

COSH ACTION MAGAZINE

OCT/NOV 2005

CAM

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MORE TROPHIES FOR COSH!!!!!!



ONE could hear sounds of joy miles away. In pictures staff are holding trophies the hospital won at Prize Giving Ceremony

2005 has been the best year for Church of Scotland Hospital. This is witnessed by the number of trophies the hospital has won *kulonyaka nje uwodwa*. On Tuesday 6th December 2005, COSH came back with five trophies and two certificates. This event named Annual Progress Report and Prize Giving Ceremony was organised by Umzinyathi Health District. Amakhosi, Izinduna and Local Councillors were amongst the guests. The programme director was Mr Thela and the event was held at Dundee Moth Hall.

Four hospital presented their progress reports. In their reports it was clear that hospitals have done very well in ensuring the best service delivery in the district.

Church of Scotland hospital was elected as the best in tracing Multi Drug Resistance (MDR) and TB cases. It was also elected as the hospital with the highest smear conversion and TB allrounder. Other awards that the hospital won were for cleanliness and Umhlangana Clinic was chosen

as the one with the highest number of deliveries.

"I think COSH should be now be called WINNER'S Hospital" said Ms Sokhela. On arrival staff members accompanied by private contractors were ululating, singing and dancing next to the gate.

"I have no doubt that next year we will receive countless trophies and we will work harder to ensure that our community is satisfied and happy" said Ms Mchunu who is a Primary Health Care supervisor.

From The Desk Of The Editor



Ms Sindi Sibiya
Editor

It is that time of the year again. It is time to spend quality time with families and friends. Others will be partying till dawn but we should be careful and entertain ourselves wisely. There are so many accidents as this time of the year. To those who will be on the road to their families, drive safely, speed kills.

At COSH we had so many events like Baby Friendly Awards that were hosted at COSH in January, Service Excellence Awards, HIV-AIDS Awareness to schools and community centres. We also had Abet Graduation which I must say was the first graduation, you

name them!!!! We have lost some of our colleagues who will be sadly missed. Some got married and some got engaged. I must say we had a wonderful year. 2006 should be a year of success to all of us. I must also thank those who contributed to the existence of this magazine. I also thank the readers for their continued support. I should say a HUGE thank you to all of you!!!! I wish you a prosperous new year filled with lots of joy and happiness.

Thank you,

Sindi

Cha ifiga iyaset-shenzelwa!!!!

Ithi lencwadi phakamisa ka1000 ngehora!!!!



“Engathi nami ngingakhula ngize ngibe ngan-gomkhulu Ndlovu” kusho uMndeni Ndlovu

AMASU KANONHLANHLA

Njengoba kuyisikhathi samaholide, isikhathi sokuthi sijabule kodwa siqaphele izinto zingonakali.

- *Izingani mazingasuki emehlweni akho hlala uziqaphile.*
- *Cela umuntu omethembile ukuba akuqaphele izingane uma uhamba.*
- *Bafundise ukuthi ungubani nabo bangobani isibonelo igama, isibongo, kanye nenombolo yakho noma yasekhaya yocingo.*
- *Bathengele izimpahla zikakhisimusi kusenesikhathi, ungahambi nabo uma uyothenga ukudla ngoba kuba nesiminyamina okungenza ugcine ungakwazi ukubaqapha emigwaqeni.*
- *Uma ubavakashisa ezihlotsheni khumbula ukuthi nazo izihlobo zinezindleko nezinhlelo ngakho xoxisana nazo ngaphambi kokuvakasha.*
- *Fundisa abantwana ukusebenzisa izinto zasendlini isibonelo ukuvula iTV ne DVD, ukusebenzisa isifudumezi (microwave), ialarm, kanye nokunye okungadala ingozi*

Ukhisimusi omnandi onezilokotho ezinhle, sihlangane futhi kulengosi ngo 2006!!!!

