

# COSH ACTION MAGAZINE

TOGETHER EVERYONE ACHIEVES MORE

July 2007

*Move for your health  
campaign—Therapy  
Department*

*Dressing up  
for COSH  
July 2007 !!!!*

*Letters  
and comments*

Our visit to  
Nocomboshe  
Clinic

*New appointments  
DEVELOPMENTS  
and Sports News*

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Pic credit : Sindy Shabalala

## Religious groups visit COSH

**R**eligious groups from different denominations invaded the hospital on Thursday the 12th of July 2007.

Their purpose was to pray for the sick, bring hope to patients and thank staff for their dedication to their work. According to Mam Kwili they were not praying at the hospital only but had extended their prayers to include even the taxi ranks around the area. Even if a person is not physically ill, they

well as staff who were doing a very important job that day, helping people get better. Some of the staff present at this prayer said they were thankful for the commu-



All churches were there and staff joined in.



need spiritual guidance because emotionally they might be suffering. The group while visiting the hospital started at the Primary Health Care Clinic which is Gateway praying for the people as

Mam Kwili was also there

nity's participation in praying for the hospital as members of the public should make sure that they continue moving forward together as one because without the other, there can never be any development. Life needs people with hope and determination, we are all winners.

*Life needs people with hope and determination and we are all winners.....*

## Editor's Note



**S**UMMER is approaching with its full of life events . In September alone we will have tournaments in Richards Bay again!!!! I am pretty sure that 2010 will be hosted in Tugela Ferry. Dreams It is a very good thing to be a dreamer and I am sure all COSHIANS share the same feeling. We also have a trip to Mozambique. Although there is a cry from our friends that the trip must be postponed, surely all people are looking forward to this trip!!! Shame *ondlelen!!!*

### Monthly contributions

Judging by the letters and e-mails received CAM readership is increasing monthly especially and what is interesting to see is that it is not only people in the health sector who find CAM an interesting read but people in other sectors too. We encourage you to send your contributions. This magazine is growing and without you there is no CAM

### Public Relations Trainees

We have two Public Relations Trainees the last two newsletters were published by them. They are Andile Dladla who is a final year PR student from Durban University of Technology and Lungile Landela a qualified journalist and ex newsreader from P4 radio.

### Something to think about

"Man is not the creature of circumstances, circumstances are the creatures of men." - Benjamin Disraeli  
This to me means that we are the creators of our destinies and present situations, we are in control, not the situation controlling us.

Sindy Shabalala

## LETTERS AND COMMENTS

Sawubona Mka Shabalala

Bengifunda I CAM ka May 2007, sengihlangana ne trip eya ekhweni likaMadiba mhla ka 21 – 24 September 2007. Uma uShembe esigcinile, ngaleyo weekend sine provincial tournament e Richardsbay ye soccer ne netball (21 Sept). Mntakama, uyathanda kawuthandi, siyobe sinabadlali base COSH bemele uMzinyathi Health District kuleyo tournament, sizani zingane zakwethu lolohambo luhlehlele olunye usuku ngoba nami ngiyobe ngizohamba ukuya eMozambique. Ngeshwa ngeke sikwazi ukuhlehlisa usuku lwe tournament ngoba luhlelwa e Province ama districts ehlangene onke, avumelana ngalo lolusuku.

Bheki Mchunu—Dundee  
Received via –email

### Response from Editor

Hello Bheki. Thanks for your e-mail and thanks for reading our newsletter. I will forward your concern to the entertainment committee. We value your opinion and hope you will continue sending us more e-mails.

Editor  
Sindy Shabalala

“There is nothing wrong with fitting in, of that there is no doubt but you will be much better when you are standing out”

Author unknown

# A move for your health by Physiotherapy Department

**By Lungile Landela**

The Physiotherapy department conducted a program in June which they call "thorough in -service", specifically targeting "You and Your back" as well as an Aerobics exercise.

The program consisted of lectures as well as an hour of exercise where one hour was for energetic exercise to promote a healthy life style. The lectures spoke specifically about ways to make sure that you don't damage your back by not lifting heavy objects as well as having an ergonomically friendly workplace.

## **"Healthy Lifestyle"**

"The aerobic exercise is intended for staff to lead a healthy lifestyle. Staff cannot regularly exercise so every two months the aerobic exercise will be conducted by the department, this is to motivate staff to exercise their cardiovascular systems as well as shed weight," says Assistant Manager of the Physiotherapy Department Mr Ademola Adewuyi.

"The second part of the program consisted of a preventative program—about "You and your back." This program was aimed at all staff members it relayed the importance of the functioning of the spine, the components as well as possible injuries that may affect the spine.

## **" Risk factors at the workplace"**

A number of risk factors that occur at the workplace were also discussed as well as the importance of an ergonomi-



Everybody was enjoying themselves especially as it was a very cold Winter morning everybody left the Physiotherapy department needing a very cold shower as they were sweating like mad.

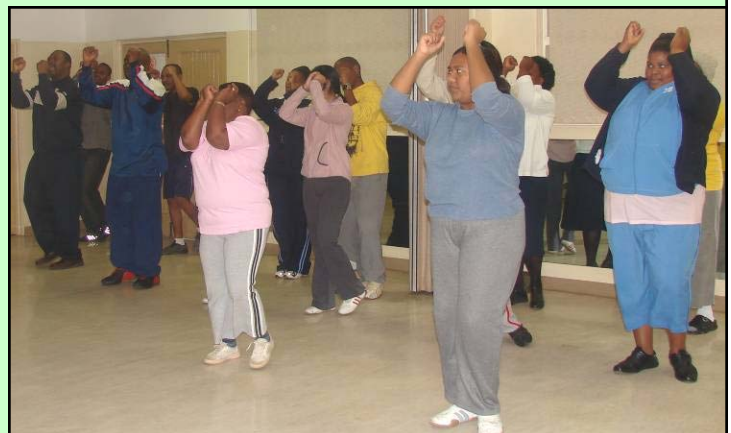
*Pic credit: Lungile Landela*

cally friendly atmosphere at the workplace this in order to decrease the number of people who complain about lower back pain here in COSH," said Adewuyi.

