



GJ CROOKES HOSPITAL

NEWS

Enabling your wellbeing

Jul- Dec 2021



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Acting CEO's Message

Acting CEO for GJ Crookes Hospital: Dr. VT Kgabo



The resilience of our staff and community during a time of crisis is one to be commended. Despite the COVID-19 pandemic being an astonishing challenge, we have seen a remarkable effort to soldier through the hurdles and pain and succeed in good health for our community and a brighter future.

The year 2021 came with a focus on the COVID-19 vaccination roll-out for both healthcare workers and community. Though the roll-out of the program seemed a mammoth task, our staff proved its unwavering dedication and took on the challenge with such fervour, as a result Umdoni sub-district became the lead in the Ugu district vaccination program. The management of GJ Crookes Hospital commend the team for their professionalism and their focus on our vision and mission in ensuring high quality care during the roll-out program.

Though the year may have been a challenge, we are thankful for the services we have had the opportunity in rendering. The out-patient, in-patient, emergency care, primary health care as well as outreach services continued

to service care for our clients, promising hope of adjusting to our "new normal". We have had successful, jubilant moments that have reminded us why we serve and endure the hard times. Though hiccups and bumps may happen through our journey, we strive to improve our level of care.

On behalf of the management of GJ Crookes Hospital, I thank the staff for the enduring service they provide our community. Thank you for the sacrifices and perseverance.

To our community, thank you for entrusting us with your health and for your will to live. To those who played a role in supporting us through this year, we are truly grateful.

A special note of thanks to our Hospital Board, who have played a role in addressing key matters that are vital to our clients and community. Your support and presence has reassured us tremendously.

As our community has a moment to slow down, recharge and spend time with family, we continue to aim to fulfill our vision of provision of good quality healthcare. 2021 proved to be a year where the team leveraged their greatest strength - team work. We look forward to 2022, motivated by the promise of even greater achievements.

I wish you all, on behalf of the GJ Crookes Hospital management, a safe and joyous holiday season and a blessed, healthy and fulfilling New Year.

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Breastfeeding awareness week- GJC.



ANM TAI Ndlovu with Rehab Comservs for Breast Feeding awareness

This year, for World Breastfeeding Week 2021, World Annual Breastfeeding Association has selected the theme: Protect Breastfeeding: A Shared Responsibility. The theme is aligned with thematic area 2 of the WBW-SDG 2030 campaign which highlights the links between breastfeeding and survival, health and wellbeing of women, children and nations.

WABA states that this year's objectives are to:

- Inform people about the importance of protecting breastfeeding.
- Anchor breastfeeding support as a vital public health responsibility.
- Galvanize action on protecting breastfeeding to improve public health.

Pregnancy and lactation are an especially vulnerable time for working women and their families. Expectant and nursing mothers require special protection to prevent harm to their or their infants' health, and they need adequate time to give birth, to recover, and to nurse their children. At the same time, they also require protection to ensure that their jobs are not jeopardized because of

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Kwa Lembe Women's Day Celebration and Vaccination Drive



Senior Citizens coming for screening at Kwa Lembe Women's Day and Vaccination Drive

On Monday the 30th of August 2021 the Umdoni Primary Health Care Sub District held a Women's Month Closing Event at Kwa Bhudubhudu Hall in Kwa Lembe. The event was graced by the presence of GJ Crookes Hospital CEO, PHC Management, Department of Social Development, Lifeline, Department of Agriculture and the SAPS. The event was led by Mr. Sifiso Gamede. Pfizer vaccines were administered. Mobile screening services were present screening for TB, Hypertension, Diabetes, Mental illnesses and Covid-19. Numerous women came forward to have their pap smears. The event was to remind women of their importance and guide them on the services available and services against Gender Based Violence. The community was grateful for this event. All Covid-19 protocols were adhered to during this event.



