



HEALTH
KwaZulu-Natal

PHOLELA CHC

SIYENZA EDITION

PHOLELA CHC

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Internal Newsletter for Pholela Community Health Centre

Heritage day Ezamasiko



Umlabalaba "the gun that fires two bullets same time" organized Heritage day.

In trying to promote African traditions and encourage the spirit of Ubuntu within the workplace **Umlabalaba** (one of the Pholela CHC houses) has organized for the Institution to have a Heritage day celebrated. The story of Houses dates back

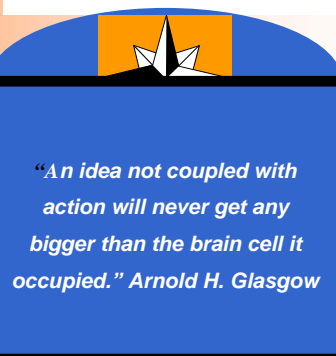
from October 2007 and is trying to promote togetherness and proactive staff.

Heritage day was commemorated on Friday the 24th of September 2008. Workers came in traditional outfit except for the Nursing staff that only came in full uniform and joined

with traditional attire later. Part of the activities for the day were; Indlamu and amahubo. Traditional food was the meal of the day. Mrs Sikhakhane Acting Centre Manager who was also part of the event thanked all workers for their participation and encouraged them to move forward with brilliant ideas.

Contents

Heritage Day	1
Mental Health day	2
Dental Clinic Road Show	3
Healthy Baby Competition Women's Day	4
Hlola Manje C ampaign Vitamin A Campaign	5
Health Stories	6
Photo album	7
Ixoxwa Ngezithombe	8
Ulwazi olubalulekile	9
Sports News Parties	10
Cover page	11



Lapha Umlabalaba bewuqwashisa, ufundisa ngezimpawu zabantu abanesifo senqondo, izimbangela kanye nokunakekelwa kwabantu abanalisi sifo.



Ngu Mrs M Cele awabe ephethe umcimbi ngosuku lwalabo abagula ngenqondo mhla zingu 08.10.2008.



U Mr P Shoji ngesikhathi echazela izethameli ngezimpawu zomuntu ogula ngenqondo.



Ngu Ms Ntombehle Ntombela ngelanga lokuzobekwa ngokusemthethweni kwenhlango yabakhubazeke ngokomqondo

Inhlango yabakhubazeke ngokwenqondo

Ba zibiza nge "Isiphephelo sethu" kanti basungulwe ngonyaka ka 2007 ku Februay Ngosizo luka Mrs N Willie, abahlengikazi base OPD kanye no Ms Ntombela oyi Social worker. Inhlalo yaleli qembu ukwenza abantu abakhubazeke ngokwenqondo bangaziboni behlukile kwabanye abantu. Emcimbini wokubeka leli qembu ngokusemthethweni owawungomhlaka 25 ku September 2008 kwavela ukuthi leliqembu lizonikezwa isivande ngaphakathi kulomtholampilo kanti lizophinde lenze imisebenzi yezandla ukuze bayidayise. Lokhu kuzobasiza ukuthi bakwazi ukuzimela.

Editorial

Hard workers usually say "it is never over until it is over". It is now towards the end of the year and you may probably be wondering what have you done through out the year.

If that is a case I'd like to assure you that you still have two months to fill your dreams and become all that you want to be. Its been a good experience to see that some of us can make things happen at a very short space of time. I refer to the activities conducted by Umlabalaba recently.

Last quarter we saw Batho Pele principles working as some of the staff dedicated their quality time and took part on the training that was conducted. I would like also to thank those supervisors who allowed their staff to have this informative workshop. I am so looking forward to have supervisors attending these workshops as they also have a duty to deliver according to Batho Pele principles to their subordinates. There is a saying in Zulu that says "akukho muzi ungenantuthu" meaning conflict exist in every family. Apart from our differences Pholela CHC is a very vibrant Institution, if one looks at how easy we have managed to collect contributions to make events that have taken place recently He/she could realize that this statement is very true.

Talking of a news letter it is good to learn that some of the staff have begin to read stories other than looking if they appear on photos or not. To the editors of this News letter thank you in advance for your input; it does actually add value to the quality of this Magazine. My appreciation also goes to everyone who have contributed news stories.

