



ASIKHULUME-LET'S TALK

DUDUDU NIP RECEIVES FOOD DONATION

A group of youth from the Methodist Church has once again come to the rescue of children who have constantly been attacked by the gruesome circumstances of being stricken by poverty following the loss of their parents from diseases, most prevalently HIV/AIDS.

The youth, known as Methodist Wesley Guild has voluntarily donated food parcels to the Dududu Drop in Centre, to show compassion for the orphans housed in the centre.

According to the programme Coordinator, Ms Rose Duma, the food parcels will assist profoundly in feeding approximately 300 children housed in the centre on a daily basis.

This comes after the Minister of health Ms Peggy Nkonyeni had



Dududu community is happy after receiving food parcels

called on communities to take part in the struggle against HIV/AIDS and the impact thereof.

The centre has done a tremendous job in accommodating, feeding and providing schooling resources for children who

have become orphans as a result of the HIV/AIDS epidemic and other fatal infections and diseases.

"it is encouraging for us to see that community is offering assistance to the centre and we greatly value their input", says Ms Duma Excitedly.

A special visit from National Health Delegates

On the 08th July 2005, the national health portfolio committee paid a special visit to G.J.Crookes Hospital to evaluate the environment in which service is being delivered to the community.

The national team was led by the Director General, Mr Thami Mseleku, accompanied by health officials viz Dr Zokufa (Medicines Regulatory Authority), Dr Sibeko (Hospital Services), Mr K. Michael from Mpumalanga and the Honourable MEC for Health in Northern Cape, Ms EA Selao.

Part of the reason for their visit was

to look at infection control measures at the hospital and to ensure that the environment is free of infections that could cause internal outbreaks like the Klebsiella outbreak, which emerged as a cause for concern for one of the hospitals in KZN.

Pleased with the outcome of their investigation, the entire team headed down the south coast to Port Shepstone Provincial hospital. They were quite happy

that G.J. Crookes had already set a standard and all they needed to do was to compare what they had seen at G.J.Crookes with that of the other hospital they were still to visit.

Below: Mr T.Mseleku (Director General) and Mrs Nyawo (Hospital Manager)



INSIDE



The National casual day for disabled children was celebrated in style at GJC -Read more on page 5



ABET team were in good mood at the National literacy day on September 1 -Find out on Page 6



Mazibuye emasisweni-an indigenous food celebration-Hhmmm !! -Read More on page 4

OFFICIAL LAUNCH OF A SUPPORT GROUP

As part of a campaign to control diabetes and high blood pressure in the community, Dududu clinic has recently launched a new community support group for elders with diabetic problems.

The official launch of this support group known as Dududu support group took place on the 10 October 2005, at Dududu Clinic.

The initiative was graced by the presence of Ms M. Nxumalo from the Ugu District Health Office. She did not come empty handed though, but she brought along with her walking sticks, T-shirts and treatment bags to give out to all the members of the support group.

In her speech, Ms Nxumalo encouraged all support group members to visit the clinic frequently to check on their BPs and sugar levels.

"we don't want to hear that some of you are sharing pills, because the clinic is here to give you the treatment you need after having assessed your condition", she said. She told them that any medication must be taken with caution, following doctors



Above: Ms Nxumalo is seen giving a walking stick to a support group member

orders, otherwise it could be dangerous.

The Oldies were taken by surprise, when Ms Nxumalo started giving them nice looking T-shirts with the name of the support group printed at the back. In addition, they were given a treatment bag and a walking stick to those with walking difficulties.

To show their appreciation all support group members sang and danced to the rhythm of their song. It was clear they were all excited about the love Ms Nxumalo and

the Ugu health district had shown to them.

They all thanked Ms Nxumalo for the special visit and complemented her for bringing such goodies for them.

"We are thankful to the officials of the department for thinking about us, and we thank the clinic staff for their support and good treatment". Says one of the members

During the event members of the support had greed with Ms Nxumalo when she said there is special queue for the Diabetics and the elders at the clinic. Ms Nxumalo also commended the clinic staff for taking good care of the old people.

Staff Gets Support

The GJC rehabilitation team has initiated a support group to assist staff to deal with problems they experience at the workplace.

Problems that have been identified as factors affecting the performance of staff are both psychological and physical.

'The mere fact that staff have to deal with a variety of problems from clients has a negative psychological effect on the staff, and they need to debrief, comments Ms Ngcobo, the Social Worker.

