



health

Departme  
Health  
PROVINC

MAHATMA GANDHI MEMORIAL HOSPITAL

# Umthombo Wolwazi

## FUN WALK 2011

On the 15<sup>th</sup> of June 2011 the institution hosted a fun walk in promotion of healthy lifestyles and to raise funds in aid of the smooth running of the hospital. By walking the 5km distance, the staff of MGMH together with its social partners wanted to lead by example where health and fitness are concerned. The importance of this awareness fun walk was evident through the display of synergy amongst staff and stakeholders who contributed whole heartedly with monetary donations, fruits and thirst quenchers, prizes and equipments. The fun walk was also aimed at raising awareness about diseases of lifestyle and to promote exercise and sober habits amongst our staff and patients. The event was also motivated by the Health MEC, Dr Sibongiseni Dhlomo who recently took part in the Comrades Marathon in May.



Dr Sibongiseni Dhlomo also emphasized during his budget speech that as health professionals we need to focus on prevention of diseases of lifestyle rather than curing. Since then, MGMH is heeding that call as we have planned most of our activities for the year towards raising awareness.

Over 100 staff participated from different departments within the institution along with cheerful 'Friends of Mahatma Gandhi' such as Mr Omie Singh, MPL, and other stakeholders. The race was launched with a special prayer for all and then the participants got ready to the sound of the siren.

## CONTINUATION

At the sound of the siren, banners of encouragement flew.

The first prize winner who reached the finish line at a remarkable 27mins, 15 seconds was MGMH's Siphwe Zulu from finance and systems department. Mr Zulu took home a R500-00 gift voucher and the winners trophy. Second place position was taken by Inanda C Clinic staff, Clement Jiyane, a regular athlete who completed the race 21 seconds after the first prize winner. He won himself a medal and a fruit basket.

The third prize winner was from the transport department Mr Jay Gopalsamy who also took away a medal and fruit basket. The organisers of the fun walk also decided to recognise and award the first lady to complete the race and the eldest lady who completed the race. The first female prize winner was rightfully

awarded to Andile Mabaso from the Human Resource Department. She took home a Woolworths bathroom set. while the other lady who won the prize for being the eldest participant went to Mrs Violet Naidoo from the casualty department. She also took away a cosmetic basket

Lastly, the Public Relations Department would like to give a vote of thanks to all stakeholders and individual personnel who contributed .



# ELDERLY ABUSE AWARENESS DAY

The Elderly Abuse Awareness Day was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of this day is to provide an opportunity for the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect. In addition, the day is in support of the United Nations International Plan of Action to acknowledge the significance of elderly abuse as a public health and human rights issue. The Commission cautions community members that elderly people have rights that must be respected by all. Therefore, everyone has a responsibility and an obligation to ensure that their rights are protected.

In commemorating this day the Social Work Department of MGMH hosted an event on the 15<sup>th</sup>/06/2011, it was spearheaded by Mrs Triscia Rowkith, at the DAFTA Service Centre in Greenbury-Phoenix. It was collaborated with Pharmacy, Dietetics and Physiotherapy.

The programme targeted approximately 115 Senior Citizens with a focus on the following:

- Older Persons Act, their rights and responsibilities
- Health education
- Healthy diets and lifestyles
- Treatment compliance, proper storage and disposal of expired medication.
- Physical education, basic stretching and exercises.

**After all the formalities the senior citizens were treated with a snack and fruits.**

**Positive feedback was received from the senior citizens.**

**They were very pleased with the visit and they benefited a lot from the discussions.**



## YOUTH MONTH, TRIBUTE



**ZONKE-  
POSWA—  
HR INTERN  
INTERVIEW**

1. WHICH ERA WERE YOU BORN?
2. DO YOU REMEMBER THE DAY, JUNE 16, AND WHAT DOES THIS DAY MEAN TO YOU.
3. WHAT CAN THE YOUTH OF TODAY DO TO HONOUR THE DAY?
4. HOW DID YOU CELEBRATE THE DAY?

1. I was born in the late 80's
2. Since I was not there I wouldn't say I remember, but I can only tell what it means to me. It's the day where young black students suffered and sacrificed their lives, marching against the laws of apartheid which in turn was a beacon of hope that one day we shall be free hence we are enjoying the fruits of freedom today in a democratic SA.
3. As the youth of today it is incumbent upon us to protect and fight for quality and justice so that the youth of tomorrow can equally reap and enjoy the fruits of freedom.
4. I attended a lecture about June 16 in our community hall.



**JAY JAIRAM—**

1. I was born in the early 60's
2. Yes I remember the day very well; It was a horrible scene I saw from the television. There was fire and smoke, the street were filled with sticks and stones everything seemed chaotic. People were hurt and running in all direction and buildings were alight.
3. It's despicable what the youth of today has become. They do not know what the struggle was all about and they do not realize that they are bearing the fruits of that struggle. It is such a shame that today's struggle is by selfish individuals for self enrichment.
4. I'm a family man, so I was home watching all the television broadcast pertaining the day.



