

COSH ACTION MAGAZINE

TOGETHER EVERYONE ACHIEVES MORE

August 2007

*Our visit to
COSH Nursing College*

*Letters
& Opinions*

*Health MEC,
Mrs Nkonyeni
visits Umzinyathi*

**2007 Bursary
Road Show**

**COSH Fun
Walk Activity**

**Batho Pele
At A Glance...**

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Sindy Shabalala—Editor & PRO
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033 493 0820 during office hours

Pic credit : Sindy Shabalala

MEC visits Umzinyathi District



MR Nhlanhla Nkosi (Chief Operating Officer) and Mrs Nkonyeni (KZN Health MEC)

Call Sindy or Lungile on 033 493 0820



MR Jabulani Mndebele—Umzinyathi Health Manager

UMZINYATHI District Hospital management and board members gathered at Charles Johnson Memorial Hospital for Imbizo called by the Health MEC, Mrs NP Nkonyeni. This Imbizo took place on the 21st of August 2007. The purpose was to listen to challenges and requests faced by hospitals in the district. Also invited were hospital board members and clinic committees as they are the link between health institutions and the community. According to Mrs Nkonyeni the department is challenged by the shortage of skilled professionals and she mentioned that the department is doing everything in their power to combat that problem. Bursaries are available for youth to study health related careers. What also came up was the improvement of health care in the district in accordance with Batho Pele Principles.



MR Leon Mbangwa—General Manager—Communications



All sub districts managers were there



MRS Gladys Madondo—Chairperson of Church of Scotland Hospital Board

Story and Picture Credits :Sindy Shabalala

NOTICES AND NEW DEVELOPMENTS

STAFF CLINIC

Now available at Occupational Health Centre. Staff is requested to use this facility.

Services available

HIV AIDS and Counseling

- TB Testing
- Doctor
- EAP Services

And many more

For more information call

Chris Dube on ext 3044

ARV CLINIC

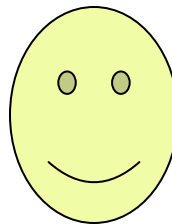
Building of the new clinic is almost complete. At the moment they are using Park Home as a clinic. Soon they will be moving to the newly built clinic with enough space for more services.

CONGRATULATIONS

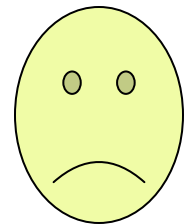
**TO MALE TB WARD
WINNER OF THE JULY INFECTION CONTROL ENVIRONMENTAL AWARD THEY SCORED 91%**

Staff without name tags are requested to report to their supervisors. Supervisors are requested to submit a list of employees without name tags to PRO's office. Wearing of a name tag is compulsory.

"Eish I forgot my name tag"



Happy



Unhappy

Call Sindy Shabalala or Lungile Landela on
033 493 0820

sindisiwe.sibiya@kznhealth.gov.za

EDITOR'S NOTE

Letters and Opinions



Sindy Shabalala
Public Relations Officer

THE month of August is dedicated to women. This month makes us focus on the plight of women as caregivers, nurturers as well as those that are on leadership positions to continue with the struggle to forge on with life because at the end of the day a woman has a very important role to play not only in this country but in the world at large.

Life is very interesting in that a lot of things can happen to you, but it is up to you as an individual to either react or live a life where you are always prepared for anything. To not allow challenges that life throws at you to bring you down but use those challenges as learning curves in this unique experience called life.

Bursary road show

Covered in this issue are Bursary Road Show as well as COSH fun walk. Public Relations department is striving to make this newsletter the best. We have changed the design of the cover page to make it more beautiful and interesting.

Keep reading and letters and suggestions are welcomed.

Thanks,

Sindy Shabalala

Hi Sindi and team

I just want to congratulate you all on a fine newsletter this month, it was really fun and enjoyable, even to the non-Zulu speaking people like myself! Well done.

Kind regards

Shash Narian

Umzinyathi Health District

Thanks Shash and keep reading the newsletter. We appreciate receiving letters from readers. It encourages us to perform even better!!!!

Thanks

Sindy and team

NENZENJALO NAKWABANYE

Ngifisa ukudlulisa ukubonga kwami kubobonke abasebenzi basesibhedlela ngokusisingatha sidlulelwe umfowethu uSimphiwe Sokhela. Ubukhona benu baba negalelo elikhulu engathi ningenza kanjalo nakwabanye!!!

Siyabonga

Nonhlanhla Sokhela

(Stores)

Apologies for a printing error that - appeared on the last issue of July CAM.

