



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

GJGM REGIONAL HOSPITAL

GJGM HOSPITAL

NEWS

September 2023



Heritage day Celebrations



Heritage day 2023



Breastfeeding week 2023



Nurses day 2023

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POEM BY : DR HELLOISE GOODFELLOW

PUBLIC HOSPITAL

If you listen well
I have a story to tell
About a castle filled with magic
and also tragic
tales to make you weep with sorrow

More than 100 years ago
the castle was built so
the people who tended the sugar cane
came
to get the help they needed

The years went by
and over time
the castle would grow and grow
and the people would overthrow
their tormentors

Now my feet walk these halls
Through places where calls
and cries of joy and pain
are contained
in the soul of this place

Don't look from the distance
and spread stories of pestilence here
I know for certain
a secret lies behind the curtain
of peeling paint

You say we're ugly
And smugly
comment
But do you know that behind these walls
are hundreds of beautiful souls
fiercely striving to keep this safe haven thriving?

It's not fancy, no lunch menu

to choose from when you
are admitted
And you may be kitted
in a gown with a hole

But our smiles are warm
And we perform
care and healing
with passion and feeling
as if you were our own

We will strive for perfection
and fail sometimes and lose direction
but we own up to our failures
and correct behaviours
Holding ourselves accountable
to the ones this castle was built for

This isn't the easy path
I've definitely considered jumping this raft
to escape the endless list
of tasks crumpled in my fist
But the ethos of this place keeps me grounded

So open your eyes and see
The beauty that is deeply
set in the foundations
and walls of this rambling creation
Recognise the determined spirit of those
who serve this community

Heloise Goodfellow
2023



Dr Goodfellow with MEC for KZN-Health :Ms Nomagugu Simelane

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Heritage day celebrations 2023

Heritage Month brings focus to South Africa's rich and diverse cultural heritage. Annually, September marks Heritage Month, with Heritage Day celebrated on 24 September by showcasing our nation's diverse culture and heritage. During Heritage Month, South Africans celebrate our many diverse cultures and our rich heritage.

On the 22 September 2023, GJGM Regional Hospital celebrated this day.



PUMAIN Play : Zulu traditional wedding

The day was celebrated under the theme of "Celebrating Our Cultural Diversity in a Democratic South Africa". During the heritage day celebration at GJGM Hospital Mrs Khumalo (Finance Manager) gave a brief highlights of heritage day celebrations. In her speech she highlighted that Heritage day in South Africa comes every 24th of September as a reminder of the nation's cultural diversity and as a chance to express national unity.

The first Heritage Day was instituted in 1995, after the first free elections that spelled the end of apartheid and the beginning of a new, non-racially based democracy.

GJGM Hospital encouraged all employees to wear their traditional attire, prepare the diverse traditional foods on commemoration of Heritage day. The event was graced by the presence of the GJGM Hospital board members and the local artist (Hloni). The employees of GJGM were awarded in different categories such as best dressed in Traditional attire, best food display as well as the best traditional performance.

The best display first position was taken by Pharmacy, second position—Male Medical ward, third position—PUMAIN. The best performance first position—PUMAIN, second position-Pharmacy. The best dressed position taken by Isizulu Traditional attire-Sister Motha, second position –IsiZulu traditional attire– Mbali and the third position taken by Indian Traditional attire– Ms Xoli Mthethwa. The event was filled with lots of entertainment and activities and a lot of giveaways.

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Breastfeeding week



Top left: Occupational Therapist giving a talk on breastfeeding
Bottom left : MOM giving a testimony about experiences as a new MOM

Some of the key Messages for 2023 breastfeeding week were :Making breastfeeding at work, work, makes societies work! Breastfeeding provides vital health and nutritional benefits for children with positive lifelong impacts, building healthier populations – and workforces - for the future. Women shouldn't have to choose between breastfeeding their children and their jobs. Breastfeeding support is possible regardless of workplace, sector, or contract type. Effective maternity protections improve children's and women's health and increase breastfeeding. And yet, at present, more than half a billion working women lack access to vital maternity provisions; many more find themselves unsupported when they go back to work.

