



Issue: 1-08

STOP TB **2010**mpilo

KwaDabeka CHC Official Newsletter Est. 2006

Fighting Disease, Fighting Poverty, Giving Hope becomes real for thousand Orphans

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Main Picture: thousands of orphan children holding lit candles listening to various speakers.

Insert: Mrs. Ludidi (giving speech on behalf of the KZN Health MEC)

SNIPPET IN PICTURES



When the 6 pole marquee was erected and all 5 corners of Clermont/Kwadabeka community were intensively mobilized, More than a thousand kids who are orphans were already accepted an invitation. A speaker from the Minister's Office had already confirmed her coming. a pouring rain was seen in the far horizon approaching Clermont at a very fast pace. However, it did not disturb a year long awaited Orphan Event. Thousands of people descended down to KK Sports ground . The Orphan Awareness Day formed part of the Clermont/KwaDabeka Orphan Care Project initiated by KwaDabeka Community Health Centre. The project has more than ten stakeholder government departments, NGO's, eThekwin Municipality and local Councillors in all five Wards of Clermont/KwaDabeka. Mrs Ludidi who was a guest speaker, told the orphans that the Department is not turning a blind eye on the issue of orphanage. "We have bursaries that these young children who are orphans can assess". She said.

Among organization and Department that were present were; Department of Welfare, Department of Justice, KwaCare (NPO), and others. Among more than a thousand orphans are those that stay alone with no guardians.

It is this reason why the campaign was so critical at this point. The messages were specifically directed to the general members of the public to take part in dealing with the orphanage problem. KwaCare (NPO) played a very big role in bringing about smile to these children. They donated toys for boys and girls, provided snacks for the dignitaries, brought more than thirty volunteers, hired a programme director which was Phindi Gule from East Coast Radio and hired a bus to pick children from different points in Clermont and KwaDabeka. We really value their support. KwaDabeka CHC had gifts too (sweet packs and food parcels) given to children and the whole event was hosted by KwaDabeka Community Health Centre. Welfare and Justice Department were also on the sport providing relevant information to Orphans. Another support received from the eThekwin District for providing orphans with food parcels and T-Shirts, really sparked a smile for the little ones. Lastly, the eThekwin Municipality (Health Component), provided a Sound System. This year the programme is believed to operate in full swing. Success will depend on the availability of donors and the commitment of the existing stakeholders.





e DITORIAL

A warm welcome to all and happy new year. Another great year, many popularizing it as 2000 and great. To us at KwaDabeka CHC, we still continuing with our efforts to provide quality primary health care.

As our new financial year is gradually approaching, it is now time to reflect back to the past year and fill those loopholes, should there be any. This will easily be achieved by revisiting our strategic and operational plans. However, we have so far walked a very long mile in our service delivery and this is witnessed not only by strategic plans, but more tangible developments that are now in place. This is a milestone well achieved. Cooperation between the management and staff as well as all our stakeholders has made

this achievements possible. Our full involvement with Quality Improvement programmes has also proved successful, judging by the recent statistics which clearly score the institution beyond average after recent surveys, thus there is still room for improvement. Whilst on Quality issue, the eThekweni District Office has recently organized a Batho Pele Workshop in Clairwood and as Quality committee, we have gained a lot of expertise from attending this workshop.

Again this will benefit the institution in terms of implementation and promotion of Batho Pele Campaign since we have not yet introduced it before.

The institution's main priority is to achieve a high quality standard and maintain an optimal service delivery standard.

On the 8th of December, we the institution hosted an **Orphan Awareness Day** at KK Sportsground.

Even though the rain was pouring, it never impacted negatively on the orphans turnout. There were more than 1000 children, who were then given toys, food and clothes. We are grateful to have been associated with KwaCare (NPO) as one of the project stake-

holders. Many tasks were performed by them and they offered many gifts as well as human resource support.

This programme will then continue this year as early as February when all the stakeholders are ready.

The main priority this year will be to implement the project.