Women of Kwa Lembe receiving sanitary packs from the Department of Health Staff

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Vooma Vaccination Weekends

On the 14 and 30th of September 2021, G.J Crookes Hospital PRO and Ugu District Communications conducted a public awareness campaigns on Covid-19 Vaccination through interviews with the Ugu Youth Radio and Radio Sunny South to reach a wide number of audiences about the importance of taking the Covid-19 vaccine.



Communications Team at Radio Sunny South



Vaccination Team for Vooma Vaccinations

G.J Crookes Hospital formally promoted its campaign to encourage people to take the Covid-19 vaccine and eradicate conspiracy theories and myths about the vaccine.

The Public Relations Office (PRO) Mr. Mbanjwa and Sister Ngubo (GJ Crookes Hospital Theater Operational Manager) had an interview with the Ugu Youth Radio and Radio Sunny South and encouraged people to utilize original sources of information and not rely on conspiracy theories about vaccination and not be afraid to vaccinate. It was highlighted that vaccinating is a step to get back to normal life. People were discouraged from relying on myths all over social media as there is no tangible evidence that supports the conspiracy theories.

The Covid-19 vaccine has its own side effects just like any other vaccine or medication, but the side effects are manageable. All complicated side effects are managed by a medical practitioner appropriately, but these have been minimal.

The community was advised of the Vooma Vaccination weekends as initiated by the president so as to ensure that people who are not available during the week have an opportunity of getting their vaccination during the weekends. For Umdoni Sub-district, Vooma vaccinations were commenced from the 4th of October to the 6th of October 2021 at Bremer Hall, Malangeni Hall, and Dumayo Hall. The turnout to the Vooma weekend was amazing as scores of people came in numbers some to receive their second doses of the Pfizer vaccine and others to get their first dose.



Communities out in numbers for Vooma Vaccinations

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Delivery of Triplets at GJ Crookes Hospital



The 2nd of September 2021 was a newfound hope for the impoverished mother of newborn triplets from KwaDumisa village, under Umdoni Local Municipality, on the south coast of KwaZulu-Natal.

This is thanks to a visit by KwaZulu-Natal Health MEC Ms Nomagugu Simelane to GJ Crookes Hospital, where the week-old babies were recovering, having been born prematurely, at eight months.

The MEC came bearing gifts for the all-male triplets Aphile, Asiphile, and Asibonge - clothes, nappies and blankets; were presented to the mother. The 39 year-old mother Malitha Ndlovu received even greater news from the MEC, the promise of a brand new home that will be built for her.

Malitha, who could not contain her tears during the MEC's visit, admitted that she initially felt overwhelmed when she found out only during her delivery that she was carrying triplets. The visit from the MEC and dignitaries was one that brought a lot of joy to a special client.



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Official Opening of D2 and D3 Wards



MEC for Health, Ugu and Umdoni Mayors with GJ Crookes Hospital Management

On the 2nd of September 2021 The MEC for health Ms. Nomagugu Simelane officially opened GJ Crookes Hospital's newly constructed 49 bedded Covid-19 isolation unit. "We are very happy with the work that we've seen, as well as the work that our healthcare workers are doing. We've also seen the hospital's vaccination site. We know that they have three within Umdoni; the 2nd one is in Park Rhynie, and the third one is an outreach team.

"The kind of work that is being done here is exciting. We've come to say to the workers, 'Thank you very much; we appreciate your work.'" stated the MEC for Health



Newly Renovated 84 Bed Covid-19 Isolation Wards Officially Opened by MEC for Health KZN

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Umzinto Clinic Heritage Day



Heritage Day Celebrations at Umzinto Clinic

On the 17th of September 2021 Umzinto Clinic Held a Heritage Day Celebration and appreciation for their EPWP staff who were finishing their contract.

This was a happy day for staff as they all presented in their traditional attire. The day started with a prayer followed by a word of support and appreciation by Sr. N Zitha, Operational Manager for Umzinto Clinic. She thanked the staff for organizing the day and making a reminder for all on the importance of embracing their heritage. She also wished the departing EPWP's well and hailed them on the good work ethic they always had and respect for their seniors, staff and community in general. The EPWP's were presented with gifts as a token of appreciation and were wished well for their future. The clinic had prepared some delicious indigenous dishes for the day and everyone was invited for the lovely lunch.



