

# KUMOJ'ECOSH

P/ Bag x 502, TUGELA FERRY, 3010. E-MAIL h053467@dohho.kzntl.gov.za, TEL 033 493 0004, FAX 033 493 0828

[www.kznhealth.gov.za/coshospital.htm](http://www.kznhealth.gov.za/coshospital.htm)

## SIFUNDISA IZINYANGA NGE TB



Bebadansa kanjena oKhawulile Chonco, Sipho Buthelezi, oDudu Malembe, Muzi Maphumulo, ngenkathi beqeda kufundisa abelaphi bakwaNxamalala ngesifo seTB

**W**e are fighting TB together, that was the slogan of day on Thursday 26 January 2006 at Siyazama Day Care Centre situated at KwaNxamalala area under Inkosi Simakade Mchunu. This ongoing training started on the 24<sup>th</sup> January and finished on the 26<sup>th</sup> January 2006 and its aim is to train Herbalists (Izinyanga), Spiritual Healers (Abathandazi) and Izangoma on TB and its symptoms.

In our communities we believe in African and traditional healing methods. COSH Primary Health Care deemed it essential to educate Traditional Healers because the community visits them when they are sick. This training will therefore build their understanding about TB and refer patients to the

clinic immediately should they spot signs of TB. Our culture respects these people and they believe in their muti.

This event was organised and conducted by Sister Dudu Malembe with the help of her colleagues Musa Mntungwa, Sipho Buthelezi, Muzi Maphumulo and Khawulile Sithole. Famous and wellknown Inyangas like Bhekabantu Mazeka, Kwanda Dladla, Hawukeleni Chonco, Mina Nda-wonde and many more were there. "We want to thank the department of health for their education programmes. It makes our job easier as we will now be able to send our patients who show signs of this disease said Ms Show Ngcobo who is also an inyanga.

The Inyangas were given study guides with pictures for them to be able to understand. Other coordinators were doing role playing and there were also flip charts. Mr Mntungwa said after this programme they hope to see people come to the clinics voluntary and get tested. He further said TB can be cured and with the help of Izinyanga, early symptoms will be noticed to combat the disease.

Refreshments were prepared and there were traditional performances kumnandi kudelile abasebenzi bezempilo becula nezinyanga izangoma nabathandazi!!!!!!

**"SILWA NE TB SINDAWONYE. TOGETHER EVERYONE ACHIEVES MORE"**

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# Power to older people!!!!



Vanessa Potgieter (blue dress) gave walking stick to an old ladies



Gone are those days!!!! Ngangenza kanje ngisemusha!!!!



Mr Langa delivering speech about chronic diseases



"Wohhe! Guga Mzimba, Sala nhliziyo....."



12/29/2005

Top left: Ogogo showing bags they given to keep their tablets. Bottom left: Noelene Naicker and Lauren Pugh gave diet advice. Top right: Old chap dancing with two walking sticks

## “Singaba yini ngaphandle kwabantu abadala”

“Singaba yini nje ngaphandle kwabantu abadala” lawa ngamazwi abeshiwo ngo Mnu Linda Londa ongumphathi nesazi mayela nezifo zikamak-halekhona (chronic diseases) emcimbini wentsha “endala” obuwenzelwe eBathembu Hall ngoLwesihlanu mhlaka 17 February 2006. Inhloso yalomcimbi bekuwukukhuthaza abantu abadala ukuthi badle imithi ngendlela, bazivo-

cavoce, kanye nokuqwashisa umphakathi ngezifo ezihamba nokuguga komuntu. Echaza uMr Langa uthe umuntu uma eguga uye asheshe akhohlwe lokho okudala ukuba angakumbuli konke. Izinto ziqale ukuba luvindi, afune ukuchitha izikhathi yedwa, abe nezinto zakhe yedwa esingathi zingamagugu akhe. Ogogo be-

belandwe ngamabhasi amabili kwazise abasakwazi ukuzihambela indlela ende. Abasebenzi baseTherapy bebalungise umdlalo omncane ukuze intshadala iqonde kabanzi ngezifo, izimpawu kanye nendlela yokuzithothisa ngoba ezinye azilapheki. Emva komcimbi ogogo baphiwe ukudla, bahlolwa ushukela, BP. Ogogo baphiwe izikhwama zokufaka amaphilisi abo nemithi, izimboko, amathawula kanye nokudla.

