

# Don't turn your back on



Sthembiso Ngubo and Qeda Mdladla, eThekweni District talking to a scholar during a Hlola Manje Campaign

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## March is TB Month

**T**wo cases of TB reported at Pinetown high schools prompted the Hlola Manje campaign. A number of scholars were tested for TB in Pinetown Girls High

Two confirmed cases were found in Pinetown Girls High and other two were in Benjamin High, also in Pinetown.

Cecilia Dougans, Head of Life Orientation, applauded quick response from the Department of Health, eThekweni District.

Among scholars tested from Grade 8 to 12, the total number amounted to 74. The campaign

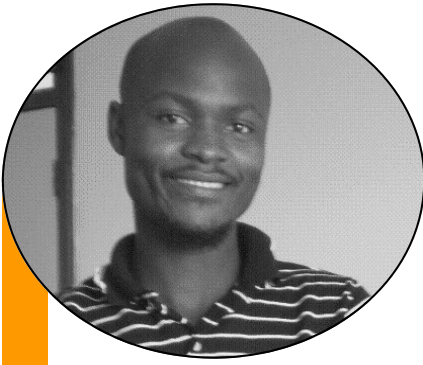
in the week before this, was stationed at Pinetown Boys High on February 17, where 192 boys were also tested and only one was diagnosed positive.

Teachers as well were also tested since one case found in the previous testing was allegedly linked to a teacher. This campaign was coincidentally conducted in March since it was a TB month, an event which is commemorated national wide according to the Health Calender. Even though there were many campaigns conducted countrywide, the message is still the same, that TB is curable, only if people take their medication as advised in the clinics and

hospitals. This is a strong message that was relayed to scholars by TB team at Pinetown Girls High. According to the USAID, cure for tuberculosis (TB) has existed for more than half a century, TB is one of three leading causes of deaths worldwide due to infectious diseases. TB kills about 1.6 million people each year, while HIV/AIDS claims more than 2 million lives each year, and malaria kills about 1 million people.

World TB Day, March 24, celebrated the lives of TB patients and the accomplishments of health care workers around the world. The theme of this year's World TB Day is "I am stopping TB," a tribute to people everywhere who are doing their part to stop TB, including our DOT support team at KwaDabeka CHC.





## Editorial

Last year ended on a positive note when the entire country descended to eThekweni for the commemoration of the World Aids Day in Sahara stadium. It was a memorable event filled with excitement and lot of information on HIV and AIDS.

It is however, appreciated that the Government has gone a long mile in dealing with this scourge which even the international community has witnessed and applauded. It ranges from awareness campaigns, community education through various media to easy access to resources for those effected.

It is therefore indeed a remarkable milestone.

Members of the public should also realize that a huge amount of money is injected in these programmes, therefore, it is always imperative that we all take heed of messages developed for our awareness.

Changing our sexual behaviours and our mindsets will help decrease the spread of the pandemic.

Resources are there for the communities to utilise, We talk of free testing facilities, counselling, support groups, and even admission to ARV programme to those diagnosed with the virus.

What I know and that I can confirm without any doubt, is that; there is still no cure for AIDS, thus, this calls for all of us to be vigilant at all times.

Now go out there on the 22nd and cast your votes.

*Tyrone Khuzwayo*

### KwaDabeka Community Health Centre

#### Vision

To provide comprehensive PHC to all citizens in the catchment of KwaDabeka CHC.

#### Mission

To render compassionate inpatient and outpatient services based on PHC approach while providing continuing education, admin support, technical support and guidance and referring patients needing a high level of care.

#### Core Values

Open communication

Transparency

Consultation

Commitment to performance

Service Excellence

# Be Street Wise

## Global Warming

Global warming (also called the greenhouse effect) describes the gradual increase of the air temperature in the earth's lower atmosphere.

A greenhouse is made entirely of glass. When sunlight (shortwave radiation) strikes the glass, most of it passes through and warms up the plants, soil and air inside the greenhouse. As these objects warm up they give off heat, but these heat waves have a much longer wavelength than the incoming rays from the sun. This longwave radiation cannot easily pass through glass, it is re-radiated into the greenhouse, causing everything in it to heat up.

