

CAM

COSH ACTION MAGAZINE

TOGETHER EVERYONE ACHIEVES MORE

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CAM

APRIL 2005

SIYITHELE NGEHLAZO I-EMMAUS!!!!



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YI ZO lezinsizwa eziguqise i-Emmaus ngamabili eqandeni

ON Saturday, 23 April 2005 Church of Scotland soccer and netball teams visited Emmaus Hospital in Winterton for friendly games. Besingazimisele kanje kanti nemidlalo iqhubeka kahle kakhulu. Our netball team won “ngamagoli angu 20 kwama 3” IHLAZO PHELA LELI. Izinsizwa zangakithi eMsinga zaqumba phansi ezasoKhahlamba ngamagoli amabili eqandeni 2 – 0. Angikaze ngiyibone into enje !!!! The audiences were singing, ebon-gela kuwumqhudelwano wangem-pela. Some of the fans were inter-

viewed and they mentioned that games like this reminds them of their school days when they use to go on school trips and come back with pages full of addresses.

COSH was accompanied by Finance & Systems Manager, Ms Mbali Dlamini, Mr Nhlanhla Shezi who is a Human Resources Manager at Greytown Hospital and Sindi Sibiya who is a

institutions to support sports teams and also to encourage their staff members participate. This doesn't only help in reducing stress but also to meet new people. To show that this was a friendly game Emmaus had prepared delicious food for us and some of them ended up celebrating with us. “We are planning to visit other hospitals in Mpumalanga Province and sizimisele and ukuphumelela simise igama laseCOSH” said our sports organiser Nonhlanhla Sokhela. **Izithombe ekhasini 3.**

Institutions should support sports teams and encourage all staff members to participate

US PAEDIATRICS VISIT COSH

On the 25th march 2005, 18 Paediatrics from United States visited Church of Scotland Hospital in Umsinga . The aim of the visit was to gain an understanding on the provision of paediatric services in rural areas of KwaZulu Natal. Dr van der Merwe conducted a presentation and in his speech he explained about traditional health care, most common ailments and risks, concept of person wellness in treating patients and other topics. They were taken to children's ward and nursery where they met babies. They also presented microscope as a gift to the hospital and visited some of our patients at their homes and orphans at Tugela Ferry Mission Church..



10/04/2005

Udokotela van der Merwe wethula inkulumo

KUQWASHISWA NGE GCIWANE LENGCULAZI EZIKOLENI



13/04/2005



13/04/2005

TOP: Sakhiseni students listening to the speakers LEFT: Umsinga Arts group performing on stage

Bekuwasuku lokucobelelana ngolwazi mhlaka 29 April 2005 kanti abafundi baseSakhiseni High School eMsinga babheme bakholwa ngesikhathi bevakashelwe abasebenzi bezempilo baseCOSH ngaphansi komnyango wakwa HIV-AIDS. Lomcimbi obuhlelwe lesikole ubucelwe ngothisha ngenxa yokubona izinga lokukhulelwa kwentsha.

Phakathi kwezihambeli bekukhona neqembu elibizwa ngokuthi uMsinga Arts elinomdlalo walo ohamba phambili wokuqwashisa ngigciwane lengculazi nesandulela. Phakathi kwezikhulumeli bekukhona uSphelele Shange obengumphathi wohlelo, Lulama Sithole ongumeluleki, Thobile Dlamini naye ongumeluleki, Sbhongile Duma-kude kanye noZethemba Zikalala naye

ongumeluleki. Isiqubulo sosuku besithi "2020 love to be there". Abafundi bebebuzwa imibuzo belalele futhi bakhombise ukulithokozela lolusuku. Ngokusho kukaLulama zisenengi izikole ezisazovakashelwa ngoba kunesidingo sokufundisa ngegciwane.