Enjoy reading and have a fantastic festive season ahead of you see you next time.

Mlungisi Dlamini PRO

Prevention of dental diseases

Widespread belief to the contrary, it is not necessary for a person to lose his or her teeth with increasing age. Teeth and gums can remain healthy for an entire life time. It is the patient responsibility to visit his/ her Dentist every six months, to maintain sound mouth hygiene and follow a balanced diet. The dental hygienist, in collaboration with the dentist, provide the patient with the necessary information and treatment.

There are various ways of combating caries, the most important of which is the use of fluoride. In its various forms, fluoride has dramatic decreasing effect on the incidence of carries.



Dental Clinic Road Show

During August known as Oral Health month, the Pholela CHC Dental clinic and School Health Teamed up to do community outreach and school visits. During these visits we conducted Health Education, Examination and screening. Every learner was given tooth brush. Learners who answered correctly to the asked questions were awarded with

toothpaste. We also visited other Sub-districts which were Ubuhlebezwe, and Kokstad. We closed Oral Health Month by hosting Oral Health event at uMzimkhulu. The total headcount for the whole Month was 1822.

Submitted by Mrs L Dlamini
Dental Therapist



Balanced diet can help keep your teeth healthy



Mrs L Dlamini, Mr P Shozi and Ms Z Majozi at kwaMemela Primary during the Oral Health Month

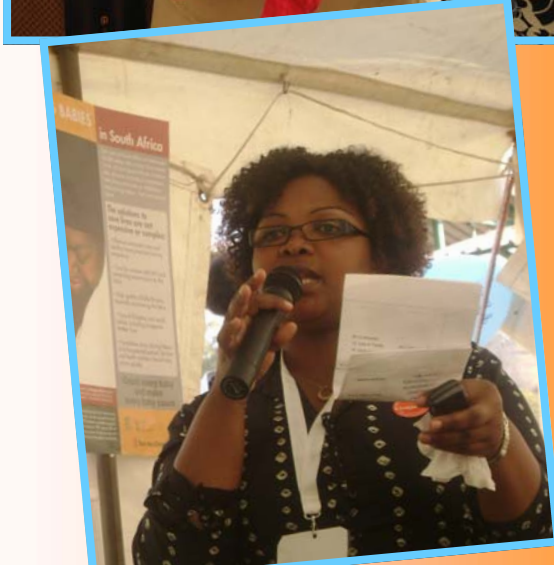


Children of kwaMemela Primary School doing what they do best.



There were three categories and three finalists were selected from each category. Mothers were educated as to why breast feeding is so crucial. Breast feeding is recommended as a healthy method of feeding as it reduces infections contracted from other methods of feeding.

Women's day "Wathint'abafazi wathint'im- bokodo uzofa"



Top: Finalist that made it to the top three on a six to twelve months category
Bottom: Ms Thembeka Ngcobo program director for the day

Seeing that the month of August is approaching its dead stage, the women staff got it difficult to let it elapse without any celebration. Despite financial constraint the Women's Month was commemorated with success and joyfulness. The staff gathered collections to make this event a glamorous and successful one. It happened at this Institution on the 28th of August 2008

The event that was predominantly attended by the women staff took the heart of Mrs Hadebe the District Manager of Sisonke Health who was also present on the day. On her remarks while introducing theme of the day Mrs Mokapela assured everyone that women were created for a reason. "God realized that men could not cope with the life challenges alone and he created the partner to assist him" she said.

"Behind every successful man there is a woman"

Health Baby Competition

"Last year the focus of this competition was on a child's beauty however this year the focus is at the health of a child. Next year the winners from the District level will enter Bona Magazine competitions" Ms Hlengiwe Gumede said while giving purpose of the day on the 07th of August 2008. The competition is an attempt to promote Breast feeding and build up healthy babies. In order to achieve this purpose Sisonke Health District has spearheaded Healthy Baby Competition. The first competition came about at the sub District level and followed by the finals at a District level which took place at non other than Pholela CHC .