*“Umuntu uma eguga uye asheshe akhohlwe nezinto ziqale ukuba luvindi.....”*

## COSH Waiting and service time survey

**M**ore than 30 students from CJM, COSH and Dundee volunteered to take part in 2006 Waiting and Service Time Survey. This survey took place on the 11 January 2006 and all hospitals under Umzinyathi Health District Hospitals participated in this exercise. The aim of this survey was to measure waiting time and service time in order to improve service delivery in all hospitals in the district. 30 students were allocated for COSH and 8 were allocated for Douglas Clinic. Volunteers were provided

with synchronized watches T-shirts, caps, pens and forms to use to records times. This planning of this survey was done in December at the Umzinyathi Health District and Mr Human, Mbali Dlamini, Sindi Sibiya, Bongekile Dlamini, Sister Mhlophe were trained on how to conduct the survey. The survey was done during the day and night. Mndeni Ndlovu and

Sindi Sibiya (Public Relations Officer) played a big role in ensuring the delivery of breakfast and lunch to volunteers. They also acted as relievers. Thanks to the Madlula security, OPD staff (Nursing and Clerks), ward clerks, CJM students, Hospital Manager (Mr Hans Human) Mbali Dlamini, Ms Fikile Madondo, Ms Thully Mvelase and other district officials for your participation in making this project a success.

*“...the aim of the survey is to improve service delivery in all hospitals in the province”*

**See pictures in page 8**

# New Appointments!!! New Appointments!!



FROM LEFT TO RIGHT: Khethiwe Khumalo (Pharmacy Com Serv), Velile Sithole (Ward Clerk) Linda Mbele (Chief Radiographer), Vathiswa Kapayi (Pharmacy Intern) and Nokulunga Mngunyane (Ward Clerk)



FROM LEFT TO RIGHT: Sindi Khumalo (Ward Clerk), Thobile Mchunu (Ward Clerk) Brownyn Lindsay (Occupational Therapist) Elena Jordaan (Chief Prof Nurse) and Candice Theunissen (Occupational Therapist)



FROM LEFT TO RIGHT: Lauren Pugh (Dietician), Sipho Sithole (Darkroom Technician) Tarryn Cawood (Occupational Therapist) Denva Ndlovu (Ward Clerk) and Ms Mushekwa (Chief Prof Nurse)

# Deaths

1. Khumbulani Makhoba— Social Worker
2. Roy Ntsele—Transport Department
3. Nomusa Zondo—Mobile Clinic
4. Dudu Mnyandu—Psych Ward
5. Lungile Mchunu—Female Medical
6. Thulasizwe Kunene—Psych Ward

Imindeni yabashonelwe idlulisa ukubonga ngeminikelo nangemithandazo kulabo abebasingathile ngenkathi behlelwe ifu elimnyama

# Donations

- Umnikelo wesipho sikaMr Mdebele owayengu District Manager waseMziyathi yaba ngu R200 kwathengwa isipho samathuluzi siyabonga ngeminikelo!!!!!!

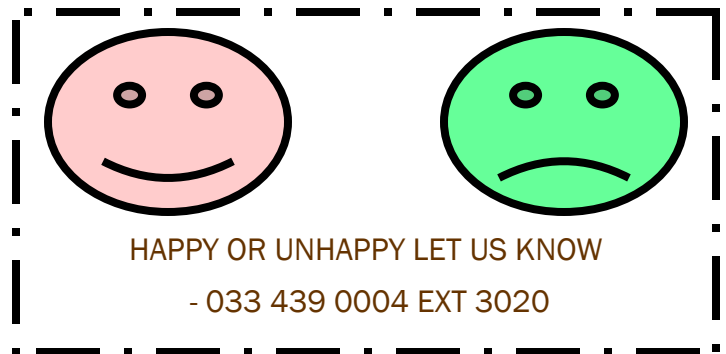
Sibonga kakhulu kwabalula isandla engathi Inkosi ingandisa lapho bethathe khona!!!!

