



# Message from the CEO

Volume 1, Issue 7

August to January 2011



Mrs. T.R Zulu—CEO

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I would like to thank the Almighty for having protected and led us throughout the past year, It was not through our wisdom but his mercy.

2010 has been very hectic with South Africa hosting the Soccer World Cup tournaments and also the public servants strike which crippled health service delivery to our communities. We are glad all that is behind us and we have to start the new year with more enthusiasm and zeal to face any challenges.

Having said that I would like to thank the PCHC staff who worked tirelessly during and after the industrial strike. Most of the staff risked their lives displaying their commitment to serving the community.

My message for the New Year is that we once again work together as a team to achieve our common goal of efficient and effective service delivery. Always remember that “ **UNITED WE STAND  
DIVIDED WE FALL**”

Lastly I would like to send my condolences to all staff that lost their loved ones, May the Almighty give them strength to bear their loss.



“AT PCHC WE CARE AND  
WE DELIVER”

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# Fresh Produce From The Garden

Phoenix Community Health Centre is one of the institutions that responded to the call of the South African Government by harvesting vegetables from gardens in the premises started / maintained by the community.



Mr. Sabelo Mlambo , one of members who assist in the Vegetable Gardens project.

According to Mr. Majola, one of the community members who is in charge of the vegetable gardens, The project began in May 2010. The aim was to eradicate poverty and assist the community with life skills orientation.



# Feeding Scheme Programme

**PRO :** Please introduce yourself and give an overview of your organization.

**PASTOR :** I greet you all in the name of Jesus Christ, My name is Pastor Morgan from Hosanna Worship Centre based in Phoenix.

**PRO :** What do you want to achieve with this feeding scheme programme?

**PASTOR :** - To provide patients with food  
- To help the needy patients

**PRO :** How many patients do you feed on Tuesdays?

**PASTOR :** Since we have started this programme we are feeding +- 400 patients a day and that shows that really people are suffering.

**PRO :** What would you like to comment on the opportunity that you have been granted in running this programme.

**PASTOR :** With the opportunity given to me I would specifically like to thank the Management of PCHC for allowing me to run the programme and I've been praying to God to give me strength to continue helping the needy people.

**PRO :** What are your future plans with this programme?

**PASTOR :** Is to start a soup kitchen and feed patients on a daily basis.



**Ruth 2:12**

May the Lord, the God of Israel, under whose wings you have come to take refuge, reward you fully for what you have done

## Secretary's Day



Matron Langa, Matron Bhogal  
Matron Liganisa & Matron  
Govender Showing appreciation  
to Ms Mandisa Mbokazi for her  
excellent secretarial skills.

# Health Issue (Refractive Errors)

## What are they ?

Refractive errors occur when the rays of the light enter the eye and refract or behind the retina. The most frequent errors are either a change in eye length or the parts of the eyes which are most responsible for refraction of the light rays ( the cornea and the lens ) refract the rays more or less than the required.

## What causes a refractive error ?

A refractive error is not a disease. It just mean the shape of your eye doesn't refract or bend light properly, so that the image you see is blurred.

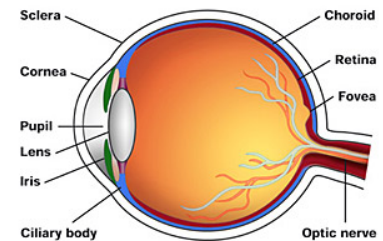
Refractive errors are hereditary, or can be caused by aging.

The white part of your eye is called **sclera**. It is a tough cover that protects your round eyeball. The clear part is called the **cornea**.

The coloured ring is the **iris** and the black hole in the middle is the pupil. Light rays enter your eye through the **pupil**. Behind the pupil is a **lens**, a bit like the lens in a camera or slide projector– it is used to **focus** and helps you to see things clearly.

Special muscles stretch and relax the lens to change focus. Inside the eye the space is filled with a clear jelly , called the **vitreous**. The **retina** lines the inner part of the eye and catches the light coming through the lens. The light then converted into electrical signals which travel with the **optic nerve** to the brain for processing.

THE EYE STRUCTURE



## What are the different types of reflective errors ?

### Nearsightedness

[myopia] - When the parallel rays entering the eye are focused in front of the retina, resulting in objects being seen only when they are close to the eye.