SOCIAL SCENE!!!! SOCIAL SCENE!!!! SOCIAL SCENE!!!!



Cha uyathandwa uTshatugodo noHlengiwe Mhlaba eMzinyathi!!!!



Zazinhle kanje izintokazi zaseCOSH nge-Graduation ka Abet wase Greytown. Simeme sofika siconsa sinje!!!



Happy Birthday Spheliso!!! Sasisho kanje ephathini kaSphe eyay-enzelwe kwa Home Based Care

"Happiness doesn't mean that we don't have problems, but it means we have abilities to deal with our problems"



Akuve besicula isikhunzi omatron baseCOSH!!!! Esithombeni uNondaba, Matron Mbatha, uMahlobo, uMantshinga emcimbini wokuvalalisa abaphathi babo!!!!

MERRY CHRISTMAS AND HAPPY NEW YEAR!!!!

INSERVICE TRAINING FOR HEALTH WORKERS

On the 20th October 2005, Community Health Workers gathered at Abathembu Hall to learn more about growth monitoring. The aim of this event was to equip them with skills they need to do their work effectively. Some of the skills they learnt was to use a measuring scale on a tree. According to Ms Dudu Malembe who is a Community Health Facilitator health workers and home base carers should receive training regularly. She thanked Health Workers for their dedication and hardwork in helping the community. Mr Big Boy Malinga was the programme director for the day. He said the department of health appreciates the health workers effort and

encouraged them to perform even better. Health workers were also given bags that they will use to carry their working tools. *Akugcinanga lapho* uMzinyathi Health District organised a graduation for Home Based Carers where the Minister of Health, Ms Peggy Nkonyeni was the guest speaker for the day. This event took place at Si-bongile Stadium in Dundee on the 1st November 2005. In her speech the Minister thanked Home Based Carers and Community Health Workers for their support to the community. She mentioned that they are the hope for the health care system in KZN.

Into enhle iyanconywa!!!!
Nisebenzile.....



KWESINGENHLA: Onompilo bebefundiswa ukukala umntwana besebenzisa isikalo esilengiswa esihlahleni. KWESINGEZANSI: Yibona ke laba onompilo esihlome ngabo, abasebenzi banomhlola phansi!!!!



“Yidla
ukudla
okunempilo
ukuze uh-
lale
uphilile”



Home Based Carer preparing a measuring scale on a tree.

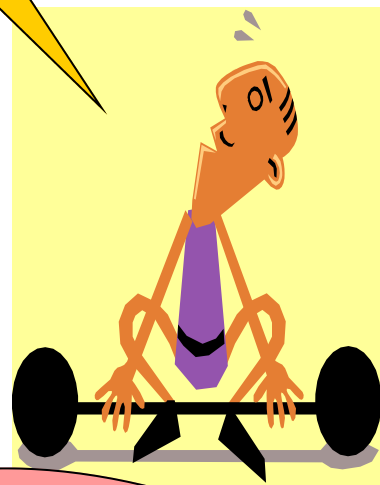


Ms Dudu Malembe presenting bas to the Community Health Workers

“Mhlawumbe uma ngijima kakhudlwana ngeke ngibulale isikali”



Babecula bezimisela onompilo baseCOSH kusho nje ukuthi bayawuljabulelela umsebenzi wabo



IMIBONO YAKHO
YAMUKELEKILE
033 493 0004 EXT 3020

My Experience at Church of Scotland Hospital Nasreen Ismail—Community Service Radiographer

My COSH Experience

2005!! Wow , what an unforgettable experience. My placement here at COSH was by chance and one I will

not regret. Considering the fact that I had not known Tugela Ferry existed, I was amazed and quite happy on my first arrival here. As a person who admires nature, I especially loved scenic beauty.

