



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

NKONJENI ST.FRANCIS DISTRICT HOSPITAL

INKONJANE

NEWS

EZASEMAHLABATHINI, ZULULAND HEALTH DISTRICT

JULY –SEPTEMBER 2025



Nkonjeni Gateway Clinic and Nomdiya Clinic: Ulundi Local Municipality **Ward 09&10** hosted Community Dialogue on teenage pregnancy awareness with local Traditional Authorities, local High Schools, NPO's , Department of Social Development , SAPS, Ward Committees, Health Care Workers , Ward Cllr, all were participants on the 30th of July 2025.

Also inside this newsletter



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'KHULUMA NDODA AWARENESS AND 1.1 MILLION WELCOME BACK CAMPAIGN,: LOMO CLINIC



HIV Undetectable = Untransmittable (U=U), or Treatment as Prevention.

“Go to the clinic for a viral load test to check if you have achieved **U=U**. When you reach **U=U**, you must keep taking your ARVs every day to stay healthy, strong and not pass HIV on”

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PRIMARY HEALTH CARE NEWS EDITION

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Umnyango wezeMpilo uzimisele ngokuhlanganisa iminyango ka Hulumeni ekulwisaneni nesihlava sokukhulelwa kweNtsha esafunda amabanga aphansi naphezulu. Ukuqwashisa amantombazane kanye nabafana ukuba bazinakekele baxwaye izinto ezingase zibe ugibe ukuba baqhubekele ekusaseni eliqhakazile nempumelelo ezifundweni zabo.



GATEWAY AND NOMDIYA CLINIC COMMUNITY DIALOGUE ON TEENAGE PREGNANCY AWARENESSCONT.



Izinduna zamakhosi akhele uWard 09 and 10 , Ward Cllr, Ward Committee, Community Health Care Wakers , Ward Social Workers , SAPS Belekelela ukwakha abesilisa ngekusasa labo, bathi ngesilungu: It takes a village to raise a child.

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PRIMARY HEALTH CARE NEWS EDITION

BREASTFEEDING: "PRIORITISE BREASTFEEDING,CREATE SUSTAINABLE SUPPORT SYSTEMS"THEME



MAKHOSINI CLINIC



NCEMANENI CLINIC



Fact: During breastfeeding, both you and your baby produce oxytocin, a hormone that lowers stress and anxiety and makes us feel connected.

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PRIMARY HEALTH CARE NEWS EDITION.....CONT.

BREASTFEEDING: "PRIORITISE BREASTFEEDING,CREATE SUSTAINABLE SUPPORT SYSTEMS"THEME



MABEDLANE CLINIC



MPUNGAMHLOPHE CLINIC



"Your body is ready to feed your baby from the moment they are born. Colostrum, the first milk is yellow and thick. Even though there is only a tiny amount, it is all your baby needs for the first few days."

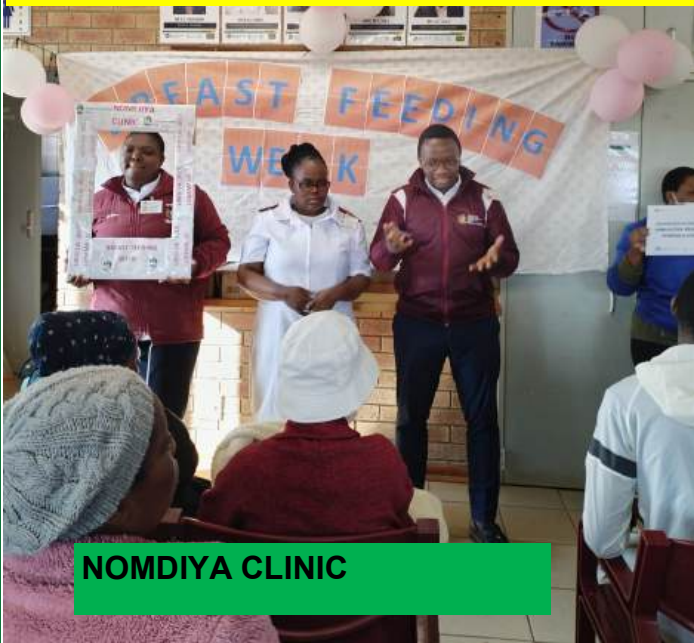
PRIMARY HEALTH CARE NEWS EDITION.....CONT.