Indigenous Heritage Day Dishes at Umzinto



Global and washing Day at Health Promoting Schools



AMAVENYA HALTH PROMOTINGPRIMARY SCHOOL

Global and washing day is an international handwashing promotion campaign to motivate and mobilize people around the world to improve their hand washing habits. Washing hands at critical points especially during the pandemic with soap is important. This day occurred on the 15th of October each year.

Umdoni school health team in collaboration with district acting school health coordinator MS N Madlala, Gloria Rasi from health promotion coordinator, Mr Fynn from environmental health, Mr Fanele Ndlovu from CDC, Mrs T.O Chauke nutritionist from PHC Umdoni, Mr Mtshali M from environmental health, and Mr T. Mbanjwa PRO from GJ Crookes hospital were present to make this day a success.

Two schools were visited on the 15th October 2021. Amavenya primary school and Braemer primary school, both being Health Promoting Schools. The target was grade 4 learners on each school for hand washing and their enrolment: 30 boys 20 girls and the theme was "CLEAN HANDS FOR ALL". A welcoming was done by the principals from both schools Mr Ntuli and Mrs F Suluman.

The purpose of the day was done by Ms. G Rasi from Head Office and a Health talk on hand washing, a sing along song about hand washing and demonstration was done by Mrs. A. Dlamini PHC trainer. There was a hand washing competition where learners were asked to draw their own posters about hand washing and were given prizes and pledging done by Mrs P. R Khubisa. Learners were also given a Health talk on nutrition and samples of nutritious food done by Mrs O. Chauke and Health talk on TB was done by Mrs N. Msabala. Mr fynn also spoke about keeping our body health and fitness. Questions on cleanliness were conducted and learners with correct answers given gifts on . Mrs Rasi chose the hand washing champions and gave them tasks to do on schools days in order to keep the message going.



BREAMER HEALTH PROMOTING PRIMARY SCHOOL

Covid-19 Vaccination Rollout Team Appreciation Day



Dr Mqadi & Sr Shelembe presenting appreciation gifts to staff

The community COVID-19 vaccination program commenced on the 17th of May 2021. A program of this magnitude required planning and dedication. The team comprised not only COVID-19 staff, but managers, supervisors and staff in clinical and non-clinical components. The coming together of all components resulted in a successful rollout of the COVID-19 vaccinations. The efforts of the team came to fruition as Umdoni sub-district was leading in the Ugu district when it came to the population coverage of vaccines administered.

A day of celebration was held in gratitude and admiration of the work done, appreciating and recognising the staff. Those recognized ranged from Nurses, Doctors, Pharmacy personnel, Community Health Care Workers, Security Guards, Administrative staff, General Orderlies, Maintenance staff and Component supervisors and managers.

The compliments from the community on the team's professionalism, and smooth running process encouraged the team and further helped to regain trust with the community.

The management of GJ Crookes hospital expressed how proud they are to be a part of such a remarkable team, further encouraged them to continue to work diligently and hold the flag high in representing our facility and community.



Sr Shelembe and Dr Kgabo presenting appreciation gifts to staff

Taking Both Sides Moral Regeneration Program



Sr. TR Gumede with a panel of guests giving health education to the youth of Kwa Cele

On the 20th of October 2021 the Taking Both Sides Non Profit Organization with the Department of Social Development in collaboration with the Department of Health held a Moral Regeneration Program for the youth of Kwa Cele at Inkosi Mkakwa Cele Hall. The event was about reminding the youth about the importance of taking opportunity and empowering themselves along the way. The youth came out in numbers to listen to various speakers coming with important information for the youth outlining a map for a journey to success and good health whilst being a responsible citizen to bring value to their communities. Mrs. Gumede the Operational Manager for Philani Clinic gave a health education talk, touching a number of items that are vital for ones health and progress. The talk was around good conduct, teenage pregnancy, sexual and reproductive health, sexually transmitted diseases and of course Covid-19 and the importance of vaccination to protect ones self from severity of the Corona Virus. The youth welcomed and responded to all the talks with much enthusiasm and were very happy to be part of the program.



