



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL



**IZWI LETHU**

*'Reaching you across the fields & Mountains of Our Land!'*

# NKANDLA HOSPITAL

OCT-DEC 2019

# NKANDLA HOSPITAL 2019 WOMANS DAY CELEBRATION

STAY INFORMED

OCTOBER-DECEMBER

Nkandla has managed to establish the woman's forum under the leadership of Mrs. Masi-kane, Human Resource Manager. This was established in late 2017. its first celebration was in August 2018. in 2019, this forum took another level, which clearly shows that it is going far. A large number women are showing interest in this forum. The positive impact of this forum, resulted for men to take an initiative to establish the man's forum.



**Above & Below:** Nkandla Hospital women forum were out celebrating woman's day. The forum under the leadership of Mrs. Masikane is doing magical things. They say , this is the start, still more to come, says the chairperson of the women forum, Mrs. Masikane.



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

# CAPTURED AT THE YARD OF NYANYA RESORT



On the 22 of August 2019, the forum took a trip to Nyanya resort at Ulundi to celebrate the woman's day. 22 women attended the celebration. "We want to celebrate our day out of the facility in order to avoid any form of interruption from the men of the facility and work related issues, says the chairperson of the forum." The dress code of the day was chosen by the committee members. It was a nice day to forget, we are planning to do more than this in 2020. We hope that our men will take this as a moral booster, and form the man's forum, concluded the chairperson of the women forum.

Above: Women forum captured at the outside of the Nyanya resort at Ulundi. They are so hyperactive.

Below: They were captured at the dining hall waiting for food. Pho bayazithandela yini okuya ngasethunjini .



# WAITING FOR FOOD



Above: Its eating time, you can see Ms. Ngobese is like waiting for anyone who can come and take away her food. You were going to get what you want,

Below: Our women waiting for their meals at the dining hall. Miss Cele was so hungry to wait too long.



# LUNCH TIME



Above and below: It was eating time. These ladies can eat Yoooooh



# EATING TIME



Above: They were busy eating and enjoying some cold drinks

Below: They were enjoying themselves outside the yard of Nyanya Resort



# PHARMACY MONTH GRAND OPENNING



On the left: The Pharmacy Manager, Mr. S Nkosi was captured addressing the pupils at Mthiyagwa High School during the opening of the pharmacy month celebration. The theme for this is, Mental Health. Different types of Mental illness are:

- Anxiety/Stress
- Depression
- Self harm/Suicide
- Rape
- Domestic violence

He said Mental health can be cured. People who are suffering from mental illness, need our support, says Mr. Nkosi. We need to be available to them when they need to talk to us, we don't need to judge them and we need to believe what they are saying to us. We need to walk side by side with them and tell them that they are important to a lot of people. Mental illness can be cured, stresses Mr. Nkosi

Above: Mr. Nkosi Pharmacy Manager was addressing pupils at Mthiyagwa High School about the causes of mental illnesses, he also told the pupils that mental illness can be prevented and can be cured.



# MENTAL ILLNESS CAN BE TREATED



Above: Mr. Nkosi displays a Mental illness chart to the pupils. His discussion was based on the above topics.

Below:

- The Pharmacy explained these different kinds of mental illness. Anxiety is a feeling of worry, panic, nervousness or unease about something with an uncertain outcome and stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances it is the body trying to counteract the fear or worry.
- Depression is characterized by at least 2 weeks of low mood that is present across most situations. It is accompanied by low self-esteem, loss of interest in normally enjoyable activities, low energy and pain without clear cause.
- Rape is a type of sexual assault involving sexual intercourse or other form of sexual penetration carried out without consent. The act may be carried out using physical force or against a person who is incapable of giving consent.
- Domestic violence is control by one partner over another in a dating, marital or live-in relationship. Control include physical, sexual, emotional and economic abuse. All this forms part of mental illness. All can be treated, says Mr. Nkosi

On the left: Mr. Nyawo, the pharmacists was one of the team that visited Mthiyaqwa High school during the pharmacy month. He encouraged young people to abstain, but for those who cant be able to resists from having sex, they can use condoms or precautionary measures. He told the pupils about different types of contraception's.

- Pill is a type of birth control that is designed to be taken orally by women
- Depo-Provera is a hormonal injection that prevents unplanned pregnancy for 3 months at a time.
- Inserts the implant under the skin of upper arm. It releases the hormone progesterin to stop you from getting pregnant.

There are other forms of contraception's like diaphragm , morning after pill, ultra uterine device (IUD), fallopian tubes are tide and cut off, tubal ligation and vasectomy. These types of contraception can assists to prevent unplanned pregnancy, says Mr. Nyawo.



# ONE DEGREE, MANY CAREER PATH



On the left: Sbusiso Mabizela, is one of those child's who was born and bread at Nkandla, in area called Esikhaleni Sebomvu. When he grew, there was no electricity in the area, but that did not turn him down study further. He said during his presentation at Mthiyakwa High School during the Pharmacy month, you need to have dream and work hard to fulfil it. He then encouraged young pupils to consider Pharmacy as one of their career of choice. When you do Pharmacy, you do one degree but there are so many career path. If you want to be a Pharmcists, you need to do Mathematics, Life Science/Biology, English and Physical Science at grade 12. You need to pass at least with level 5 in order to be accepted at the University. Pharmacy is an exciting career waiting for you to explore, you don't look for work, work looks for you, so you study hard, work hard and you will reap the rewards, concluded Mabizela.

