



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CEZA HOSPITAL

CEZ'EMTOTI

NEWS

STAY INFORMED

JULY-SEPTEMBER 2019

BREASTFEEDING WEEK



Mothers listening to speakers before the dialogue



BREASTFEEDING WEEK...
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MANDELA DAY...
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WELLNESS DAY... *PAGE 09-11*

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

BREASTFEEDING WEEK



Nobuhle Buthelezi Gateway clinic Nutrition Advisor engaging with community members

Ceza hospital and clinics celebrated World Breastfeeding week to encourage breastfeeding of babies as an essential activity for better health of babies and the mothers as well. The theme for this year (2019) was **“Empower Parents, Enable Breastfeeding”**. Breastfeeding talks were done by Nutrition Advisors everyday in clinics. On the 09th of August 2019 Gateway clinic and Dieticians hosted a community dialogue at KwaNondayana community hall where community was engaged on the importance of breastfeeding. There were three stations with three different topics which were as follows: Exclusive breastfeeding, Positioning and attachment and cup feeding and the last topic was complementary feeding. After discussions community were asked questions and there were prizes to be won.



WABA | WORLD BREASTFEEDING WEEK 2019

BREASTFEEDING WEEK CONTINUES....



Top left: District Dietician Pride Mseleku during community dialogue. Top right: Linda Dietician engaging with community members. Middle left: Community members listening to speakers. Bottom right: Khombi Dlamini Dietician with Miss Mazibuko who won vegetables. Bottom left: Dietician Khombi Dlamini with Matron Ntuli.

EMPLOYEE WELLNESS DAY

On the 11th of September 2019 Ceza Hospital hosted employee wellness day for all employees to promote healthy lifestyle since the wellbeing of the employees results to excellent service delivery. The following activities were conducted during the day fun walk from Ceza hospital to Esikhaleni and back to Ceza hospital, aerobics and soccer. Many more activities were done which were led by Pharmacy Department. Winners got nice prizes which were also sponsored by Pharmacy Department. Sidlulisa ukubonga okukhulu kubaxhasi bethu abenza usuku lwethu lwabayimpumelelo okuyilaba abalandelayo: Pharmacy Department yethu, Old mutual, Capitec Bank and Metropolitan.



Ladies getting ready for fun walk



Siphiwe Khumalo taking vital signs



Pharmacy Team



Aerobics

WELLNESS DAY CONTINUES....



Prizes



Egg race



health
happens
here
In The Workplace



WELLNESS DAY CONTINUES....



Top left: Fun run. Top right: Winners. Middle left: Pharmacy team. Bottom right: Vital signs station. Bottom left: isikhathi sezidlo isandla sedlula ikhanda to Pharmacy Team.

KUGUJWE USUKU LWAMAGUGU

Isibhedlela sakwaCeza sigubhe usuku lwamagugu mhla zingamashumi amabili nesithupha kuMandulo. Umcimbi waqala ngomviliyelo owawuholwa abafundi basekolishi labahlengikazi elizimele (Ndumiso Nursing College) ababesina kudabuka unyawo bezungeza isibhedlela sonke. Abasebenzi base behlanganyela bonke ehholo le-sibhedlela lapho bekuqhubeka khona umcimbi kuncintiswana ngokuvuma ingoma nokusina phakathi kweminyango eyahlukahlukene yangaphakathi esibhedlela, ayikho eyayifuna ukugoba uphondo ubona nje ukuthi abasebenzi bayazigqaja ngemvelaphi yabo. Izidlo zesintu zaziseqophelweni eliphezulu. Sibonga kakhulu kubo bonke abasebenzi ababayinxenye yokwenza lolusuku lube yimpumelelo.



HERITAGE DAY CONTINUES...



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