Youth of Kwa Cele in attendance at the Moral Regeneration Program



Caring for the Elderly Event



Sr Gumede Doing Health Exercises with the senior citizens

Every year a select number of the golden oldies in Umdoni are celebrated by the Social Work Department headed by Mrs Zandile Ngcobo (Social Services Supervisor). On the 22nd of October 2021 the Zulu theme was “Kuguga Othandayo” meaning you grow old if you like, but can remain young in mind and spirit if you take care of your health. These were the messages given to the grown citizens of Umdoni at Dududu Community Hall. The senior citizens were given information on the importance of medication adherence, exercising regularly, reducing sugar and salt intake and also drinking water regularly. They were also educated on observing and upholding their rights, not to fall prey to any form of abuse.



Mrs. Z Ngcobo giving the purpose of the event



Ms. Z Ngcobo presenting services offered by Social Work department



GJ Crookes Planning Team



Dududu Senior Citizens in attendance

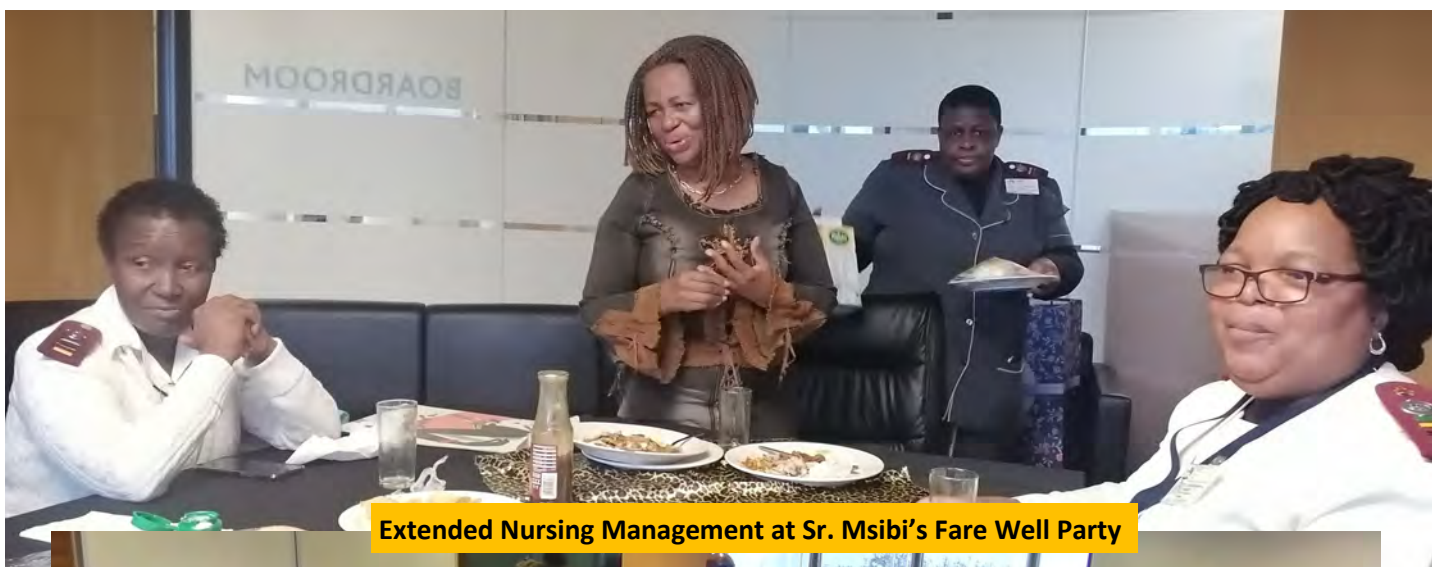


Theatre Sr. PK Msibi Farewell



Nursing Management Bidding Farewell to Sr PK Msibi

On the 27th of October 2021 the GJ Crookes Hospital Nursing Component bid farewell to Sr. PK Msibi who was working in Theatre. Sr. Msibi had been with GJ Crookes Hospital from 2016 until October 2021. Nursing Management thanked Sr Msibi for all the good work she had done as a nurse in theatre and at the times when she was Acting as Sr in Charge of the department in absentia of the operational manager. Her good service was appreciated by the nursing component.



