



**HEALTH**  
KwaZulu-Natal



# ACTION MAGAZINE | 2ND EDITION, ISSUE 2

EDITION 2, ISSUE 2

## COSH ACTION MAGAZINE

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JANUARY 2011

### INSIDE THIS ISSUE:

|  |    |
|--|----|
| MEC RADEBE LAUNCH HCT TO THE COMMUNITY OF UMSINGA                          | 2  |
| WELCOME ABOARD AND FAREWELL...   | 3  |
| COSH AWARD CEREMONY  | 4  |
| STAFF WELLNESS DAY AND HCT LAUNCH TO STAFF                                 | 5  |
| UMSINGA CELEBRATES 16 DAYS OF ACTIVISM                                     | 6  |
| 16 DAYS OF ACTIVISM IN PHOTOS  | 7  |
| INTERVIEW WITH PRO IN-SERVICE TRAINEE                                      | 8  |
| MEET NEW IN-SERVICE TRAINEES   | 8  |
| COSH NURSING COLLEGE YEAR-END FUNCTION                                     | 9  |
| FEMALE MEDICAL WARD FAREWELL FUNCTION AND X-MAS PARTY                      | 10 |
| PAEDIATRIC WARD CHRISTMAS PARTY  | 10 |
| SURGICAL WARD X-MAS PARTY  | 11 |
| ARV CLINIC X-MAS PARTY   | 11 |
| PATH'S MATERNAL AND NEWBORN HEALTH TECHNOLOGY INITIATIVE A SUCCESS AT COSH | 12 |
| WORLD AIDS DAY CELEBRATION   | 13 |
| SPORT PAGE   | 14 |

## CEO BIDS FAREWELL TO KZN DEPARTMENT OF HEALTH



Mr H.J Human, CEO

Dear Colleagues

I have been offered a post of Chief Executive Officer (CEO) at Mowbray Maternity Hospital, Cape Town, which I have accepted and will assume my duties at the new hospital on 1 February 2010.

I assumed my duties at Church of Scotland Hospital (COSH) under KwaZulu-Natal Provincial Administration in July 2003 and it has been a rollercoaster time of my life with many challenges, successes, highs and lows.

I enjoyed every bit of it and I was always supported by all staff, which I appreciated a lot. I will honestly miss each and everybody at COSH and Umzinyathi Health District. But there is a time to move on in life and look for new challenges in order to grow and to develop even further.

One of the main reasons of me being promoted is our staff that molded, shaped, strengthened, developed and advised me in such a positive manner that I grew and became a much stronger and matured leader and manager. My promotion is therefore your "fault" and you are all to be "blamed" for it.

I will always remember the time spent at COSH of my being happiest years of my life and will miss you all, dearly.

You are still here and all must still strive to reach our end goal which is the rendering of five star hospital services to the community of uMsinga. I wish you well in your future endeavours and May God bless you and be with you all.

H J HUMAN

CHIEF EXECUTIVE OFFICE: CHURCH OF SCOTLAND HOSPITAL

## MEC RADEBE LAUNCH HCT TO THE COMMUNITY OF UMSINGA

**K**waZulu-Natal MEC for Social Development, Dr Meshack Radebe Launched HIV Counseling and Testing at Msinga Sub-district. Hundreds of Community members tested to mark the launch on the 19th of November 2010 at Bathembu Community Hall in Umsinga.

The event planned and Co-ordinated by the local flagship team aimed at re-enforcing what the President of the Country, Mr Jacob Zuma had

launched later in 2009, under the theme “I am responsible, we are responsible, South Africa is taking responsibility”.

Community leaders were requested to lead by example and go for HCT. MEC Radebe encouraged the audience to test and committed himself to test on World Aids Day which were to be held in Inquthu in December 2010. The Non-Governmental Organisations (NGO’s) were applauded for taking the stance to help govern-

ment to fight the fight against the burden of diseases.



**Above:** Ms Gugu Shabangu addressing the audience about the importance of HTC.



**Above:** Umzinyathi District Flagship Champion and MEC for Social Development, Dr Mechack Radebe addressing the masses who attending the launch of the HCT programme, subsequent to the Provincial Launch earlier in 2010.

**“I am Responsible, We are responsible , Umsinga is taking responsibility”, Dr Meshack Radebe re-inforcing the theme originally launched by President Zuma last year.**

## WELCOME ABOARD...



**Across:** New Community Service Officers in the Medical and Allied Health profession, during a welcoming session held on Monday, 3 January 2011. We wish you all a happy stay!!!