## NOTICE

The Public Relations Department wishes to inform you that NEW staff members who didn't appear in this issue will appear in the next issue of our magazine

EDITOR

“Welcome to Church of Scotland Hospital, where the sun never sets”



## Weddings bells!!!!



Nizwile yini ukuthi uSimphiwe Luswazi beno Mandla Mchunu bayashada mhlaka 18 Febrauary 2006, Ebathenjini Hall ngo 9h00. Kuthiwa sonke simenyiwe RSVP 072 673 8619

# FAREWELL!!! HAMBANI KAHLE!!!!



Theatre staff hosted a party at Theatre corridor for VV Ngwane (Theatre Matron) who is now working at HOSPICE. She left COSH in December 2005

Veronica Ndzimande left COSH in February. She is now working at Greytown Hospital X-RAY department

## RETIREMENTS—Nisebenzile!!!!!!



*"Ayikho into ehlula ukuziphatha kahle uma uhlezi nabantu"*



Akekho ongathi akamazi umkhulu Mathela Ndlovu, uzokhumbuleka ngamahlaya akhe. Umkhulu ubesesebenze iminyaka engu 17. Engathi iNkosi ingakunika eminye iminyaka uphila!!!!!!

Umama Nora obengu House Mother e Nursing School usethathe umhlala phansi. Waqala ukusebenza eCOSH ngo 1964 sizomkhumbula ngokuba ngokuba nomoya ophansi. Engathi iNkosi ungakunika eminye iminyaka eminingi uphila. Ukhule uze ukhokhobe!!!!!!

## SIVAKASHELE E-COLLESSIE CLINIC



Collessie Clinic



Ms Ncami Kubheka  
Professional Nurse—Collessie Clinic

*“Ithi lencwadi mina  
Smojero mangik-  
humbuze umpha-  
kathi wakithi ukuthi  
uqale ngokuya  
eklinini ngaphambi  
kokuza  
esibhedlela”*



This is part of Umsinga Top and some of our clinics are based in this different parts of this area.



**C**OLLESSIE clinic is situated in a beautiful mountainous area of Umsinga Top under Inkosi Pano Ngubane. It serves the community of KwaGxobanyawo, Mbono, Mabaso, Majozi and surrounding areas. Collessie is approximately 30 kilometers away from a small town called Pomeroy and Tugela Ferry. This clinic is run by a young and vibrant lady Ncamisile Kubheka and it has 3 staff members including lay counselors. Collessie offers different services including Voluntary HIV –AIDS testing, Counseling, Immunisation, Family Planning and Antenatal Care. According to Ms Ncamisile Kubheka the clinic provides services to approximately 60 patients a day. She further said they are committed in serving the community with care and respect.

# Waiting and Service Time Survey - Story on Page 3



From left to right: Thobile Mchunu, Velile Sithole, Denva Ndlovu, Sindisiwe Khumalo and Noku-  
lunga Mngunyane preparing for the survey.



Thully Mvelase (Umzinyathi District), Sthe Sokhela, Mbali Dlamini and Fikile Madondo (Umzinyathi District) were there.



Mndeni Ndlovu ensured that all surveyors get food in their working stations

*"Sizoyithola nini imiphumela?"*



Abute Buthelezi (Kitchen Manager) and Mndeni Ndlovu preparing food for surveyors



Students from CJM were allocated next to X Ray, Dental and Therapy department

Visit our website  
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# COSH Valentine Day Fever!!!!!!



Sabela—College Tutor

“Mina umuntu ake nje angangithengeli uz-ingithola kahle!!!!!!

“Mhhhh a box of chocolate, and a bunch of fresh roses!!!



Norma Mpungose—Surgical

“Birthday, Anniversary, Valentine, uma nginga-wakhohlwa kothiwa ngiyazenzisa”



Zanele Ngubane—Lab

“I cant wait for Valentines Day, ngcono ukuba iba khona njalo “



Makhiseni Sokhela—STORES

Wemah!!! Angimsabi we ngingalinga yini ngingamthengeli.



Muzi Maphumulo—DOTS

“Sengikhunjuzwe ngayo ngaze ngaphupha izimbali ezibomvu!!!!!!



