



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

KWAMASHU CHC

KWAMASHU CHC

NEWS

December 2024

2024 WORLD'S AIDS DAY



We're thrilled to share the success of our recent event, commemorating World's Aids Day, 16 Days of Activism against Gender-Based Violence, and Movember/ Isibaya Samadoda: Changing the face of Men's health. Held on December 6th, 2024, at

Ntuzuma A Hall, this event was proudly hosted by the Lindelani Clinic in partnership with various organizations. The event was skillfully facilitated by our esteemed Mc's, Zandile Dlamini, and Philile Mthabela. The proceedings

began with a heartfelt prayer led by Paster Mngoma, who was warmly invited to the stage by Miss Dlamini. Following the prayer, councillor Mezi Thusi—ward 38, delivered the official welcome address, setting the tone for the day's events.

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2024 WORLD'S AIDS DAY

The purpose of the day was eloquently outlined and the delegates were introduced by The Operational Manager Nursing, Ms. V. Mzizi's.

After The Operational Manager Nursing, Ms. V. Mzizi's speech, Miss Mthabela introduced the entertainment segment, featuring a captivating poem by Mageliza Mtolo. Under the World's Aids day program, the guest speaker, Dr Sanelisiwe Myeko/Zikhona took the stage to share insightful words. Additional presentation were made by: Siphamandla Ngcobo, representing people living with HIV [PLWHIV], Miss Thokozani Khumalo from the Treatment Action Campaign [TAC]. The event also featured traditional entertainment, including Indlamu and Isijumbulu performances.

Following the World's Aids day program, the 16 days of Activism against Gender Based Violence segment commenced. The guest speaker, Miss Zandi Mtshali, delivered a powerful message, urging individuals to break free from abusive relationships and seek help. Miss Mtshali's address was followed by SAPS social worker/ representative, Mrs. Cebekhulu, who emphasized the importance of reporting GBV cases and other social crimes. She provided valuable insights on the resources available to support survivors, Additional speakers from various organizations also shared their expertise and experiences.

The event took a solemn turn with the candlelight ceremony and moment of silence, paying tribute to the lives lost to GBV. Simultaneously, Isibaya Samadoda



program continued, focusing on men's health— Guest speaker Dr. Ngcobo and Mr. Thulasizwe shared valuable insights, emphasizing the important of regular health check-ups and male circumcision. The event concluded with a heartfelt vote of thanks and closing remarks by The Operational Manager Nursing Ms. V. Mzizi. Refreshments were served, and attendances mingled,

reflecting on the day's impactful discussions.

We extend our sincere gratitude to everyone who joined us, making this event a resounding success. Your participation and engagement helped create a meaningful and memorable experience.

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2024 HERITAGE DAY

We Celebrate Our Culture, Our Culture, Our Love

On Wednesday, September 25th 2024, we successfully hosted our recent event. Organized by the Public relations office, this event was a celebration of heritage day.

Mr. Mthabela skillfully hosted the event, kicking it off with a lively musical session that got everyone on their feet. He invited Cindy, one of the employees in Data Management to lead the audience in a moment of silent prayer, followed by a heartfelt rendition of the National anthem. Subsequently, Ms. Magwaza, Deputy Manager Nursing, was invited to share a few words with the staff.

The event commenced, with Mr. Mthabela, the Master of Ceremonies, inviting the first department to take the stage and showcase their chosen cultural performance. Each department had prepared it's own unique cultural presentation, and each department was given a chance to showcase their chosen cultural performance, highlighting the rich diversity of the community.

Each department was assigned a table, which they creatively decorated to showcase their chosen culture. The tables featured a variety of cultural delights, including traditional food, drinks, and decorations. Following the performances, the judges visited each table to assess the decorations and



determine which department had presented the most impressive display.

After the performances and the table evaluations, the judges deliberated and selected the winners. Mr. Duma took the stage to announce the winning departments, which were rewarded with presents and certificates in recognition of

their outstanding table display and performances. Our event was a resounding success, and we extend our heartfelt gratitude to everyone who took the time to participate and make a memorable occasion.

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2024 BREASTFEEDING WEEK

Empower Parents, enable breastfeeding

On August 1st, we launched our breastfeeding week. Matron Madikizela introduced herself and her colleagues, and began educating mothers on the Importance of breastfeeding, and the recommended duration of breastfeeding. Additionally, she provided guidance to mothers living with HIV on how to prevent mother-to-child transmission.

Throughout the week, various nurses took turns educating mothers on the importance of breastfeeding. These dedicated healthcare professionals shared valuable insights and expert advice such as the benefits of breast milk, proper latching techniques, and overcoming common breastfeeding challenges. By providing personalized guidance and support, the nurses empowered mother to make informed decisions about their breastfeeding journey.

The benefits of breastfeeding for mothers babies

Breastfeeding is one of the most natural and beneficial ways to nourish a baby. The benefits of breastfeeding extend far beyond basic nutrition, impacting the health and well being of both mothers and babies.