## BIDDING FAREWELL TO MEDICAL STAFF



**Across L - R:** Dr Mlonzi, Dr Mkhize, Dr Duma, Dr Apelehin, Dr Dammy, Dr Touati Kaled and Dr Jallali Rim, posing for a photo shoot after their farewell function held at the end of December 2010.

## COSH AWARD CEREMONY

A number of Church of Scotland employees were awarded with long service, customer service and Abet certificates on the 20th of October 2010. The event held at Msinga Municipality Library was attended by recipients of awards, their families, staff and dignitaries from around the UMsinga Sub-district.

Forty seven employees were awarded of which 21 were awarded upon completion of 20 years of service with Department of Health, three had completed 30 years, 23 had successfully completed the

customer service course and eight were Abet learners who had completed different levels of Abet education. The hospital management wished every recipient well and motivated others to learn from the recipients.

“Life does not end here, you have the potential and you need to realise it” said Mrs Mabaso who gave the motivational speech. Her words were echoed by Mr Human, Chief Executive Officer of Church of Scotland Hospital. “You have what it takes to prosper in life and like they always say education is key to success” Mr Hu-

man added. Receiving employees celebrated the awards through traditional dance, song praising and singing.

“This is the happiest day of my life” said Mrs Cele who received a long service award for completing 30 years of service in the department of Health. She is now working as an Operational Manager at the Outpatient Department.

Mrs T.N Dube, Nursing Manager was one of the receiving members for completing 30 conservative years in employ of Department of Health.



Above: Mrs C.K. Dubazane, receiving a long service certificate with excitement from the Hospital CEO.

**“This is the happiest day of my life” said Mrs Cele.**



**Above L-R:** Mr S. Khumalo and Mr J. Gaysman from the Maintenance department showing their dance moves. Mrs Dube on the far right celebrating receipt of 30 years service certificate.

**STAFF WELLNESS DAY AND HCT LAUNCH TO STAFF**

The launch of the HCT campaign to staff and internal stakeholders of Church of Scotland Hospital was a success following the Provincial launch by the MEC for Health, Dr S. Dlomo earlier this year.

More than 70 employees submitted themselves to test to know their HIV status on the 10th of November 2010. Along with HCT, screen-

ing for vital signs and other health risks were available, such as Pap smear, HGT, BP, Cholesterol, Family planning and health education. Under the theme, "I am responsible, We are responsible, Umsinga is taking responsibility", the launch served to create awareness to all staff and most importantly to lead by example and be the first ones to test. The launch also had a look at the entire staff



**Above:** Sr. Qali (HIV Co-ordinator and Sli Mchunu from ARV Clinic posing next a super-sized condom during the launch of HCT.



"I am responsible,  
We are  
responsible,  
Umsinga is taking  
responsibility"



**Above:** Sister Qali, HIV Co-ordinator addressing staff about HCT, the importance of testing and sticking to the ABC rule.

**Across:** Matron Gumede who lead by example. In the photo across she was testing for blood sugar level. Below her is Sindi Mchunu doing the vital signs and subsequently HCT.

## UMSINGA CELEBRATES 16 DAYS OF ACTIVISM AGAINST WOMEN AND CHILD ABUSE

**G**overnment partnered with local leaders and Non-Governmental Organisations to mark the beginning of the 16 days of activism against children and women abuse this year.

In an event held at KwaNgubo Community of Mandleni on Friday, 26 November 2010, the Community marched with placards with messages against women and child abuse.

Sector Departments and NGO's wrote these messages of support to create awareness to the community of kwaNgubo to avert future occurrences of violent crimes against women and children. They were sensitised about these crimes, offered support and advised to take action against perpetrators.

Under the main theme of the event, **"Don't look away...act against abuse"**, speakers from different walks of life addressed the audience made up of women and school children. The speakers emphasized that there is help freely available for victims.

Hlengiwe Ndlela, one of the survivors of Ukuthwala, an old custome by people of KwaZulu. She related her experience to her young women and encouraged them to take a stance

against it. Traditionally in KwaZulu a women would be taken away from her parents to be wedded to a man forcefully. However, the family of the man would send lobola cows to the girls parent as a traditional symbol of creating relations between the two families.

