



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

IMBALENHLE COMMUNITY HEALTH CENTRE

EZAS'MBALI

STAY INFORMED

NEWS

YOUTH DAY CELEBRATION



Imbalenhle CHC Management, staff and school learners

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Youth month is a very important month in the calendar year as its dedicated to our future leaders. As we know the different challenges our youth are facing, it is then up to us as their elders to capacitate them in any way we can in our respective fields.

On 24 June 2022, Imbalenhle CHC held a youth day celebration event. The purpose of the event was to capacitate our youth in terms of what careers are available in the health sector. At least 5 learners from all our local High Schools were invited per school. We focused on learners from grade 10 to 12. On the day we requested a representative from all our departments to do presentations giving career guidance in their respective fields.

YOUTH DAY CONTINUES



Mrs. X.N.T Mtunzi Chief Executive Officer welcoming the learners and stating the purpose of the day



We also invited our partners Health Systems Trust (HST) and Zwakala Ndoda Mens Forum. Miss Bongwiwe (Social Worker) Health Systems Trust spoke about social and psychological issues that affect youth i.e. suicide, teenage pregnancy and drug abuse and how these can be avoided. Mr Zuma (Zwakala ndoda) spoke to the young men present on how to carry themselves in society. Presentations from the different departments in the CHC were very informative and was very interactive. The learners were able to ask questions and responses given to their satisfaction.



Mr. Mncedisi Zuma
Pharmacy Department



Mr. P. Mlaba
Programme director handing out presents to the learners



Ms. Bongwiwe Hlongwane
Social worker HST



Mrs. L.H Sibiya
Deputy Nursing Manager
Imbalenhle CHC



Mr Zuma
Zwakala Ndoda
Mens Forum



Mrs. N Williams
Operational Manager Nursing



Mrs. N. Moyo
Human Resource Department

MANDELA DAY



Mrs NP Msomi, ANM (M&E) leading the Imbalenhle CHC team and the Correctional Services team from New Prison.

We celebrate Nelson Mandela Day every year. Nelson Mandela, a freedom fighter who played an important role in the struggle for freedom and democracy. Mandela day is celebrated by helping those in need. This day reminds us all that we have the ability, the responsibility to change the world around us. Nelson Mandela has left us a legacy of forgiveness, reconciliation and his pledge for freedom for everyone, no matter their race or color. He will always be an inspiration to the world.

Nelson Mandela's birthday is on 18 July, therefore people everywhere celebrate his birthday by acting on the idea that each person has the power to make an impact in the world. The team visited Siyaphilisa Community Based Care Centre which is located at Imbali stage 1. This Centre provides physical, mental and emotional support in a home based care environment. They take care of those in need of this service and their mission is to improve the quality of life to those they serve.

MANDELA DAY

On this day Imbalenhle CHC dedicated their 67 minutes by donating clothes, food and volunteering to help the patients at Siyaphilisa Community Based Care Centre. This day was also graced by the presence of the Correctional Service members from New Prison.



Groceries, clothing and donations that were brought by Imbalenhle CHC and the Correctional Services team from New Prison.

The team also visited the Ndlovu Family residing at kwaNyamazane that has 6 family members. The father was very sick and there were four children who were not receiving child support grants. The family was given clothing parcels for the children and gifts. We were happy to celebrate this day with the children as we all know that Dr. Nelson Mandela loved children which was one of the reason we went there. A global movement for positive change begins with small actions.



Imbalenhle CHC outreach team lead by Sir S. Gumbi visiting the Ndlovu Family from kwaNyamazane.



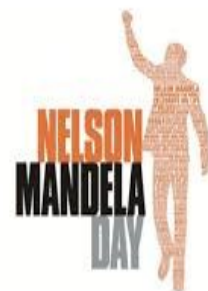
MANDELA DAY PHOTO GALLERY



There can be no greater gift than that of giving one's time and energy to help others without expecting anything in return.

