



**HEALTH**  
KwaZulu-Natal

SIYENZA EDITION

PHOLELA CHC

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**FROM THE OFFICE OF THE NURSING MANAGER/  
ACTING CHC MANAGER.**

**SHORT MESSAGE OF LOVE AND APPRETIATION.**

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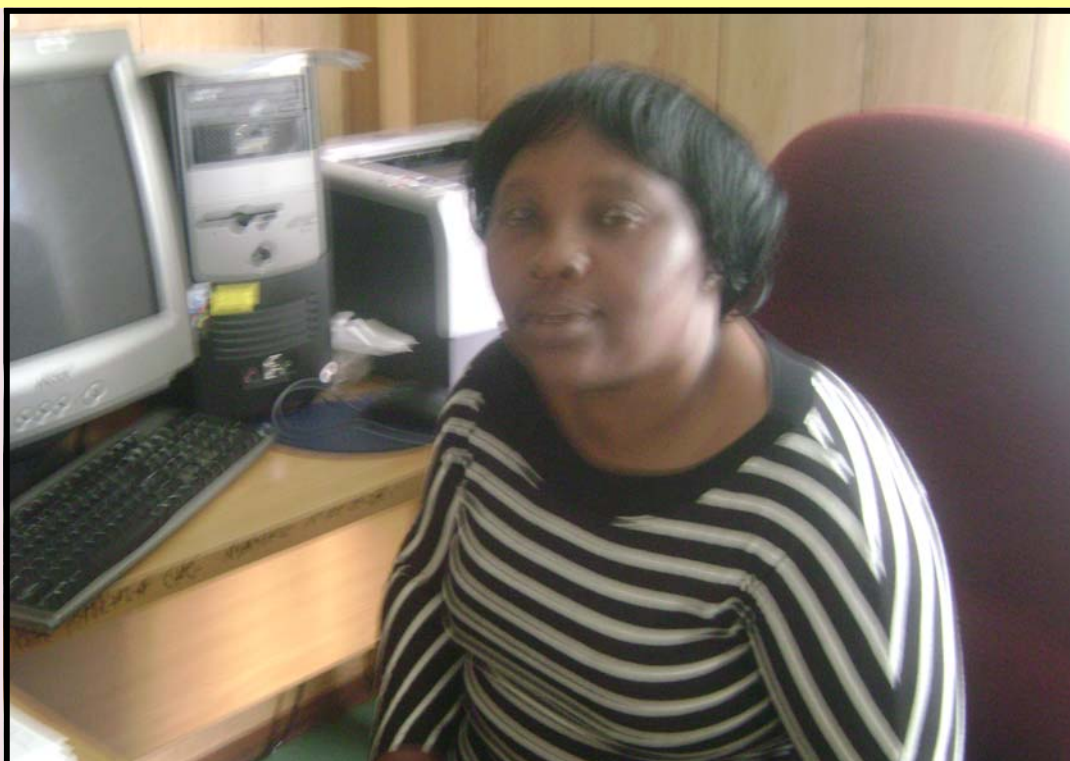
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NURSING MANAGER/ ACTING PHOLELA CHC MANAGER MRS TGO SIKHAKHANE



Mary xmas and prosperous  
new year to everyone of  
you.

**I**t has been a long and maybe a difficult year for some or all of us. Some days were the happiest in our lives when others were not that much happy but remember guys life is like a weather sunny, cold, rainy and stormy some days. Inspite of all those circumstances life has still to go on. This is why we have

gone together this far.

Pholela Complex is what it is and has gone this far because of you. If it was not for you Pholela Complex would not have gone this far keep up good work and spirit of togetherness. Thank you for your unconditional dedication. I counted on you to ensure that this Pholela Complex ship is kept a float and

moving and you have done it. May almighty god embrace you and your loved ones with showers of blessings during this festive season and coming year. Let's face 2008 with courage and strength hoping that we will ensure that we will be part of realization of the goals for this Institution. Merry Christmas and happy new year.

