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SPECIAL POINTS OF INTEREST:

- Ceza District hospital promotes breast feeding and encourages women to breast feed.
- Violence against women and vulnerable children is forbidden.
- We promote VCT and adherence to ARV treatment.

CHRONIC AND GERIATRIC FUN WALK DAY

Ceza District hospital was blessed to host the Chronic & Geriatric fun walk event which was held on the 17th of January 2008 at Ceza Sports & Recreation grounds.

The event was funded by the District office and got a tremendous support from management team. The entertainment was provided by the community health care workers.

The attendance was good people came in numbers. The guest speaker was Mrs Buthelezi who emphasized the importance of taking care of chronic people and she reminded the community to always make sure that chronic patients take their medication all the time.

"The nurses should also make sure that chronic patients collect their treatment", said Mrs Buthelezi. Old people received the most appropriate treatment on the day Mr L Khumalo made the keynote address. He called

the people to action encouraging them to take in physical activity and he quoted many examples like gardening, dancing, walking and to prove that they can do it they were asked to run and walk. It was a fun and special day to everyone who was there. We hope that the message was conveyed across each and every member of the community.



Above: Mrs Buthelezi delivering her speech during the Chronic & Geriatric event. Below: The community listening attentively to speakers.

QUALITY DAY CELEBRATION

On the 04th of February 2008 Ceza District hospital held a Quality Day Celebration. Mr S Ndebele opened with a prayer and the programme was directed by Mrs C A Zulu (Quality Assurance Manager)

Mr B B Dlamini Hospital CEO gave a brief insight



Mrs D R Simelane Infection Control Practitioner handing the certificate to Ms S I Mthlane Social Worker

on the purpose of the day. The main aim of the day was to thank Ceza District hospital staff on their commitment and dedication to service delivery.

All components that work hard were given certificates of appreciation and the maternity ward was the overall winner and they

were awarded with the trophy plus two certificates of appreciation. Mrs K I Phewa Nursing Manager thanked all the staff for the job well done. "Together we can achieve more for our hospital", said Mrs K I Phewa

THE OPENING OF DENTAL CLINIC

Finally our Dental clinic is fully functioning again thanks to the arrival of Dr Mohangi our Dentist. The credit also goes to the HR Manager for seeing that there is a need to hire a Dentist.

Ngiyawujabulela umphakathi wakwaCeza namaphethelo ngoba angeke usakhipha izimali zawo uya ezibhedlela ezikude ngenxa yokungabibikho kukadokotela wamazinyo.

Ikliniki ivula njalo kusukela ngoMsombuluko kuya kuLwesihlanu ngo 08h00 kuya ku 16h00 ntambama. Umphakathi ungeza ngobuningi bawo uzothola usizo.



Above: The Dentist helping one of our patients. Below: Our Dentist Dr A Mohangi. Isn't he handsome?

"If you don't make the effort, you won't reach your goal, so take the first step. There will be many challenges. You might get knocked back but in the end you will make it"





EDITORS NOTE/EZOMXHUMANISI

Firstly I would like to thank Ceza District hospital management for giving me this opportunity to learn and grow in this institution.

I would also like to thank you good peeps for trusting me in putting together Cez'emtoti newsletter. This newsletter should reflect what Ceza District hospital really is. The main aim of Cez'emtoti is to inform, educate and entertain readers and also to promote two way communication with its internal and external stakeholders.

I am so sad that this is my last issue of Cez'emtoti, as my contract with the Department will be ending on the 31st of July 2008 but I have learnt a lot during my stay at Ceza besides work I have learnt how to communicate with old people like Izinduna and Amakhosi.

I would like to express my vote of thanks to Ceza staff including management team for giving me the opportunity to be usomlomokazi wesibhedlela. Uk-

wanda kwaliwa umthakathi, nime njalo njell! To you Zululand District Office you are the bomb!

Lets all make news you can send your contributions or articles to the Public Relations Office or call the PRO on ext 289

I would like to thank all the staff members that had contributed to the success of this newsletter. Guys without you I wouldn't have done this on my own.

To all new staff SIYANA-MUKELA KWA-CEZA ZIZWENI NISEKHAYA. Kwabambile WE WISH U ALL THE BEST GOOD PEEPS NIYOH-LALE NIKHUMBULEKA KWA-CEZA NGOMSEBENZI WENU OMUHLE NENZE NJALO NALAPHO NIYAKHONA!



Nksz Londiwe Nothando Dlamini
Public Relations Officer Intern

“Have the determination of a mirror. It never loses its ability to reflect, even if it is broken into thousands of pieces”

ISIPHO SAMATHOYIZI

Isibhedlela sakwaCeza sabasenhlanhleri yokulethelwa amathoyizi isiteshi somsakazo i-Eastcoast Radio ngo-December 2007.