## WHAT ARE THE GREENHOUSE GASES?

\* *Water vapour* is the main greenhouse gas. Human activities are not known to have had a significant influence on the atmospheric concentration of water vapour.

\* *Carbon dioxide (CO<sub>2</sub>)* is the pollutant most responsible for increased global warming. It is released into the atmosphere mainly through burning of fossil fuels (e.g. coal, petrol, diesel). In addition, widespread destruction of natural vegetation, particularly forests, has contributed to increased atmospheric CO<sub>2</sub> levels (see Enviro Facts "Deforestation"). This has occurred for two reasons. First, plants take up CO<sub>2</sub> through the process of photosynthesis. The destruction of vegetation, as occurs in deforestation, reduces the amount of CO<sub>2</sub> that is removed from the atmosphere. Second, when forests are cleared, and burnt or left to rot, CO<sub>2</sub> is released.

\* *Methane (CH<sub>4</sub>)* has doubled in concentration, mainly as a result of agricultural activities, between 1750 and 1990.

\* *Nitrous oxide (N<sub>2</sub>O)*, also a product of burning fossil fuel, has increased by 8% over the same period.

\* *Chlorofluorocarbons (CFCs)*, in addition to damaging the ozone layer, are potent greenhouse gases. Their concentrations in the atmosphere are increasing by about 4% every year.

## WHAT YOU CAN DO

Reduction of greenhouse gas emissions requires greater energy efficiency. Industrialists and governments have a key role to play here. But what can the individual do?

- Reduce electricity consumption.
- Use lift clubs, public transport, bicycles or your feet for transport.
- Reduce, reuse, recycle, and save energy - the manufacture of all products requires energy.

## Mother 2 Mother strengthens continual counselling to negative and positive pregnant mothers

**Pregnant mothers have no choice, but to go for HIV test so that they get assistance with relevant drugs thus children get protected for the virus. However, fathers often distance themselves from this process and chances of re-infections are high. Counselling alone seems not enough. To tackle issues emanating from this subject, a continuous counselling for pregnant infected and not infected mothers is therefore imperative..**

**S**ince December 2008, Mother 2 Mother Counsellors were deployed to KwaDabeka CHC to offer a continuous counselling to HIV positive mothers.

The programme identifies and trains HIV positive mothers who have recently gone through PMTCT programs. The women go through a rigorous curriculum, and return to clinics and maternity wards as Mentor Mothers to educate and support expecting and new HIV-positive mothers.

The m2m programme is one of the fastest growing public health organizations in the world, growing from a dozen local sites a few years ago, to 113 sites in four provinces in SA as well as 17 sites in Lesotho. According to Nomthandazo Nzuza who supervises the



counselling team in KwaDabeka CHC, the programme is running smooth judging by the increasing number of both HIV positive and negative mothers accessing their service.

"We are now trying to engage their partners to be part of the programme".

In South Africa, where up to 35% of pregnant women are HIV positive, and 70-80% of pregnant women could have access to PMTCT treatment, only 20% take advantage of it. Most people still do not have knowledge of this service. It is this reason why the organization is planning to run some story lines in Soul City. For more information, people can call 0800-668 4377 or log on to [www.m2m.org](http://www.m2m.org)

## Toddlers get a Christmas treat

**B**abejabule ubuso buchachamba koMama babantwana abaphiwe izipho bengalindele lutho. NoMsombuluko woMhla-ka 08 kuZibandlela, uMphathi wesiKhungo sakWaDabeka, uMs B. S Mdlalose unikele kungazelele muntu lapho kulindela khona izingane eziya egumbini lezingane (Padiatric) wapha izingane izipho. Phakathi kwalezizipho singabala amabhlukwe nezikibha zohajidada; izingubo; yizigqoko; nezikhwama kanye nemicamelo yezingane ezincane. Labo abanesifiso sokunikela ngezingu-bu noma amathoyizi, siyabanxusa ukuthi baxhuma nalesisikhungo.



Omunye wabantwana abahlomula ngalolusuku

## Humanity prevails beyond call of duty

A story of a young boy who was donated a bed by KwaDabeka CHC doctors touched if not all, some of the staff members and the readers of this publication.

