



NEWCASTLE PLATFORM NEWS

April - June Edition

Health Awareness Month Launched



April is a Health Awareness Month in the department of Health. Newcastle Regional Hospital hosted a Health Awareness Day for employees on the 1st April 2016.

Madadeni Hospital, Niemeyer Hospital, EMS, Forensic, Danhauser CHC and Amajuba District Health office participated in the wellness programme which included a fun walk, fitness session and aerobics.

According to Mr. Phumlani Ndlovu (EWP Coordinator) Health Awareness Month promotes health through physical activity. He said this when addressing workers before the beginning of the programme.

“Physical activity at work place includes physical and mental wellbeing, prevents diseases such as heart problems and obesity. It strengthens muscles, encourage weight loss, boost immune system, improve mental health, prevents depression and promotes positive self esteem” said Nomusa Mgaga from Amajuba Health District.

Newcastle Regional Hospital currently has wellness activities including soccer, netball, choral music and aerobics. The hospital also hosts aerobics classes on Tuesdays and Thursdays afternoons. In conclusion Mr. Ndlovu thanked all the participants who attended the event as well as the managers of various components in the hospital.



No pain, No gain. Employees participating in the Aerobics session during the launch of Health Awareness Month



Ladies attended the event in numbers. Here they were participating in the Fun Walk that took place around Central to the Hospital



Newcastle Hospital Scoops Special Recognition Award



Newcastle Regional Hospital went away with a Special Recognition Award on the 4th June 2016, during the MASEA which were held at the ICC.

The hospital was awarded for its commitment and dedication towards the improvement in the Neonatal outcomes at

the Regional level. The award was received with singing and ululation by the staff of NICU when presented them by the Medical Manager Dr Nyombayire. The Head of the Unit Dr Busi Mahlaba couldn't hold back her excitement and started to dance. Halala, Newcastle you've made it against all odds.

Candle Light spreads love.....



Newcastle Regional Hospital staff attending Candlelight Memorial Day at Hospital Foyer



Dr. B. Mahlaba in red jersey (Paediatric Specialist) and Matron B. Sokhela next to her also attended the event that was held at the Hospital Foyer

Newcastle Regional Hospital held a Candlelight Memorial on the 16th May 2016 in honour of all those who lost their loved ones to HIV/AIDS. The Commemoration was part of International Candlelight Memorial Day held every year on 15 May, according to Department of Health Calendar.

Dr Mahlaba minded the staff that it is imperative to treat all mothers who have been diagnosed with HIV with love and care when visiting the hospital.

In her speech she also urged the staff to encourage the mothers about the importance of taking medication as she applauded the Department of Health in its effort to ensure that more and more people have access to HIV medication.



Always a mother, forever a friend

In celebration of Mother's Day, Leave No Girl Behind International (LNGBI) visited Newcastle Regional Hospital to spread the love, ensuring no mother was forgotten.

Friday the 13th is surrounded by superstition, and widely considered a day of bad luck.

However, this was not the case for the patients of Newcastle Regional Hospital, when the Lincoln Heights Secondary Power Circle of Leave No Girl Behind International visited there



Nomsa Zwane is one of the mothers who received a rose from Kashmira Nanan of Lincoln Heights Secondary School

"We went to the hospital to spread love and spoil moms who might have been neglected on Mother's Day" said Kashmira Nanan of the Power Circle.

Determined to put a smile on the faces of the patients, the girls gave each mom a rose and read them a special poem.

Shameema Patel, co-founder of LNGBI, said the members wanted to honour mothers and the impact they had on society. "Mothers are very important people in every society, hence we are here today" she concluded



Men's Forum Launched at Newcastle Hospital





Mr. Mlungisi Ndlovu from Head Office addressing men during the official launch of Newcastle Men's Forum

Blessers must fall” is a slogan under which the Newcastle Regional Hospital Men's Forum was launched.

This forum was officially launched on the 26th May 2016. The launch was attended by various guests from Madadeni Regional Hospital as well as Mr. Mlungisi Ndlovu from Head Office in PMB who was a main guest speaker on the day.

The Forum has been established in response to the Office of the Premier's directive. Many thorny issues were discussed on this day including the one of the “Blessers” that are killing the nation.

In his presentation Mr. Ndlovu said it is imperative that each and every hospital has a functional Men's Forum so that issues affecting men physically, emotionally and spiritually are thoroughly discussed. “ One of the strategies adopted by the Departmental Men's Forum Committee is to engage departmental men and share gender related

issues to keep them empowered” he explained.

Mr. Mfusi who also attended the event said every man can be a father but it takes a strong man to be a responsible father. He further requested all the attendees to be lead by example in everything they do.

“If all of us as men can change the way we do things in our homes and communities, and start to be responsible and accountable in whatever we do. This country can be one of the best in the world” he said.

He further said that this country wouldn't have so much high level of crime if all men were responsible . “Our young boys are now involved in drugs dealings because they do not have a proper up bringing. So many homes do not have fathers, which then leads to male children getting out of order and become criminals” he concluded.

Child Protection Week Commemorated at Newcastle Hospital



SANCA, SAPS, Social Services, Newcastle Hospital Psychology Department and Newcastle Hospital Crisis Centre Unit came to create child abuse awareness

Newcastle Regional Hospital commemorated Child Protection Week under the green theme to protect South African Heritage, which is children. Different stakeholders from various Departments came together to educate and create awareness on serious issues surrounding child abuse.

This included Social Services, SAPS, Psychologist, SANCA and Crisis Centre. The day focused on the everyday abuse of children in all forms including sexually, psychologically, verbally, emotionally and physically. Mr. Maseko, a Social Worker from Newcastle Hospital stated that the physical and sexual abuse could be easily detected as it involves assessment unlike other forms of abuse which he said can not be easily measured. Mrs. L. Gajoo from SANCA said that in each and every week they have discovered that everyday there are 10

to 12 High School learners who are being tested in their facilities and requested that law enforcement must step in to preserve the next generation.

Mandisa Nxele, a Psychologist at the Newcastle Regional Hospital said that whatever children are exposed to, affects them. "Sometimes you don't see it immediately but as they grow the effects starts to show" she explained

She further said that sexual abuse can progress to personality disorders if not detected early. "Verbal abuse can cause difficulty in concentration, withdrawals and aggressiveness" she concluded

Three green candles were also lit to remember all the children who have fallen victim to abuse and for all those who are vulnerable and at risk of abuse.

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Written and Designed by:



Mr. P.S. Buthelezi
Public Relations Officer



CONTACT DETAILS

Physical Address:

4 Hospital Street

Newcastle, 2940

Switchboard Number

034 32 80000 / Fax 034 32 800 22

Webs Address:

www.kznhealth.gov.za