### Farsightedness

[ hypermetropia or hyperopia ] - is caused when the parallel rays entering the eye are focused behind the retina resulting in distant objects seen more distinctly than near ones, and the image formed on the retina is blurred and foggy

### Distorted vision

[ astigmatism] - is caused by an unequally curved cornea, i.e. the cornea has no regular hemispherical shape that is flatted in some places and more curved in others.

The image formed on the retina is distorted and blurred.

### Ageing eyes

[ presbyopia] - After the age of 40 the lens of the eye becomes rigid. Because the lens can't change shape as easily as it once did, it is more difficult to read at close range.

## What treatment are available?

### Spectacles and contact lens

The appropriate correction for you depends on your lifestyle. Effective treatments available are spectacles. However , if you are an active person , you might want to consider LASIK surgery.

## Where can I get help ?

Visit your local eye care practitioner for an eye examination and diagnosis. Remember that it is important to have regular eye examinations to ensure that your vision always remains clear with your spectacles or contact lenses. Regular checkups can also pick up early problems with your eyes that can be treated quickly to prevent further complications.

You can contact the Bureau for prevention of Blindness on :

021 346-1171

Or write to :

PO Box 11149

Hatfield

0028 Pretoria.

## Clinic Committee Members

*Welcome*



Phoenix CHC would like to welcome you all and hoping that you will enjoy your stay with us

Pastor D. Murthi ( Chairperson)



Mr. E. Malunga ( Member)



Pastor Dan Marshal( Member)



Mrs. N.T. Manzi ( Member)



Ms. Amisha Benode ( Member)

## Official Launch (Post Strike Debriefing Workshop)



Motivational Quote  
THE LORD IS CLOSE TO THE  
BROKEN HEARTED , AND  
SAVES THOSE WHO ARE  
CRUSHED IN THEIR SPIRITS.  
Psalm 34:18

### Resolutions for Debriefing Workshop

Mrs. Zulu (CEO) seen welcoming Mr. Dylan Javo (Psychologist) from Town hill Hospital which was the facilitator for the day for Post Strike Debriefing workshop.

1. It was resolved that: Staff members who still need further counseling and support services should contact Social Service Department.
2. Supervisors need to support co-workers in re-adjusting to the work place and resolve individual conflicts that may have been created by the strike.
3. The working relationship between organized labour (Unions) and Management should be improved.

On the 22nd of September 2010, Social Services Department organized debriefing workshop facilitated by Mr. Dylan Javo (Psychologist) from Town hill Hospital. The aim of the event was sharing of ideas experienced during strike and to rebuild /recreate synchronization within the staff members.

The staff came out in numbers to attend this workshop and they were happy to share their experiences during and after industrial strike. There were also activities done by the staff members which was part of distressing.

Mr. Dylan thanked the PCHC staff for their participation during the workshop and encouraged the staff to put behind what happened during strike and work as a team.



Mrs. Zulu (CEO) and ladies from Woolworths were thanking Mr. Dylan for conducting workshop.

## WORLD AIDS DAY



*Candle lighting was done by Mrs. L. Y Langa ( Deputy Manager Nursing) & Mr. Sithole guest speaker (UKZN).*

On the 3rd of December 2010, Phoenix CHC celebrated World Aids Day. Theme: for the day was “ I’m responsible , KZN is taking responsibility”. We were also joined by Mr. Sithole which was our guest speaker for the day from UKZN ( University of Kwa- Zulu natal ).

In his speech, he mentioned the importance of practicing safe sex and ways on how to live positively. He also reinforced compliance with treatment to avoid complications thus enhancing longevity. He further advised patients to feel free to undergo counseling and testing to know their status.

### THEME

***I’M RESPONSIBLE , KZN IS TAKING RESPONSIBILITY***



**AIDS HELPLINE**  
**☎ 0800-012-322**

**“AT PCHC WE CARE AND WE DELIVER”**

PHOTO GALLERY ( WORLD AIDS DAY)



Staff from Hast department were entertaining with music & poetry item to the patients.



Zamo, Nombuso, Samke & Phume conveying "Message of Hope" to the patients.



Hosanna Worship Centre was providing catering on the day



Mr. Sithole (Guest speaker) sharing messages of hope with the patients.



Mr. S Mthembu ( Social Worker) advised the patients on the importance of taking ARV's



Welcoming and the purpose of the day was done by Sr BG Msomi from HAST Department



# Early Christmas party at IMCI Department



The 08/12/ 2010 was a day to be remembered at IMCI department where the staff members hosted the Early Christmas party for the kids. The programme was initiated by the staff members with the aim of showing gratitude, love and care to the Mother's and children.