Pholela CHC Staff at a women's day celebration

UBENELIKHULU ISASA UMKHANKASO KAHLOLA MANJE

Ukuqinisekisa ukuthi umphakathi uthola ithuba lokuhlola isifo se TB kanye nesandulela ngculazi abahlengikazi/abahlengi kanye namakhansela asiza ukuhlola igciwane lesandulela ngculazi bahambele izigodi ezingamashumi amabili (20) lomsebenzi uqhutshwe ngokusebenzisana nonompilo. Abanye babantu abagula kakhulu baye bavakashelwa emakhaya lapho bekufike kuhlolwe khona wonke amalungu omndeni. Efundisa endaweni yasemaNgwaneni mhla ziwu 29 July 2008 u Mrs Sithole

wexwayisa umphakathi ngezindlela etholakala ngazo I TB nalapho abalula lokhu okulandelayo,

- Ukutholakala emoyeni ngenxa yabantu abakhifa izikhwehlela phansi.
- I yathelelana
- Ukuminyana endaweni eyodwa futhi kungavulwa amawindi

Kubalulekile ukuthi imindeni ihlale ezindaweni ezivulekile ukugwema ukusabalala kwegciwane le TB. Uma sekutholakale ilungu elilodwa elinalesi sifo

umndeni wonke kumele uvakashele umtholampilo oseduzane ukuzohlola leli gciwane. Okuhlabe kakhulu umxhwele ngalomkhankaso izinga eliphezulu labantu abakade bezohlola igciwane lesandulela ngculaza

Obani abangahlaselwa isifo se TB

Wonke umuntu angahlaselwa ilesi sifo. Akwenzi umehluko ukuthi unothile noma umpofu, ukhuluphele noma umncane ngomzimba, sonke sisebungozini obufanayo.

Ngezansi kwesokuqala nesesibili ngu Mrs Sithole kanye noSihle Mngonyama khathi befundisa mayelana nesifo se TB kanye nesandulela ngculazi endaweni yase Mangwaneni. Kanti kwesesithathu uMrs Nzimande wayesechaze waze woma amathe khathi ephekwa ngemibuzo ilensizwa ebambeke esinqeni endaweni yakwa Mlimandlela.



uSiphiwe Ngceboubehambisana nonompilo ngezinsuku zomkhankaso ka Vitamin A

VITAMIN A CAMPAIGN

Kuyona yonke imikhankaso eqondene nezempilo ithimba labahlengikazi balapha emtholampilo liye lihambele imiphakathi eyahlukene. Kulokhu bekuhanjelwe amapoyinti angamashumi ayisishiya ngalolunye nambili (92) ezindaweni ezakhele I Bulwer kanye ne Donnybrook namaphethelo.

uVITAMIN "A"
UHLENGA IMPILO

HEALTH STORIES

HEALTHY BREASTS

Firstly, and most importantly, you need to understand that every change and every lump found in your breasts does not mean you have Breast Cancer, especially as your breasts are growing and changing, they'll have lumps and bumps anyway.

IMPORTANT FACTS YOU SHOULD KNOW

On average, the final stage of puberty is around 15 years of age and at this time, you are physically an adult. In your late teens and early twenties you have more lumps, bumps and pain in your breasts that seem to come about just because your body is growing. Lumps can form in your breasts due to hormonal changes during your period

cycle and they usually go away at the end of that time of the month.

In your late teens and early twenties you sometimes can have round rubbery types of tumors called Fibroadenomas and these are not cancerous.

WHAT CAN I DO?

There are a number of ways in which breast cancer is detected:

It is recommended that your doctor or general practitioner should examine both your breasts and your armpits every year. In addition to this, women should perform Breast Self-Examination (BSE) every month. Women over the age of 40 should have a mammogram (breast x-ray) every two years. Breast ultrasound is used in conjunction with a mammogram to determine the nature of abnormal breast tissue seen on a mammogram

Breast Self-Exam (BSE)

BSE should commence once you have had your first period. If you regularly examine your breasts you will become more aware of how your breasts feel. You are more likely to notice changes (masses, lumps or nipple discharge) which could be early signs of cancer. It is best to do your BSE about a week after your period, when your breasts are not swollen or tender. If you see or feel a change in your breasts, see your doctor immediately. If your doctor says not to worry and you still feel something is not right, then ask to be referred to a breast specialist. Please click on the bar below for instructions on how to perform Breast Self-Exam (BSE).