Extended Nursing Management at Sr. Msibi's Fare Well Party



Mr Ngubane's Farewell



GJ Crookes Hospital Staff Bidding Farewell to Mr Ngubane

On the 28th of October 2021 GJ Crookes Hospital Finance Team bid farewell to Mr. Ngubane the Senior Finance Management Officer at the Premier Resorts-Cutty Sark Hotel. Mr Ngubane had served in the finance division for 8 Years. He was described as a seasoned Management Officer who always got the job done. It was mentioned that each day was never dull with him around as he always added humor in the work place, but also took pride in his work with no compromise.



Ms Bhengu Program Director leading the Farewell Program for Mr Ngubane



Finance Teams Bidding Farewell to Mr Ngubane



Nursery Appreciation Day



District Paediatrics Specialist Dr. R Naidoo addressing Nursery Team Paediatrics Management

On Friday the 29th of October and 24th of November 2021 Dr. R Naidoo and Dr. VT Kgabo respectively held an appreciation party for the Nursery staff who went an extra mile in managing baby Siphosami Fihlela born to Sonto Fihlela from Kwa Cele in Mandawe (Scottburgh) who is a premature baby born on the 15th of August 2021 weighing 645g at 23 weeks gestation. Baby Siphosami was admitted at GJ Crookes Hospital Nursery from birth to for close monitoring. Giving a summary of events, Dr. Fikile Mqadi the Acting Medical Manager at GJ Crookes Hospital said they all thought the baby was not going to make it due to her weight, but nurses and doctors worked tirelessly to ensure the well-being of baby Siphosami. Dr Mqadi said for the first five days the baby was fine and breathing well on room air. They were guided by the District Paediatric Specialist Dr. Ramolla Naidoo every week. After more than 70 days in hospital, baby Siphosami is now off oxygen, breathing fine, able to feed and has picked up weight very well. Dr. Mqadi thanked everyone who assisted towards this breakthrough, from nurses, doctors, the district specialist and the mother for having faith in the efforts of health workers. The mother also thanked everyone who has assisted her with her baby from the time she gave birth until now. She thanked the staff for the wonderful party and gifts presented to her the district specialist and GJ Crookes Hospital Nursery and Maternity staff for baby Siphosami.



Mother of Baby Siphosami being showered with gifts



Vooma Vaccination at Election Sites



Vaccination Team at Voting Stations around Umdoni

On the 1st of November 2021 the communities of Umdoni went out in their numbers to cast their vote and the department of Health was also present in most voting stations to administer Vaccinations after the citizens had casted their votes. Campaigns like the Vooma Vaccination Weekend began at the start of October, which opened more sites and enlisted community leaders and faith-based organizations to encourage their followers to get vaccinated.

“Once a person had voted they then proceeded to the pop-up site to be registered and vaccinated. To make it even more convenient to have one trip. The Minister of health instructed all health facilities to set up in the voting precincts outside the areas demarcated strictly for voting so that they don’t interfere with the main purpose of the day which is voting.