— Nelson Mandela —

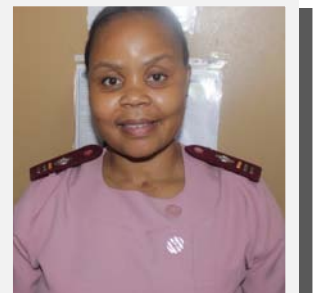
AZ QUOTES



NATIONAL WOMEN'S DAY



Each year August 9th is celebrated as National Women's Day. National Women's Day celebrates the strength and resilience of women and their contribution to society and country. As Imbalenhle CHC we have decided to dedicate this day to uplift women within our facility by honoring their achievements and the significant role they play. Wishing a Happy Woman's Day to all our strong, intelligent, talented and simply wonderful women that we have. Were reminded to never forget that they are loved and appreciated. Thanked for always working hard and for the dedication they put when at work, and admired for their courage no matter the circumstances.



NATIONAL WOMEN'S DAY



PHAMBILI NGEMBOKODO PHAMBILI!!



CONGRATULATIONS FOR COMPLETING THE COMRADES MARATHON



Zanele MNIKATHI



45881

Marathon

Gender: Female

Category: Senior

Status: Finished

Club: HOLLYWOOD BETS AC
KZN

Country Representing: South Africa

Wave: F

★ Add To Favourites

Finish Time **10:00:14**

OVERALL CATEGORY

4408 251

GENDER

588

Who is Zanele Mnikathi? She works at Imbali sub district , Willowfontein clinic ward 14, as an outreach team leader.

This is her story, It all began years back with the aim of losing weight, since I had health complications, experiencing sharp pains on the chest when walking fast . At that moment I was in my mid 20th's wearing size 40/42, I consulted a doctor regarding the chest pain , he mentioned words that rang in my ears till today he said " Mama you need to lose some weight".

From there I started the hardest journey of healthy life style (exercising, eating healthy and drinking water). Many people would know it's hard to maintain a healthy lifestyle, we fall of the wagon and pick ourselves up and start again. I have been active since then, I used to do indoor exercises for 30 minutes during weekdays and run 5 to 8 km's on weekends. I was introduced to the running community of PMB 3 years ago. I met up with people who believed in me and taught me a lot about running.

At the beginning of the year 2022 my new year resolution was, entering the comrades marathon. In preparation for it I had planned I would do 3 x 21 km races and 2 x 42 km's races, and all went according to the plan. I had a chance to do a 60km's route test beginning of July. I can say I had trained fairly well for the big C.

1st comrades down run, PMB to DBN, finish time was 10hrs 14 seconds.

NEW STAFF



My name is Nonjabulo Hlela, from Durban. I am a Public Relations and communication student doing my third year at Durban University of Technology. I started doing my in-service training at Imbalenhle CHC in July. I am hugely excited about the skills and experience that I will obtain in this working environment, I'm learning more everyday and looking forward on meeting new people. I'm pleased to be given such opportunity to showcase my skills and abilities, I'm truly excited to be joining such a great team.



Miss Nokwandwa Ntsele born in KZN Pietermaritzburg. Miss Ntsele obtained her National Diploma in Environmental Health at Mangosuthu University of Technology in 2019 and Btech degree at Central University of Technology in Bloemfontein. Miss Ntsele is the new Waste Manager Officer of Imbalenhle CHC. She worked as an Environmental Health Practitioner com-serve student at Umgungundlovu district. In May 2012 she was appointed as waste management officer at E.G and Usher Memorial Hospital in Kokstad. She was transferred to King Edward VII Hospital in 2016. The experience and knowledge gained over the years has assisted her into becoming the best in her field of practice.

ACKNOWLEDGEMENTS



Mr. B.M Ndlovu
Photographer and Writer
Public Relations Officer



Miss N Hlela
Photographer and Writer
Public Relations Inserv



Mrs. X.N.T Mtunzi
Chief Executive Officer
Editor



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

**Physical address: Imbalenhle
CHC**

**Unit 3 Imbali township, Thwala
Road. Pietermaritzburg 3201.**

web address:

www.kznhealth.gov.za

Postal Address: Imbalenhle CHC

**Private Bag X 9104, Pietermaritzburg
3201**

Switchboard : 033 398 9100 Email:

Mthandeni.mzelemu@kznhealth.gov.za