For babies, breastmilk provides essential nutrients, antibodies, and immune factors that promote healthy growth and development.



For mothers, breastfeeding offers numerous physical and emotional benefits. It helps to reduce postpartum bleeding, promote uterine contractions and support weight loss. Breastfeeding also releases a oxytocin, a hormone that promotes feelings of relaxation and bonding between mother and baby.

Breastfeeding is a powerful tool for promoting health, well-being, and happiness in mothers and babies. By supporting and encouraging breastfeeding, we can create a healthier, more compassionate society for all.

2024 BREASTFEEDING WEEK



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2024 MANDELA DAY



COUNCILLOR MAFIKI MKHIZE VISITS THE CLINIC



COMMUNITY VOLUNTEERS FOR MANDELA DAY



TEA STATION



REFRESHMENTS



FOOD PARCEL PACKS



SERVING THE ELDERLY

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MANDELA DAY 2024



SERVING PATIENTS



SERVING PATIENTS



THE TEAM



THE TEAM



PATIENTS ADDRESSED BY THE COUNCILLOR



PATIENTS ADDRESSED BY THE COUNCILLOR



2024 NURSE'S DAY

Unfortunately, many people overlook the vital contributions of nurses in the healthcare system. Ever the underdog, nurses play a key role in all of our medical institutions, being responsible for the welfare, safety and recovery patient.

We honored and paid gratitude to all of the nurses at KwaMashu CHC on Monday, June 24, 2024 for the amazing work that they do. It is crazy to think about the world without nurses. Nurses help bring new life into the world, care tirelessly for sick and injured, and sometimes watch the patients they did everything to save demise despite their best efforts, so why not celebrate them to recognize all of their best efforts.

Our guests of honor were Paster Nathi Zondi, Rev Ntshangase and Mrs. Thobi Zondi.

The occasion commenced with the prayer led by Pastor, Mr. Zondi. Following the prayer, M,C Mr. Mthabela, took the mic and delivered a heartfelt tribute to the nurses, acknowledging the remarkable work they do in the community, he then invited Mr. Zikhali to the stage to offer words of encouragements to the nurses of KwaMashu Community Health Centre. After sharing his inspiring message, Mr. Zikhali concluded by saying "We celebrate and honor your unconditional services today and everyday" before returning the mic.

The management of each department was given the



chance to express gratitude for their diligent work and commitment to providing the community with the best service possible. In addition to serving refreshments, we thanked our honorary guests with gifts for attending our event. The nurse pledge was read to remind nurses about the oath they took to save lives. All the nurses

received gifts as a token of appreciation.

The event was a huge success, and we are grateful to everyone who contributed.

Thank you for your courage, compassion, and dedication.

2024 NURSE'S DAY



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2024 NUTRITION DAY

Making Smart Snacks Choices For a Healthier KwaMashu

We're thrilled to share the success of our recent Promotion event on Friday, May 24th 2024. this event as organized by KwaMashu CHC Nutrition department. Love life and partners focused on promoting healthy snacking habits for children.

In 2023, the KwaMashu CHC Nutrition department in combination with Mr. Ntuthuko Khanyile, a PHD student, decided to embark on a nutrition survey where we set down with mothers and discussed the diets of their children. This survey has been going on for over a year-long .

Fruits, vegetables, and whole grains into children diets. A health and nutrition diet is essential for an individuals physical growth and development, mental development, capacity building, skill formation, comprehension of educational concepts, cognitive development, fine gross and motor skills development, other internal process.

Rewarding Participation: Five lucky mothers won R100 Spar vouchers to stock up healthy snacks for their families. Additionally, one grand price winner walked away with a popcorn machine, popcorn seeds, and cleaning supplies.

Siyanda celebrates a healthy entrepreneur.

Congratulations to our grand price winner, from the Siyanda area. Our winner expressed her excitement about using the popcorn machine to start a business selling healthy popcorn snacks in her community. This does not only empowers her but also fosters a culture of healthy snacking within the Siyanda community and surroundings. She was also given materials to teach healthy snacking in her community as well.

Moving forward together

The KwaMashu CHC nutrition department remains dedicated to empowering mothers to nurture healthy eating habits in their children. Health is wealth, a healthy brain lives in a



healthy body. A sick person can not enjoy life to the full, hygiene, habit, and nutritive diet make a healthy body.

Make smart decisions about your child's health and yours.

A heartfelt thank you

We extend a sincere thank you to all the mothers who participated in the dedication and Mr. Phumlani Mzimela

[Love life ambassador] and the pediatric staff for getting behind the campaign.

