



**HEALTH**  
KwaZulu-Natal

# SIYENZA EDITION

PHOLELA CHC

April-July 2008

Volume 1 issue 4

Internal Newsletter for Pholela community Health Centre

## EMPOWERING AND RECOGNISING EMPLOYEES IS WHAT WE DO BEST

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Pholela Complex Workers displaying with gratitude certificates of recognition

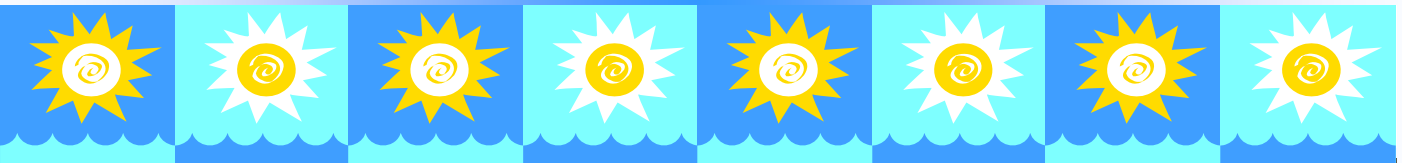
*It is for the second time Pholela Complex is hosting the event of this kind. Like previous year 2007, the day started off with a prayer and recognition of workers who have passed on this year. The main objective of this event is to recognize workers for their tireless endeavor in ensuring good quality health service delivery.*

*The event took place on 01 May 2008. Bad weather conditions could not discourage staff from attending their annual event. About a quarter of staff flocked into a four pole tent. "Empowering and recognizing employees" was a Theme for the day. In*

*that staff was introduced to the IMLC and EAP programmes.*

*Giving their presentations, both Mr VJ Khumalo and Ms Ntombela proclaimed procedures that need to be followed if people are to utilize these programmes.*

*Mr BL Nhleko guest speaker of the day encouraged Managers/Supervisors to respect all employees regardless of their positions in the workplace. Apart from Pholela Staff some Hospitals under Sisonke Health Districts attended this splendid event. The day was capped off by presentation of recognition certificates to all departments within Pholela Complex.*



## Editors letter

Let me begin by conveying my sincere thank you to those of you who have shown interest to Siyenza Edition. Indeed these compilations are meant to be read. When the opposite occurs then there is no valid point of putting this publication together.

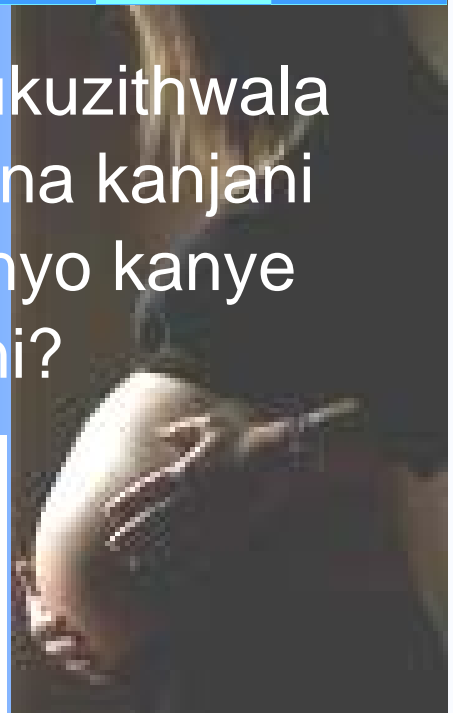
Talking of our daily work this year began with unfortunate news including passing off of our colleagues and the monotorium placed on our current budget. We must be thankful that some of our activities are carrying out under this circumstance. The situation might not affect personal monthly remuneration but one could agree that money is a motivator in various ways e.g when you plan for a particular project the first thing you consider is the availability of funds. From the last financial year we had managed to achieve most of our planned projects including participation in the Department of Health Service Excellence Awards where we ran away with silver award. Although quit discouraged for not having issued certificate until recently, it is good to learn that the staff has not lost good working ethics.

As we approach the second quarter of this financial year I would like to encourage everyone of us to put more endeavor on our planned projects. Whilst serving government as our employer we should never forget that we have patients as our clients and target market. We might not have funds to invite and gather them on open days and learn how do they perceive us as a local citizen of their community but we must not forget the criticality of receiving their feedback. We should realize that feedback comes in a number of ways. We have suggestion boxes where the public can write and give us their views. On that note colleagues I appeal to everyone to start educate clients to give us feedback rather than living the whole exercise to the to the PR section. Thank you

**Mlungisi Dlamini Public Relations Officer**

# ngabe ukuzithwala kuthintana kanjani namazinyo kanye nezinsini?

"Ukuzithwala nakho kungawathikameza amazinyo akho"



## AMAZINYO

Akukhoshintsho oluba khona emazinyweni ngesikhathi owesifazane ezithwele. Ushintsho luba khona uma amazinyo ungawanakekeli bese kudala ukubola kwamazinyo.