Above: Mr Mabizela addressing pupils about the requirements of Pharmacist at the University.

Below: Nkandla pharmacists Mr. Nyawo and an educator at Mthiyakwa High School during the pharmacy month. Even educators were so impressed about the presentations form our pharmacy





# CLOSING WEEK OF THE PHARMACY MONTH



On the right Ms. ....the Pharmacists at Nkandla hospital addressing our clients at OPD about mental sickness. It was the closing day week of the pharmacy month. She mental sickness is a sickness like all other sicknesses. People who are mentally disturbed they need to be taken care of and treated with respect and dignity. She said, we need to make sure that they bath in the morning and take their treatment in time, she further said if they are treated very well they also behave. Mental sickness can be obtained through substance abuse or you are born with it. She encouraged people to come forward if they notice symptoms of mental disturbance from their love ones, relatives or neighbors. Mental sickness can be cured or controlled, concluded Slindile.

Above: Slindile, pharmacists at Nkandla hospital addressing the clients at OPD during the pharmacy month celebration 2019



Below: After the fun walk during the pharmacy month celebration, all the pharmacists and some staff members of the facility gathered for aerobics outside the Recreational hall at Nkandla hospital.



After a fun walk from Nkandla hospital to Thala Center and back to Nkandla, the whole staff gathered outside the Nkandla hospital Recreational hall just to relax their muscles. It was time for healthy lifestyle activities. They were so tired, it shows that most of them they are not training frequently. It's a wake up call guys to train almost three times a week. Lets hope this was a good beginning of s healthy lifestyle activities at the pharmacy unit and the entire facility. Well done guys keep it up.

# HERITAGE DAY CELEBRATION 2019

Nkandla hospital celebrated heritage day. It is one of the celebrations that unite the entire facility members. Staff members from different Units came out in numbers to celebrate this day. The theme of the day was. "Batho Pele, the way to be". All staff members agreed that for us to succeed taking care of clients, adherence to Batho Pele principles is the only solution. Through this heritage month, we committed ourselves to re roll out the Batho Pele principles and customer care around the entire staff members and our clients.



Above left: Nurse Manager, Mrs. Nguse with some of the staff. Wearing traditional attire during the Heritage day at Nkandla hospital

Below: Staff members from all Units within the facility came out in numbers to celebrate heritage day.,

## Heritage identifies who you are

Heritage day events identifies who you are and where you come from. It unites people of different cultures and beliefs. It is one of the events which puts away any differences within various groups at work or the community at large. This day reminds us how to wear a traditional attire and also the manner on how things were done before. Language and culture is the key. People speak their home language and share how things are done. There is a lot we learn from each other. Its also tells us that we are all Africans, no matter where we comes from around the globe. This is one of the important events, because we learn to appreciate each and also love each others cultural beliefs. On the right is Nosipho Ngcobo, Maphiwe Dlamini and Zethu Ndimande, you can see how beautiful they were on their traditional attire. Heritage is a symbol of our culture. It was a nice event to host. Congratulations to the events planning team



# PHOTO GALLERY



Above : Photo gallery shows it on how charismatic the day was. Staff members from different Units were dressing in traditional attire. They were singing and dancing. They were enjoying themselves. Everyone

Below: It was prayer time. Everything at Nkandla hospital, starts with prayer.





Above and below: That's how Nkandla Recreational Hall looked like on that day. All people were so beautiful. Seniors of the facility and the management were part of the event.



Above: Mr Mbambo wearing a red T-shirt, Mr. Kheswa in the middle and Mr. Biyela all from Maintenance were also part of the heritage celebration.

In the middle below. Nurse component was also part of the Heritage celebration.

Below: Mr. Magubane, Systems Manager and Dr. Ngcobo were amongst those who were part of this lucrative event.





Above: the hall was fully packed, staff members came out in numbers to celebrate the heritage day.

In the middle Mrs. Mdlalose and Christen were so beautiful in their traditional gears. CEO, far left was captured enjoying himself with the starters, on the right these two beautiful ladies were enjoying themselves.

Below: These were some of those people who made sure that they draw everyone's eyes during this day. They were so beautiful.



# PHOTO GALLERY



# TIME FOR LUNCH

Its lunch time, people attending the event even those who were not in the event due to work commitment, were also served with food. Staff members were enjoying themselves, food was very delicious. Decoration was so charismatic and people attending the event dressed according to the occasion. It was one of the good and nice events of the facility. People were united and the day was celebrated with a success.





Above: Mr. Magubane, Systems Manager, wayeqhakambisa ikhono lakhe lokugiya. Kwakikiza omama.  
Below: Omama besibhedlela laba, izintokazi ezenza isiqiniseko soukuthi sifudumele esibhedlela.





# THESE LADIES CAN DRINK YOOOOO



## SIGIYA NGENGOMA

Izinsizwa nezintokazi zesibhedlela zisina zid-edelana. Kwakukuhle kudelile. Ilowo nalowo ekhipha ikhona lakhe. Kwakonakele kakhulu. Lo omunye wemicimbi ethakaselwa kakhulu la esibhedlela saseNkandla. Udlandlobala minyaka yonke. Izinga lokwethanyelwa kwawolikhula nbgesikhulu isivinini. Nalabo abasuke behavunulile ngenxa yokuxinwa umsebenzi, bayazimbndakanya nalomcimbi. Siyakuthakasela kakhulu esikubona la eNkandla. Qhubekani bozakwethu

# UBUHLLE BENDALO



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