We thank the office of the KZN Health Minister for sending Mrs. Ludidi on behalf of the Minister. Another support we received from the eThekweni District Office for their supply of food parcels, clothes, and their presence during this important event.

This year, there are a lot of activities that will involve mainly all our stakeholders with maximum focus on both patients and staff. Some of the activities were not yet introduced, to mention, but the few- , Open Day; Induction and Orientation; Quality Day; Batho Pele training and Staff Appraisals. So be prepared for a year filled with excitement and fun filled activities.

Thanking You
Public Relations Officer

Pre-Waiting time survey ,a radar theory

During the last quarter of the past year, it was planned that this year will be started by conducting a Waiting time Survey. Whilst the preparation for the full survey which will commence by the end of February , there is a pre-waiting time survey which started on January 22 and will take one week including weekends. The main aim of the survey is to identify delays in certain areas of service.

The Finance Component has introduced this

survey. This will in turn benefit the patients should there be any loopholes identified .

The conducting of this short survey did not necessary imply that there currently problematic areas identified, but it is the institutions idea to detect problems before they arise.

According to Finance & Systems Manager , this survey will also be accompanied by another changes in Admitting Section which will range from registration and the filing of the patient's cards. Already, there are changes in this section in terms of staff deployment as they now work in teams, which is in progress and is closely monitored.

Deputy City Mayor applauds Zakhele Primary School

Zakhele Primary School emerged victorious among hundreds of primary schools in eThekweni in the Health Promoting Competition organized by the eThekweni District Office.

Zakhele HP School came 2nd after Greenbury Primary School in Phoenix which became the first to be launched as a Health Promoting School.

This competition was organised by the Department of Health eThekweni District in collaboration with the Department of Education.

The Deputy Mayor of eThekweni Municipality was part of the launch in Greenbury and also availed himself during the



From Left: Cllr Ngubane (eThekweni Municipality Councillor Deputy Mayor eThekweni Municipality), Cllr Logie Naidoo, Mr Mazibuko (Principal Zakhele Primary School), Mr Dlamini

launch.

Among all the speakers present, there was one common vision that they shared, that is working together as Government departments, and communities to achieve a healthy standards for the children. To witness this, in his speech that he delivered during this event, Councillor Naidoo emphasized that, this is not only for the

school, but the community as well should be proud of Zakhele Primary for receiving such an award.

Although it was his last year heading the victorious school, Mr Mazibuko ended his working days in a happy and a positive note.

Congratulations once again to Zakhele Primary School.

Christmas for Orphan Children Comes Early

Shortly after an Orphan Awareness Day which took place on the 8th of December 2007, KwaDabeka CHC had to issue 100 food parcels to 100 children who were orphans.

During the event on the 8th, the eThekweni District Office donated food parcels. Just because, there were so many kids at the ground, it was decided that these parcels be distributed on Thursday, 13 December 2007 to all those kids that are in dire need.

With the help of the Community Health Workers, we have identified twenty needy households in all five Wards of Clermont and KwaDabeka. These areas include among them: Sub 5, KwaDabeka, KK Hostel, Mvuzane, Fannin, Mhlabunzima, Wyebank, and other surrounding areas.

Smile was all over the faces of the little ones when they given this food parcels. Much thanks to the eThekweni District Office and the Sub West District Community



Mbali and Londiwe Ntombela accepting food parcel from Mr T. Khuzwayo (Public Relations Officer)

Health Workers, and Community Health Work Facilitator, Mr Thokozani Nkosi and Mrs T. Hadebe of KwaDabeka Community Health Centre for their continuous support to Orphan related activities

Support to HPJ Printing Services on their Aids Day

lem. According to the recent surveys it emerged that most of the employees are infected by HIV / Aids and TB which hindering the economy of

importance of abstinence and the use of condoms to combat this pandemic. She also asked married couples to remain faithful to each other. She encouraged workers to go for the HIV/Aids tests in order to know their status and change their lifestyle. She also explained about ARV's and an importance of checking the CD4 count for those who are HIV positive. Ms Dlamini explained about the causes of TB and its symptoms. She also encourage workers to go for tests as TB is a curable diseases if patients take their treatment as required. They both gave words of knowledge, intelligence and hope. The employees were given opportunity to ask questions.