The young boy resides in Ndunduma (Clermont) with her mother who struggles everyday to put something on the table for her children. Mrs Thandi Khanyile (Social Worker) also a mother, having seen this, has long been longing for a small food and clothing internal relief programme for other children in the same situation as well.



Mrs T Khanyile (Social Worker)

In her daily work, she meets more and more desperate children and families needing same assistance. As much as this is beyond her control, but a plan to sensitize staff members

and other stakeholders for possible contributions is in place.

In the last issue, we have published a notice to all staff who may be interested in contributing something for the well being of the desperate. KwaDabeka Community Health Centre has always been in the forefront of pushing back the frontiers of poverty and diseases. This has been witnessed in many cases by the effort that the institutional Manager herself has injected in the well being of the orphans residing in the surrounding areas. For more information, staff can contact the Social Worker during office hours, or alternatively, contact the PRO.

## Notice to all Staff

- **In-service bursaries forms for those wishing to apply are obtainable from the PR of HR office**
- **Staff wishing to get their copies of this publication must come at room 32 or call 3736**
- **Staff wishing to donate clothes for orphans must contact the Social Worker during office hours**
- **Any comments or suggestions can be directed to the PRO either telephonically or on email**

## 20 000 Plus programme

### Review by National Representative

**R**ecently, KwaDabeka CHC has received a visit from National Office to review the 20 000+ programme. The visit was headed by Ms Carol Marshall from the office of Standards and Compliance.

Even though the programme is still in its early stage, implementation seems to be in order. The 20 000+ partnership aims to prevent 20,000 infants from becoming HIV infected each year by improving the implementation of PMTCT measures in clinics and hospitals in 3 districts in KwaZulu Natal, namely, eThekweni, Umgungundlovu and Ugu.

This programme is a partnership between the KwaZulu Natal Provincial Department of Health and the University of KwaZulu-Natal, Durban that aims to decrease the vertical transmission of HIV from HIV-infected mothers to their

infants to the target of 5%; this is the target set by the South African National Strategic Plan 2007-2011.

20,000 is the number of HIV infections from mother to infant that can be prevented each year in KwaZulu Natal if every pregnant HIV-infected woman receives care according to the national PMTCT guidelines. At present, the mother to child HIV transmission rate is about 20%.

The CHC Manager, Ms B. S Mdlalose, introduced all the



Carol Marshall of the National Department of Health office of Standards and Compliance with Ms B. S Mdlalose (KwaDabeka CHC Manager)

PMTCT programmes and future plans through a comprehensive presentation.

Although, the programme is on the right track, much still need to be done, confirms Ms Mdlalose.

Marshall was accompanied by Ms Janet Dalton, KZN Health Policy and Systems Development.

# Health calendar

## March

- TB Awareness Month
- 8 : International Women's Day
- 12 : World kidney day
- 20: World Head Injury Awareness Day
- 21: Human Rights Day
- 21: World Down Syndrome Day
- 24 : World TB Day

## April

- Health Awareness Month
- 6-12: National Polio Eradication Awareness Week
- 7 : World Health Day
- 17 : World Haemophilia Day
- 25: Africa Malaria Day

## May

- International Multiple Sclerosis Month
- Tobacco Control Awareness Month
- 8 : World Red Cross Day
- 10 : World Move for Health Day
- 12 : Chronic Fatigue and Immune Dysfunction Syndrome
- 12: International Nurses Day
- 17 : Candlelight Memorial Day
- 25-31 : Child Protection Week
- 28 : International Day of Action for Women's Health
- 31 : World No Tobacco Day

## June

- National Youth Month
- National Blood Donor Month
- 1 : International Children's Day
- 4: International Day of Innocent Children - Victims of Aggression
- 5 : World Environmental Day
- 7 : National Cancer Survivors' Day
- 14 : World Blood Donor Day
- 15 : World Elder Abuse Day
- 16 : Youth Day
- 15-21 : National Epilepsy Week
- 21: National Epilepsy Day
- 22-26 : National Youth Health Indaba
- 22-28 : SANCA Drug Awareness Week
- 26 : International Day against Drug Abuse and Illicit Drug

