



isoEmpilo

Issue 7 - 08

KwaDabeka CHC Newsletter

Campaign reveals cases of child abuse during Child Protection Week

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Mrs. T. Khanyile (Senior Social Worker) educating scholars about children rights at Phephile Primary School during Child Protection Week

SNIPPET IN PICTURES



Many children from more than twelve primary schools in Clermont/KwaDabeka that were visited during the Child Protection Week, which started from the 26th of May and ended on June 01 2008, opted to come out and tell their teachers about their situations of abuse at their homes and in their communities. The campaign was hosted by KwaDabeka CHC in collaboration with other organizations functioning in Clermont/KwaDabeka. It benefited the children as they were able to talk about their ordeal.

Child abuse is a major concern for all communities. To deal with this situation, a multi disciplinary committee was formed by KwaDabeka CHC, which involves among others: Sibisisiwe Child Welfare, KwaDabeka SAPS, eKuzameni Place of Safety, and others. With these many social issues, KwaDabeka CHC is always concerned about the well being of its immediate clients, it is these reasons, again, the institution has embarked on yet another very successful campaign aimed at education and children about their rights.

More emphasis was on children rights This was a national campaign contained also in our Health Calendar as a matter of priority. This year, Mrs T. Khanyile who has just joined KwaDabeka CHC had organized this campaign with the help of school Health Nurse Sr. Gordon, who works with schools on a daily basis.

According to School Health Nurse, Sr Gordon, who liaised closely with the educators, in all the schools that were visited, there were cases of sexual and physical abuse. Children found with sexual and physical abuse cases were then referred to relevant places. A report will be compiled after the Multi Disciplinary team has met for review.





Editorial

We are now approaching the first half of the year, still our focus on affording our clients a quality health care our number one priority as I have noticed recently that the number of complaints from our clients have just dropped.

This is sometimes affected by the strategy that the Communication section of KwaDabeka CHC eradicate complaints before they start. This does not mean that our clients have no right to forward their complaint to us, but, many complaints are unnecessary. To eradicate unnecessary complaints, we make sure that we visit patients and speak to them about our services and find out if they are satisfied.

Our suggestion boxes mounted on the walls in the corridors also help to open up a platform for our clients to voice out their opinions about our services.

Also the recent involvement of the

Health Board Committee during the opening and addressing of the complaints have boosted our communication efforts.

In this issue I would like to encourage our staff members to participate in sports activities that the institution organizes for them. To take a few moment of your time will benefit you physically and mentally. Recently we had games between KDC, Hlengisizwe and Don McKenzie at KK Sportsground, but our performance was not satisfactory. As we all know that the Department organizes tournaments for health facilities annually, KwaDabeka CHC as well is part of that tournament and I would like to see all of us supporting the Soccer and Netball team.

Last we have entered the tournament and we surprise many people when we won two matches in the first round of the tournament.

Our CHC Manager was also there to support us. This year let us do the same and fly KDC flag high.

Lastly, our amalgamation with other organizations and departments in fighting child abuse has borne positive results since we have identified children who are victims of this ordeal. Fortunately, all victims of abuse were taken care of and were referred to relevant departments and organizations for assistance.

Until next time, Chezz!!!

T. Khuzwayo

Up Close and Personal with our Social Worker

She matriculated at Zwelethu High School in Umlazi Township, and had pursued her career as a Social Worker.

Mrs. Thandi Khanyile is a last born in her family of 4 siblings. After finishing her matric she went to Westville University where she studied BA Social Work. Her passion for working with people has been evident recently when she co-

organized a Child Protection Week at Clermont/KwaDabeka Pri-

mary Schools.

Soon after graduation, she volunteered as a Social Worker at Correctional Services from April to June 2002.

Her first job as a Social Worker was at Childline from June to November 2002.

She again moved to Johannesburg Hospital from May 2003 and came back on August 2005.

In August 2005, she joined Durban Children Society as a Social Worker and in 2006 she moved to Clairwood Hospital from August 2006 to September 2007.

Currently, she is with KwaDabeka CHC as a Senior Social

New Recruits

*Bulose L. S
Dlamini A. V
Khalishwayo E. Z
Mkhize K. V Lamula N. D
Mbambo N*

Resignation

*Mkhize S. J Halley Stott Clinic
Maphumulo C. Z -KwaNdengezi
Dladla V. B KwaNgcolosi
Dlamini S. P. N—KwaDabeka CHC
Mthembu V. A - KwaDabeka CHC*

Transfer out

Bekwa A. P

Termination/Retired

Ndlela C. N

Deseased

Duma P. T

Acknowledgements of Contributions to this publication:

*Dr. Hoque Medical Manager
Sbonelo Ngcobo Public Relations
Thabisile Khomo Public Relations
Sr Gordon School Health
Mrs T. Khanyile Social Work
Zama Ndima Human Resource*

We welcome your comments and contributions



Mrs Khanyile (Senior Social Worker)

Worker.