Minister Joe Phaahla "We hope that this arrangement will offer convenience in that people will have travelled from their homes and they'll can achieve both their vote and vaccination in one trip. We welcome the fact that political parties have no problem with this arrangement". "We thank our health workers who raised their hand to be on duty on this day and thank the IEC authorities for their support and cooperation,"



Umdoni Community receiving vaccination at Voting Stations



Radiology Awareness Day



Mr. Majoka giving education about X Ray Department

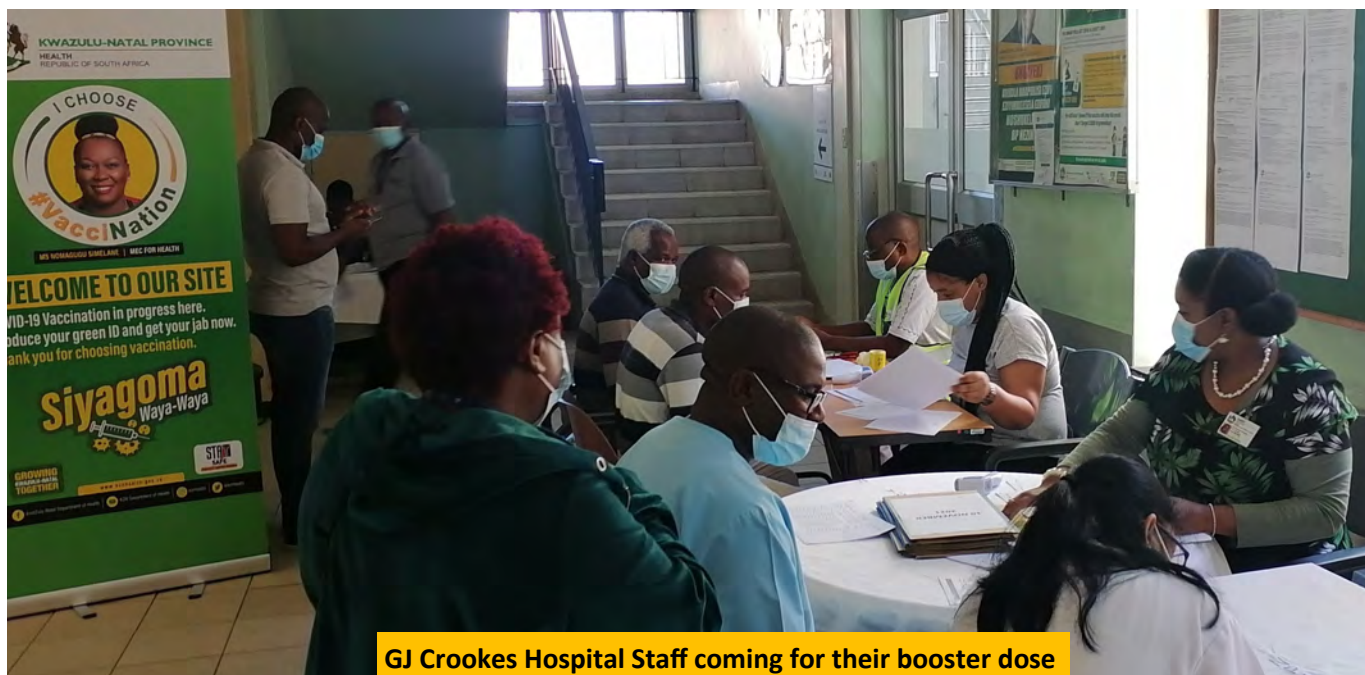
World Radiography Day was celebrated on 8 November 2021. The date marks the anniversary of the discovery of x-radiation by Wilhelm Roentgen in 1895.

The Radiography Manager Mr. Thulani Majoka and his team promoted radiography as a career. Radiography is a vital contribution to modern healthcare. The week was utilized as a chance to increase public awareness of diagnostic imaging and radiation therapy. He gave education to clients who were visiting the X Ray Department on the day and they were excited about the knowledge given to them. Clients were asked questions on the presentation given and presented with a fruit packs.



Radiology Manager and his Team

Booster Vaccination Dose for staff



GJ Crookes Hospital Staff coming for their booster dose

On the 10th of November 2021 GJ Crookes Hospital commenced the Sisonke Covid-19 booster vaccination for all healthcare workers who were part of the initial Sisonke trial which took place from February to March 2021.