"2020 LOVE TO BE THERE"
More photos on page 9

EZASEBHOLENI ZIXOXWA NGEZITHOMBE



COSH netball team before the game



uNonhlanhla Sokhela wenza ezibukwayo



Wayesiphethe khona ngengoma uSgaxa



Yizo lezintokazi esigadla ngazo



Amaqembu aseCOSH emva komdlalo



uMakhiseni Sokhela uyagida

GET TO KNOW YOU.....

Khumbu recently appointed Social Worker for COSH.

Tell us, who are you and where do you come from?

“My name is Khumbulani Pearl Makhoba. I was born on the 14th of February 1979 at Hlabisa. I am the 3rd daughter in the family. I worked at Durban Mental Health as a Social Worker. I have a BA Degree in Social Work.

How do you feel about being a COSH employee?

“I think being a COSH staff member will be great and COSH will be the best place to be”.

What do you think makes a good social worker?

A good social worker should be able to apply his or her knowledge skills and attitude to people. She should be able to empower them with capacity to handle their own difficulties. Patience and tolerance are essential especially when one has to give support to people who are sick and depressed .

What is your advice to other young women?

This is our time, we must take this opportunity where everybody has a right to show our strength. Women are the key to African



MS KHUMBU MAKHOBA

Renaissance. Women must be confident and show others their strength and that they can be able to do things for themselves

How do you spend you spare time

I enjoy watching movies, reading books and going to parties with my friends. I am also a shoppaholic.

APPOINTMENTS



Mr Sthembiso Sokhela from Umsinga has been appointed as an Administration Clerk

LAUGHING CORNER.....

A pre-school teacher asked kids in her class to write letters to GOD and here are they:

Dear God

“Thank you for a baby brother, but what I prayed for was a puppy”

Dear God

“If Cain and Abel had their own rooms., they wouldn’t kill each other so much . It works with my brother uJabu”

Dear God

“I went to this wedding and they kissed right in church , is that alright with you”?

Dear God

“Is it true that you work day and night and always watching us. If so who does it when you are on holiday”?

By Ntokozo Ntshiza - HR department

ISIMEMO

Kumanya bonke abasebenzi ezinkonzweni eziqhubekayo eziseChapel. Lezinkonzo ziqala ngo06h30 kusihlwa nsuku zonke. Uyamenywa ukuba uzozizwela uzibonele indumuso nezimanga zenzeka. Phakathi kwabashumayeli kukhona noMfundisi uKhoza waseMondlo. Ukuphumelela kwakho kungaba wusizo emoyeni nasemphefumulweni wakho. Asilisebenzise lelithuba sihlanguyele ukukhonza iNkosi.

DYNAMITES SECTION



Bezingajabule kanje izingane zikaMrs Sokhela osebenza eLaundry. Ezithombeni simbona enamadodakazi akhe ezobungaza ukufika ku-kadadewabo uAKHONA. Ubungafunga ukuthi umntwana bekungowabo, bebangukumpatha.



Benza kanje obaba abanothando. Sibona uLulama osebenza eGunjana Clinic ekanye noSandile Mhlongo osebenza eStores bejabulela ukufika kwendodana yabo UMAHLONGASANDA AYABONGA QOPHELO MHLONGO

Ubisi lwebele luhamba phambili. Leli ivangeli elihlale lishunyayelwa njalo eCOSH. Umama kaZothile Mbatha onguBuhlebakhe Sokhela akaphuthi nakancabe ukuletha umntwana ekliniki



Nami ngiyakwazi njalo ukugada umntwana



ZAMISILE'S CORNER

ATTITUDE

In our last issue we were talking about positive attitude. We heard more about things that go hand in hand with positive attitude. This month we are dealing with negative attitude.

WHAT IS NEGATIVE ATTITUDE?

This is very destructive in one's life. It makes one to undermine him or herself and be doubtful, hater, competitive and expect more than others while giving less. There are four elements that we will discuss to get clarification on negative attitude ie CONDEM, COMPLAIN, COMPROMISE AND CONTRADICTION

CONDEM

A person with a negative attitude always condemns him or herself. He or she always shifts a blame of being a failure to others. In

his or failure there is a reason attached. His / her mind is in a shadow of being passive and ready to criticize whatever progress is done by other people. The subconscious mind of that individual is full of "I am not capable, this is too high for me, this is for descent people and not me.

