



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**JOZINI COMMUNITY HEALTH CENTRE**

**EZANAMUHLA**

**NEWS**

**STAY INFORMED**

**JULY - OCTOBER 2018**

**UNQGOQNGQOSHE WEZEMPILO KWAZULU - NATAL  
UHAMBELE UBUKHOSI BAKWA-NYAWO  
EMKHANYAKUDE**



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*Isithombe: uNgqongqoshe weZempilo kwaZulu - Natal udokotela Sibongiseni Dhlomo, ubukhosi bakwa-Nyawo, uNdunankulu (uDumakude), uMphathi wesifunda saseMkhanyakude Nksz M.P Themba, kanye nomphathi obhekelele abahlengikazi eJozini Community Health Centre (Ms. N.I Mthethwa).*



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# Ubukhosi kanye noNgqongqoshe wezempilo

**M**hlazingu 16 kuMfumu 2018, umhlonishwa uNgqongqoshe wezempilo KwaZulu-Natal udokotela Sibongiseni Dhlomo uhambele enyatho endaweni yase Jozini ku wadi 8 ngaphansi kobukhosi bakwaNyawo.

Inhlosongqangi yalolusuku bekungu zobhunga nobukhosi bakwaNyawo oDumakude phela mayelana nokuqanjwa kwegama lesakhiwo esisha ceke okungumtholampilo obizwa ngesikhungo somphakathi phecelezi Community Health Centre (CHC). Phele lomtholampilo usubalelwa kwizinyanga eziyisikhombisa uqalile ukusebenza. Umphakathi owakhele lendawo ukuthokozele kakhulu ukuqalwa kwalomtholampilo ukusebenza njengoba phela nabo sebeluthola eduzane usizo lwezempilo ngaphandle kokuthi baze bagibele njengalokhu abanye bebekubeka ngembaba ukuthi nabo sebezoke bathole uziso eduzane ngaphandle kokwehla benyuka beya kweminye imitholampilo.

uNgqogqoshe ube esekubalula ukuthi uzovakashela nomphakathi kungekudala ngalo lona loludaba ngaphambi kokuba igama lishicilelwe. Emva kwalokho kuyobe sekuqokwa usuku lokuvula lomtholampilo ngokusemthethweni.

Umphathi sifunda phecelezi (District Director ) uNksz M.P Themba udlulise ukubonga okukhulu ngokubambisana okuhle phakathi kobukhosi kanye nomnyango kuze kube yimanje. “umtholampilo usukhona futhi ungowomphakathi” kuqhuba uNksz. Themba.



UNgqongqoshe wezempilo edlulisa umbiko kumalunga ebekhona kulomhlangano



Ndunankulu Mnuz D Nyawo ubonge uNgqongqoshe ngokwenza lolusuku lube yimpumelelo.



uBukhosi bushaye ihlombe bebonga uNgqogqoshe wezempilo kanye nobuholi obubusayo okunguHulumeli ngokubheka kade nokubeka izidingo zabantu phambili.

## WOMENS MONTH CELEBRATION

**W**omen celebrate the month of August as the month for promoting women's health. The event took place on the 22<sup>nd</sup> of August 2018. The day started with a walk within the premises of the clinic. Women carried plug cards with written messages of a support and sang songs fighting against women's abuse.

The theme of the day was "Behind a Healthy Nation is a Health Woman". This was trying to stress that if women can stand up and know their potential in the world many things can change through them. Smiles were written on their faces showing that there were very excited. They also acknowledged the 100 years of the First Woman, Mam Albertina Sisulu, who made South Africa to be proud and left a legacy. They sang songs with slogans against women abuse, drugs and substance abuse and killings of young women. Women were encouraged to look after themselves. Health education was rendered on the day. The speaker of the day sensitized participants about cancer, its stages, and emergence as one of the most critical diseases. Staff were encouraged to visit the Employee Wellness Clinic for check-ups on regular basis.

A word of appreciation went to the District Health promotion team, Spar & Boxer Store for their support and to the organizing team who made this day to a success.



Staff members from Boxer store handing over a cake as the part of their contribution to the CHC staff members



Ms. N.H Mntambo Chief Radiographer who is the interim Women's Forum Chairperson handing over the gifts to those were lucky and won prices during ticket ruffling.



*Women of Excellence..... Phambili nge Mbokodo phambili “*

## Staff promotes Healthy Lifestyle

**O**n the 29<sup>th</sup> of September 2018, Staff of Jozini CHC participated in a fun walk of about 3km.

This was part of promoting a healthy lifestyle and to encourage the staff to take care of themselves. We also know that September is the Healthy Lifestyle month according to the health calendar.

A healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Not all diseases are preventable, but a large proportion of deaths, particularly those from coronary heart disease and lung cancer, can be avoided.

Did you know ?

Taking care of yourself physically can also improve your mental health. Be sure to:

- Eat nutritious meals
- Avoid cigarettes.
- Drink plenty of water



- Exercise, which helps decrease depression and anxiety and improve moods

- Get enough sleep.

Lack of sleep contributes to a high rate of depression.

Health is more than the absence of disease; it is a resource that allows people to realize their aspirations, satisfy their needs and to cope with the environment in order to live a long, productive and fruitful life.

Staff Wellness team encourage all staff to attend their activities as per arranged. Every Tuesdays and Thursdays activities for all sport codes are starting from 15h: 00 – 16h: 00.



## Eating healthy food keeps you more alive

**G**ood nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.



One home one garden. Mrs. S.J Ndlovu and Mr. B.C Mpotshane staff members they visit their garden within the facility after working hours .

### Eating healthy food:

It strengthens the heart.

It helps keep arteries and veins clear of unwanted fat.

It strengthens the lungs.

It reduces blood sugar levels.

It controls weight.

It strengthens bones.

It helps prevent cancer.

It regulates blood pressure.

# HERITAGE MONTH CELEBRATION

**O**n the 27<sup>th</sup> of September 2018, the staff members had an exceptional day when they celebrated Heritage Month and remembered where they originated from. They also acknowledged the woman of South Africa, Mam Albertina Sisulu, for the role she played and they admired her efforts. Various components participated during the day showing off on the stage and rejoicing by demonstrating and celebrating their cultures.



There was isiswati group vs Amazulu. The Pharmacy department rendered a very informative sketch which was encouraging the staff to look after themselves and the importance of knowing your HIV status. Staff were encouraged to learn about the communication barrier that might be a big challenge in the workplace, as people coming from different places and we are serving people from different countries,



Staff promotes 11 official languages to avoid communication barrier in the working place.

All participants were awarded with certificates of appreciation for making the event a vibrant success.



Nasi ke siSwati nine bekunene



Traditional meals were cooked on the day (Samp, Sweetpotato, tripe meet etc.)



Ingoma by Zulu Boy



Pharmacy Department receive a certificate of appreciation

# MENTAL HEALTH AWARENESS DAY

O

ctober is the Mental Health Month. On the 31<sup>st</sup> of Octo-

ber 2018, the facility devoted the day as the day of cheering up those who live with mental disability with the aim to give health care support. Jozini Community Health Centre is committed to deliver an extensive health support in ensuring that health services reach the community. The community was educated on various topics relating to mental health including factors contributing to mental health problems and

Drugs & Substance abuse by Solid Foundation for Rural Development (SORD) .

The main speaker of the day Sister N.C Myeni (health care worker) collaborated more on the causes of mental illness and how to handle mental care users. Mr. VEZ Khuzwayo explained about the prevention techniques of mental illness. These includes emotional, psychological, and social well-being which affects how we think, feel, and act. The community was educated about the importance of visiting the health care facility.

In a nutshell, the month of October has been declared Mental Health Awareness month with the objective of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to.



Patients listening attentively during their day



Sister N.C Myeni rendering a speech of the day stresses about the importance of taking treatment



Mr V.E.Z Khuzwayo (OHP)



Mrs Mngomezulu from SORD



Patient asking a question during Health Education seminar

## Exceptional performance of Dental Clinic services

**D**ental department started its operation in April 2018. The high volume of patients has been serviced and the community was impressed with the service. Treating others with courtesy, empathy and compassion establishes a positive and special relationship with the patients and leads to being respected by others. Being loyal, respectful and confident demonstrates proper manners which we should always striving for. The following figures are the Quarterly Statistics of clients that were attended.

