007 on Tuesday this is to create an awareness of living a healthy lifestyle you can contact the department on Ext 3060 or Ext 5051 and speak to Ademola. Go on and have fun!!!

Every year a Missionary team visits Umsinga, the team is made up of a number of people some of these people are students from Stellenbosch University (pictured above). The team consists of a Sports group, a Food group, Medical team as well as a Building Team.

We met the group as they visited the hospital to sing for the sick as well as pray for them. They

were a very enthusiastic bunch even though the area has so much hardship like the shortage of water at times they seemed to be handling things pretty well.

The girls were wearing skirts over pants as well as 'doekies' on their heads to blend well with the people and as a sign of respect of the Zulu culture said Bianca.

By Lungile Landela

**UTHUKELA MUNICIPALITY
INVITES YOU**

Lets visit Ladysmith, we are invited for friendly soccer games as well as netball games.

Date: 14 July 2007
 Venue: Kandahare Sports Ground
 Fees: R80.00
 Time: 08h00

Please see S'bongile @ the Mortuary and Sthembiso @ stores for payments.

For enquiries as well as more information contact :
 Mdumsemi Sokhela on Ext 3139
 S'gaxa Mdletshe on Ext 3017

What is Staff Relations?



MBUSO Nkabinde
 Senior Labour Relations Practitioner

this office is Mbuso Nkabinde. Staff Relations falls under the Human Resource Component operat-

“Labour issues, grievances as well as disciplinary hearings are heard at this office. “

ing under the Labour Relations Act. The function of the Labour Relations Department is to advance economic develop-

between staff, management as well as the public thus making sure that there is a continual improvement in public service delivery.

Labour issues, grievances as well as disciplinary hearings are heard at this office. At the beginning of this year the Staff Relations Component moved to their new offices where each of the three officers occupies his or her

STAFF Relations is mainly responsible for the following functions that include monitoring discipline, processing of grievances lodged by

employees, promoting employer and employee relationship and facilitating Institutional Management and Labour Committee Meetings.

This is a relatively new office as it was established in the year 2006 at the Church of Scotland and only became fully operational in October of 2006.

The person responsible for



NONTOBEKO Dlamini
 Labour Relations Officer

ment, social justice as well as democratization of the workplace. This office basically exist in order to promote a good relationship



NOMATHEMBA Ntombela
 Labour Relations Officer

air—conditioned office with the telephone and a computer. A new computer has been installed for a Senior Human Resource practitioner and one additional computer has been provided for the staff.

Vote of thanks

The PR Office would like to thank everyone who contributed donations for Maphiki Sithole and family nqhubeke nikhwenze nakwabanye.
 Inkosi inibusise.

It doesn't matter which Great Power you believe in, but each one of us believes in a Higher Being and there are always times when we are tired and unable to make the changes we want in our lives, times when we are unable to get ourselves out of situations those times call for prayer. Because it is written in the Bible that whatever we ask from Him, He will provide.

By Lungile Landela

A little delegating will be a lot of help coz I am swamped!!!



INFECTION CONTROL

Why the fuss?

The first nursing champion of Infection Control was Florence Nightingale. Two centuries ago, she advocated for pure air, water, cleanliness and light! Though she had no scientific knowledge of asepsis her observations were evidence based. This was the beginning of sanitary reform.

Disease outbreaks, increasing resistance and the risks of hospital acquired infections have brought the need for Infection Control as a discipline into clear focus. As healthcare develops and saves many lives, many new infection control risks are created.

INFECTION CONTROL PROFESSIONALS include nurses, doctors, microbiologists, epidemiologists, environmental health practitioners and others.

INFECTION CONTROL ACTIVITIES involve:

- The collection and analysis of infection data.
- Infection risk assessment, prevention and control strategies.
- Development and review of Infection Control policies.
- Evaluation of products and procedures.
- Education to reduce infection risks.
- Research participation.
- Environmental monitoring.
- Notification and investigation of outbreaks.
- Compliance with governmental regulations.

THE INFECTION CONTROL PRACTITIONER wears many hats; they are investigators, teachers, patient advocates, researchers, consultants, mentors, statisticians and managers.

HAND HYGIENE REMAINS THE MAJOR FOCUS OF ALL INFECTION CONTROL PROGRAMS THROUGHOUT THE WORLD.

**INFECTION CONTROL
IS IN YOUR HANDS!**

For more advice and training needs contact Kathy on Ext 3062

Netball team loses Tournament

THE Cosh Netball team took part in a Netball Tournament held at the University of Natal Indoor Sports Centre on Saturday the 9th of June.

The joining fee was R200.00 and was contributed by the Cosh team.

Teams that played at this tournament included teams from Pietermaritzburg and Durban.

Cosh played 4 games and was later beaten at the fifth round.

“A Durban team won the tournament”, said Bongive Gabela who was one of the team members to play at the tournament.

The team is preparing itself for the upcoming District and Provincial Tournaments where they promise to do much better. “We promise to play a very professional game and would appreciate if people will give us support,” said team members.



Snapped up at the wrong time!



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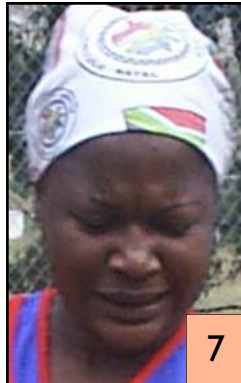
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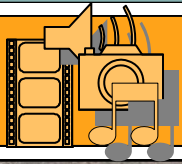


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(From picture 1—9) 1. Vezabantu ‘BV’ Sokhela, 2. Matron Dube, 3. Celani ‘Ihlazo’ Sithole, 4. Celimpilo ‘Sgaxa’ Mdletshe, 5. Nokuthula Manzi, 6. Musa Buthelezi, 7. Nonhlanhla Sokhela, 8. Sandile ‘Rejoice’ Mhlongo, 9. Sindisiwe ‘Mam PRO’ Shabalala.



Sports and Entertainment



Above: Iqembu lase Prince Mshiyeni livakashele lapha eMsinga.

Below: The Cosh team discussing tactics.



Iqembu lase Cosh ngoMgqibelo womhlaka 23 June ngenkathi kudlalwa ne Prince Mshiyeni kanye neNtunjambili.
Pic credit :Andile Dladla



A lot of people pitched to watch the games even though the sun was scorching hot.



The Cosh team showed competitiveness as they played in the hot sun.

As the picture testifies the game was a very tough one between the Cosh Netball team against Prince Mshiyeni but the Cosh team won!

Pic credit: Andile Dladla