....always shift a blame to others and in his or her failure there is a reason attached....

negative inputs in whatever thing being done or said. That individual is very fluent in substantiating her complaints and does not want any way forward in any problem.



COMPROMISE

When an individual have a negative attitude, he or she always compromise and live under the mist of being unable to succeed. She is often tempted to be submissive, because of being unable to verbalise his or her feelings

CONTRADICTION

Negative attitude make makes a person to contradicts himself or herself. What he or she utter always contradicts with his or her inner world and pretend as happy and satisfied.

Let us look at ourselves as individuals and identify where do we belong.

On our next issue we will talk about a defence mechanism called DENIAL .

Staff is encouraged to submit their stories to the Public Relations Officer. Letters to the editor, jokes, receipts etc are acceptable.

TILL NEXT TIME

Vanessa's kitchen....

HEALTH RUSKS

500ml (2 cups) buttermilk/
maas

2 eggs - beaten

400g (2 cups) sugar

500ml (500g) melted butter

1 tsp bicarbonate of soda

*Beat above well together

1kg flour

3 tsp baking powder

750ml (3 cups) crushed All-Bran (or such like)

optional - sunflower seeds

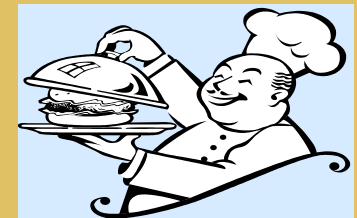
*Mix dry ingredients, then add the wet stuff and mix all together. Put into

greased dish/oven pan and bake at 180°C for 45 mins.

Let cool in tin. Turn out and cut into rusks and dry out in cool oven. (100° C overnight)

Staff can call Vanessa for cooking and baking tips.

If it's not delicious then it's COSHY...



Our next month recipe is a Carrot Cake

Till next time

...FROM THE DESK OF THE HOSPITAL MANAGER

THIS is our third newsletter and we are still going strong.

Our budget for 2005/06 has been approved and has been loaded on the system. With the knowledge what amount is available management identified certain critical posts to be filled but unfortunately all posts, except those of clinical staff, has been frozen by head office till further notice.

A new security company has been appointed and they will commence with their services on 1 June 2005.

Our annual skills development plan has been finalized and submitted to the District Office and training courses will be planned accordingly. In order to render better services and to improve our customer care seven persons representing different sections attended a three day Excellent Customer Service course in Pietermaritzburg. I have been told that they learned a lot and they are committed to introduce the lessons learned.

Management is in the process of investigations and negotiations looking

at the possibility to utilize the empty dormitories at the Msinga High School as additional staff accommodation. If



Mr Hans Human
HOSPITAL MANAGER

we are successful it will assist COSH a lot to attract and is part of our retention strategy. To all the visitors from overseas, the provincial and district support, thank you – we really appreciate it.

I want to again to request the staff to use this communication medium because we do not see any letters from staff. Anonymous letters can be sub-

mitted and our editor is committing herself that your wishes will be respected. Management need to know what your fears, frustrations, suggestions and contributions are. Only then can we focus on specific issues. A waiting time survey has been done and the results are promising. It has been decided that during the next round more questions will be asked. All clients get their medicine within 30 minutes at the pharmacy – well done!! The waiting times at the ART/VCT/CDC site is very long- please be patient, we are doing our best to address the issue.

To all the clinics out there – rest assure you are very important to us - according to our operational plans 70% of our actions will be focusing on strengthen PHC. To all the hard working and dedicated staff – thank you. I and my managers need you and without your support it will not be possible to achieve this much..

KWENZEKANI EMTHOLAMPILO WAMEHLO???

