



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

**NIEMEYER**  
MEMORIAL HOSPITAL

# THE NIEMAILER

# NEWS

IF IT MATTERS TO YOU IT MATTERS TO US

SEPT 2024

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ISSUE...**

**MEN'S  
HEALTH DAY.**

**WOMEN'S DAY.**

**NELSON  
MANDELA DAY.**

# OUR HERITAGE

CULTURE | DANCE | FOOD



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Inside this issue

"Celebrating the lives of our heroes and heroines who laid down their lives for our freedom"

27 September 2024 | Cover



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# HERITAGE DAY

*Our diversity unifies us*

**H**eritage Day on 24 September recognises and celebrates the cultural wealth of our nation

South Africans celebrate the day by remembering the cultural heritage of the many cultures that make up the population of South Africa. Various events are staged throughout the country to commemorate this day.



**N**iemeyer Memorial Hospital like every other year made no exception in celebration this day. All the stops were pulled to ensure that we celebrated this day to its full potential.

Our theme for this year was celebrating the beauty of South Africa's diversity. The purpose of the day was to embrace every culture represented, often times Heritage day has centered around one culture. All cultures in South Africa are important, we wanted to shine a light on through celebrating them. As part of the day's activities we had some cultures express themselves through song and dance. We sealed the day with a bring and share lunch with different South African favorites.











# WOMEN'S DAY CELEBRATION

28 AUGUST 2024

The 2024 Women's Day Celebration took place on a sunny winter day at the Facilities shaded lawn area.

The theme the women had agreed on was Vintage "Timeless Beauty". The event was focused around women empowerment. We had two guest speakers Nokuthula Mkhize an inspiring women who mentors young girls and is the founder of Khethelo NGO, she drove a powerful message "if you don't like it do something about it". We also had Gugu Buthelezi from Economic Development she empowered the women on Financial Freedom and the resources the Government provides to ensure that civilians are not financial burdened unnecessarily.

We also had some of our very own staff members Mrs. Zitha and Mrs. SG Ndebele who took the floor and encouraged us to make a change with what we have, stressing that what may seem like a little might actually be a lot.



we are  
**WOMEN**



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# JULY IS MEN'S MONTH

THE PURPOSE OF MEN'S HEALTH MONTH IS TO HEIGHTEN THE AWARENESS OF PREVENTABLE HEALTH PROBLEMS AND ENCOURAGE EARLY DETECTION AND TREATMENT OF DISEASE AMONG MEN AND BOYS.

**Men's Health Month** in July focuses on raising awareness about the health challenges confronting men and advocating for early detection and treatment of diseases. The observation of Men's Health Month has since been broadened across the world. Men have taken this opportunity to not only focus on their general health but they have also branched into prioritizing their mental health. Learning to lean on each other for support and a sense of com-

munity.

This year all the men at Niemeyer Memorial Hospital observed Men's Health Month with the same sense of purpose. They all gathered and shared a large hearty meal they had prepared for themselves with pride. The food brought them altogether around a table where they had a man to man conversation.

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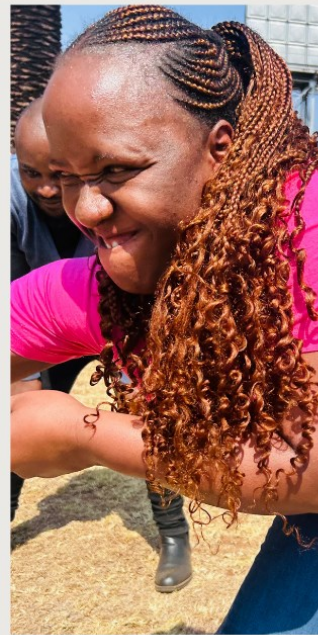
The 11th of September 2024, was Niemeyer Memorial Hospital's Corporate wellness and mental health day. The day as set aside by Sr. Nhlabathi (Occupational Health clinic practitioner) and Ms. Khumalo (Public Relations Officer) to promote a healthy lifestyle among employees .

The program was to address various dimensions of employee health and well-being.

We invited Ms. Ndlela and Mrs. Nzuza (Social workers) to discuss the importance of prioritizing mental health in the workplace. Mr. Zulu (Dietician) also emphasized the importance of healthy eating. He also shed light on some of the normal eating patterns we practice that are not beneficial to our health. Mrs. Ndebele (PHC Health Promoter) also discussed various mental health conditions and mental health assistance that is available.