During the 16 days of activism campaign, white ribbons are worn during the 16-day period: A white ribbon is a symbol of peace and symbolises the commitment of the wearer to never commit or condone violence against women and children. During the campaign people are urged to



"Speak out" against woman and child abuse. They encourage silent female victims to talk about abuse and ensure that they get help. They report child abuse to the police. They encourage children to report bully behaviour to school authorities. Men and boys are encouraged to talk about abuse and actively discourage abusive behaviour. People are encouraged to Join community policing forums (CPFs). The

community and the local police stations are active partners in ensuring local safety and security. The goal is to bring about effective crime prevention by launching intelligence-driven crime-prevention projects in partnership with the local community. You may want to also become a reservist, a member of the community who volunteers his/her services and time to support local policing efforts to fight crime.

People are advised to:-

- Seek help if you are emotionally, physically or sexually abusive to your partner and/or children. Call the Stop Gender Based Violence helpline (0800 150 150).
- Talk to friends, relatives and colleagues to take a stand against abuse of women and children.
- Try and understand how your own attitudes and actions might perpetuate sexism and violence.



### 16 DAYS OF ACTIVISM EVENT IN PHOTOS



Across: Marchers with messages of support against women and child abuse under the main theme of “Don’t look away...act against abuse”,



Above: Constable M.A Xaba from Msinga Police Station assuring masses that help is available for victims of violent crimes



Above: Sinikiwe Biyela from life line condemning anti human cultural practises

“There is no excuse for abuse...take a stance and fight against abuse”



Above: Abafana besicathamiya entertaining the audience.

Across: Cllr. F.J Sikhakhane delivering a keynote address encouraging youth, women and children to come out and speak about abuse.



## INTERVIEW WITH PRO IN-SERVICE TRAINEE

### Please tell us about yourself?

My name is Nozipho Sithole, I am 23 years old and I am from Mumbhe location in uMsinga. I am doing my final year in Public Relations Management at University of Zululand.

### What inspired you to do a communication qualification?

I love and understand people very well, and I feel comfortable working with and through people.

### What have you learned so far?

I have learnt to deal with people with varying backgrounds.

### What have you liked about Public Relations in the hospital?

I've enjoyed planning and attending events, because that is where I got to meet many people.

### Where do you see yourself in two years time?

I see myself as a PRO for a government institution, helping people at grass root level.

### What can you say to young people to entice them to study communication?

Communication is an exiting career which is growing at a fairly fast pace and is way to go for outgoing people like myself.



**Above:** Nozipho Sithole PRO in-service Trainee. Her interest in people could land her a communication position soon.



Zanele Langa: Finance In-service Trainee.

## MEET NEW IN-SERVICE TRAINEES

**T**he Human Resources Development section has been recruiting local students to help shape their skills for the job market.

Zakithi Thwala is a Management Assistant student at Mbabathi FET College. She is from Emz-

weni location. She aspires to be a Personal Assistant one day. She says that she has enjoyed the working environment at the hospital and has learnt a lot so far.

Zanele Langa is from Mbabane location and

is studying towards a Financial Management qualification at KZN Coastal College. She sees herself as a Financial Manager for a big corporate one day. She has learnt to communicate with suppliers so far.



Zakithi Thwala: HR In-service Trainee



# COSH NURSING COLLEGE YEAR-END FUNCTION

## Season Greetings!



TRADITIONAL ATTIRE SHOWCASED

Mmhh...an opportunity long waited



DRAMA PLAY



FASHION SHOWCASE



GIFTS, GIFTS AND EXCHANGE OF GIFTS THEN FAREWELL TO ALL!



**FEMALE MEDICAL WARD FAREWELL FUNCTION AND CHRISTMAS PARTY!!!**



1



3

1. Sister Majola (Operational Manager) dancing with Sister Mbatha from Female TB Ward.
2. Mrs Phungose receiving gifts from colleagues. She is retiring this year. Bon Voyage!!
3. Tables were set for the year end function and there was enough for everybody.



2

**PAEDIATRIC WARD CHRISTMAS PARTY!!!**



In pictures: Staff and kids at paediatric ward during the X-Mas party coordinated by the Therapists and Dieticians.



Look what I

# SURGICAL WARD X-MAS PARTY



X-MAS IS A TIME FOR GIVING - RECEIVING A X-MAS GIFT IS SR. WHO WAS VOTED NURSE OF YEAR BY HER COLLEAGUES



...and it was party time!!!

Above: Mr T.P.S Khumalo addressing the ward staff and thanking them for their commitment in serving the patients with dignity.