**PRIMARY HEALTH CARE WEEK**

**VISITING SOME HOME AROUND BULWER HELP SOME FAMILIES**

The week started from 13 August 2007 to 17 August 2007 and was aimed at educating people about the importance of primary health care. Our Theme was “Impilo yakho ilungelo lakho” meaning your life is your right. As the theme explains the idea was to help people live a healthy life even though they live in poverty. The outreach teams were designated to various remote communities to enhance health education and living a healthy status. The targeted communities were very poor household so there was a need for the teams to bring along food parcels for at least five families. Some of the things impacting negatively to these communities are poverty, people do not have ID’s, Schools are too far for children and they do not have running water or toilets. People were gathered in the near by Schools or Community halls. They got addressed on eating healthy food, establishing small gardens and support groups. They were also educated on their rights and responsibilities as patients. The visit was an eye opener to all teams, they are now aware of what these people are facing with in their families. During the visit one of the families at eMagelekedla was lucky to receive donation from Pholela CHC staff following the burnt of her house.



TB team, Kwenza Mbatha and Sr Maphanga on the PCH week



Sibusisiwe isandla esiphayo kunesamukelayo. Lapha u Ntombenhle Ntobela beno Nqobile Maphanga bebamukelisa owashelwa yindlu izimpahla

**PHOLELA CHC STAFF WENT OUT AN EXTRA MILE TO IMPROVE SERVICE DELIVERY.**



*I Pholela ChC Mobile ayisalanga ngaphandle kwababesizisa ngomsebenzi wanzuku zonke wokwelapha Khathi uNgqongqoshe ka zvelonke emnyangweni wezempilo U Dr Manto Shabala Msimang ehambele endaweni yase Centocow emcimbini wokuwula Ingadi yomphakathi*

**COMMUNITY IMBIZO**

**P**holela CHC held a Community Imbizo on Friday 17 August 2007 as part of promoting Batho Pele Principles. Consultation, Openness and Transparency is what became obvious on the day. People were given opportunity to ask questions and give their suggestions. Their criticism was a positive one with some commendations to Pholela CHC staff. In that case one would agree that community participation and input was extremely good. It left the Management with a clear direction of what needs to be done for them. Issues regarding Ambulances, Employment, new clinics and extension of the existing ones were raised.

Four presentations from different departments within the Institution were made to clarify these problematic issues. The theme of the day was “Sukuma Sisebenzele Impilo”. Honorable Inkosi T. Dlamini opened the day and welcome every one present. Giving the word of God Reverend sturrman suggested that there is no need to have such Imbizo if nothing will be done about problems affecting people.

In their speeches all speakers encouraged the community to blow a wisely should they notice something unusual about Pholela CHC.

On issue of employment Mr. VJ Khumalo Head of Human Resources pointed out that the problem lies with people who fail to do a thorough research prior to the interview. He added that, there is a major shortage of essential services staff. Delivering her speech District Manager Mrs. NS Radebe told Imbizo that there are plans in place to build a new Hospital and other Clinics in the Ingwe Municipality. She appealed to the Community to make use of health facilities in order to establish a need for more Clinics and Hospitals. She also clarified the issue regarding Bur-saries.



Some traditional healers and community listening with interest at speeches.

*Pholela CHC Staff performing Indlamu at their Best.*



*IXOXWA NGEZITHOMBE*



Babegiya kanje Obaba Nomama beqembu lika ABET' elifundela khona lapha ngaphakathi. Lapha babekade bekwi Literacy day ebanjwa minyaka yoke e Chartsworths Stadium.



Kwesokunxele oSupervisor babezofunda ngezindlela zokuphathwa kwabasebenzi.



Lapha kungaphambi kokwamukeliswa ngezitifiketi kwa-bantwana base Pholela High School emcimbini wo-kughwashisa ngezifo ezisondelene nesifo sengculaza



Kwesinghla unqambothi lwase Pholela emqhudelanweni wama Kwaya esifundazwe sakwaZulu Natal.

MOVE FOR YOUR HEALTH



Back Row: (Penguins) from left to right Msrs N Duma, Ms T Madiba, Mr S Mngonyama, Mr B Siswana, and Mr M Dlamini.. Front Row: (Buffalos) Mr T Hlophe, Ms T Madela, Mrs M Nzimande, Mr D Jili, Mr M Gumede and Ms H Zuma.



Up the Umlabababa



Above is red team who took number one in all games.

Pholela CHC Houses got off to a good start on the 24<sup>th</sup> of October 2007. These groups consist of members from different sections within the complex. Like any other clubs these teams have names and colors which they form with. The day was meant to promote healthy life style to all staff. The Theme of the day was "I'm Health conscious are you?" Among sport codes were Relay, Fun walk, Tug of war, Magalop, Sack of Race, soccer and Netball.

It is amazing how staff enjoyed themselves on this day. In spite of the games; good relations within staff and their supervisors was observed. Some staff from our Satellite Clinics was also part of the event.