The ENSEMBLE study demonstrates vaccine efficacy in a multi-country study conducted in three continents. It provided evidence that the vaccine provided protection even against the Beta variant circulating in South Africa in early 2021.

The Sisonke study confirmed these findings and showed that vaccinating was safe, easy to administer and provided good protection against severe disease and death.

The Covid-19 booster rollout provided additional protection against severe Covid-19 disease and death. The management of GJ Crookes Hospital dedicated two weeks of Booster administration for staff, forensics, EMRS and private practitioners. Thereafter the Boosters were administered as per the community rollout.



Vaccination Team attending to staff for Booster Dose

Crisis Center Year End Party



On the 3rd of December 2021 GJ **Ugu and Hospital Management with NGO Guests** Crookes Hospital Crisis Center Department held a Year End party for survivors. The theme for this year was Orange the world, End Gender Based Violence Now. Parents and children came out in numbers to enjoy this day. The program was directed by Mr. Mbanjwa the Hospital PRO and a prayer was done by Ms. Dladla, one of the parents. The survivors and parents were then welcomed by Dr. VT Kgabo the Acting CEO for GJ Crookes Hospital. She thanked all the parents and the children for coming out to enjoy this day and gave some words of comfort and motivation to survivors, that they are loved, they matter and they are appreciated. Ms Lindiwe Ngcobo from Lifeline also gave a talk encouraging mothers and parents to always keep watch of their children and ensure their safety, she emphasized that the children must never be ignored when they try to report something as it's the parents opportunity to know if anything has gone wrong. Ms Amanda Dlamini from the Survivors support group, gave her testimony of how she went through and overcame rape and sexual violation in her family. She urged all other survivors to never keep silent but take a stand and not be phased by the terrible ordeal, but conquer all odds and prosper. A talk on HIV and Aids was also given by Ms Dladla who encouraged all those who are affected by HIV not to default on their treatment, and if they have not started, to present themselves to doctors and nurses so as to be saved and not be shy about their status. Sergeant Ngcobo from SAPS social cluster presented the importance of reporting perpetrators to police when a sexual offence has occurred. She requested parents not to hide the incidents and prevent justice for children as that will be a violation of their rights.



Mrs Ndwandwe with Ms. Mkhize and Survivors for cutting of the cake



Philani Clinic at the Green Awards



Sr Gumede being Awarded at the Green Awards Ceremony

On the 9th of October 2021 Philani Clinic commemorated Nutrition Week and were visited by the Dietetics Team from GJC and Ugu District. Upon arrival the teams witnessed that the clinic has a garden and they took interest in that. The team then entered Philani Clinic into the provincial gardens competition on behalf of Mrs. Gumede the O/M for Philani Clinic. On the 27th of October the Provincial Dietetics team then came down to the clinic to do onsite inspection of the garden. Interviews were conducted with Mrs. Gumede the O/M, staff and patients about the benefits of the garden and the team was impressed with what they found and the responses they received. To Sr. Gumede's surprise, the Provincial Dietetics Department sent a letter to Philani Clinic O/M saying that Philani Clinic Garden has been selected to the Provincial Green Garden competition and has reached the finals. On the 10th of December 2021 Ugu District with Philani Clinic was then invited to the Green Awards Ceremony held at Natalia Building in Pietermaritzburg and Sr. Gumede was awarded a 2nd runner up certificate throughout the province. Mrs. Gumede was also awarded with garden tools, a back pack and seeds to go back and continue working the garden. Mrs. Gumede was very happy to receive this recognition and asked all facilities present to never stop doing this and continue growing their gardens, as its done for the love of our communities.



Joyful Sr Gumede after collecting an award for her clinic garden



Philani Clinic Youth Event



Sr. TR Gumede O/M for Philani Clinic



Philani Clinic staff serving refreshments

On the 17/12/2021 Philani clinic conducted Youth Day which was successful in spite of heavy rains and cold weather. The main objective was to revive Adolescent and Youth Friendly Services and all the programs under it e.g PREP, SRH etc.