## Likhulu igalelo loNompilo eClermont/KwaDabeka

**Isikhathi sikaKhisimusi, yisikhathi lapho izihlobo nabangani behlangana bejabulela ukuvala unyaka besaphila, yisikhathi sokupha. Kwabanye abantulayo kuyisikhathi lapho usizi lubonakala ngamehlo uma bazi ukuthi abazothatha lutho baluhlanganise nalutho. Lesimo-ke siba sibi kakhulu uma sikhungethe izingane ezincane kodwa esezingobaba nomama bemizi ngenxa yokuba yizintandane.**

**M**Inyaka yonke ojahidada baseClermont abyizisulu zesifo sengculazi bayaduduzeka. Lokhu kungenxa yoNompilo abasebenzela lomphakathi ngokuzikhandla nangokucabangela isimo somphakathi abawusebenzelayo. Ngosizo lwesonto elikhulukazi l'Anglican elisePinetown, bahlanganisa izingane eziyizintandane ziphiwe ukudla, izingubo, amathiyizi bese zinikwa nezeluleko ezinqala.

Lomcimbi obubanjelwe eHholo e38th Avenue ngoLwesiHlanu zingu 12 kuZibandlela uya ngokuya ukhula unyaka nonyaka okungangoba kulonyaka bekunezicukuthwane eziphezulu ebezizobonela zona ubuhlwempu bezingane. Isikhungo saKwaDabeka sidlala enkulu indima naso emkhankasweni wokulekelela izingane eziyizintandane. Ngaphambi kokuba kube nalomcimbi, uMphathi waKwaDabeka uke wamema ezinye izingane eziyizintandane esidlweni esikhethekile kuso lesi sikhungo ngosizo lwenhlangano ezimele, lapho zizizwe zemukelekile.

Iningi lalezizingane eziyizintandane lihlala ngalodwana, okwenze izikhulumeli eziningi zigxilise kakhulu ekutheni omakhelwane mabalokhu befaka iso kulabobantwana. Umfundisi —owakhula ngobuntandane uyale kakhulu abantwana ukuthi bangazibandakanyi nezenzo ezingalungile ngenxa yokuthi bayizintandane, ngoba naye wakhula ehlupheka kodwa wazithiba, namhlanje uyikho konke ayekufuna.



## International Day for the Disabled People promotes dignity and justice for all

**I**n a function packed with entertainment and information for the disabled people, the Minister of Arts, Culture and Tourism, Mrs. Weziwe Thusi, outlined about the available assistance her department is willing to offer for the disabled people.

The event was part of the International Day for the Disabled people which is annually celebrated worldwide on the 3rd of December. Hundreds of disabled people flocked to Pinetown Civic Centre where the event was held.

The event was organized by the KZN Health eThekweni District office in conjunction with other stakeholders, including the eThekweni Municipality, and the KZN Department of Arts and Culture.<sup>4</sup>

**4** "We want all disabled people to work with us and sub-

mit names of individuals with dif-



MEC for Tourism, Arts & Culture delivering a speech at Civic Centre in

ferent talents and we will support them. There are various programmes that the Department of Arts and Culture and we will surely fit you in, particularly those who can write books, novels etc" the MEC for Arts and Culture said.

Coming together of these Departments during this big event set the tone for the theme, which was "Justice and Dignity for all".

Disabled people's talent was seen all over the hall and outside when they displayed their craftwork and performed various music for the audience.

In this event, people got a chance to rub shoulders with their favourite old school musicians,

like Steve Kekana, Joe Nina, etc. Many other newly established local artists also thrilled.

According to the organiser, Ms Ntombifuthi Mthethwa of eThekweni District, the event was a success.

# Photo Album

## Hlola Manje TB Campaign at Pinetown Girls High



1. Sthembiso ... giving pamphlets to scholars
2. Programme Supervisor .....registering scholars for testing
3. PGHSTeachers posing for the picture during their tesyting
4. MRs.....addressing schorlas about TB

## National Visit to KwaDabeka CHC



## Orphan's Christmas party in Clermont



### Message to our readers!!!

**Due to unforeseen circumstances, the issue of this publication have delayed.  
An apology is hereby extended to all our readers for any inconvenience experienced.**

**Editor.**

## Inspirational

I AM THANKFUL:

FOR THE WIFE

WHO SAYS IT'S HOT DOGS TONIGHT,  
BECAUSE SHE IS HOME WITH ME,  
AND NOT OUT WITH SOMEONE ELSE.