HOW TO PERFORM BREAST SELF-EXAMINATION (BSE)

PART A - LYING DOWN OR IN THE SHOWER

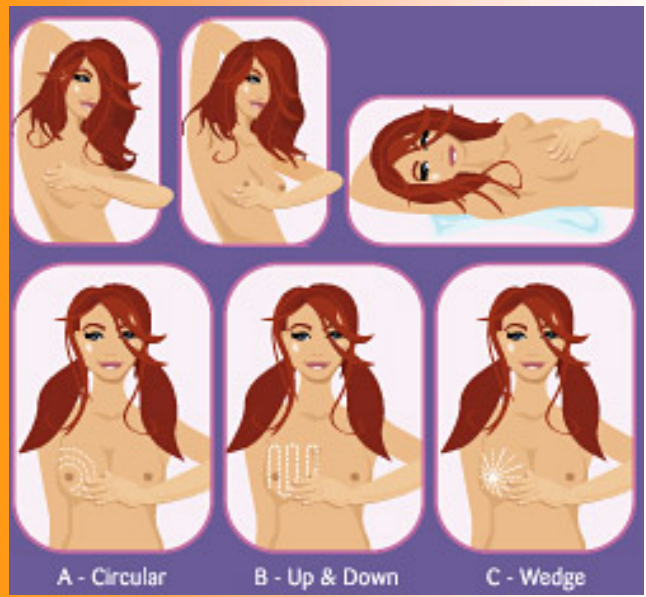
Feel for any change in your breast tissue e.g. thickening or hard lump.

- 1 Put your right hand behind your head and use the pads of the three middle fingers of your left hand to examine your right breast (use soapy water if in the shower)
2. Press using light, medium and firm pressure in a circular motion, then follow with an up-and-down pattern and then a wedge pattern (refer to diagrams A, B and C - click on the pics to enlarge)
3. Feel for any changes in your breast, above and below your collarbone and in your armpit area
4. Repeat these steps for your left breast

PART B - IN FRONT OF A MIRROR

Look for changes in the shape, size or appearance of your breasts e.g. dimpling, rash or puckering of the skin or nipple, nipple discharge or any change from normal. Inspect your breasts in four ways:

1. Holding arms at side
2. Holding arms overhead
3. Pressing hands on hips to tighten chest muscles
4. Bending forward with hands on hips



Photos by Mlungisi Dlamini and Snie Mncwabe

PHOTO ALBUM - IMVUNULO



Sihle, Phelelani, Putseletso & Sihle Ngcobo



Sindi, Zukiswa, Mrs Shezi, Thandani, Hlengiwe, Mrs Jili & Bongekile



Mrs Nzimande, Khumbu, Ntombenhle, Sihle, Thembeke, Mrs Shabalala, Mrs Duma, Mrs Sithole & Thembeke Madiba



Mrs Sikhakhane



Bulelani, Mrs Sikhakhane, Thuthukile, Gugu, Qi, Mrs Hadebe, Thabo, Siphwe and Ncediswa



Mrs Nzimande



Mrs Khanyile



Bonge, Nomou, Sihle, Zethu, Nokuthula, Hlengiwe, Mrs Sosibo & Mrs Mokapela



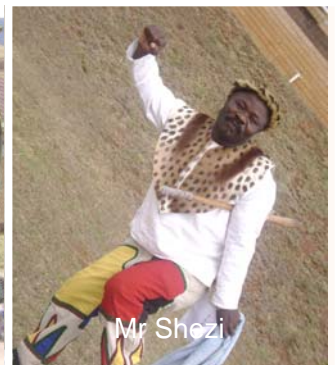
Mrs Madlala



Snie Mncwabe

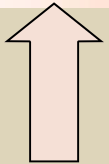


Mtu, Sindiswa, hle, Mrs Hadebe, Mrs Memela & Putseletso



Mr Shezi

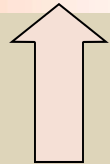
IXOXWA NGEZITHOMBE



Kwesokuqala uMrs Mpanza ubefundisa ngokubaluleka kokuncelisa umtwana ibele khathi kunomcimbi womtwana ophile kahle mhlazingu 07 August 2008



uMrs TGO Sikhakhane (Acting CHC Manager) kanye no Mrs Mokapela bebemukela isitifiketi se Silver award Ku Liza Johnson kanye no Mrs Khathi base Head office mhlaka 27 ku August 2008.