'Apart from the work they do, staff also have their personal problems that affects the way they deal with the clients. It is important to help them cope with these problems so that they can be more productive'. She says

All staff members are urged to make use of the support group to raise their problems and to share information on issues affecting their work.

For more information about the support group contact Ms Ngcobo (Social worker), Ms N. Munro (psychologist) / Ms Nel (Occupational Therapist).

MAITHILEY IS OUR SPEECH THERAPIST



Maithiley Reddy– Speech Therapist

Have you ever imagined how difficult it would be if you could lose your hearing ability or your sight for that matter? Have you ever thought that some people are enduring this difficulty of not having to hear properly or speak properly, everyday?

Well if you haven't, take a minute and look at yourself and see how blessed you are, being able to conduct a conversation effectively.

According to Ms Reddy(Speech Thera-

pist) people with hearing and speaking difficulties can improve their abilities dramatically, if they get the necessary assistance.

Miss Reddy says it is possible to curb certain conditions leading to hearing impairedness or speaking difficulties

"People with certain hearing problems can get special help that assists to improve their hearing abilities. Similarly, people with speaking difficulties can detract their problems only if they are assessed consistently and are given the right care and treatment to help them improve their speech", She says.

But it all depends on the condition that people present with. Mostly, people with stuttering problems would think they cant change, when they actually can speak normally.

"It is all in the way we think about these problems and the amount of work we put into rehabilitating the patients to regain their full potential", she concludes.

G.J.C Building a healthy community



Philani clinic project members are hard at work

A great venture to improve the health conditions of the community of KwaCele is bearing fruits and the community is excited.

It started out as a clinic garden, and it grew up to be a community garden. Now it is a lucrative business opportunity to address poverty.

The much needed intervention from G.J. Crookes hospital to empower community to develop a project to promote healthy lifestyles has seen huge improvement over the last couple of months.

A gardening project situated right in the clinic premises is now literally 'bearing vegetables' for the entire community of KwaCele and the surrounding areas.

ing communities with fresh vegetables grown from the garden.

Recently, the project has stretched its product line to even include fresh mushrooms from the garden.

Thanks to the department of agriculture, the community can now access vegetables from the clinic.



Above: Fresh Mushrooms from the garden

The project is an intersectoral collaboration by the department of Agriculture and G. J. Crookes hospital. Currently, the project is being spear-headed by the hospital as it serves the most important purpose of supply-

MEET THE NEW HR MANAGER



Above: Saloshnie Pillay giving a Bunch of flowers to the New HR Manager , Ms Nicolette Moses

Flowers are a symbol of love and happiness. Only special people receive flowers not everyone.

Saloshnie Pillay (**above right**) thinks a new manager deserves to be welcomed with flowers to their new institution.

Miss Pillay was taken welcoming the new Human Resource Manager Ms Nicolette Moses (**above left**), to the Human Resource Department.

The smile that you see on her face is the same smile that everyone in the institution was wearing when management announced Mrs. Moses's appointment, which most people believe it was long overdue.

Ms Moses was officially appointed to the Human Resource Manager post on the 01 July 2005.

Before being appointed into the Human Resource Manager Post, she was working for the department of health in Natalia, as a Human Resource Practitioner.

When asked how she feels about the environment at G.J.C. Ms Moses said "people are working like a family here, they are always willing to assist".

She further pointed out that, "together, everyone strives for the best at G.J.C."

Hospital manager, Mrs. S.P. Nyawo has welcomed the appointment of Ms. Moses into Human Resource manager post and feels it is huge achievement for the institution.

Raising funds for the disabled



The first of September 2005 was a national casual day for disabled children. There are were numerous activities done around the country in support of the organization for disabled children, but the idea of

G.J.C staff pitching up at work wearing black and red, was the most appreciated one, mostly so because it was done to raise funds for a good cause.

Surprisingly, the hospital Manager was part of the team in red and black. She couldn't stop smiling when she saw how well the idea was received by the employees.

Credits must be given to Ansie Wood, a Finance Management Officer, for initiating the idea and for recruiting staff to join in and support the National Causal Day for disabled children. It was indeed a very successful project.

UKUDLA KWESINTU KUSEMQOKA



Izinsizwa zazivunule ngamabhesu, abesimame bebhince izigege, kuhuthswa, kuhaywa izingoma zesintu, kudliwa ngoludala.

phela lapha kwakusemzimbeni wokuqhakambisa ukudla kwesintu njengengxenywe yesisombululo ezifweni eziningi ezikhungatha abantu besimanje. Umcimbi wawubanjelwe kwaDumisa enkantolo yesizwe ngomhlaka 7 kuNtulikazi (July).