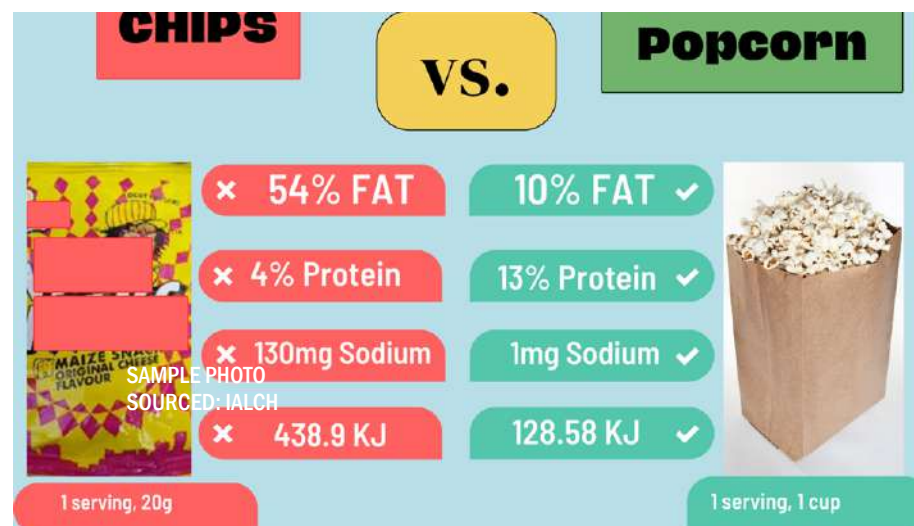
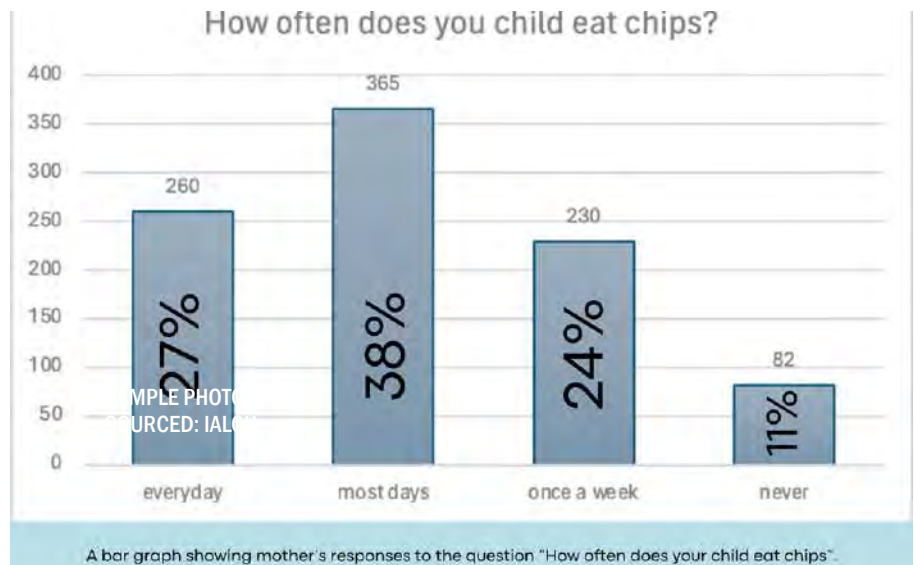
Together, we can create a healthier future for KwaMashu. One healthy snack at a time.

2024 NUTRITION DAY

This event was due to new information emerging from this long exercise, with over 1500 KwaMashu mothers participating, the survey revealed a significant concern: many mothers were providing their children with unhealthy snacks almost daily. As it can be seen on the draft, a higher number of children {89%} were given chips as snack and 60% were given these chips [mostly salted commercial chips in small packets] either every day or most of the days [2-6 days a week]. This trend can contribute on childhood obesity and the development of chronic health conditions later in life.

HOW UNHEALTHY ARE THESE CHIPS COMPARED TO SOME HEALTHIER ALTERNATIVES?

We are glad you asked, we took a package of a popular snack reported by the mothers and compared it to homemade unsalted popcorn and the results are below the draft. As you can see these chips had a significantly higher percentage of fat [54%] compared to air-popped popcorn [10%], the chips also contained significantly higher level of sodium [130mg] compared to the sodium found in the homemade popcorn. Differences in protein and energy density are also there for everyone to see. Mothers were shocked to see this information and vowed to be more careful in selecting their snacks.



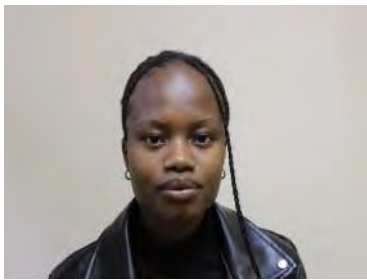
Empowering mothers, Shaping a healthier future.

Our health promotion event addressed this issue head-on by equipping mothers with the knowledge and resources they need to make informed choices about their children snacks.

The event featured;

Educational talks: renowned love life ambassador, Mr. Phumlani Mzimela and UKZN 4th year interns delivered informative presentations. These talks highlighted the importance of healthy snacks and offered practical tips for incorporating

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***FOR CONTRIBUTIONS OF THIS NEWSLETTER YOU
CAN SEND YOUR COMMENT TO THE EDITOR,
Ms P.MBA, THE DETAILS ARE AS FOLLOWS:***

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