### Dental headcount in total:

April- June 2018 =438

July- September 2018 =980

- **Tooth extraction**

April- June 2018 =334

July –September 2018 = 748

- **Tooth restoration**

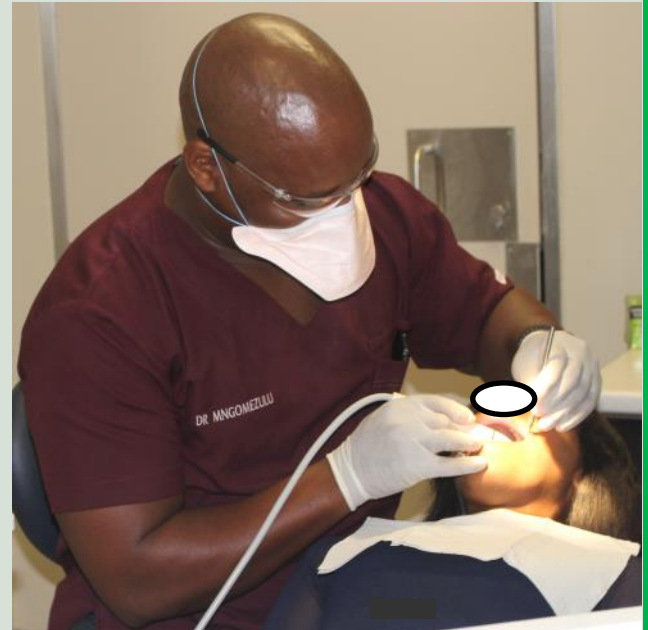
April- June 2018 =00

July –September 2018= 107

- **Tooth fissure sealant 1<sup>st</sup> & 2<sup>nd</sup> permanent molar (Child)**

April-June 2018 = 65

July –September 2018 =23



Dr . S. Mngomezulu ( Dentist ) treating the patient at Dental department

## Chronic department on preparation for CCMDD programme



Pharmacist explaining to the patient at Chronic department about how she must take a medication

**A**nticipating the wants and needs of the people we serve is key to providing excellent service. Good first impressions build

trust and confidence in patients, visitors and staff. Dedication to our medical Centre will improve the quality of service rendered to the patient. Centralized Chronic Medicine Dispensing and Distribution is a programme that will help to minimize waiting times in the facility because patients will collect their packages and leave early as possible.

The programme has been rolled out in the NHI Districts since February 2014.

**Moreover:** Availability of Medicine is one of the six key priorities of the Health Department. Patients are educated about taking their medication as well as side effect.



# Staff & Community engagement on National Health Insurance (NHI)



**O**n the 13th of September 2018, a National health Insurance workshop took place for the community where the Local spiritual leadership were engaged. Interactions continued as questions were raised and were attended by the Management of Jozini CHC. Some of the questions were acknowledged and noted as part of contributions for NHI Bill of 2018.

National Health Insurance (NHI) is a health financing system that is designed to pool funds to provide access to quality, affordable personal health services for all South Africans based on their health needs, irrespective of their socioeconomic status.

NHI is intended to ensure that the use of health services does not result in financial hardships for individuals and their families.

Implementation of NHI is a reflection of the kind of society we wish to live in: one based on the values of justice, fairness and social solidarity. NHI will ensure a more responsive and accountable health system. A more responsive health system is likely to improve user satisfaction, lead to a better quality of life of the citizens and improved health outcomes across all socioeconomic groups. This will contribute towards improved human capital, labour productivity, economic growth, social stability and social cohesion.

In a nutshell, NHI will contribute towards poverty reduction and addressing the inequalities inherited from the past.



Jozini Local Spiritual Leaders engagement during the NHI Workshop.



AD: Finance ( Mr. B.L Buthelezi) interacting responding on questions were raised by the community after NHI presentation



During the consultative engagement regarding NHI Bill and Medical Aid Scheme Bill with Staff ( Mr. VEZ Khuzwayo staff member asking a question)



Jozini CHC Interim Advisory Board Members listening attentively during the NHI Workshop.



# Notes from Public Relations Office!!

Dear Colleagues....

Firstly, I would like to take this opportunity and thank the Almighty God for giving us such a wonderful opportunity to serve Jozini community (Othobothini) . I would like to welcome you all Jozini CHC Family. This is our new home that God chose us to serve his people in .

You are kindly informed that you are welcome to forward the good stories or any thing you think its newsworthy to the PRO's Office. Location of the Office : (Psycho Social clinic office no. C27 next to Acute Department )

## ACKNOWLEDGEMENTS



**Zanele N. Mtshali**  
WRITER, DESIGNER  
&PHOTOGRAPHER



**Ms. M.P Themba**  
Acting –CEO  
EDITOR



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Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## CONTACT DETAILS

**Physical Address:**

Jozini main road across the bridge to Bhambanana. D850 road next to Msiyane high school

**Postal Address:**

P/bag X12, Jozini, 3696

**Web Address:**

[www.kznhealth.gov.za/jozinichc.htm](http://www.kznhealth.gov.za/jozinichc.htm).

**SWITCHBOARD:**

066 302 2564

**SWITCHBOARD FAX NUMBER:**

035 572 1245

**EMAIL:**

[zanelenmtshali@gmail.com](mailto:zanelenmtshali@gmail.com)