## IZINSINI

Ngesikhathi uzithwele kuba noshintsho olwenzekalayo emzimbeni njengokuyuka kokuza kwegazi ezicubini zomzimba, lokhu kuholela ekutheni izinsini zibelula, zibe nkamkamum zigcine zivuvukele. Izinsini zigcina sezihlala ngokopha uma udla noma uxhubha.

## UKWELASHWA

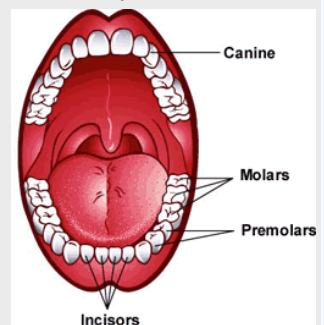
Ukuqikelela inhlanzeko emlonyeni iyona yodwa indlela yokwelapha ukuvuvuka kwezinsini ngenxa yokuzithwala. Lokukhu kungafezeka ngalezindlela ezilandelayo,

- Xubha ngendlela efanele
- Sebenzisa intanjana yokuvungula (dental floss)
- Umuthi wokuxubha nebhulashi okuyilo.

Uma udinga ulwazi olunzulu ngalokhu thintana nomtholampilo womazinyo oseeduze kwakho.

**Ithunyelwe ngu**

**M Hlatshwayo (Senior Dental Therapist)**



## INTERNATIONAL NURSES DAY



**T**his day date back from 1949 in times of Florence Nightingale. Nurses of that period offered Nursing services free of charge. Since then the Nursing Profession had been very much linked to the Christian religion. Those were the words from Sr. Willie while introducing Theme of the day on the Nurses day/ prayer held at Pholela CHC on 12 May 2007.

The candle lighting was done. Nursing Manager explained that this deed was Professor Searle ideology that as a nurse you shall represent all vulnerables and sick people.

She also encouraged nurses to perform their duties at the level best and avoid situations which will cause them to face the nursing council.



Nurses at Pholela CHC pictured singing Nurses song on the International Nurses day

According to the Times/AllAfrica.com, neglecting the impact of HIV/AIDS on children "undermines hard-won gains" in child survival in some countries most affected by the disease.

UNAIDS estimates indicate that about 2.3 million children under age 15 were HIV-positive in 2007 and that nearly 90% of children with HIV, who mainly contracted the virus through mother-to-child transmission, live in sub-Saharan Africa. "If we don't focus on children, we are going to lose the battle against HIV/AIDS because these children will be the driving force of the epidemic in the next generation," Binagwaho said, adding, "Let's put children at the center of our intervention programs; otherwise, they won't forgive us."

## CHILD PROTECTION WEEK

During Child protection week Pholela CHC dedicated six days to give health talks to clients. The talks were mainly directed to parents as they suppose to look after children. Presentations included childrens rights, paraffin poisoning, burns, dual therapy, immunization and Tuberculosis.

- High poverty and unemployment rates make children, especially girls, vulnerable to trafficking rings that kidnap and employ them in the commercial sex industry.
- The OPTIONS Program -- run by an international education and development group -- teaches girls basic reading and writing, problem solving,

and practical life-skills to help them avoid the traps of child-traffickers. • Girls also learn leadership skills by speaking out in their communities and fostering an open atmosphere in which parents, youth, and community leaders feel comfortable talking about trafficking.

### Children Often Neglected in HIV/AIDS Testing, Treatment, Rwandan Official Says

Children should be placed at the center of HIV/AIDS prevention efforts, Agnes Binagwaho, executive secretary of Rwanda's National AIDS Control Commission, said recently, the New Times/AllAfrica.com reports.



# HIV/AIDS-DRUG AWARENESS DAY AT MANDLEZIZWE HIGH SCHOOL 29 MAY 2008



Bebethe shaye abafundi khathi kuzokuqwashisa ngesifo sengculazi kanye nezidakamizwa eziyingozi e Mandlezizwe High School

**N**oma ngabe lomcimbi wawubekiswe kakhulu kubantwana uSihle Ngcobo ucabanga ukuthi inkulu indima engadlalwa abantu asebekhulile ekunqandeni ukubhebhetheka kwegciwane lesandulela ngculazi. Umbono wakhe ohlukile uthi yini engaqwashiswa ngothisha kanye nezisebenzi zeminye

imikhakha uma nabo bengasihlolele isandulela ngculazi. Kuwo lomcimbi ubehambisana noHlengiwe Mncwabe (Lay Counsellor) kanye no Batrina Mhlongo we Aids Support group nabo ababekade bezokuqwashisa.