## ARV CLINIC X-MAS PARTY



Food preparation...



The address...



And Jika Majika...

## PATH'S MATERNAL AND NEWBORN HEALTH TECHNOLOGY INITIATIVE A SUCCESS AT COSH



**Above:** Front (L - R) Sr. Dumakude, Mrs Sithole, Matron Ntuli, Matron Dube

**Back L - R:** Dr Mlonzi, Matron Kheswa, Dr Nxumalo and Mr Human

PATH is an international non-profit organization that creates sustainable, cultural relevant solutions, enabling communities worldwide to break longstanding cycles of poor health. By collaborating with diverse public and private sector partners, PATH helps provide appropriate health technologies and vital strategies that change the way people think and act. PATH's work improves health and well-being.

**C**OSH Maternity ward received an award from PATH following notable improvements made and successful implementation of PATH's strategies to reduce maternal mortality rate - the award ceremony was hosted by Greys Hospital on the 26th of November 2010. According to PATH's statistics, the country's estimated newborn mortality rate is 21 deaths per 1,000 live births and the maternal mortality rate is estimated at 150 to 175 deaths per 100,000 births. These were seen as disappointing by PATH considering that most women attend antenatal care and most women give birth in a medical facility.

PATH's Maternal and Newborn Health Technology Initiative (MNTI) was established in 2007 and introduced to the hospital in January 2009, to reduce these preventable deaths by introducing and advancing use of innovative lifesaving technologies and techniques. Church of Scotland Hospital was among the four districts to benefit from this initiative.

PATH's solution to reduce high numbers of newborn and maternal mortality rate includes use of neonatal resuscitators to neonates struggling to breathe at birth; standardizing selected practices for midwives amongst many other solutions- PATH's maternal and newborn health experts have developed an innovative training strategy which most of our midwives have attended and now implementing.

**WORLD AIDS DAY CELEBRATION**

**W**msinga Local Aids Council (which is a made up of representatives from Sector-Departments, NGO's and Communities) hosted World Aids Day event on the 7th of December 2010 at Douglas Combined Primary School. World AIDS Day is observed every year on December 1st. The World Health Organization established World AIDS Day in 1988. For 23 years, World AIDS Day has provided governments, national AIDS programs, faith organizations, community organizations, and individuals with an opportunity to raise awareness and focus attention on commitments needed to address the global AIDS epidemic. It is a day on which we, as a global community, stand in solidarity to halt the devastating effects the current pandemic has had on people, communities and nations. Every year the day is

celebrated nation-wide and globally.

The day was celebrated with prayers which were lead by Reverend Chonco and different other activities such as drama play to create awareness and to eliminate the stigma some people have against people living with this disease were available..

One of the speakers in this year's event was Lindokuhle Zondi who is living with the virus. "I knew about my status when I was pregnant and had to deliver a baby in the year 2000" she told the audience. She also told them that she had to accept that she is living with the disease for her health status to improve. She also told the audience how the Anti retro virus drugs helped her when she was weak and could not do a thing.



**Above:** Ms V.D Zondi representing His Worship, the Mayor Cllr. F.J Sikhakhane who chairs the Local Aids Council. She lit the candle in remembrance of people who have died of Aids and those infected and affected by the disease.

**Below:** Abafana besicathamile singing songs which motivate people to test and how their status.

**Across:** Community members making the pledge of support by pinning red ribbons into a large cloth.



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The Management and Staff of Church of Scotland Hospital would like to welcome all new employees who have recently joined the team including group 10/10 pupil nurses.

In the photo above are new staff members who attended the orientation and induction workshop on 30 November to 01 December 2010. We wish you a happy stay at Church of Scotland Hospital.



**“ R E N D E R I N G   F I V E   S T A R  
D I S T R I C T   H O S P I T A L   S E R V I C E S ”**

Please feel free to make contribution to this publication by contacting the PRO office and the contact details listed above.



Greetings of the season. And best wishes for the New Year.

## **S P O R T S   P A G E**

COSH sport team closed this year in a good note despite the dismal performance of our Soccer team.

The netball team walked victories in the District Tournament which took place at Dundee later on this year. As if that was not enough. We took position one in the Capitec/Old Mutual Competition held at Dalton Sports field.

In a tough draw with neighbouring hospitals, our netball team made it a walk in a park leaving other teams in tears and despair. Really 2010 had been a good year for our sports.



**Yizo lezizintokazi esigadla ngazo kuzwele kwabanye!!!**