FOR THE HUSBAND

WHO IS ON THE SOFA  
BEING A COUCH POTATO,  
BECAUSE HE IS HOME WITH ME  
AND NOT OUT AT THE BARS.

FOR THE TEENAGER

WHO IS COMPLAINING ABOUT DOING DISHES  
BECAUSE IT MEANS SHE IS AT HOME,  
NOT ON THE STREETS.

FOR THE TAXES I PAY

BECAUSE IT MEANS  
I AM EMPLOYED .

FOR THE MESS TO CLEAN AFTER A PARTY

BECAUSE IT MEANS I HAVE  
BEEN SURROUNDED BY FRIENDS.

FOR THE CLOTHES THAT FIT A LITTLE TOO SNUG

BECAUSE IT MEANS  
I HAVE ENOUGH TO EAT.

FOR MY SHADOW THAT WATCHES ME WORK

BECAUSE IT MEANS  
I AM OUT IN THE SUNSHINE

FOR A LAWN THAT NEEDS MOWING,

WINDOWS THAT NEED CLEANING,  
AND GUTTERS THAT NEED FIXING  
BECAUSE IT MEANS I HAVE A HOME .

FOR ALL THE COMPLAINING

I HEAR ABOUT THE GOVERNMENT  
BECAUSE IT MEANS  
WE HAVE FREEDOM OF SPEECH. .

FOR THE PARKING SPOT

I FIND AT THE FAR END OF THE PARKING LOT  
BECAUSE IT MEANS I AM CAPABLE OF WALKING  
AND I HAVE BEEN BLESSED WITH TRANSPORTATION .

FOR MY HUGE HEATING BILL

BECAUSE IT MEANS  
I AM WARM.

FOR THE LADY BEHIND ME IN CHURCH

WHO SINGS OFF KEY BECAUSE IT MEANS  
I CAN HEAR.

FOR THE PILE OF LAUNDRY AND IRONING

BECAUSE IT MEANS  
I HAVE CLOTHES TO WEAR.

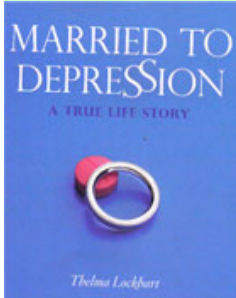
FOR WEARINESS AND ACHING MUSCLES

AT THE END OF THE DAY  
BECAUSE IT MEANS I HAVE BEEN  
CAPABLE OF WORKING HARD.

FOR THE ALARM THAT GOES OFF

IN THE EARLY MORNING HOURS  
BECAUSE IT MEANS I AM ALIVE.

Live well, Laugh often, & Love with all of your heart



### Here's How You Can Get Your Life Back

But through a single stroke of luck, You will

find the way back. And no matter how you feel right now and no matter how long you've suffered; you can get your life back and enjoy happiness again. **What's more, you can do it without suffering the side effects of antidepressants and once you've beaten stress, depression and anxiety,**

**you'll have beaten them FOREVER!**

And once you've beaten them YOU'LL:



**Sleep Like a Top**



**Be Bursting With Energy**



**Enjoy Greater Self Confidence**



**Regain Your Passion for Life**



**Enjoy Your Family, Your**

### Friends and Your Work

And you'll know you can cope with whatever life brings and you'll be safe in the knowledge that stress, depression and anxiety will never again cause you so much anguish for as long as you live!

Important contacts:

Suicide Help

0800 567 567

Mental Health Line

011 262 6396

Police Line

Substance Abuse

0800 121314

## Labour Pains

A married couple went to the hospital to have their baby delivered. Upon their arrival, the doctor said he had invented a new machine that would transfer a portion of the mother's labour pain to the father.

He asked if they were willing to try it out. They were both very much in favour of it. The doctor set the pain transfer dial to 10% for starters, explaining that even 10% was probably more pain than the father had ever experienced before.