This picture was taken on the event (Early Christmas party) initiated by staff from IMCI



Staff were dancing and entertaining the children.



Mother's and Children at the Christmas party events at IMCI department .

# The First Christmas Baby

## The First Christmas Baby



Maternity staff handing over the gift to Ms. Zandile Joyce Maphumulo who was blessed with a baby girl on Christmas Day.

Ms Zandile Joyce Maphumulo was blessed with a baby girl born on Christmas Day at 15H50 pm on the 25/12/2010 the baby was welcomed with gift , and extended her gratitude to the staff members of Maternity Ward who treated her well during her stay in the institution. Lastly the Staff from Maternity department would like thank Mr. & Mrs Rajkoomar for sponsoring the gift.

### Health Awareness for the Month of February

#### February 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  |     |     |     |     |     |
|     |     |     |     |     |     |     |

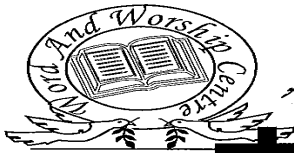
- 1. World Cancer Day : 04/02/2011
  - 2. OSTI / Condom Week : 07/02/2011
  - 3. Pregnancy Awareness Day : 07/02/2011
  - 4. Healthy Lifestyle : 18/02/2011
- "At PCHC we care, we serve and we deliver"

#### Deceased

It is sad to announce the passing on of Sr. Cynthia Ruthnum, on the 13/11/2010. She will be greatly missed, May her soul rest in peace.



# Appreciation Letter and Compliment Letters



## Word And Worship Centre

Public Benefit Organisation No. 930018125  
*All things which are impossible with man are possible with God. Luke 18:27*

Rev. C. Ramduth

09 August 2010

Physical Address:  
57 Northcroft Drive  
Lenham  
Phoenix  
4068

Postal Address:  
P.O. Box 60556  
Phoenix  
4068

Tel: 031500 5025  
Fax: 031500 5025  
Cell: 082 781 3900  
ramduth@xsinet.co.za

### Ministry

Sunday Service  
8am - 9:30am  
Sunday Children's  
Church  
8am - 9:30am  
Mon. Bible College  
7pm - 8:30pm  
Tues. Ladies Meetings  
10am - 11:30am  
Thurs. Intercession  
10am - 11:30am  
Fri. Youth Meeting  
& Mens Fellowship  
7pm - 9pm  
Sat. Intercession  
Healing/Deliverance  
7pm - 8:30pm

Department of Health  
Committee Management Centre

Re: Letter of Appreciation

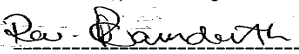
Greetings in the name of our Lord and Saviour Jesus Christ.

We at Word and Worship Centre wish to extend our sincere thanks and gratitude to you. We have been greatly blessed by the presence of your staff namely Mary Govender and Ruben Govender who tirelessly attended to the 180 women who attended our Women's Day Program. We are also grateful to the Department of Health for supplying the necessary equipment for H.C.T. testing

We thank you for sharing your time and expertise with us and we are looking forward to another community project such as this one or even better.

We pray that God continue to bless and prosper you in your endeavors concerning the kingdom and your personal life. May you grow always from strength to strength and move from victory to victory.

Yours Faithfully in Christ

  
Reverend C Ramduth

  
Pastor Soni Ramduth

Marriage Officer I  
Bachelor of Theology - Master of C

Commissioner of Oaths  
Registration © CTM (U.S.A.)

### Compliment letter

Comment : I have been attending this clinic for the last 2 years and have found the service that I received to be excellent. We have been well attended to and I am quite happy with the response and care from the clinic.

From :

Nicole Naicker

Usuphinde wafika unyaka omusha ka 2011 akukho okuningi engingakusho ngaphandle kokuthi sibonge umvelinqangi ngokusigcina kuze kube ilelisikhathi.

Ngiphinge ngithathe lelithuba ngibonge abasebenzi bethu ngikuzinikela ekusizeni umphakathi.

Okokugcina ngithanda ukusika elijikayo kuwowonke umuntu othe wabamba iqhaza ngokusibhalela ngokuhle, nangokubi mayelana noMtholampilo wethu ukuze nathi sikwazi ukwenza ngcono ngezinsiza zethu ekuthuthukiseni nasekusizeni umphakathi wakithi ngalawomazi ngithi qhubekani njalo "Siyabonga".

Ms Prumba Majola (Public Relations Officer)