I Mandlezizwe enye yama High Schools engumakhelwane osondelene kakhulu nesik-

hundo sethu. Njengoba izinga lokukhulelwa kwabantwana sekwaba insakavukela umchilo wesidwaba uNKz Mncwabe akakushiyanga ngaphandle ukuqwashisa ngendlela umtwana angavikelwa ngayo esesibeletweni sikanina. Ngesikhathi abantwana besikole bedlulisa umyalezo ngengoma yabo ethi ngculazi awuyazi into oyifunayo kuface bha ukuthi nabo abahambisani nalolo bhuhane.

"Awukwazi ukuqwashisa ngesifo sengculazi kwawena ungakahlololwa lesi sifo."

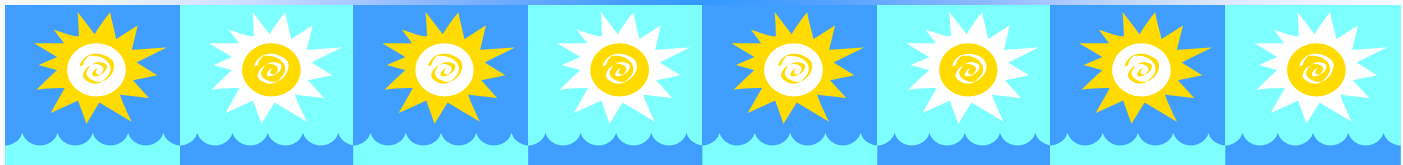


## Institutional Management Labour Committee (IMLC) Launch

*For the first time in the History of Pholela CHC workers will now benefit the opportunity of taking their issues straight to the management. At one hand the Management will be afforded a chance to speak directly to their employees. This follows a launch of IMLC on the 19<sup>th</sup> of June 2008. Mr Motha from the provincial*

*health office was present to facilitate proceedings.*

*Marking his remarks he was very impressed with the combination he witnessed between the Management and Staff. Unions present were DENOSA, HOS-PERSA, NEHAWU, NUPSAW AND PSA.*



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*Khathi lisabusa zaziggoka kanje izintombi zakwaZulu. Lapha uGirly Shoba nabangemuva kwakhe babezokwethamela usuku lwabasebenzi. Kwesesibili I class lika ABET lihaya ingoma. Kwesesithathu ungqambothi lwasencwadi clinic, kwesinye abagiya ngengoma Umnyamane clinic kanti kwesesihlanu uThabisa nezakhe bethi*



6

*Kwesobunxele Ikwaya lasemandlezizwe khathi kuzoqwashiswa ngezidakamizwa kanti ngakwesokudla abanye bamakhasimende ethu ngesonto lokuqwashisa ngokuhlukunyezwa kwabantwana.*



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## Imibono nezikhalazo zomphakathi

**A**banye abantu bangabona imibono yomphathi kuyinto engathi shu. Lokhu akusilona nakancane iqiniso kuningi esikufundayo njen-ganesikhungo ngemibono yom-phakathi.

Uma uze lapha emtholampilo qaphela ukuthi uyalisebenzisa ithuba lokubeka umbono. Lokhu ungakwenza ngendlela yesi-phakamiso, isincomo noma isikha-lazo. Konke lokhu okubalwe ngen-hla kuyasisiza kakhulu ukuthi sizi-bone ukuthi silaphi namazinga ethu okusebenza futhi singa-wathuthukisa kanjani. Ngakhoke kubalulekile ukuthi usazise ngaso sonke isikhathi ukuthi uphatheke kanjani khathi uze emtholampilo.

### Ikuphi mhlawumbe umuntu angabeka ngakho umbono?

Ukukhalaza ngolayini ongasheshi akusiyona kuphela into umuntu angabeka ngayo umbono.

Kubalulekile ukuqinisekisa ukuthi uphatheke kahle nangenhloni-pho uma uze emtholampilo. Kanjalo nawe ulindeleke ukuthi uhloniphe labo abakunikeza usizo. Izinsiza ezingaphakathi emtholampilo ezakho ukuze uzisebenzise ngakhoke qaphela ukuthi zisesimweni esigculisayo. Kubalulekile ukuthi ubike ngakho konke okungakugculisi ukuze kulungiswe isimo. Lokhu ungak-wenza ngokuxhumana no Sister ophethe kuleyo ndawo noma ucele umxhumanisi wesikhungo kanye nomphakathi.

Indawo lapho wemukelwa khona (Reception) ikahle kakhulu ekutheni ungacela nanoma iluphi usizi oludingayo. Uma umuntu efake isikhalazo sisixhazulula ngaleso sikhathi endaweni lapho kwenzeke khona isigameko nga-phandle kwezikhalazo ezifakwa ngezincwadi zona siyake siqiniseke ukuthi uyaphendulwa zingakapheli izinsuku eziyisik-hombisa sisitholile isikhalazo sakho.