She also has attempted a Project Management Course and would finish shortly.

Local Authority supports TB Campaign at KwaNgcolosi

Students from the University of KwaZulu Natal , Nursing Management Faculty, organized a TB Awareness Day at KwaNgcolosi on 06 May 2008. This was due to the recent statistics which revealed that many people in and around KwaNgcolosi are infected with TB and most of them are treatment defaulters. Currently, the Health Department has deployed TB tracers in the area to educate people about TB and its management.

Because of the defaulters and ignorance from the community about TB, there is a dire need for this type of campaign. It also boosted the work being done by the TB tracers.

The presence of the Local Authorities (Induna) representing the local Chief of KwaNgcolosi strengthen the Multi Disciplinary strategy of the Department of Health. It is easy to reach out to people particularly in the rural areas when our initiatives as a Department are fully supported by opinion leaders in their respective areas.

People themselves have responded very positively when they marching displaying placards with messages of supporting for those with TB.

TB is one of the diseases that have been around for a long time, but still the message about TB is the same, It is curable and people need to check themselves and if found with it, they must follow the instructions from the health workers.

Local school scholars thrilled attendants with their majestic voices and the Community Health Workers were part of the campaign, and they also entertained attendants with music.

A plea was made by the Community Health Workers working in the area that the community must cooperate and work closely with them.

Mrs. Gugu Mchunu from the eThekweni District Office

Staff matters

ID Cards for Staff

We would like to inform all employees of KDC that the institution is currently having a technical problem with the ID card software programme. Please be patient with us as we are still waiting for the technicians to fix it. As soon as it is fixed , the PR Office will inform all staff members including satellite clinics. We apologize for inconvenience.

EAProgramme

If you have any personal problem, please make sure that you make an appointment with EAP practitioners. The second issue of this publication had information on this service. Please make use of it. At the moment here are the names of the people who

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TB Coordinators posing for the photo during the TB day at KwaNgcolosi Clinic



Local school children singing during the TB Day event at KwaNgcolosi Clinic

advised people to look for the signs of TB, prevent TB and seek assistance from the health facilities as soon as they recognize the symptoms of the disease.

The programme director of the day was Mr. S Ngubo and Rev. Shange led the proceedings with a prayer.

can assist you:

Mrs. T. Mntaka (Human Resources) and Sr Mbatha (PHC Supervisor)

For more information about this programme you can contact the Public relations Officer (Mr. Khuzwayo) on 3736 or from Human Resource office.

Moratorium on workshop and conferences

Due to financial constraints which have emanated from overspending in 2007/2008 financial year, It has become necessary for the Government to cut back on expenditure in the 2008/2009 financial year. In the undertaking to keep the expenditure within limit of the budget, The acting Head Of Department assigned such moratorium.

Please visit the departmental intranet for the full document. If you do not have access to intranet, please come to PR office for the copy.



Rhona Ebrahim from Metro Police showing children how to cross the road during School Health Week at

Multi-Disciplinary team visits Kranskloof Primary ⁴

A multi disciplinary team joined forces and target Buhlebemfundo Primary School School with an aim of educating children on various cases, including Asiphephe Road Safety Campaign during School Health Week

Metro Police educated children on Road Safety. A team from eThekweni District Office (Rehabilitation division) were doing fine and gross skills assessment of grade 1. Children with problems at schools from grade 2 to 7 were accessed and referred to and currently are being attended to by the rehabilitation team from eThekweni District Office.

Pamphlets were also issued to children for their further information.

Healthy Lifestyle Awareness for the Pensioners

Just at the right time and the right place, what a good timing.

The Health Department of the eThekweni Municipality used the opportunity to educate and pensioners about healthy lifestyle.

Pensioners came all over the places of the Sub-West District including areas like KwaDabeka, Ntshongweni, Nazareth, Intshanga, Tshelimnyama and others came in their numbers to get their pension, and never realized that there is a bonus waiting for them at their pay point in Clermont.

The eThekweni Municipality teamed up with KZN Health Department (KwaDabeka CHC) to educate pensioners about healthy lifestyle. This was among other things included education on healthy diet, regular check-up for blood pressure,

diabetes, and regular exercising as well as stress management. These were some of the services that were rendered by the nurses from the department of health (KwaDabeka CHC)

Pinetown Clinic and Community Health Workers were also part of the campaign.

Mrs Nomvula Mazibuko and Gugu Mchunu from the eThekweni District

Pensioners were also taught about other diseases like TB, and HIV/AIDS and on how to avoid infections. It was also highlighted buy various presenters that



School Health Nurse, Sr Gordon tests blood pressure on an elderly

The were many people who were tested during the Pensioner's day which was on the 14th of May 2008 at Clermont and the response was excellent.

were among the District Office representatives. Old people were encouraged to make exercises to keep their bodies healthy and protect themselves against various diseases.