*It is Sabelo Sokhela who passed away **NOT** Sabelo Sithole as we printed.*

Apologies for any inconvenience caused.

If you wish to be reminded of when our newsletter is on the intranet please send a blank e-mail with the word "NEWSLETTER" to

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or call PR Office on 033 493 0820

CELEBRATING THE PRESENCE OF WOMEN IN COSH



01



02



03



04



05



06



07



08



09



10



11



12

1. Mavis Bhengu—Paeds
2. Sindy Khumalo—Gateway
3. Snothile Dlamini —Admin
4. Mbali Zwane—OPD
5. Kathy K.—Infection Control
6. Phumzile Dumakude—PHC
7. Makho Madondo— Gateway
8. Ntobe Dlamini—Human Resource
9. Debbie R.—Health & Safety



13



14



15

10. Zodwa Mkhize—Gateway, 11. Mrs Sithole—Transport, 12. Mbali Zwane—OPD, 13. Mrs Dumakude, 14. Nkosingiphile Ntuli (College), 15. Khonzaphi Zulu (OPD)

Umsinga Bursary Road Show

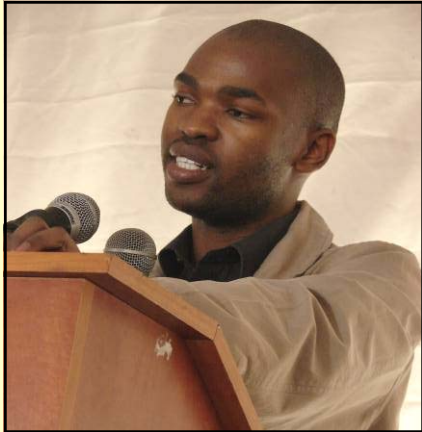


“Ukube lezingane ziyazi ukuthi isikole sesizocina ebangeni lesi 14 ngabe azibhengi kanje osizwile se-bengihlebele ukuthi siya kuya Grade 14 ngajabula.”



Nomalanga the Dietician from COSH

Scholars from Cabangokuhle High School provided a very interesting form of entertainment.



Doctor Sizwe Gumede telling pupils about the Medical field.

THE Umzinyathi District conducted a bursary road show on the 08th of August aimed at pupils from disadvantaged backgrounds to inform them about the availability of bursaries in the Health sector. The event took place at Abathembu Hall with 11 speakers from different occupations. They gave speeches containing information on the requirements one needs to enter those specific careers. Approximately 20 busses collected pupils from all over the Umsinga area. “Pupils must stop the tendency of taking subjects on standard grade but must have the courage to do subjects on the higher grade as this gives them more points for admission at a tertiary institution” said Mrs Mkhize from Head Office.

Amongst speakers were Dr Sizwe Gumede, Thandeka Tsatsimbe (Radiographer), Lethukuthula Mbatha(EMRS) and others from various departments . The programme director for the day was the young and petite lady Duma Shange. She was able to entertain the audience, keeping pupils on their feet jiving to the music. Mrs V.G Shange presented the pupils with a motivational talk where she said it is imperative for pupils to mingle with only successful people and for them to protect themselves from HIV/ AIDS and drugs as this will hamper their progress in life.



Mrs V.G Mkhize presenting a motivational speech



Pupils from various schools around Msinga

Pic/story credit: Lungile Landela

LOOK WHO'S JUST JOINED US!!!!



NTOMBENHLE Ma-
jola Umsinga
Ward Clerk



WENDY Ntshingila
KwaMashu.
Safety Officer.



Dr Lina Forsman
Sweden
Senior Med Officer

FAREWELLS

- Mr Siyabonga Zwane—Staff Nurse
- Ms Linda Mthembu—Finance Management Officer
- Jabulani from Pharmacy has left us for Greytown

BATHO PELE AT A GLANCE...

In all public service institution you find Batho Pele posters mounted on the wall. I am reluctant to say all public servants understand the meaning or the content of the whole poster. Some of us know all principles by heart but don't understand the principles. The word quality assurance works hand in hand with Batho Pele principles. I must emphasize that these principles are there to guide us and to assist us to improve the level of quality care to the communities.