In this quick year, I have made an abundance of new friends, enriched myself with the diverse tradition and culture of the community,

which I must mention is beautiful, learnt a little of Zulu (although not perfect) and most of all the cherrie on top, is that I have gained a BEST FRIEND:



Ms Nasreen Ismail
Community Service
Radiographer

Jerusha. She is a dynamic and enthusiastic individual. I must admit there were moments of near boredom and instance where I could not say “lets go out to the movies out go out for a cup of coffee” but a friendly atmosphere and wonderful people made it all worthwhile.

However, my sole purpose for staying in COSH is my employment as a radiographer in the X-Ray department. In the first few months work was fantas-

tic due to understanding, caring and

fun-loving colleagues especially my supervisor Veronica Nzdimande. She has portrayed as “my mother” here. Things changed dramatically and were short staffed leaving just the tow of us. I had seen the passing of our dark-room technician Fana Ngubane, he will be sadly missed. After much debating and meetings, hopefully the future will look brighter for the department. Furthermore, work was enjoyable but very demanding.

Overall, this year has been a fulfilling and satisfying adventure. COSH will always remain in my memories and one I will cherish in my heart.

The sun, the earth, the moon and the stars.

The friends we are

The friends we be

It was truly meant to be.

College Christmas Party

It was gift exchanging day on the on the 29th November 2005 at COSH Nursing College. Students planned a closing party that was held at the college premises. Guests were invited including the matrons and other staff members. One couldn't turn a blind eye on their decorations it was out of the moon with presents all over the place. There was also father Christmas who entered the stage dancing with a bell on her hands and throwing sweets all over the place. Students helped themselves on stage showcasing their talent by singing and speakers delivering their speech while guests feeding themselves with mouth watering food. There was also sound systems with all music you can think of. Mr Mahlobo who spoke on behalf of students said “We thank God for being with us and allow us to share this happy day together”

Photos on page 8



Happy or Unhappy? Let us know

Write to us:

Public Relations Officer

Church of Scotland Hospital

Private Bag x 502

Tugela Ferry

3010

033 493 0004 ext 3020

LOVE IS IN THE AIR!!!!

Zamisile's Corner



Kobe kukuhle kudelile mhlaka 30 December 2005 lapho uAaron "YisekaMvuso" Luswazi ozobe ehlanganisawa ngosofasilahlane wakhe uHlanganisile Zuma mhlaka 30 December 2005 kwaLuswazi eSidakeni. Nihlale kahle emshadweni wenu!!!!

“I was born with something special and I have an ability to win”

We bless the Lord for keeping each and everyone of you up to this far. Let us have some few word on success.

Success is determining your destiny unconditionally. It is YOU and only YOU who will make your success. To be successful one needs to review his or her own goals in life and self appreciation will make an individual to realize that he/ she is very much unique and indispensable. This goes together with having some principles in your life, that will be your disciplinary measure on daily basis. These principles will make you to have a direction in life.

In life one needs to review his / her internet (people around you). When you look at them, do you see any future or success? Your internet can make you to succeed or to be unsuccessful in life. Self appreciation will make an individual to identify his or her strengths, potential and built his / her future and success upon them. Self appreciation again will bring that enthusiasm within ourselves when we look at our success. This will bring satisfaction and will boost self esteem and moral. If you succeed in life, don't wait for people to say well done to you, tell yourself first., smile and forget about all hiccups that has occurred before you succeed. Don't think

that if you succeed all people will be glad for you. To some people success brings joy and pain at some point. Some of them will toy and deny your success and you need not to feel offended or disap-



Ms Zamisile Mabaso

pointed, instead you have to go higher as long as you are still intact, sober and energetic. What you achieve in life determines who you are. To be successful one needs to consult people who has succeed in life.