Iningi lezicukuthwane ezazihambe lemcimbi lakubeka ngembaba ukuthi ungeminye yemcimbi ebaluleke kakhulu ukuvuselela isiko nokuqhakambisa ukubaluleka kokudla kwesintu.

Phakathi kwezicukuthwane ezazihambe lemcimbi kwakuk-

hona amakhosi esizwe sakwaDumisa, Inkosi uPetros kanye noProtas Duma, abaphathi besibhedlela I G.J.Crookes, UNkk Sibongile Nyawo, UNkk Nomusa Nkabinde, UMnu Londa Langa ovela Emnyangweni weZempilo kanye nabanye abavela eminyangweni eyahlukene.

Lo mcimbi wahlelwa ngokubambisana Onompilo (**abasesithombeni**) abasebenzela indawo yakwadumisa namaphethelo.

'Sibonga iqhaza elibanjwe umphakathi nezinhlelaka zonke zakwaDumisa ukweseka Umcimbi wethu', Kuphawule Umnu Albert Luthuli oyilungu lekomidi

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Letters to the Editor



umgubho wosuku lokufunda

Uqubule elikhulu isasasa umgubho walo nyaka wokuqhambambisa imfundo, ikakhulukazi leyo yabadala.

Lo mgubho obungomhlaka 1 ku Septemba e Harry Gwala Stadium eMgungundlovu ubuhanjelwe iminyango eyahlukene kaHulumeni, ikakhulu labo abangaphansi kohlelo lwemfundo yabadala I ABET (Adult Basic Education Training).

Kulo mcimbi izikhulu emnyangweni wezefundo beziphelele ngobuningi bazo zethula izinkulamo ezinohlonze ngokubaluleka kwemfundo yabadala.

Lapha kugxekwe kakhulu ukusetshenziswa kwendlela ejwayelekile yokufundisa abantwana ezikoleni uma besemabangeni aphansi ukufundisa abantu abadala. 'Abantu abadala akumele bafundiswe ngokuhlanganisa imisho, njengoba kwenzeka ezinganeni ezincane, kepha kumele basizwe ukukwazi ukugcwalisa amafomu kanjalo nokuk-

wazi ukusayina okuyizinto ezisemqoka kubo, Kuphawula esinye sezikhulu ebezihambele lo mcimbi.

Iningi labasebenzi abangabafundi bakaABET likhombise ukuluthakasela kakhulu lolu hlelo lwemfundo yabadala njengesisombululo ezinkingeni abebekhokana nazo ngenxa yokungakwazi ukuzisayinela nokufunda okubhaliwe.

Lapha abafundi bezwakale behaya izinkondlo ezincoma imfundo ka ABET ngokubavula amehlo bakwazi ukuzenzela izinto ngokwabo. Iningi labafundi lapha laligqoke imifaniswano yabo enamagama amakhulu athi Adult Basic Education, ukucacisa ukuthi yiyo le mfundo ebona babe semathubeni njengabo bonke abanye abafunde ezikoleni.

Isibhedlela i-G.J.Crookes naso sathumela ithimba labafundi nabafundisi kulo mcimbi.

Sithi Ngampu: kwezinohlonze

Iziguli sezivulelwe isango

Emva kokuqubuka kwezikhazazo eziningi mayelana nokuvalwa kwesango elincane lesibhedlela abaphathi besibhedlela sebe phinde balivula leli sango ukuze iziguli zilisebenzise. Lokhu kuyinkomba yokulalelwa kwezikhazalo zomphakathi ebezingena ubuthaphuthaphu ehovisini loMxhumanisi. Kusukela enyangeni ephelile leli sango seliyasebenza ukungenisa iziguli kuphela hhayi abasebenzi. Abasebenzi bona basanxuswa ukusebenziswa isango elikhulu njengenjwayelo.

Umcimbi wenkumbulo

Kuhlelwe umcimbi wokukhumbula lowo owayesebenza njengomeluleki we HIV/AIDS esibhedlela I G.J. Crookes owadutshulwa wabulawa khona ngaphakathi esibhedlela eminyakeni emithathu eyedule.

Lo mcimbi ohlelwe abenhlango i-National organization of people living with HIV/AIDS (NAPWA), ozoba ngomhlaka 17 November, uhlose ukuveza iqhaza umufi abanalo ukulwa negciwane lesandulela ngculazi.