Various team building activities were designed to test strength and encourage innovative thinking from staff members.

# Corporate Wellness & Mental Health Day





# NELSON MANDELA DAY

What you can do to help make the world a better place for everyone?



On 18 July every year, we are all invited to mark Nelson Mandela International Day by making a difference in our communities. Everyone has the ability and the responsibility to change the world for the better! Mandela Day is an occasion for all to take action and inspire change.

On the 18th of July 2024, in the spirit of honoring Nelson Mandela Day, which fell on a very cold week. We decided to serve piping hot tea and some cupcakes to all the morning patients in the Gateway waiting area.

We later moved on to serve afternoon tea to admitted Patients in the hospital, instead of the tea that they have come to expect with some sandwiches we added a some cupcakes to sweeten their day. Although, we thought that this gesture was small the gratefulness and appreciation from the Patients let us know otherwise

The whole idea of this day is to inspire all of us to show some kindness and make the world a better place. Kindness does not need to show itself in grand gestures but instead it can sure itself in selflessness and a great heart posture.

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# PHARMACY MONTH.



September Marks National Pharmacy Month. This month the Pharmacist Community Service Officers together with the Public Relations Officer lined up a few activities to celebrate Pharmacy Month. The theme for this year was “Let’s Talk About Vaccines”. Throughout the month the Pharmacists visited various departments within the hospital to speak to Patients about the importance of vaccina-

tions and adherence to medication. They also visited Sinqobile Combined School together with the Groenvlei Clinic outreach team the purpose of the visit was to expose learners to the Pharmacy profession they took time to explain to the learners what Pharmacists do and the requirements needed to pursue Pharmacy. The pharmacists brought gifts for learners who were interactive as well as all their educators. On the

25th of September, Pharmacy Day was observed, The idea was to celebrate the Pharmacy Department and their contribution to the health system. The Pharmacy Department partook in a celebratory lunch together filled with delicious food , cupcakes and souvenirs for all the pharmacy staff members.