But as the labour progressed, the husband felt fine and asked the doctor to go ahead and bump it up a notch. The doctor then adjusted the machine to 20% pain transfer. The husband was still feeling fine.

The doctor checked the husband's blood pressure and was amazed at how well he was doing. At this point they decided to try for 50%.

The husband continued to feel quite well. Since it was obviously helping out his wife considerably, the husband encouraged the doctor to transfer ALL the pain to him.

The wife delivered a healthy baby with virtually no pain.

She and her husband were ecstatic.

When they got home, the mailman was lying dead on their porch.

## Crazy Patients

A doctor of psychology was doing his normal morning rounds when he entered a patient's room.

He found Patient #1 sitting on the floor, pretending to saw a piece of wood in half.

Patient #2 was hanging from the ceiling, by his feet.

The doctor asked patient number 1 what he was doing.

The patient replied, "Can't you see I'm sawing this piece of wood in half?"

The doctor inquired of Patient #1 what Patient #2 was doing.

Patient #1 replied, "Oh. He's my friend, but he's a little crazy. He thinks he's a lightbulb." The doctor looks up and notices Patient #2's face is going all red. The doctor asks Patient #1, "If he's your friend, you should get him down from there before he hurts himself" Patient #1 replies, "What? And work in the dark?"

## The Faith Healer

Two women were sitting in the doctor's waiting room comparing notes on their various disorders.

"I want a baby more than anything in the world," said the first, "But I guess it is impossible."

"I used to feel just the same way," said the second. "But then everything changed. That's why I'm here. I'm going to have a baby in three months."

"You must tell me what you did." "I went to a faith healer."

"But I've tried that. My husband and I

went to one for nearly a year and it didn't help a bit."

The other woman smiled and whispered, "Try going alone, next time, dearie."



## Quick Brown Rice and Mushroom Pilaf

chopped

### DIRECTIONS

Heat oil in medium saucepan on medium heat. Add onions and celery; cook 3 minutes or until crisp-tender, stirring occasionally. Add mushrooms; cook 3 minutes or until mushrooms are tender, stirring occasionally. Add broth; stir. Bring to boil. Stir in rice; cover. Reduce heat to medium-low; simmer 5 minutes. Remove from heat; let stand 5 minutes. Add walnuts and parsley; mix lightly.



### INGREDIENTS (Nutrition)

2 tablespoons olive oil  
1 small onion, chopped  
1/4 cup celery, chopped  
1 1/2 cups sliced mushrooms  
1 (14.5 ounce) can chicken broth  
2 cups Minute® Brown Rice, uncooked  
1/2 cup chopped walnuts, toasted  
2 tablespoons fresh parsley,

## Peri-Peri Chicken Livers recipe

### Ingredients

1 large onion -- chopped  
2 tablespoons vegetable oil  
1/2 teaspoon cayenne pepper or peri-peri powder  
250 grams chicken livers, cleaned and halved  
1 tablespoon brandy  
salt and pepper

### Instructions on how to make it

Saute the onion in the oil. Add the cayenne pepper or peri-peri. Add the chicken livers and stir-fry over high heat until just cooked. Season with salt and pepper. Add the brandy to deglaze the pan.

Slice soft fresh rolls in half and open butterfly-style. Butter lightly and spoon the liver onto the rolls.

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Serve with a fresh green salad dressed with a tangy garlic dressing.

## COCKTAIL

### Ingredients:

1 cup of ice  
1 1/2 oz tequila  
1/2 oz Triple Sec  
2 oz fresh or frozen strawberries  
2 oz fresh or canned pineapple  
dash of sour mix  
strawberry and/or pineapple for garnish

### Preparation:

Pour the ingredients into a blender. Blend until smooth. Pour contents into a chilled [margarita glass](#).

Garnish with the strawberries and pineapple.



### Food for thought

"Even a mistake may turn out to be the one thing necessary to a worthwhile achievement."

#### Henry Ford

"The happiest people are those who discover that what they should be doing and what they are doing are the same thing."

#### Unknown



## World of God

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Psalm 91:1-2

# iso mpilo



**HEALTH**  
KwaZulu-Natal



**KwaDabeka CHC first staff members 1977**

*Silwa Nezifo, Silwa Nobubha, Sinika Ithemba*