Kwesesibili bebefunga begomela omama ngengoma yabo ethi angisoze ngikuyeke ukuncelisa kuwona njalo umcimbi womtwana ophile kahle



Kungesikhathi oyilungu le Khanya Africa efundisa umphakathi wakwa Nonguqa ngokwezempilo mhlazingu 18 ku October 2008



Lapha uDr Nxumalo ophuma kwaKhanya Africa ubonakala esiza owayekade egula.

ULWAZI OLUBALULEKILE

EMTHOLAMPILO WAMAZINYO

October 2008

Kusukela manje usungalindela ukhlanzwa kwamazinyo. Lokhu ungakweza ngokuthi wenze ipoyinti nalomtholampilo noma ngaluphi usuku lokusebenza.

Usuku lokuhlaza: Njalo ngolwesibili

Xhumana no Ms Zakhi Majazi

Humour

Sisafunda isikole ekilasini kwakukhona umfana owayemdala kunathi sonke. Wayengakaze asho impendulo okuyiyo. Nge- linye ilanga abuze u Thisha "u 11 + 11 kwenza ba"? Owazi impendulo makasume ayoyibhala ebhodini. Asukume lomfana afike abhale u 22 simshaye izandla sonke bese eyadinwa ayicishe impendulo. Ambuze uThisha ukuthi uyicishelani impendulo ngoba iyiyo. Athi "Sir im not sure ukuthi imuphi u 2 oqalayo phakathi kwalaba ababili.

Ha HA HA
Putseletso

Awuthi sikubone ukuthi uhlakaniphe kanjani.

Buyisela lomusho esingisini. "uMandela waba ngumengameli wesingaki emzansi Africa"

Sazise ngempendulo ngokushayela I PRO ku ext 106.

Kuboka Snie baningi uma bephumele emnyango ungafunga ukuthi kuphume izingane zesikole.

HA HA HA

IZINSUKU ZODOKOTELA

- U Doctor Nkosi
USUKU
Ngolwesine
SIKHATHI
13:00 - 16:00
INDAWO
OPD
- U Doctor Bull /Mike
Ngolwesibili
08:00 am - 16:00
Ekuphileni Clinic
- U Doctor Mike
Ngolwesihlanu
09:00 am - 16:00
Ekuphileni Clinic
- Odokotela bamathambo
Ngolwesithathu
08:00 am - 16:00
OPD
05.11.2008

IMICIMBI EZAYO

Move for your Health

Usuku: 08.10.2008
Indawo: Pholela CHC Ground

Khanya Africa (Volonteers) bazobe behambele kwanonguqa
Usuku: 22.11.2008

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	29	30	31	

SPORTS NEWS—LADUUUMA



Going for a game does not only mean a victory, it promotes team spirit, exercise and of course companions. On the games that were organized by teachers at Pholela High School results were not what we always anticipate in Soccer. Good news is Pholela CHC participated almost in all sport codes. Boys were beaten 2 -0 against SAPS in soccer and girls took number two on netball. Snie Mncwabe went alone in table tennis and she took number one. On the volley ball side guys took number two. Well done to all of you. Old Mutual was also present to verify staff policy information and screen staff. They also provided with trophies and medals for the winners.



On the picture is Bafana, Fano, Mrs Madlala, sfiso & Velani



Scoring a goal is Thembeke Zulu



Back raw: Malusi Phungula, Sihle Ngonyama, Sbu Mthethwa, Bho Ngcobo, Sihle and Velani Sosibo
Front raw: Musa Nhlangulela, Bafana Nhlaguelela, Nhlanhla Dlamini, Sbu Sosibo, Sfiso Madlalaand Lindani Zuma



From left to right is: Thuliile Chule, Zethu Mnguni, Thembeke Zulu, Qi Nzimande Snie Mncwabe, Nosihle Dlamini, Sindiswa Nzama, Nombu Zuma, vumile Zondi and Lungile Sokhela

Its Party time

They have made it their culture to celebrate their birthdays at work. They are Human Resource and TB Departments.

On a big picture is Vumile Zondi and her supervisor Mrs Nzimande from TB section

Inserted is Nontokozo Khwela from Human resource Department



PHOLELA CHC



Siyenza is an inhouse publication for Pholela CHC. If you wish to make any contribution please drop us a line on EXT 106 or alternatively come in person to the PRO Office. You can also send us an Email on mlungisi.dlamini@kznhealth.gov.za. Our website is www.kznhealth.gov.za

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