Abantwana bajabula kakulu ngesipho sabo, sithi kunina Eastcoast Radio

nime njalo enakwenza kithi nikwenze nakwabanye. Sengathi uNkulunkulu enganibusisa njengoba nesisho sesiZulu sisho sithi, 'Sibusisiwe isandla esiphayo

kunesamukelayo”



Kwesokunxele, Abantwana base-Peads bephethe amathoyizi abo. Kwesokudla, Matron Mavundla ekanye nonesi base-Peads bematasa benikezela amathoyizi ezinganeni



OUR CHRISTMAS BABIES

Kwakukuhle kwethu ngo-suku lukakhisimuzi nyakenye lapho uNkulunkulu asibusisa khona ngezingane eziphilile.

Kwabayinjabulo yodwa kubasebenzi basewodini lokutetisa ukufika kwezingane eziphilile ngosuku

lukakhisimuzi, injabulo yayibhalwe emehlweni kubazali bezingane.

Siyabonga kumdali ngoba ukube yena akekho ngakithi ngabe izinto ezinhle azenzeki.

Bomama nizinakekele izingane zenu, nziphe

ubisi lwebele ukuze zihlale ziphilile njalo.



Ngenhla: Ingane eyazalwa ngo 00h00 on the 25th of December 2007

IZITHOMBE ZEZINGANE ZIKAKHISIMUZI



L-R: ABASEBENZI BASEWODINI LOKUBELETHISA BEKANYE NOMAMA WENGANE KAKHISIMUZI, OMAMA NEZINGANE ZABO EZAZALWA NGOKHISIMUZI

“Breast milk is best for the babies”

KNOW YOUR RIGHTS

Noma isiphi isiguli sinelungelo:

- Lempilo engcono nendawo evikelekile
- Ekuthathweni kwezinqumo
- Ukuba nolwazi ngempilo yaso
- Ukuzikhethela usizo lwezempilo
- Ukwelashwa yilabo abafake

omazisi

- Ukungadalulwa kolwazi ngaso
- Ukuqonda ngesinqumo sokwelashwa
- Ukwenqaba ukwelashwa
- Lombono wesibili
- Ukuqhubeka nokwelashwa
- Ukukhalaza ngezinhlelo

zezempilo



CLINIC SITE HANDOVER/ MAGAGADOLO AREA

Kwakukuhle kudelile endaweni yaseMagagadolo mhla ziwu- 14 May 2008 lapho kwakuzoni-kezelwa ngesiza sokwakhiwa komtholampilo wakulendawo.

Abantu babejabule ngalendlela exakayo, ubona nje ukuthi kade babehlupheka behamba amabanga amade uma beya emtholampilo. Ngabe sengixosisana nabanye babo ukuzwa ukuthi bazizwa benjani emva komsebenzi omngaka osuwenziwe nosazokwenziwa.

'Ngijabula kakhulu futhi angisoze ngalukhohlwa lolusuku empilweni yami. Okungijabulisa kakhulu ukubona iphupho lethu lifezeka ngoba abanye babethi kudlalwa ngathi akukho mtholampilo wakhiwa eMagagadolo', kusho ubaba J Sangweni uSihlalo womphakathi.

Ngabe sengixosisana nalomama odele udukathole wensimu yakhe wathi akwakhiwe kuwona umtholampilo." Into engenze nganikela ngalensimu yami ukuthi ngasuke ngabona kakhulu abantu bendawo befa bephela isifo sekholera nganxa yokuthi babengakwazi ukuthola usizo ngokushesha, ngoba singanawo umtholampilo oseduze nathi"

Bonke abantu bendawo babelokhu bebonge njalo ku-Sggemeza (Sipho Mbatha)



DEPARTMENT OF HEALTH STAFF WITH THE COMMUNITY MEMBERS HOLDING THE FINAL SKETCH OF MAGAGADOLO CLINIC



MAGAGADOLO CLINIC SITE



Nguye lomama ongenhla u- Mrs Agnes Biyela onikele ngensimu yakhe emphakathini awakhele ukuba kwakhiwe i-clinic



The biggest moment of signing contracts

SPOTLIGHT WITH FIO MS N G SHONGWE

I just had a wonderful opportunity to chat with one of our talented and ambitious employees Ms Nokuthula Shongwe Faculty Information Officer (FIO)

Londi: Sisi wami unjani?

FIO: Ngi-grand mngani. Wena unjani?

Londi: I'm ok. Lets get to business. What do you do?