When a person is about to be successful, one experiences lots of problems. An old English idiom says "darkness comes before dawn". If you experience these problems, don't loose hope, but tell yourself that one day you will be successful. Problems that could be experienced can be physical, psychological, emotional or however but this doesn't mean you need to give up. Believe in yourself and always trust God that He has created you with an inner strength to overcome whatever is in front of you. Don't be defeated but "YEE" until you reach a success and become satisfied. To be successful, you need to work hard and put all your strength and remain focused in what you are doing. For an individual to be successful, one needs to go an extra mile in life. This is not a

child's play but only needs a person who has a VISION and MISSION.

Time management as well as proper planning play an important role in success. One cannot be successful without proper planning, because that could mean that one has no direction in life. Again if time management is not maintained there could be lots of time wasted. Try to make friends with people at all levels so as to be successful. It can happen that you have lots of opportunities in life or your dreams are not fulfilled yet. Don't tell your mind that you will never succeed again. Don't feel hurt but try harder still. Don't dwell upon your bugs but dwell on your fruits. Always count your blessings and try to forget curse. When you become successful, buy yourself a present before you wait for other people to give you presents. It is you who suffers the struggle for you for your success. Why waiting for other people to recognize you? In life there are always grey areas as well as blind spots, but always tell yourself that you are higher than that.

My dear friends, sisters bothers as well as colleagues, lets aim at being successful and help other people to reach success if we can

May You Have A Happy Festive Season And A Prosperous New Year!!!!!!

THANK YOU.

College X-mas Party—Zazibuya!!!!



Kwakumnandi ngempela ubona ngenguzungu yekhekhe!!



Father Christmas was there dancing and presenting gifts



College Tutors Ms Sibisi and Ms Mazibuko were dancing eshaya ama Get Down!!!!



Girls! Girls enjoy the party of the year!!!



These were the gifts that students gave to their friends and tutors



Thabiso Madela and Sanele Hlophe babehlulwa ukudansa bavele bazihlalela



Nabantu ongacabangi ukuthi bangadansa bagila izimanga!!!!

Happy friends sharing jokes!!!!



It wouldn't be a function without isicathamiya. Ngonyaka ozayo bazimisele ngokuyorecorder



TO REALIZE....

To realize

The value of a sister
Ask someone
Who doesn't have one.

To realize

The value of ten years
Ask a newly
Divorced couple.

To realize

The value of four years
Ask a graduate.

To realize

The value of one year
Ask a student who
Has failed a final year.

To realize

The value of nine months
Ask a mother who gave birth
to a still born.

To realize

The value of one month
Ask a mother who has given
birth to a premature baby.

To realize

The value of one week
Ask an editor a weekly news-
paper

To realize

The value of one hour
Ask the lovers who are waiting
to meet.

To realize

The value of one second
Ask a person
Who has survived an
accident .

To realize

The value of one millisecond
Ask the person who has won
a silver medal in the Olympics

To realize the value of friend

Lose one

Tomes waits for no one

Treasure every moment you
have

You will treasure it even more
when you can share it with
someone special and spend
every little time you can get
with your Father in heaven ,
He is waiting!!

Submitted by
Sister Mhlophe
OPD

NEW DEVELOPMENTS

STAFF IDENTIFICATION CARDS

Identification card machine is now available. Staff are requested to bring their salary advice if they come to make name tags. It is **COMPULSORY** to have an name tag and those who have new name tags should wear them at all times. All staff should have name tags before the 31 February 2005. Public Relations Office will contact your head of sections for appointments.

SIGNS FOR THE HOSPITAL

New signs have been installed in all departments. Section heads are requested to advise the Public Relations Office (ext 3020) if there are any places that have been missed.

PATIENTS TELEVISION AT OPD

Patients can now watch TV while waiting to be seen by health professionals. Health promotion programmes can now be viewed like TB, HIV, and other awareness programmes. Thanks to the Department of Health.

Visit our website

<http://www.kznhealth.gov.za/coshospital.htm>

033 493 0004 ext 3020

NEW HOSPITAL FLAGS

Two new flags have been installed next to the gate. One has a hospital logo and the other has department of health logo.