General Justice Gizenga Mpanza Regional Hospital Dietetic, Paediatric, nursery and maternity had some activities to promote breastfeeding in the workplace under the theme “ Enabling breastfeeding for working parents”. There were daily activities which included Posters and banner display, Visiting malls to issue pamphlets to employers and employees on breastfeeding in the work place, Breastfeeding competition.

The main event was held on 8 August 2023. During this event new Mothers were invited both staff and patients. It was emphasised that breastfeeding time is important and staff must be given their time to breastfeed. There were talks by different department such as Maternity, Paediatrics, dieticians, Occupational Therapists . MOM were given gifts as token of appreciation.

Nurses day of prayer



General Justice Gizenga Mpanza Regional Hospital :Nurses

International Nurses Day is celebrated annually around the world on 12 May – the anniversary of the birth of Florence Nightingale .Every year there is a different theme and for 2023 it is: “Our Nurses. Our Future.”

On 31st May 2023, General Justice Gizenga Mpanza Regional Hospital hosted its annual Nurses day of prayer. The nurses at GJGM opened the event with drum majorettes from the gate to the venue of the event. The nurses that worked in the COVID 19 isolation wards gave testimonies on their experiences of working during the peak of COVID 19. They also highlighted the importance of team work and support from Management and fellow colleagues during those times.

The guest speaker of the day was Mrs Msomi who served as the nurse and the matron for more than two decades at GJGM Regional Hospital. The event included lighting of candles and reading of the nurses pledge. Mrs Msomi encouraged the nurses on this special day to continue serving the community with care and love. She further explained the importance of nurses within the health sector.

Matron Shabane (Deputy Nurse Manager) thanked all nurses for their dedication and commitment when doing their job with a pride to save lives. She further encouraged all nurses to continue with positive contribution to the Health fraternity.

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Physio Awareness Day



Physiotherapy Staff of GJGMR Hospital

The Physiotherapy department held a Healthy Lifestyle Event for the employees of GJGMRH on Friday the 8th of September 2023. This Event was also to commemorate World Physiotherapy Day. The theme for this year focuses on Arthritis. Exercise has shown to help staff cope with physical and emotional stress and is the basis for a healthy lifestyle. A dynamic hip hop dance warm-up was done by N. A Zungu, our CSO physiotherapist. An aerobics class were conducted by the instructors from the IMF Gym (Stanger). These sessions were well received by all participants.

The Physiotherapy Department would like to extend our heartfelt thanks to our sponsors: IMF GYM (Stanger); Mr Thunayvan Moodley from Cape Heat Exchange; Aquelle; Sudesh Ramiyad and the Physiotherapy staff for all their endeavours.

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Farewell Message ACEO



Dr G. Lopez (GJGM former Acting CEO and Senior Manager: Medical Services)

Goodbye's notes

To all the staff of GJGM Regional Hospital

I would like to take the opportunity that is afforded to me to attempt and reach as many colleagues and fellow coworkers as possible.

After 12 years at GJGM Hospital I will terminate my services at the end of June 2023.

It has been a very fulfilling, challenging at times, intense and enriching experience for me as a health professional and manager. I have learnt from each and every one and from every experience and scenarios.

My message though, centres on the collective, the team and the family that the people of this hospital are.

The communities we serve rely heavily on us for their health needs. Keeping that in mind will serve as a compass which can keep us on track on our mission to be the service provider of choice in Kwazulu Natal.

As I depart I want to thank you all for the support and understanding and for making my family and I feel at home.

Please keep the spirit and the hard work. More than anything keep and strive for compassion and commitment to those whom we serve.

Thank you for everything

Adios

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Appointments



Dr Lesenyeho—Manager Medical Services



Mr Cele : QAM



Mr Madlala—Assistant Director Labour Relations



Mr Msomi—Assistant Director - Facilities



Ms Mchunu -Catering Manager



Ms Dlamini -Laundry Manager



PHOTO GALLERY



Breast feeding week



Occupational Therapist presentation on Breastfeeding



Sister Ndlovu presenting a gift to the MOM



Heritage day



Physiotherapy day 2023



Nurses day 2023



PHOTO GALLERY



Heritage day celebrations



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