BREASTFEEDING: "PRIORITISE BREASTFEEDING,CREATE SUSTAINABLE SUPPORT SYSTEMS"THEME

OKHUKHO CLINIC



Fact: Breastfeeding supports the development of healthy gut bacteria in your baby, setting them up with a healthy immune system for life.



NOMDIYA CLINIC



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PRIMARY HEALTH CARE NEWS EDITION.....CONT.

BREASTFEEDING: "PRIORITISE BREASTFEEDING,CREATE SUSTAINABLE SUPPORT SYSTEMS"THEME



KWA MAME CLINIC

Fact:

Breastmilk contains antibodies that are tailored to help your baby fight infections circulating in your environment .



ZULULWANE CLINIC



Fact:

Babies usually breastfeed very frequently in the first few days. The more often your baby breastfeeds in the early days, the quicker your body will start to make more milk.

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PRIMARY HEALTH CARE NEWS EDITION.....CONT.

BREASTFEEDING: "PRIORITISE BREASTFEEDING,CREATE SUSTAINABLE SUPPORT SYSTEMS"THEME



NHLUNGWANE CLINIC



Breastfeeding Contribution :

- Reduced lifetime risk of obesity, asthma and heart disease
- Lower rates of breast and ovarian cancers,diabetes and heart disease for mum.
- Strong microbiomes
- Protection from infectious diseases
- Optimal nutrition
- Health brain development



Mashona Clinic



Pharmacy Month Awareness with Shibilika High School in iDlebe area Mahlabathini with a needy Grade 11 learners .



As part of the Pharmacy Month, healthcare professionals visited Shibilika High School to educate Grade 11 learners about sexually transmitted infections (STIs) and the role of pharmacist in healthcare. Learners were guided on pharmacy study requirements, universities offering the courses and career opportunities in the profession. To support the school community, the team also donated toiletries, stationery and snacks. The initiative aimed to expose rural learners to career paths they may not otherwise encounter while encouraging healthy life-style choices and informed future.

The session was well received with learners showing great interest in both the health information shared and the insight into pharmacy as a rewarding career path. This initiative not only supported the educational development of the learners

..but also promoted the vital contribution of pharmacy to building healthier communities

HERITAGE DAY CELEBRATION



DENORMALISING TEENAGE PREGNANCY AWARENESS HELD AT KWASISHWILI CENTRE



Abafundi baka Grade 11-12, babe nethuba lokuthamela usuku lokuvimbela intsha ekuzithwaleni noma ukukhulelwa kungakabi isikhathi. Intsha ibukhuthazwa uku- ba ifunde yenqabe ukuzibanda- kanya kwezocansi isikhathi singakafiki.

Intsha ibufundiswa ukuzinakekela, inkakhulukazi abesifazane abaselu- la, futhi umnyango wamazaphoyisa ubukhona uzoqinisekisa ukuthi uma behlukumezeka bangathuli nezinkinga zabo, umnyanga wezenhlalakahle nawo uqokomise ukubaluleka kokuzihlonipha.



PHC MANAGER



SAPS : COMM SAFE



WARD SOCIAL WORKER



PHC SUPERVISOR



CLLR XULU—WARD 11

STAFF WELLNESS DAY EVENT



OPENING AND WELCOMING BY THE HOSPITALS CEO

As we continue to strive for excellence in our work, we recognize the importance of taking care of our mental, physical and emotional well-being. The staff gathered for a day of relaxation, rejuvenation and fun activities designed to help them unwind and refocus.

The aim was to promote a healthy work-life style . **WORK HARD, PLAY HARD!**



FUN WALK



STAFF SCREENING



WELLNESS DAY EVENT CONT...



TUG OF WAR



SACK RACE



STICK FIGHTING



NETBALL



SOCCER

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EDITORIAL TEAM / DETAILS



Mrs M.T ZULU
Editor (CEO)



Mr J.R GUMEDE
Designer (PRO)



Ms S.A SHABALALA
Designer (PRO Inserve)

NKONJENI ST. FRANCIS DISTRICT HOSPITAL

Residential Address:

MAHLABATHI (Zululand Health District), Ekudubekeni Reserve, 3867.

Postal Address: Private Bag x509, Mahlabathini, 3867

Contact Details: (T) 035 873 0013 (F) 035 873 0031

EMAIL: juniorqwabe13@gmail.com or lungelo.buthelezi@kznhealth.gov.za