The Management showed full support of all the games. The houses will carry on for the next future; staff will also be expected to help each other on work related issues. These were Mr VJ Khumalo (Chief Human Resource Officer) words before he announced results of the games. The day was capped with issuing of trophies to the top three teams.

"I'm Health conscious are you?"

MANDLEZIZWE HIGH SCHOOL CHOIR

Isisho sesizulu sithi inkunzi isematholeni. Leliqembu lamabhungu aselula lalilethe ukudla kwendlebe lapha emtholampilo ngolwesithathu langohlaka 19 Septemba 2007. Ihloso kwabe kungukuzezela abasebenzi balapha ikhono abanalo kwezomculo kanye nokuziqoqela okuncane kokubasiza uma sebeyoqhophica icwepe (CD) labo lokuqala. Siyethemba kwabahambela kahle abafana phambili ngomculo wenu.



TIME TO MOVE ON

Thabisile Phungula who had been with Pholela CHC since 2003, has joined King Edward VII as new supply Management officer. In recognition of her precious moment with us the administration department threw a surprise party for her.



Kwesingenhla I Choir yase Mandlezizwe High

HAST EVENT PHOLELA HIGH SCHOOL



Certificate of recognition received by Nomonde Dlamini from Mr ERS Sikhakhane

Above is a garden that will boost the project sustain it existence.

*Umzuvukile project is a brainchild of Nomonde Dlamini*

**P**holela High School in partnership with Pholela CHC, Sisonke Health District and Turn Table Trust held a hast awareness event on the 08 November 2007. Mr SE Maphanga (Induna) for Kwabhidla Tribal Authorities welcomed every one present. The event came up as result of Pholela High School students new HIV/AIDS project (Mzuvukile which was initiated by grade 11b pupils. Their project is supported by a small vegetable garden which was also launched on the day. The project is the first of its kind in the Sisonke Health District. The event was attended by students, parents, non profit organizations, Traditional Healers and community at large.

The brain child of Mzuvukile project Nomonde Dlamini is determined to sustain the project with the help of her peers. Miss AK Mthinjane (guest speaker) in her talk mentioned that the Department of Health had made promises that, they will assist people infected with the virus and they are indeed keeping those promises. She encouraged children to respect elders and understand the history of HIV/AIDS as this will help to reduce high level of infected people. Talking on behalf of the principal Mr P Masuku (Vice Principal) expressed his gratitude and excitement that students will now receive message about HIV/AIDS from

people of the same age. Among the high profile dignitaries was the mayor of the Ingwe Municipality Mr ERS Sikhakhane. The day was capped off with the recognition certificates to all grade 11b students and their class teacher Miss N Dlamini. This day would not have been a success without the support of Department of Agriculture and Department of Education. Both Departments extended their hands in different ways.



**AIDS HELPLINE**  
☎ 0800-012-322

*KUQWASHISWE NGESIFO SOFUBA-I TB IYELAPHEKA*



Batshengisa elikhulu ikhono labo dado mhla kuzoqwashiswa ngesifo sofuba endaweni yase Nkwezela

**U**mphakathi wasenkwezela uthole ithuba eliyinqhayizivele lokuqwashiswa ngesifo sofuba phecelezi i(TB). Lokhu kwenzekwe ngomhlaka 17 ku-Novemba 2007 ehholo lomphakathi khona enkwezela. Isimo esibi sezulu asiwuphazamisanga Umphakathi owuphume ngobuningi bawo. Okuqaphelekile ngalolusuku ukuthi umphakathi wonke wawuthola umnyalezo.

Lokhu kwafakazelwa nayindlela abaphendula ngayo imibuzo ekupheleni komcimbi. U Mrs Osei obeyisikhulumisi so-suku ngalelo langa wachazela umphakathi ngezindlela ezintathu zesifo sofuba okuyi TB eyejwayelekile, I MDR kanye ne XDR nokuthi zingelapheka kanjani.

## IMIDLALO YASESITEJI

Imidlalo yasesiteji ibukeka engenye yezindlela ezidla ubhedu ekudlulis-eni umnyalezo. Sesibone imidlalo eminingi eyahlukene lapho kuqwashiswa ngesifo esithize. Enye yezinto ezenza ukuthi lemidlalo ibe impumelelo ukuthi inamahlaya okwenza abantu bathakasele ukuyibuka. Ngemuva kwalemidlalo umphakathi utshengisa okukhulu ukuqonda uma sekubuzwa imibuzo ekugcineni komdlalo.