Consultation

A consultant is a person that in my understanding has all the information. She is the front line of every institution for instance a help desk receptionist in the institution. Where does she get all the information? All information comes from the supervisors ie all decisions taken should be communicated to all staff in all levels. That information equip consultants to be able to provide assistance to clients. Consultants are the people whom the clients interact with on daily basis, they voice their opinions, suggestions and complaints to them. It is therefore imperative to consult with people in a language they understand for instance an old lady of 75 who is illiterate and who cannot understand work jargons we use in our working world. Public service has different types of clients ie foreigners people who are hearing and vision disability. How do we consult with these people? Do we have systems in place to tackle these barriers? Do we have Sign Language Practitioners, Are we skilled in different languages? Do we provide information in all languages? If no why, is that what we call quality assurance? Consultants should have an immediate supervisor to "consult" with in order to efficiently provide relevant and factual information to the clients. Consultants should have interviewing skills in order to effectively obtain information from the client. Wearing of name tags provides a friendly atmosphere to clients and it promotes trust in you as a consultant. Consultation can take place by means of telephone, face to face and it starts from the security at the gate to the last consultant.

In our next issue we will tackle COURTESY another principle which if not followed leads to negative publicity.

By Sindy Shabalala

Departments who didn't attend the workshop on Batho Pele should consult the PRO, Sindy Shabalala. The PRO can only conduct training to a group of 20–25 people. For more information call

Sindy Shabalala on 033 493 0820

Our visit to Nursing College



Mrs BTP
Mbatha
Principal



Front view of the college

COSH Nursing College under the leadership of Ms BTP Mbatha is situated inside the hospital premises. It offers two year programme. It has 7 tutors, two officers and general orderlies. It has three classrooms, library as well as demonstration room. The Nursing College is well maintained with beautiful grass and trees as well as a very conducive environment for learning. At reception you will find Nozipho Langa as the Support Services Officer.



College is equipped with qualified lecturers

For more information please call Ms Mbatha on 033 4930004 ext 3081 or visit www.kznhealth.gov.za/coshospital.htm



Students in lecture room



Nozipho Langa

Picture Credit : Lungile Landela

Move For Your Health



Entrants listening to health guide training

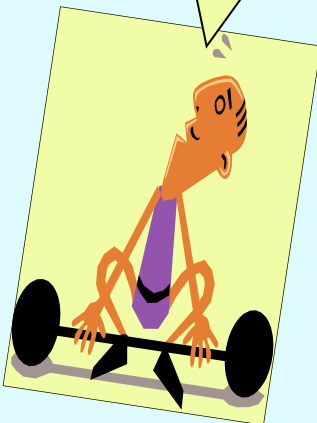
Umthetho omusha uthi sekuzophoqeleka ukuhamba ngezinyawo uma abantu beya emsebenzini



LIVING a healthy life style is a challenge to many people. Eating healthy food like spinach, beans, samp, boiled meat *abakhwekazi*. Junk food and elevators to the first floor are winning. Physiotherapy department decided to remind us of this by organising Fun Day move for your health event of the 22nd August 2007. This was a 4 kilometer walk from the hospital to KwaMabaso. More that 50 staff members dressed in their sports were joined in. Bottled water and refreshments were prepared.

The dietician, Ms Noelene Naicker gave entrants a healthy eating guide after measuring their weight and height. All participants received certificates of participation in the fun walk. The winner was Sandile "Rejoice" Mhlongo. According to Sandile when he was young he used to walk more than 10 km to and from school. But today he tired after walking a short distance.

More events are planned as part of this initiative. Keep watching the space for more...



Linda Mbhele, Matron Dube, Linda Mthembu, Sindy Shabalala, Musa Khanyile and Ndu Mabaso



On your marks are Fezile Thabede, Noluthando Hlongwane and Sindy Shabalala



Picture credit: Musa Buthelezi (Student Nurse)

Story : Sindy Shabalala

SPORTS & ENTERTAINMENT

Umzinyathi District Tournament will take place in the 7th September at Si-bongile Stadium in Dundee. Kobe kungu qhude manikiniki. Players are requested to be at the gate at 07h00 for transport. Special arrangements should be made with supervisors on time. Players meeting is scheduled for Thursday 06th September 2007 at 16h00 at the hospital boardroom.

Walala wasala

SNAPPARAZI!!!!



Linda Khumalo



Stargoat Zondi



Maphitha Sithole



Ntokozo

Quotable Quotes

Your words, your dreams, and your thoughts have the power to create conditions in your life.

What you speak about you can bring about.

If you keep saying you can't stand your job, you might lose your job.

If you keep saying you can't stand your body, your body can become sick.

If you keep saying you're always broke, guess what? You will always be broke.

If you keep saying you can't find a job, you will remain unemployed.

If you keep saying you can't find someone to love you or believe in you, your very thoughts will attract more experiences to confirm your belief.

Turn your thoughts and conversations around to be more positive and power packed with faith, hope. Love and action.

Don't be afraid to believe that you can have what you want and deserve.

(Author unknown)

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