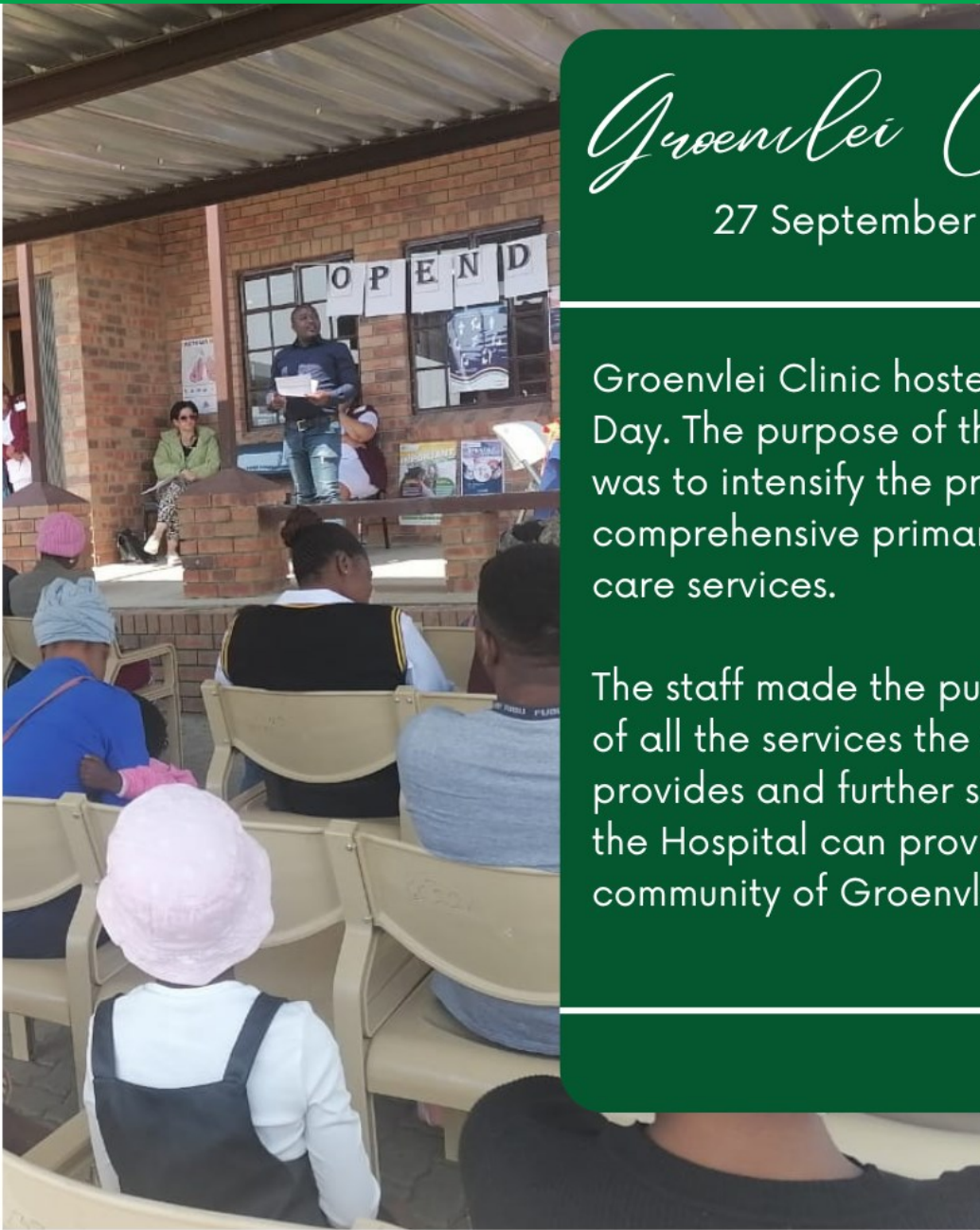
# WORLD BREASTFEEDING WEEK

01-07 AUGUST 2024  
March & Educational Play





# GROENVLEI CLINIC OPEN DAY.



*Groenvlei Clinic.*

27 September 2024

Groenvlei Clinic hosted an Open Day. The purpose of the open day was to intensify the provision of comprehensive primary health care services.

The staff made the public aware of all the services the clinic provides and further support that the Hospital can provide for the community of Groenvlei.





# FOOD SERVICES ASSESMENT .

**In line** with the South African Government constantly aiming to improve service delivery an assessment was scheduled for the food services unit to monitor and ensure that this unit is function in accordance with all Health Standards and requirements. Between the 5th and 6th of September 2024, Niemeyer Memorial Hospital's food services unit was assessed by the national Department of Health's assessment team led by Mr. Madome Mnyuha.

A well deserved congratulations to the Food Services Unit on achieving a 91% on the National department of Health's Annual Assessment.

The food services unit strives on providing a well balanced and appetizing meals to all the Patients admitted at Niemeyer Memorial Hospital.



## National Department of Health Food Services Unit Assessment 2024





# SIBHEDELA



## KUBANTU

## GALLERY

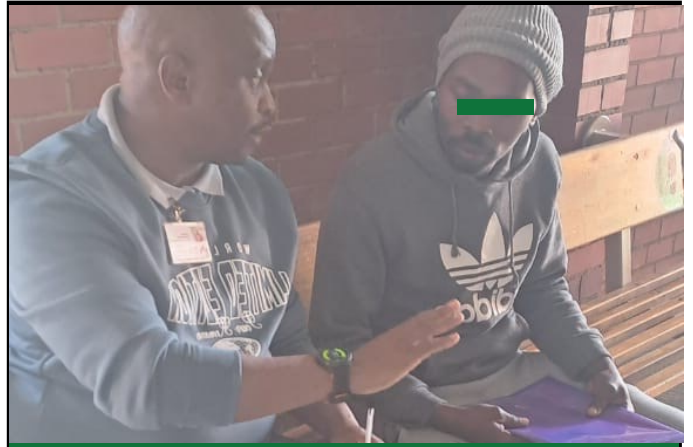




# PHOTO GALLERY



Ms. Mabaso interviewing a Patient at Madadeni Regional Hospital for PEC.



Sir Dlamini interviewing a Patient at Madadeni Regional Hospital for PEC.



Mr. Jiyane awarding the Maintenance Department a certificate for 93% in successfully servicing of equipment in first quarter.



Mrs. GN Nkosi awarding Nursing staff a certificate for outstanding performance in quarter one.