Kwesobunxele umdlalo wonompilo khathi beqwashisa ngesifo sofuba Ekwezela emcibini owawuhlelwe i Gwala Clinic Kanye ne District.



Umdlalo oqwashisa ngenhlanzeko uphuma e District kanti basebenzisana nethimba lakwa Environment. Ngolwesihlanu lwanomhlaka 30 babehambele lapha etholampilo.



Sewahamba (gone) umdlalo wasesiteji Osungulwe u Sr Mhlengi Zuma kanti uhlose ukubamba iqhaza ekuqwashiseni ngezifo ezahlukene

ABASEBENZI ABASHA.

ABAPHLATHI BESIKHUNGO BATHI ZIZWENI NISEKHAYA

## HUMOUR

- |                         |                    |
|-------------------------|--------------------|
| 1. Nzaba Nozipho        | EN – Gwala Clinic  |
| 2. Sibiya Siyabonga     | Dark Room Operator |
| 3. Dlamini Nhlanhla     | Pharmacy Assistant |
| 4. Dlamini Nonjabulo    | Pharmacy Assitant  |
| 5. Ngcobo Nonhle        | Lay Councillor     |
| 6. Mgenge Sthandiwe     | ENA                |
| 7. Mchunu Bonginhlanhla | CPN                |
| 8. Ray Khuzwayo         | Mentor             |

### YEKANI UKUPHAPHA MANTOMBAZANE

Nangu-ke omunye ubaba engena e-restuarent ethenga ifull chicken wayidla yedwa. Abanye osisi abango-glamour bahleli eceleni kwakhe badla amachips, ama-rolls ne-liqui fruit. Lobaba ayidle inyama yakhe ayiqede phu! Uthe eseqedile wacaba amathambo wawacabisisa. Lab' osisi badinwa wukuthi lobaba angakwenza kanjani ukuthi aqede inyama engaka acabe namathambo. Bathula, bathi, "ngeke ma eh, asimbuze ukuthi ngempela yini inkinga yakhe."

Bambingelela, wavuma. Bambuza ukuthi, "kodwa baba ungowakwabani isibongo?", wathi lobaba ungowakwa Mkhize. Bathi, "uqhamukaphi nendawo," wathi lobaba kwaBhidla abuzwa lamantombazane ukuthi "kodwa izinja zakwa Bhidla zidlani uma wena ucaba amathambo kangaka baba?" waphendula lo baba wathi, "zidla amachips, nama-rolls zehlise nge liqui fruit" mhlath'yenu!!!

**EZEMIDLALO**

**I**sibhedlela sase Townhill siwubuyisile umdlalo ebekade Siwukweleta Ipholela CHC. Njengoba leliqembu lazidlulela kalula nge score sika 1-0 khathi lidlalela ekhaya neqhembu lase Pholela ngo May akubanga njalo kulokhu. Intshe ligaye ngomunye umhlathi ngesikhathi abafana base Pholela bebuya belandelela bewafaka amagoli. Lomdlalo waphetha ngamagoli ayi 6-1 kuwina I Pholela.

Ngesikhathi sixoxisana nabo emva komdlalo bazwakalisa okukhulu ukwaneliseka. Nazoke bafana base Pholela nize nephinde nangokulandelayo nibathele induku.

Akumangazi ukuthi yini adlala kahle kangaka unkabi. (Baxolele Underberg Clinic)



Iqembu lase Town Hill elabe lizobhekana nelase Pholela CHC .



SOME-THING TO THINK ABOUT MOTHER TERESA If we can not love the person whom we see, how can we love God , whom we cannot

Ulayini ongemuva kusukela kwesobunxele:Musa Nhlangulela, Baxolele Maphanga, Senzo Mbhele, Mazwi Gumede, Jabula Khanyile, Sandile Ntshangase, Bho Ngcobo, Nhlanhla Shezi no Bulelani Siswana. Ngaphambili u: Qikelela Cele, Sthe Khumalo, Bhayano Sokhela, Sihle Ngcobo no Bafana Nhlangulela

Siyenza is an in House Publication for Pholela CHC. If you want to make contribution to Siyenza please drop us a line on EXT 106 or alternatively come to the PRO Office in person. Email Address: [mlungisi.dlamini@kznhealth.gov.za](mailto:mlungisi.dlamini@kznhealth.gov.za)

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