FIO: I collect, capture and present statistics, compile monthly, quarterly and annual reports and submit them to District office. I also provide users with advice and solve technical problems and conduct institutional surveys e.g. Waiting Times.

Londi: What got you interested in information?

FIO: When I was young I wanted to do something that will make me learn and grow everyday and I realized that Information Technology is the one for me because there are so many opportunities for growth and I am always up to date with technology.

Londi: How long has it taken you to be where you are?

FIO: Almost two years and it has been a challenging journey.

Londi: Any particular subjects that you need to do in matric?

FIO: You need to be good in Mathematics or Accounting because we deal with figures and calculations.

Londi: What personality do you need for this job?

FIO: You need to have lots of patience because you deal with lots of people with different personalities. You also need to be creative, flexible, have good communication skills and always willing to learn.

Londi: What is the worst thing about your job?

FIO: When people don't submit their components statistics and doing what is not supposed to be done by me. Delaying of people orders due to financial constraints. e.g computer equipments

Londi: What advice would you give to young people out there who want to be FIO's?

FIO: They must make sure that they enroll with registered institutions so that they don't find themselves in trouble.

Londi: Who is your role model?

FIO: Mrs Dlomo- Edumbe CHC Manager

Londi: How does it feel to work for Ceza District Hospital?

FIO: It is a great honour. I am working with friendly people and I have made new friends who are so loving and caring.

Londi: Thank you for your time.

FIO: You welcome.



Ms Nokuthula Shongwe FIO

HCF MINI CONFERENCE

Ceza District Hospital was blessed to host the Healthcare Christian Fellowship (HCF) Mini Conference which was held on the 17th of May 2008 at Ceza District Hospital.

The programme was directed by Mr S P Xulu, hhayi uyacula bhuti angikhathali bengathini and all the people who were there will agree with me. Pastor Thela was there to remind us about the word of God, he said so many things that changed many people's lives including mine. We would like to thank everyone who contributed to the success of the event and everyone who attended nalabo abanga-phumelelanga hope they will make it next time. See pictures below.

Nkonjeni Hospital



The way kwakukuhle ngakhona wawungafunga ukuthi umshado

“Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you judgement.”
Ecc 11: 9



Mr S I Zondi



TIME FOR PRESENTS

‘Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit.’
Matt 12: 33



ABAZALWANE



CDH HCF MEMBERS

SISHAYA KWASANI/EZEMIDLALO

Ceza District hospital has done it again this year in sports.

Mhla zingu 08 March 2008 kwaba nemidlalo ebizwa nge-Healthy Lifestyle tournament eyayibanjelwe e-Ilovo Sugar Mill grounds o-Pongolo.

U-Ceza wenza odume ngakho ngokuthi ubuye nejezi kanye ne-trophy. **YOU GO BOYS!** Nakuba kungahambanga kahle ngasemantombazaneni kodwa nawo azama bandla.

Siphinde savakashela e-Dundee nakhona safike sashaya kwasani, uma ungavakashela eMzinyathi bangakutshela kahle ngo-Ceza cause abasifisi la bekhona safike sabafundisa ibhola.

On the 19th of April there were Healthy Lifestyle tournaments which were held in Vryheid CC M-NET grounds. Guys senginanamahloni okusho ukuthi kwenzakalani. Hhayi bafana bakwaCeza nginethulela isigqoko niyayazi into yenu.

KEEP IT UP GUYS! NIHLALE NIBAFUNDISA NJE IBHOLA. HHOLA CEZA HHOLA!!!



CEZA DISTRICT HOSPITAL NETBALL TEAM.



CDH IS DA BOMB!!



“ The secret to winning football games is working more as a team and less as individuals. I play not my 11 best, but my best 11”



Top left: Abafana bethu. Top right: ‘I have told you that we are going to win these games’ unga-funga ukuthi wayesho njalo u-Nokuthula Shongwe. The third one from the top: Nami angazi ukuthi kwasekwenzenjani ku-Sfiso but I don’t blame him because there are so many ways to express happiness. Bottom: Kuyafiwiwaaa kwaCeza siphethe abantwana aba-nice. L-R Thandi, Nomusa, Zinhle & Nokuthula lezi izikhokho zakhona.



SIYIXOXA NGEZITHOMBE/ CHRONIC&FUN WALK DAY



CEZA COMMUNITY CAME IN NUMBERS



INDUNA YENDAWO UBABA U-ZULU EBONGELA UMPHAKATHI



MRS NONHLANHLA BUTHELEZI



MR LUCKY KHUMALO- DISTRICT PHYSIOTHERAPIST



ONOMPILO BENZA ABADUME NGAZO



CEZA HOSPITAL CHOIR

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