Niemeyer Memorial soccer team warming up for a game at the District Sports Day.



Niemeyer Memorial Hospital netball team playing a game at the District Sports Day.





# STAFF APPOINTMENTS



NS Mthembu Admin Clerk In-service Trainee 02-09-2024 "Psalm 37 vs 23 The steps of a righteous man are ordered by the Lord".



SS Vundla Admin Clerk In-service Trainee 02-10-2024 "The more you know yourself the more patience you have for what you see in others".



TI Shamase Enrolled Nurse 02-09-2024



TC Sibiya HRD In-service Trainee 02-09-2024 "Mark 7 vs 15 there is nothing that enters a man from outside which can defile him; but the things that come out of him"



TJ Madliwa Professional Nurse 02-09-2024





# STAFF EXISTS.



Dear Sir Ntuli –  
You deserve the best  
and nothing less.

Dear Sr Ngubane–  
Enjoy the next chapter  
of your career – you'll  
be missed here.

Dear Ms Zulu–  
It was a pleasure  
having you here, and  
your memory will live  
on!

GOOD-BYE COLLEAGUES

THANK YOU FOR YOUR INVALUABLE CONTRIBUTION TO THIS COMMUNITY.

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# HEALTH ALERTS...



# MONKEYPOX

## WHAT IS MONKEYPOX?

It is a rare disease transmitted to humans from infected animals such rodents, and monkeys. Once a person is infected by an animal, person-to-person transmission may then occur.

## MONKEYPOX IS TRANSMITTED THROUGH:

- Physical contact with bodily fluid of infected persons.
- Contact with materials used by infected persons (bed sheets, towels etc), and surfaces that have been used by a person with monkeypox.
- Respiratory droplets or oral fluids(e.g., fluid that comes out of the mouth and nose during breathing, talking, sneezing, and coughing) or fluids during sexual intercourse.

## SIGNS AND SYMPTOMS



Rash on face



Rash on hands



Rash on legs



Swollen lymph nodes



Back and Muscle aches



Intense headache



High fever

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# HEALTH ALERTS!



# MONKEYPOX

## TREATMENT

There is no treatment for Monkeypox and most people recover within a few weeks after being infected. Stay at home (isolate) and avoid close contact with other people for a period of 21 days or until fully recovered.

## HOW TO PREVENT GETTING MONKEYPOX

- Wash hands with soap and water frequently or an alcohol-based hand rub.
- Clean and disinfect any contaminated surfaces.
- Avoid contact with contaminated materials of an infected person (ie: bedding) Wear a mask when handling any clothes or bedding of an infected person.
- If contaminated materials need to be cleaned, wash them with warm water and detergent.

## IF YOU HAVE A NEW OR UNEXPLAINED RASH, SORES, OR OTHER SYMPTOMS VISIT YOUR NEAREST CLINIC OR COMMUNITY HEALTHCARE CENTRE TO SEEK FOR IMMEDIATE MEDICAL ATTENTION.

It is important to diagnose Monkeypox on time to aid in the efforts to contain the transmission of the virus and avoid more cases from occurring.

For more information on Monkeypox, visit the National Institute of Communicable Diseases (NICD) Website: <http://www.nicd.ac.za/monkeypox>

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# FUN FACTS SOUTH AFRICA'S HERITAGE

In South Africa, braaiing is more than just cooking meat over hot coals - it's a down-to-earth social event bringing people together across the country's diverse cultures.



From traditional dances and choirs to boeremusiek, South African jazz and Amapiano, South Africans of all walks of life express their joy, history, and culture through song and dance



South Africans are passionate about music, often using song and dance to express social and political ideas. They're also known worldwide for their skill in sports, including rugby, cricket, golf and soccer. In 2010, South Africa became the first African nation to host the World Cup. Goal!



South Africa also has other common languages. They are Hindi, Swahili, Dutch, Portuguese, and Greek. With so many languages, it is understandable why most South Africans speak at least two languages!



South Africa's spectacular wildlife is a source of national pride, and many South Africans grow up with a fascination and deep love for the Big 5 and many other species



Many different peoples make up South Africa each with their own language and history. The country has 11 official languages, and many more unofficial languages. This colourful mix of cultures gives South Africa its nickname "rainbow nation".





# ACKNOWLEDGEMENTS

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