## Umndeni omusha siyane-mukela e Pholela CHC



Mrs ZC Dlamini  
Staff Nurse TB



Phumla Mkhulise & Nontobeko Nzaha  
Lay Counsellors



Mrs HR Gwala Professional Nurse -  
Mobile Clinic

## ABAPHATHI BESIKHUNGOBATHI HALALA KU-LABO ASEBEPHOTHULE IZIFUNDO ZE MID-WIFREY

Mrs PZ Ngcobo - Ncwadi Clinic

Mrs RN Mpanza - Pholela CHC

Mrs AN Masiko - Underberg Clinic

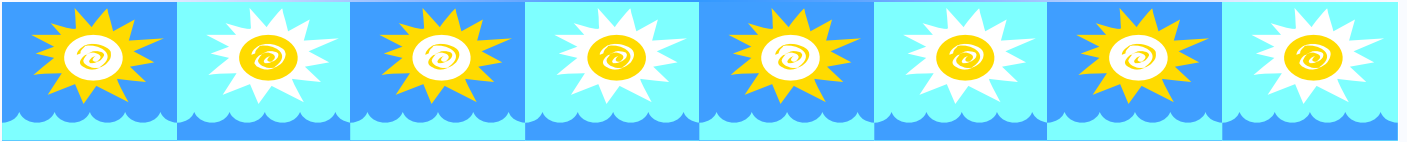
Ms NH Thobela - Gqumeni Clinic

## Iyahlekisa ke le

Nangoke u Ben Umfokam-laba akalidluli ikilasi ega-liphindanga noma kahlanu. Nakhuke usenze ibanga lokuqala izihlandla eziyisik-hombisa lutho ukuphume-lela enjalo nje akakaze aphakamise. Langa limbe kungene u Miss Thobela aphonse umbuzo kubant-wana. "Ubani umama ka-jesu"? Kuthi kungazelele muntu ibona kale iphakamisa ewu Ben

Ekubona lokhu uMiss ayeke lowo kade esethi uyamkhomba anike u Ben ithuba lokuqala nqa empil-weni. uMaria kuphendula u Ben woko izingane zi-mokha ngensini ivele ikhale lento ithi we ngiyadlala bo Uzebedewu.

**Kungabe lensizwa iyog-cina iphumelele ebangeni lokuqala nawe usungazi-buza?**



### **Izivakashi eziphuma kwelase New York**

Lezivakashi zise lapha ukuzofunda ngezindlela zokuphila kuleli lase Ningizimu Africa. Zikhishwe inhlango I Operation cross line Africa kanti zizize endaweni yase Mpendle. Bazochitha amasonto ayisithupha befundisa ngezindlela zokutshala kanye nokuqwashisa ngegciwane lengculazi nesandulela sayo ezikoleni ezakhele iMpendle.

Wonke umsebenzi abawenzayo bawenza mahhala. Ngolwesibili langomhlaka 08 July bebelapha emtholampilo. Inhloso bewukuzothola ukuthi umtholampilo usebenza kanjani nokuthi iluphi usizo olutholakalayo.

### **Umshini wamafutha**

Unyango wasemafutheni uyisithombe ngokwo esihluke kancane kwi x-ray. Sihlola ikakhu-lukazi abakhulelwe nabaphethwe izinye. Sibheka ukuthi umtwana uhleli kanjani esiswini sikamama nokuthi ngabe uphelele yini, uyaphila, unesikhathi esingakanani, isesindo sakhe sithini, uzobelethwa nini kanye nokunye. Kubalulekile ukuthi uma ukhulelwe usheshe ufike uzokwenza amafutha ukuze uhlale wazi ngomtwana omthwele.

Uyedwa umuntu osebenza kulumyango kanye nowakwa X-ray kodwa akudingeki ukuthi wenze iphoyinti kuhlale kuvuliwe



GE Voluson 730 4D Ultrasounds, from \$30,000

kusukela ngo 08h00 ekuseni kuya ka 14h00 ntambama.

**Ithunyelwe ngu**

**Sindi Dlamini - X ray & Ultrasound department**



Ithimba lase New York lithathwe lapha ngesikhathi liqeda ukubona I Demo Garden

# **Ezemidlalo**



Baphinde bashesha yabadume ngazo abafana base Pholela CHC emidlalweni ebikade ihlelwe I Sisonke Health District ehlanganisa zonke izibhedlela

ezingaphansi kwayo. Kulokhu abafana bathathe indawo yesithathu kanti nomdlali owadlala kahle kunabobonke kowamanqamu u Oscar Maphanga uphume khona lapha.

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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