Yibo laba bafundi baka ABET abebekhambela umgubho obuse Mgungundlovu ngoSeptemba

In and around G.J.Crookes Hospital



The happy faces depicted here were taken during a 'take a girl child to work project' which was co-coordinated by the department of health, to inform young women about career opportunities available in the department. All learners found the project very useful in guiding them towards their future careers.

Below: The adult basic education and training programme at G.J.Crookes hospital has created opportunities for people who were unable to read and write. They are now on top of the mountain with the excitement, and the management is in full support. Below: ABET Team with management members were taken before the ABET team left for the national literacy day in Pietermaritzburgh on the 1st September 2005. see page 3 for more information

A campaign to promote healthy lifestyles has paid dividends to the community of KwaCele area. They had initially planned to grow a small garden for vegetables but due to the interest that community had shown the project was extended, and it is now a business opportunity for the community. See page 3 for a full story



It was good for South Africa to benchmark from China, now we know mushrooms can be grown from the garden.



Above: Members of the Dududu Support Group in full force to fight BP and Diabetes; They were taken during an official launch of their support group on the 10 October 2005 at Dududu Clinic.



The success of a TB Road show is testified by the enthusiasm the people of Dududu had shown when they saw the mobile billboards in their area. See page 6 for a full story

TB ROADSHOW-A BIG SUCCESS

The department of health has not stopped educating communities about TB. On the 14th October 2005, the TB free team visited Ugu district as part of their campaign to educate people about TB.

The TB free team together with GJC primary health care team and the hospital PRO held a road show where people were visited to their respective areas and informed about TB.

The TB Free team had two mobile billboards, which had all the message about TB written on them.

During the early hours of the day, the team headed down the coast to Umzinto town, where the message were spread out and TB free t-shirts were given to community.

Subsequently, the team drove up the coast to Dududu NIP Site where they met with Dududu community in high spirit, waiting to hear what the team had to say about TB.

We can say without any doubts that the Dududu people would have appreciated the team staying a little bit longer than they did, since they couldn't stop asking questions about TB and how to use TB treatment.



People at Umzinto town will now take TB seriously.....



...and the health workers will make sure the community is TB Free !!!

Jokes for folks

In church.....

My uncle spent days looking for his new hat but couldn't find it anywhere. Finally, he decided that he would go to church on Sunday and during the service, sneak out and grab a hat from the rack at the front door. On Sunday, he went to church and sat at the back. The sermon was about the 10 commandments. He sat through the whole sermon and instead of sneaking out he went to talk to the minister. He said to the minister "father, I came here today to steal a hat to replace the one I lost. But after hearing your sermon on the 10 commandments, I changed my mind." the minister said "bless you my son. Was it when I started to preach thou shall not steal that changed your heart?" my uncle responded "no, it was the one on adultery. When you started to preach on that, I remembered where I left my hat!"

WE MAY LOOSE A GAME BUT WE WILL NOT LOOSE OUR HOPE



They are strong even after losing a game. They are committed, they know they can make it despite all odds. G.J Crookes hospital netball team's perseverance has made them the team to be proud of.

They say the important thing about the game is to understand and accept that a loose is nothing but a challenge to make up for the future.

G.J.Crookes netball team has never been discouraged by a loose, especially when they play in a tournament because they know that it is a learning curve for them, to work even harder for the next games.

'We strongly believe in taking one step at a time, to allow ourselves time to

rethink and reshape. We have seen our shortfalls through the games that we have lost and we've learnt a lot from those games. They say with their heads up.

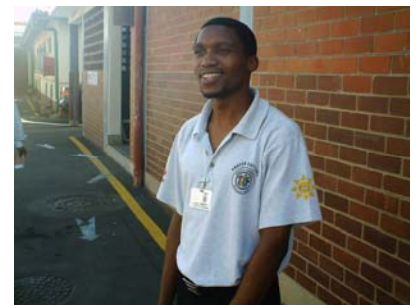
'The main focus at this stage is to build a sustainable team that is always ready to take on every challenge. So far we see progress in our quest to build a strong team for the next tournaments', They said

It looks like all the teams in the district are in for a big surprise from these young ladies, come 2006.

Words of wisdom



SOKKA KONA



Soccer star Thabani Dube has parted ways with the hospital to join a health centre at Pitermaritzburgh.

His departure is described by many soccer fanatics as a big blow in the soccer plans for the institution.

Thabani has been acting as a team leader in all the games that the hospital has hosted. He is known for his discipline and his passion for the game.

Sports and recreation PRO, Mr. S. Shoji was utterly disappointed to learn about Thabani's transfer but he has on the same token expressed his trust on the team.