Over 30 youth were in attendance. The program was directed by the patient Mr S. Msani who did very well. Pastor I. Gumede opened with a prayer. Thanks to Ugu District Health team Mr Bonga Ndlovu MNCWH coordinator who presented the importance of taking long-term contraceptive methods. Mrs T. Mathenjwa District PRO and Ms N Madlala district Health Promotion Coordinator who made sure that the event is supported by our partners DREAMS , LIFELINE,,BROADREACH. FHI 360 provided food for the youth and presented the topic Economic Strengthening. The youth were given an opportunity to ask questions which were answered effectively . All the speakers emphasized the importance of the youth to communicate with the clinic and CNP B.H Mbhele was introduced as the new AYFS champion after Mrs A. Dlamini who got a post in the Subdistrict.

At the end Mrs T. R Gumede OM Philani Clinic gave the vote of thanks thanking the youth who attended amid bad weather and thank all who participated including staff in the clinic, especially Mr M. Mbayi Lay Counselor who demonstrated use of male and female condoms and brought the P. A system. Refreshments were served to everybody including patients who had come to the clinic.



Health Education presented to the youth



Farewell for Sr. T Goldstone and Sr. P Ndlovu



Accident and Emergency Staff Bidding Farewell to Sr. TE Goldstone and Sr. PN Ndlovu Operational Manager for Casual-

On the 23rd of December 2021 the GJ Crookes Hospital Casualty (Accident and Emergency Unit) bid farewell to two of its senior staff members Sr. Goldstone Professional Nurse General Stream and Sr. PN Ndlovu Speciality and an Operational Manager for Casualty Department. Sr Goldstone had been with GJ Crookes Hospital for 9 years And Sr. P Ndlovu had been with us for 7 years. Both the sisters were lauded for the good work ethic and dedication to their nursing duties from the time they had joined GJ Crookes Hospital until their time of exit. Sr Ndlovu took an appointment at Inkosi Albert Luthuli Hospital as an Operational Manager for Trauma Department. The two ladies were wished all the best in their future endeavours.



Sr. TE Goldstone and Sr .PN Ndlovu



Sr. PN Ndlovu and Sr. N.O Ndlovu



Christmas and New Years Babies



Mrs Muthwa preparing gifts for new babies and new mother presented with a gift for Christmas Baby

In the Department of health the race towards delivery of the first Christmas and New Years Babies has been going on for years and each facility to deliver the very first baby gets a special recognition from the Minister or MEC for Health. For GJ Crookes Hospital Mrs Muthwa the Assistant Nursing Manager and Acting Medical Manager Dr. Kgabo together with the donors who extended their generosity put together receiving basins and packs for the new babies to arrive on Christmas and New Year's Day. Three new bundles of joy were delivered at GJ Crookes Hospital on Christmas Day. Two girls weighing in at 3.35 kg and 2.8 kg respectively and a boy weighing a hefty 3.5kg made their appearance on this special day. Doctors and Nurses were kept busy as they ushered in the new year with a total of ten new year's babies comprising of eight girls and two boys. All the mothers and babies were discharged in a healthy condition and are doing well.



GJ Crookes Hospital Maternity Staff presenting new mothers with gifts for Christmas and New Years Babies



ACKNOWLEDGEMENTS

EDITORIAL TEAM / DETAILS

We thank you for taking your time to read through our facility newsletter. Should you have any interesting health stories, please share them with the Hospital PRO Mr. Thabiso Mbanjwa on maxwell.mbanjwa@kznhealth.gov.za. Your inputs will be much appreciated.

Should you have any complaints or compliments regarding the work and manner of approach by our staff members you can also send in writing to maxwell.mbanjwa@kznhealth.gov.za or call 0399787215.

Please remember to stay safe from Covid-19 by keeping your hands clean, wash with soap and water, sanitize regularly, wear your mask, avoid crowded areas. We encourage our community to get vaccinated against Covid-19. We will support you and assist in any way we can.



Thabiso M. Mbanjwa (PRO)
WRITER, DESIGNER & EDITOR



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