Pensioners were also encouraged to prepare small garden at home and plant vegetables so that they are able to have a balanced and nutritious diet.

Development s at Satellite Clinics

Halley Stott Clinic

Since year 2006, Halley Stott Clinic has been designated as an ARV site. There was recently a notice of space shortage since a number of people have been flocking to access VCT and Counseling.

RHRU has recently come to the rescue of Halley Stott Clinic when they donated an 8-roomed park home for this service. Halley Stott is a down referral site for Don McKenzie, St Mary's and R. K Khan Hospitals. The park home will be utilized for HIV infected clients.



8 roomed Park home at Halley Stott Clinic

KwaNgcolosi Clinic

Major renovation which started in November last year has given KwaNgcolosi Clinic a major facelift. This work was supposed to be finished in April this year, but due to unforeseen circumstances, it has been delayed for 42 days. Although most of the job is being done internally, but there is also a parking bay for the staff and the ambulances. At a later stage these parking bays will be sheltered

The painting is done internally and externally including new tiles, roof, plumbing, fans, doors with burglar guards, electricity and ceiling boards.



Refurbishment at Ngcolosi Clinic

Zwelibomvu Clinic

This is a before picture taken before the actual renovation at Zwelibomvu Clinic.

The open space (veranda) seen here has been closed and aluminum windows installed. There are also changes inside the building including ablutions, and the enlargement of the consulting rooms.

The clinic has recently been visited by the Management Team of KwaDaberka CHC as a part of Management support to the Clinics.

Other clinics that were visited are: Clermont Clinic, and KwaNdengezi Clinic.

Other clinics will be visited shortly



Renovations at Zwelibomvu Clinic

Don Mckenzie emerges victorious

The Soccer & Netball tournament for the Department of Health in eThekweni District is fast approaching, thus KwaDabeka CHC is busy preparing for the big games by organizing a pre-tournament with three other institutions so long.

Saturday 24th of May was the day for Don McKenzie Hospital, Hlengisizwe CHC, and King George hospital. Unfortunately, Kung George hospital could not pitch due to unforeseen problems. However, the games continued as planned at KK Sportsground in KwaDabeka.

Don McKenzie emerged the Champions at the end of the day when they won all the games including the final.

The first game was between KwaDabeka CHC vs Don McKenzie, and McKenzie won by 1 goal to nil. The second game was between Hlengisizwe vs Don McKenzie and McKenzie won with a whopping score, the losers then played together so that the winner play with Don McKenzie who already had qualified for the final. In this game KwaDabeka CHC lost to Hlengisizwe. Automatically, Hlengisizwe then qualified for the final. Again Don McKenzie emerged victorious.

Good working relationship between the Sports coordinators from these three institutions made this event a successful one. Due to budget constraints, coordinators have asked staff of these institutions to support this event financially, and they did.

To promote the spirit of togetherness and networking, all institutions were going to have a braai together after the games, but due to time constraints

it failed. We therefore thank all who took part and supported this event.



Players preparing to start a match between Hlengisizwe and Don McKenzie Hospital at KK Sportsground



KwaDabeka CHC with white shirts battles against Hlengisizwe CHC



Don McKenzie shows Hlengisizwe CHC how the game is played



Hlengisizwe CHC and KwaDabeka CHC on the other encounter

PHOTO ALBUM



Child Protection Week at Clermont Primary Schools 26May-01 June 2008



School Health Week at Kranskloof Primary School (KwaDabeka)



**Healthy Living Style for the Pensioners at Clermont
May 14 2008**

Typical Female Jealousy

A woman wanted to reach her husband on his mobile phone but discovered that she was out of credit, she instructed her son to use his own phone to pass across an urgent message to his daddy who was on site. After junior had called, he got back to Mommy to inform her that there was a lady that picked up Daddy's phone the three times he tried reaching Dad on the mobile.

She waited impatiently for her husband to return from work and upon Seeing him in the driveway; she rushed out and gave him a tight slap.

Then she slapped him again for good measure.

People from the neighborhood rushed around to find out what the cause of the commotion was. The woman asked junior to tell everybody what the Lady said to him when he called.

Junior said: "The subscriber you have dialed is not available at present. Please try again later."

But... Dad...



A young boy had just got his driving permit. He asked his father, who was a minister, if they could discuss his use of the family car.

His father said to him, "I'll make a deal with you. You bring your grades up, study your bible a little, and get your hair cut, then we will talk about it."

A month later the boy came back and again asked his father if they could discuss his use of the car.

His father said, "Son, I'm real proud of you. You have brought your

grades up, you've studied your bible diligently, but you didn't get a hair cut!"

The young man waited a moment and replied, "You know dad, I've been thinking about that. You know Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair."