Mrs K Mfeka addressing employees of HPJ Printing Services on HIV/AIDS during their Aids Day

KwaDabeka CHC joined hands with HPJ printing Services on the 19 October 2007 to fight the scourge of HIV/Aids and TB among its workforce. A healthy workforce is vital for the growth of the economy that is the reason we address this prob-

this country. The workers came out in their numbers during this event Ms. Bongi Dlamini from KwaDabeka CHC Youth Services delivered her expertise on TB whereas Mrs. Khethiwe Mfeka also from the same institution dealt with HIV /Aids issues. Mrs. Mfeka explained about an

The management and the staff of HPJ Services expressed their happiness and joy about the services and support offered by KwaDabeka CHC staff. They committed themselves to a continued relationship.

Various Governmental Departments support Municipality on Health Day

It is always a pleasure for our institution to be associated with other institutions on programmes that benefit the commu-

nities. The above picture was taken when the eThekweni Municipality called upon all other institutional sakeholders to be part of the Health Awareness Campaign organised by this municipality at Clermont. KwaDabeka Community Health Centre was part of this campaign. Other departments that were part of this were : Department of Home Affairs (see



Home Affairs attending to people's queries regarding Identity documents and other related queries

picture), Department of Welfare, Local Schools, Metro Police, EMRS, and others including NGO's.

It was not only about giving health talks, but information was also about general services offered by these departments. People had a chance to access Home Affairs services right next to their

homes. Welfare gave talks on how to access grants. There was entertainment by Siyobathanda School. They were dancing, singing and playing Zulu Dance.

Almost all these departments mentioned above are found at Archie Gumede Multi Purpose centre (see building in the picture).

PHOTO ALBUM OF EVENTS

Zakhele Primary School Health Promotion Event



From Left: Councillor E. M Ngubane (Ward 22); Deputy Mayor eThekweni Municipality Councillor Logie Naidoo; Mr. Mazibuko(Principal at Zakhele Primary; and Mr. Dlamini (Education)

The organizing team and the contributors towards the success Zakhele Primary

Visitors: and KwaDabeka CHC staff in the crowd



Public Participative Campaign (eThekweni Municipality)



HIV/AIDS AT HPJ PRINTING SERVICES IN WESTMEAD



SCHOOL HEALTH WEEK



Developments....



1. Aluminium Doors on Corridors

2. Water Dispensers for patients

3. Parking cover for staff members

4. New Fire extinguishers

5. Roof cover for waiting area, next to Pediatric, Dental Therapy, X-Ray and Family Planning. Also for patients waiting for medicines from dispensary

6. a new facelift at the front side at the facility entrance

7. New offices (Parkhomes) for Transport, Equipment Officer, Maintenance, and Security Officer's next to Stores Department.

8. Beautiful plants and pots inside and outside the building

9. New 54 cm TV's installed with DSTV in patients waiting areas.

10. A new fencing around the institution

11. ARV Pharmacy behind the main

T D H E N E W S W E E K C E W E M R O
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Word Find

Business Week

Consumer Guide

Cosmopolitan

Economist

Entertainment Weekly

QG Magazine

MAD Magazine

Maxim

Men's Health

Money

Newsweek

People

Reader's Digest

Red Herring

Redbook

Rolling Stone

Seventeen

Sports Illustrated

Stuff

Time

TV Guide

Vogue

Wall Street journal

Haunted from the grave

An old man and the woman were married for years even though they hated each other. When they had a confrontation, screams and yelling could be heard deep into the night. A constant statement was heard by the neighbours who feared the man the most. "When I die I will dig my way up and out of the grave to come back and haunt you for the rest of your life".