MORE than 100 patients were screened at COSH Eye Clinic on the 20th April 2005. Three gentlemen from the Bureau Prevention of Blindness Mr Samuel Mulovhedzi, Mr Peter Mtshweni and Mr Thomas Masenya came to the hospital to do a cataract search. There will be another screening on the 12th July 2005 which will be followed by operations on the same week. According to Sister Sokhela they visit pension paypoints to find patients with cataract problem. They then refer them to the hospital for further examination and operations.

sengikwazi
nozifundela
ibhayibheli



Umnu Peter Mtshweni uxilonga
amehlo kamkhulu.

Freedom Day Celebration !!!!!



uSaMvuso, uSankazi, uSaLwa, nobaba waseLawundini



uMwali noSandile (tsibha, tsibha wena)



usaLwa (Fortune) wayedle ngokusi-modelela



uCelani Jobe(sishayi'guqa, guqa ngamadodolo)

If you think Umsinga is a boring place, CA-BANGISISA. A group of staff members came together and decided to have a party to celebrate Freedom Day. This party was organised by staff members who did go home on the 27th of April because that holiday was during the week. The party wasn't planned but turned out to be enjoyable as you see on the photos. Participants were singing, dancing, modelling, telling jokes *abanye begida*. Parties like these are more helpful in reducing stress also to assist in building relationships with other staff members, friends.



UMlungisi wayesesiqedile ngehlaya



Get down, get down!!!! Mdletshe wena man!!!



Kwakumnandi kudile



uThulani wayezephula, eziphoqoza

DANGERS OF BEING A WORKAHOLIC....

Workplace challenges and life in general sometimes forces us to stretch ourselves to the limit. We work longer hours or bring work home in order to meet deadlines or to earn extra money. Other people no matter how busy they are at work still find time to do other things outside of work such as spending time with friends and family.

Spare time and leisure doesn't exist in a workaholic vocabulary because they are obsessed and addicted to work. They prefer to work than doing other things, worry about deadlines and always preoccupied with job related issues. They find it difficult to balance work and personal lives and this may lead to burnout physically and mentally. Their personal lives suffer because they invest most of their time in work



than in building relationships. Some people because become workaholics unconsciously to hide or deal with problems in their lives which could lead to emotional, physical psychological and mental exhaustion.

Things to watch out for

Work extra hours, almost every day

- Taking your work home, almost everyday
- Working on weekends
- Rarely taking time off
- Putting work before home and family, missing important family events because of job demands
- Finding it difficult to say "no" to work demands, even when you know you have too much on your plate.
- Fighting and breaking up with partners

Remedies

- Learn to accept that work pressure will always be there and you can't do everything
- Get grips with why you are overloaded and address your problems



- Spend quality time with friends and family
- Decide what is important to you.
- Always plan for personal, private time to take your mind off stressful things
- Learn to say no.

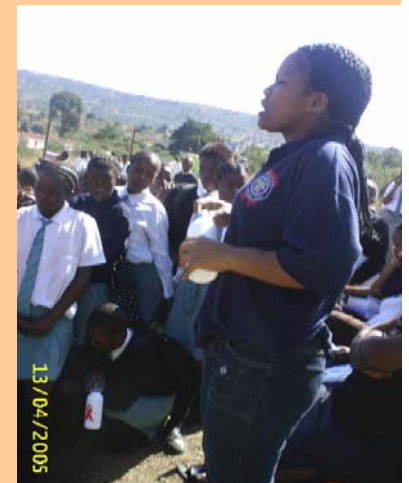
Veronica Nzimande (X-Ray department)

HIV-AIDS AWARENESS FOR SCHOOLS (PHOTO TELLS STORIES)



KWESOKUDLA: uSphelele Shange wayephethe uhlelo

KWESOKUNXELE: Abafundi babuza imibuzo



KWESOKUDLA: Othisha baSesakhiseni babeyingxenye yomcimbi

KWESOKUNXELE: Iqembu loMsinga Arts esiteji