Bheki Mchunu—DISTRICT OFFICE

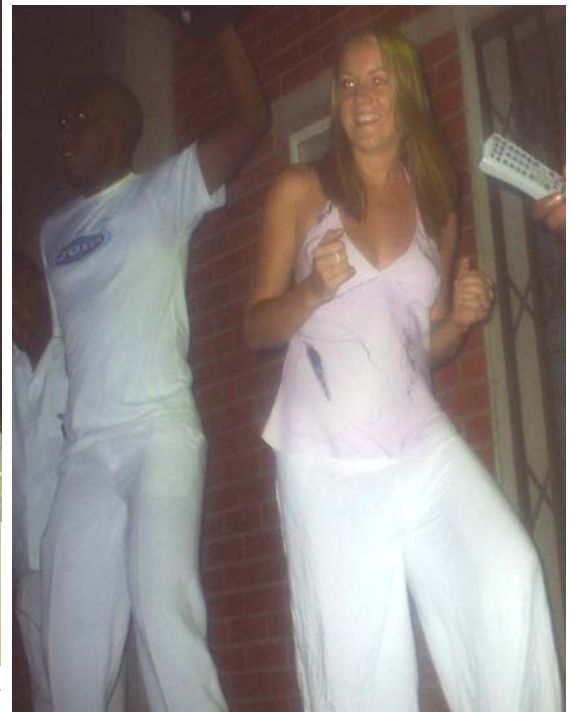
# Senzenje After Hours—Valentines Day Party



Bronwyn Lindsay (Occupational Therapist) dancing in a circle



Nolene Naicker (Dietician) challenged Sgaxa Mdletshe to dance with her on the dance floor



Guess who won a can of Coca Cola between Tarryn Cawood and Veli Mkhize?



Dr Bothelo and Vathiswa Kapayi excelled on the dance floor



Big Boy Malinga was caught sharing his first Valentine experience with Vezabantu Sokhela and Veli Mkhize



It was a moment of joy when all party lovers dancing together on stage

# COSH Valentines Party

It was a rainbow party on Tuesday 14 February 2006 when more than 40 staff members gathered together to celebrate valentine day. This event was organised by Umoja Club and internal staff members including community service personnel were invited. Party lovers were dancing and entertaining themselves. There was a braai and *ukudla kuyiziduli zabasali wena*

*zithelo, wena nyama, wena dilinki ngo R25 kuphela owamukhokhwe umuntu ngamunye.* According to Veli Mkhize (from Madadeni Hospital ) parties like this bring staff together and enable them to know each other more.

Be My Valentine !!!!

Pictures on page 10



“it looks like COSH is the best place to be”.



“Qhubeka nokufunda inewsletter wena ngifuna ukuzizwa zonke”



# HLEKA NO S'mojero



**A** woman comes out of a doctor's room screaming. As she runs down the passage another Dr stops and asks what had happened. After being told he goes to his colleagues and asks “what is the matter with you ? Mrs X is 84 years old, has eight grown children and 12 grandchildren and you told her she is pregnant. The doctor smiles and says well it cures her hiccups, didn't it?

Mr F. I. Mthethwa - College

Submit your stories, jokes, recipes etc to Sindi ext 3020

# Sport News

COSH Soccer and netball teams started 2006 by visiting Durban and played friendly games with Campus in Pinetown. This trip happened on the 18 February and team were accompanied by Mbali who is a Finance & Systems Manager for the hospital. These games took place in Pine town playgrounds. After games COSH visited Durban Beachfront and had a party. COSH netball team won by 27—26 and soccer team was beaten by 3-2.

Our teams would like to thank Compass and would like to encourage other hospitals to request games anytime.

Please call Nonhlanhla on 033 493 0004 ext 3020

# Sports News—COSH Trip to Durban



Ms Wendy Gcumisa and Sindi Sibiya were also there!!!

Soccer and netball team members singing after hot games!!



Team members having lunch after games.



NEXT TRIP APRIL 2006

PULOSONG HOSPITAL IN  
GAUTENG TRANSPORT FEE  
R250 NONHLANHLA

EXT 3064



CONTACT OUR SPORTS ORGANISER  
NONHLANHLA SOKHELA  
033 493 0004 EXT 3064



Mbali Dlamini, Thobile Dlamini and Thandeka Sokhela watching games.



It looks like these guys were scared to eat in front of the camera!!!!