His father replied, "Yes son, and they walked everywhere they went!"

Two Priests



Two priests were going to Hawaii on vacation and decided that they would make this a real vacation by not

wearing anything that would identify them as clergy.

As soon as the plane landed, they headed for a store and bought some really outrageous shorts and shirts, sandals, sunglasses, etc.

The next morning, they went to the beach, dressed in their "tourist" garb and were sitting on beach chairs, enjoying a drink, the sunshine and the scenery when a "drop-dead gorgeous" blonde in a tiny bikini came walking straight towards them. They couldn't help but stare and when she passed them, smiled and said, "Good morning Father", "Good morning Father", nodding and addressing each of them individually, then passed on by.

They were both stunned. How in the world did she recognize them as priests?

The next day they went back to the store, bought even more outrageous outfits - these were so

loud, you could hear them before you even saw them - and again settled on the beach in their chairs to enjoy the sunshine, etc. After a while, the same gorgeous blonde, wearing a string bikini this time, came walking toward them again. (They were glad they had sunglasses, because their eyes were about to pop out of their heads.) Again, she approached them and greeted them individually: "Good morning Father", "Good morning Father", and started to walk away.

One of the priests couldn't stand it and said, "Just a minute young lady. Yes, we are priests, and proud of it, but I have to know, how in the world did YOU know?"

"Oh Father, don't you recognize me? Take a good look, now close your eyes, add a hat and gown. I'm sister Angela!"

Hearing problems

An old man was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her lounge chair. He spoke softly to her, "Honey, can you hear me?"

There was no response. He moved a little closer and said again, "Honey, can you hear me?" Still, there was no response. Finally he moved right behind her and said, "Honey, can you hear me?" She replied, "For the third time, Yes!"

Word Search

DKROWPVMSHELLOX
FKQZKPSWVMBKGUR
GRMNBRSKHGMVNM
ZPOXVMBNSEEDLOB
UYQMBRFLTMCVCIK
QOEC LDPOIRTYOUT

Circle the combination straight, diagonally and across

- | | | |
|----------|----------|---------|
| 1. seed | 8. Row | 15. He |
| 2. Hello | 9. Old | 16. Bio |
| 3. Bold | 10. Ox | 17. Lit |
| 4. She | 11. Gem | 18. Or |
| 5. Shell | 12. Me | 19. STI |
| 6. Out | 13. From | 20. See |
| 7. You | 14. Met | |

Did you know that?

Did you know that the body fluids, such as blood, spinal and saliva, of the healthy are alkaline (high pH), whereas the body fluids of the sick are acidic (low pH)? Did you know that most degenerative diseases attributed to aging, such as Cancer, Osteoporosis, and Heart Disease have been scientifically linked to mineral deficiencies that result in our body fluids, including your saliva, becoming more acidic? Did you know that CANCER thrives in an acidic medium? Did you know that vitamin and mineral supplements can LOWER your acidity of your body fluids and thus you become HEALTHY?

Wise up

We ourselves feel that what we are doing is just a drop in the ocean, But *the ocean would be less because of that missing drop.* (Mother Teresa)

Healthy talk

6 Essential Health Tips (The Basics to Practice Every Day)

"He who has health has hope, and he who has hope has everything." -
Arabian Proverb

1. Move More

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster.

2. Cut Fat

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions.

3. Quit Smoking

Quit smoking will reduce a risk of you to have a heart attack and lung cancer

4. Reduce Stress

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. (i.e., Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; ect.

5. Protect Yourself from Pollution

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas, breathing in highway fumes and exercising near busy thoroughfares.

6. Wear Your Seat Belt

Statistics show that seat belts add to longevity and help alleviate potential injuries in car crashes. Thought for the day: Buckle down and buckle up.

World of God

Ephesians 2:8

"For it is by grace that you have been saved, through faith—and this is not from yourselves, it is the gift of God."

9



Don't you know

Treat time



Potato
Salad

INGREDIENTS

3 Pounds cubed red
skinned potatoes

1/2 Pound fresh green
beans

1 (4 ounce) can sliced ripe olives
,drained

1/2 cup chopped celery

1/2 cup chopped onion

1/2 cup vegetable oil

2 tablespoons white wine vinegar
2 & 1/2 teaspoons McCormick sea-
sons-all seasoned salt

2 teaspoons McCormick dill weed
2 teaspoons McCormick ground
mustard

DIRECTIONS

1. Boil potatoes in water 5-6 minutes.
2. Add beans; boil 2 minutes and drain.
3. Cool slightly
4. In a large bowl, Combine potatoes and beans with olives, Celery and onion.
5. In a small bowl, Combine remaining ingredients. Toss with vegetable oil .
6. Finally chill 4 or more hours occationally.



isoempilo

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



KwaDabeka CHC first staff members 1977

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