" Four out of five adults complain of back pain in their lifetime which means 85% of Cosh staff is likely to suffer from this and the strategy is to prevent this from continuing," according to Adewuyi.



This was at the beginning of the aerobics exercise as you can see most people are still wearing their sweaters later on they were off.



An energetic exercise to start the day on a high note that is what happened on a Wednesday morning in June when the Physiotherapy department conducted this aerobics exercise.

*Pic credit: Lungile Landela*

## Appointments



Ms Dlamini  
Deputy Nursing  
Manager

To all staff

Ngibonga kakhulu ngeminikelo enayithumela noxhaso ngilahlekelwe odadewethu ababili nomntanami. Sengathi uNkulunkulu anganibusisa nenze nakwabanye. Ubukhona benu benze ngazibona ukuthi nginabafowethu nodadewethu.

Ngiyabonga  
Sent by Maphiki  
Sithole (OPD)

## RESIGNATIONS

1. Mndeni Ndlovu—Staff Nurse (OPD)
2. Khulekani Mbatha—Staff Nurse (Psych)
3. Mbali Dlamini—Finance & Systems Manager

## DEATHS

Sabelo Sithole (Staff Nurse DOTS) and  
Nonhlanhla Mzinyane (Staff Nurse)

## Thank you letters

To all Church of Scotland Hospital Staff

I would like to thank all hospital staff for gifts we received on our wedding. We owe you a lot and may you do the same to others. Your presence meant a lot to us and without you we wouldn't have such a wonderful day. To all of you Thank you very much !!!!!!!

From Sindy and Bongie Shabalala

**Many staff members have approached me enquiring about why are their picture not appearing on the newsletter. This newsletter is ours if you want to appear on it feel free to tell the PRO and your picture will be on the next issue of the magazine**

**EYETHU SONKE!!!!!!!**

# Sivakashele kwaNocomboshe Clinic



FRONT entrance of Nocomboshe Clinic. This clinic is situated in Umsinga Top approximately 25 km from Tugela Ferry. The area is so beautiful with its mountain and evergreen trees. It is under iNkosi Ngubane and it serves the community of Nocomboshe and surrounding areas.



BORN, bred and even peanut buttered in Eastern Cape, Lulu Ndyalvane is the in Sister in Charge of Nocomboshe Clinic. This young and vibrant lady started working at this clinic last year. On our arrival her staff welcomed us warmly which is a sign that Batho Pele is the name of their game. "I want to encourage the people of Umsinga Top to make use of clinic as we are here to provide health services to the clinic.



STAFF resides in these fully furnished and beautiful houses

Ngifisa ukuhlala ngaphakathi kulezizindle ngizophumula



Beautiful view of mountains and Uthukela river on our way to Nocomboshe



Xoshindlala garden with fresh vegetables

# Dressing up for our COSH July!!!!!!



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Durban had its own Vodacom July and COSH cannot be out done that easily so it had its own COSH July 2007.

1. Nkundla Walaza (Psych Ward), 2. Lungile Dumakude (Paeds Ward), 3. Jabulani Zungu (Male Medical), 4. Sthembile Sithole (Gateway), 5. Phumza Danisa (Male TB), 6. Dwaks Dwakaza (Psych Clinic), 7. Sphelele Shange (Home Based Care) 8. Themba Mokoena (ARV Clinic) 9. Siyabonga Zwane (College), 10. Dudu Malibane (OPD), 11. Sandile Mhlongo (Stores), 12. Nonhlanhla Sokhela (Stores), 13. Musa Buthelezi (Male TB), 14. Sboniso Sibisi (DOTS)

## Sports News

**U**mzinyathi District Tournament planned for the 10 August 2007 has been postponed to Friday 24th August 2007 at Dundee Sports grounds. Starting for the games is 09h00 sharp and later comers will NOT be entertained.

Fixture is as follows

### NETBALL

District Office vs CJM  
 Dundee vs Greytown  
 COSH vs District  
 CJM vs Greytown  
 Dundee vs COSH  
 District vs Greytown  
 COSH vs CJM  
 Dundee vs District Office  
 Greytown vs COSH  
 CJM vs Dundee

### SOCEER

Group A is Greytown, Dundee and CJM and group B is EMRS, District Office and COSH

“Zobe zidlana imilala koyobe kubhuqwab-huqwana kubonakale eyogoba uphondo” said Bongiwe Gabe netball captain.

For more information about the tournament please call PRO Sindy Shabalala (3020), Sthe Sokhela (3035) or Bongiwe Gabela (3025)

Walala wasala!!!!!!!

## Moegoes of the month



Slo and Ntuthuko were sent by their supervisors to attend information session organised by the matrons. They got lost in the administration block ended up attending Batho Pele workshop by mistake. After an hour and half they realized that they were actually sitting in the wrong meeting. When they left to attend their meeting they found that their meeting iphelile!!!! Ningidumazile guyz!!!! Real moegoes neh!!!!

*When we were young,  
 there were others to  
 blame, but now that  
 we've learnt. We do just  
 the same.....  
 Author unknown*