BEST WISHES FROM THE AKUDLALWA KWA ABET ECOSH

HOSPITAL MANAGER

MR HANS HUMAN

I would like to wish all Church of Scotland employees a happy festive season. I hope we will start 2006 with the same positive attitude and a winning mentality we had when we started 2005. 2005 had challenges and we must all acknowledge that those challenges were there to mould and keep us strong. To those who will be travelling to visit friends and families: "drive safely and enjoy your holidays". To those who will be working: May the Greatest grant you thousands of blessing for your dedication and sacrifices you have made to care for the sick people. May you also have a joyous and a prosperous 2006.

Merry Christmas & Happy New Year

Mr Human

HOSPITAL MANAGER

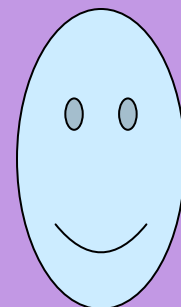
"Birds sing
after a storm.
Why shouldn't
you?"

On the 24th November, COSH Abet went on an Educational Tour to Durban. This tour was organised by Abet Educators ie Mr Mbuso Nkabinde, Ms Thandi Buthelezi and Mrs Nomsa Makhunga. It was supported by Mr Ntuli who is the Human Resources Manager for the hospital, Matron Dube, Ms Buyi Vilakazi who is the Abet Coordinator as well as the Public Relations Officer, Ms Sibiya. There were 12 Abet learners from level 3 and level 4. The group departed on the 24th of November and visited Umgeni Nursery where Ms Ngcobo who is the owner explained to them about how she plant vegetables like cabbage, lettuce and other vegetables. I must say they learned a lot as most our Abet learners have gardens called Um-tata where they plant vegetables as part of XOSHINDLALA and EAT HEALTHY initiative. They then proceeded to Durban

where they visited Beach Front where that met with arts and crafts sellers who explained to them how do they run their businesses. Learners were also taught about different types of advertisement. "We deemed it important to have them experience this because their sometimes their examination includes these things. We want to afford them an opportunity to do things practically to be able to prepare for examinations" said Mr Nkabinde. They were also taught different types of transactions like withdrawals and deposits. Learners also visited Shaka Marine and *babhukuda kwaze kwayiyo leyondaba*.

HAMBA ABET!!!!

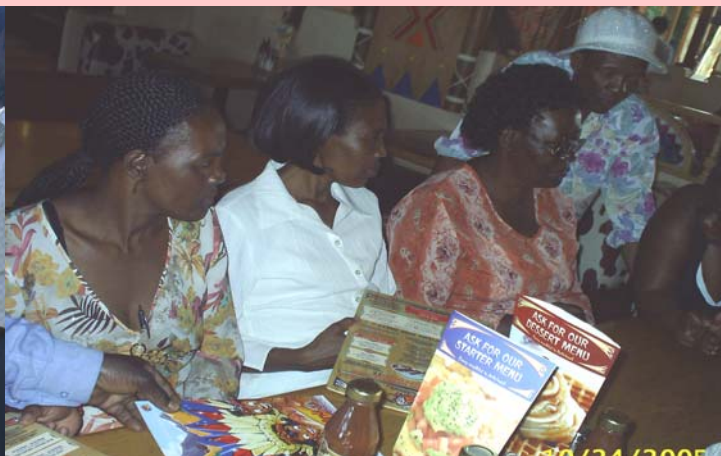
Photo on page 11



← ABET TRIP TO DURBAN



Ms Ngcobo (in blue overall) explaining to the learners on how to plant cabbages



Learners listening to Matron Dube explaining on how to make an order at the restaurant



Learners were also taught to look for damaged plants



Mr Nkabinde watching the ship with binoculars. Ms Buyi Vilakazi (white pant) was there. I believe she has sea phobia



They also saw arts and crafts. They also learn about running a small business



We couldn't come back without going to the beach.