**SR MAGUBANE**

1. I was born in the mid 40's
2. No I do not remember the day at all because I grew up in a remote and destitute area of Kwa Ngavuma near the Swaziland border. During that time we had no access to any kinds of media let alone a clock . What happened in the big cities, we later got to know through drama compiled by the likes of Mbongeni Ngema such as 'Sarafina'
3. The struggle of the youth of today is a bit different, the youth today is struggling with health issues, financial resources for basic living and education especially tertiary level. Even when the government met peoples needs such as provide treatment for TB and other diseases, people are failing to comply which explains the poor usage of condoms subsequently increasing the rate of all infections
4. I enjoy the comfort of my home because of my age. I also watched all the programs on television commemorating the day with my family .



**MZWAKHE MTHETHWA**

1. I was born in the late 70's.
2. No! I do not remember the day but I do celebrate it as a citizen of South Africa. To me the struggle was never in vain, in fact the struggle still continues even though the purpose is different now. Today the struggle is for free education, safe living within our communities and unemployment. I think people of Africa should be proud to be living under such a diverse and multi cultural community where everybody is treated with the same respect and dignity.
3. If the youth of that time could conquer their demon's , so can we. I think today's youth should think along these lines. With determination and focus, there is nothing impossible.
4. I am a social person, so I decided to spend the day with friends and loved ones.

## SUBSTANCE ABUSE AWARENESS



The period 20-26 June 2011 was Substance Abuse Awareness Week. Study show that alcohol and drug abuse is still a huge problem in our communities. The stigma and denial often accompanies this problem, in that users and their families do not face the reality when addiction occurs.

The Social Work Department of MGMH commemorated this event by hosting an awareness talk in the out-patient waiting area (outside the tuckshop) on 23 June 2011. The final year social work student conducted a talk in English and IsiZulu. She discussed the different types of drugs, reasons for using substances, consequences of drug abuse and where to get help.

There was a display of posters depicting the various drugs and information about dependency, and the correlation between drinking/drugging and contracting HIV. Pamphlets were issued to patients.

Patients were invited for confidential queries and consultations to the Social Work Department.

For assistance regarding substance abuse contact the following resources:

SANCA Alcohol & Drug Centre : 031 3032202  
 National Hotline for Alcohol & Drugs : 0800121314  
 Alcoholics Anonymous : 0800246432

Compiled by: Thigs Chetty

## MGMH COMMISSIONS NEW BOARD

On the 24th of June 2011, the Management of MGMH formally welcomed newly appointed Hospital Board Members.

The 15 new board members were appointed by the MEC for Health, Dr S Dhlomo, after a process which started early this year –with an aim of filling vacant posts.

The new members along with the 3 existing members were given an opportunity to acquaint themselves with each other and also with the structure of the hospital.

Amongst the new members is Ms Ela Gandhi who, although retired, expressed her appreciation for being appointed to serve in a hospital named after her grandfather (Mahatma

Gandhi). Functions, roles and responsibilities of the Hospital Board were also shared and discussed.

The members unanimously committed themselves to supporting the hospital at all times using their areas of expertise.

The board members are expected to act as a channel of communication between management and the local community and also link the hospital with external stakeholders for assistance in areas of special needs.

They are also expected to play an advisory role to management and make recommendations where necessary.

On behalf of MGMH family I wish to formally welcome all new members.

## 29<sup>th</sup> INTERNATIONAL CONGRESS FOR MIDWIVES

It was a historic event for SA when the above mentioned event was hosted for the first time in Durban SA, at the ICC. 94 countries took part in the triennial congress and midwives from all over the world came on Saturday the 20<sup>th</sup> Of June 2011 and marched from Moses Mabhida Stadium to ICC. All the midwives held their flags-in true 2010 style and fever.

The second day of the conference was the opening ceremony which was highlighted by a multi faith celebration. There was a lot of singing and dancing with a few performances from South African entertainers.

The President of ICM-Bridget Lynch from Canada gave the welcoming speech shortly after MEC for Health , Dr S Dhlomo made everyone feel at home.

The congress theme for 2011 was 'midwives tackling the big 5 globally ' Recognising the impact of the work of midwives with childbearing families and the Millennium Development Goals (MDG's) The congress took part 4 years before the MDG target date is reached.

The following days was sessions, presentations, research studies and seminars. The midwives in the congress shared experiences both similar and different with scientific background.

The message was –to reach a reduction of child mortality and improve maternal health.

The international midwives day is celebrated on the 5<sup>th</sup>



of May annually to honour the midwives for their work.. In her address Ms Lynch shared how 5 countries recently marched in their cities and handed over memorandums requesting that midwives be given autonomy and for government to strengthen the Midwifery Education and Practice.

MGMH sent two representatives ie. Midwife G Naidoo and Midwife P Kwitshana.

**Submitted by: G Naidoo**