They believed he practiced black magic and was responsible for missing cats and dogs, and strange sounds at all hours. He was feared and enjoyed the respect it garnished. He died abruptly under strange circumstances and the funeral had a closed casket. After the burial, the wife went straight

to the local bar and began to party as if there was no tomorrow. The gaiety of her actions were becoming extreme while her neighbours approached in a group to ask these questions: Are you not afraid? Concerned? Worried? that this man who practiced black magic and stated when he died that he would dig his way up and out of the grave to come back and haunt you for the rest of your life? The wife put down her drink and said, "Let the jerk dig. I had him buried upside down."

Americans

A first grade teacher explains to her class that she is an American. She asks her students to raise their hands if they were American

Cool Jokes

too. Not really knowing why but wanting to be like their teacher, their explode into the air like flashy fireworks.

There is however, one exemption. A girl named Kristen has not gone along with the crowd. The teacher asks her why she has decided to be different. "Because I am not an American."

"Then", asks the teacher, "What are you?"

"I am a proud Canadian," boasts the little girl.

The teacher is little perturbed now, her face slightly red. She asks Kristen why she is a Canadian. "Well, my Mom and Dad are Canadians, so I'm Canadian too". The teacher is now angry. "That's no reason," she says

loudly. "What if your mom was a moron, and your dad was a moron. What would you be then?" A pause, and a smile. "Then," says Kristen, "I'd be an American."

The three little Pigs

There were three pigs. The first pig went to a bar ordered a drink and gulped it down and went to the bathroom and then left

The second pig went to the same bar and ordered a drink and gulped it down and went to a bathroom and then left. The third pig went to the same bar ordered a drink and gulped it down and was just going to leave and the bartender asked if he was going to the bathroom and the third little pig said "No I'm the little pig that goes weee weee weee all the way home".

did you know that

You are what you eat?

Better food habits can help you reduce the risk for heart attack. A healthful eating plan means choosing the right foods to eat and preparing foods to eat and preparing food in a healthy way.

Wise up

"I do not know the key to success, but the key to failure is trying to please everybody."

-Bill Cosby

Treat time

Chicken Kebabs

You Need...

Chicken breasts/thighs (allow 1 person), cut into cubes
onions, cut into quarters
sweet green, red and yellow peppers, cut into quarters
metal or bamboo skewers

METHOD

Put a piece of chicken, then a piece of onion and sweet pepper on to a skewer and repeat until the skewer is full. Grill over a fire or in the oven until chicken is cooked (about 20 minutes). Serve with potato and/or pumpkin mash and green peppercorn sauce (see below). Any salad goes well with this dish—try coleslaw or grated carrot and pineapple salad.

Healthy Talk

Your heart will thank you for quitting smoking, so don't waste any time. The health benefits starts almost immediately, and within a few years of quitting your risk of stroke and coronary artery disease are similar to non-smokers.

World of God

"He is like a tree planted by streams of water, which yields its fruits in season and whose leaf does not wither. Whatever does prosper."

Psalm 1:3



The fire fighting training for staff has kicked off its fifth session in the beginning of 2008 for KwaDabeka CHC Staff. Seen in the picture above is a trainer from Athena (a service provider from Cato Manor) and in the background is staff of KDC.

The programme started officially in August last year and will finish in March this year after 8th session.

According to the Health & Safety Officer of KwaDabeka CHC, Ms Phumzile Khumalo (coordinator), the main aim of the programme is to empower staff members of KDC on basic fire extinguishing knowledge". The response is very well from staff, they really very cooperative, she adds.

Initially, the programme was introduced to Heads of Sections and proved to be very successful.

Satellite Clinics are also involved in this programme. As this is part of Disaster Management, staff members are given an opportunity to do practical tests after theory and eventually awarded with certificates of attendance.

NOTICES

Staff is urged to forward their contributions for this publication
Satellite Clinics are also encouraged to inform the editorial team if they wish their stories to be published in this publication
Those who still do not have ID cards must visit the Public Relations Office. Urgently.

Produced by the Public Relations Office

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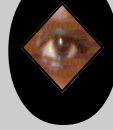
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isoempilo



"The sea extends forever, so do our health services"



HEALTH
KwaZulu-Natal



PIONEERS 1977

KwaDabeka CHC first staff members

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