



PHOLELA COMPLEX NEWS

INTERNAL NEWSLETTER

OCT-DEC 2016



Official Face for Comrades Marathon 2017
READ MORE ON PAGE 10

Featured Articles

- Forewords from the CEO
- Launch of Women's Forum
- Christmas party
- New Appointments
- International World AIDS Day
- National Nutrition Week
- 16 Days of Activism
- Mental Health Awareness Day
- Marathon Man makes History



Pholela CHC Christmas Party 2017
READ MORE ON PAGE 09

Foreword From The CEO/Medical Manager

Greetings

As we are about to complete this year of 2016, I am aware that not everything we have done in this outgoing year was enough to satisfy the needs of our communities. We remain committed into having more and more dialogues with the community to get a chance to listen to their requirements, get advice and solve the problems together with the community.

I, on behalf of the Executive Management of Pholela Community Health Centre,



Dr. N.M.T Gumede
CEO/Medical Manager

wish to wish you all a Happy Festive Season. Be safe on the roads, do not drive recklessly and most importantly do not drink and drive. Be responsible at all times.

Can we pray to God to keep us safe during the festive season and come back next year 2017 to have a meaningful contribution in the realization of Ideal Clinic.

Condolences goes to the Cuban people, Dr Molina and our friends for their loss. El Commandante Fidel Castro has passed away at the age of 90. His values will remain with us. Long Live the spirit of Fidel Castro!

South Africa will always be grateful to him and the country for their contribution in our health system.

I thank you

New Public Relations Intern

By Ms. Z Hlongwane

Humble greetings to all of the readers of our newsletter.

We've come to the end of the year once again, a time for caring, loving and spending time with our families and loved ones.

It has been a long year for all of us, working hard all year to ensure optimum service delivery to our clients and community at large. Throughout my experiential learning I have acquired a lot of experience. Thanks to Pholela CHC Management, staff, and satellite clinics for warm welcoming and utmost respect they showed me.

The amount of dedications shown by Mr. Mkhize (PRO) throughout my experiential learning is mazing, He always empowered me, gave me confidence and highlighted the challenges that Public Relations faces on a daily basis.

Thank you for your perseverance, support and all your assistance throughout my experiential learning. Your effort are the evident on good things that Pholela CHC has achieved thus far.

I would like to wish everyone a Merry Christmas and Happy New Year with prosperity.

THANK YOU ALL!!



Miss Z Hlongwane
PR Trainee

Fundraising and Women's Forum Launch

By Ms. Z Hlongwane

The formulation of Women's Forum is to empower, share ideas and get to know each other better. Pholela CHC women had a meeting to consider a way of starting this initiative in a memorable and significant way

It was agreed upon by the women to have a fundraising event so raise money for their launch. This was a good idea as it turned out to be a great day for workers and clients who were able to buy refreshments like hot dogs, cake, juice and clothes that were for sale.

This women's forum was named *ABANQOBI WOMEN'S FORUM*. On the 23th of November Pholela CHC women's Launched their forum in style, whereby they had prepared finger lunch and had huge cake baked for them along with refreshments, the money for fundraising came to good use. The decoration was very beautiful and the women had decorated the room in white, blue and yellow colors.



The launch had a concept which was aimed at encouraging women to be bold and proud of themselves. The concept theme was "WHO IS A WOMEN?" this was shared by Sister Hadebe who explained the importance of a women in this world and how they should be proud of themselves.

Entertainment was provided in a form of dancing, poems and music. The ladies were really enjoying themselves and had a wonderful launch.

Women's Forum Fundraising Event



Pholela CHC Launch of Women's Forum



Awareness march by staff and community

The 1st of December is well known around the world as a day to commemorate “*International World AIDS Day*”.

On this special day staff and clients gather to create awareness about the disease that effects us all. A prosed march took place at the clinic premises in the morning, cascading the theme message “**Leadership, Commitment and Impact.**”

After the march informative talks were given by different sections addressing the issues surrounding HIV/AIDS. Awareness was also created in a form of a sketch play performed by staff form Ekuphileni Clinic. The focus was on ensuring that clients on treatment of ARV’s continue taking their medications and to not default due to malicious beliefs or traditional medicines.

A candle lighting ceremony took place where by everyone was asked to light a candle in support of all those that live with the disease and to all those that have passed on. This was truly a great initiative to create awareness as the community was able to ask question at the end of the event.



Candle lighting ceremony



Stage play by staff

Mental Health Awareness Day is well known in the Republic of South Africa. This special day takes into consideration all the people living with a mental condition.

On the 26th October 2016 Pholela CHC along with Mzimkhulu Psychiatric Hospital invited the community and clients to attend Mental Health Awareness Day. The community came out in numbers to support this initiative of Mental Health.

The guest speakers were Mr. Makhaye (Harry Gwala District Office) and Mrs. Mkhize (Provincial Head Office) who both addresses the public about the importance of showing affection, respect and care towards people in our community that are living with a mental health condition, they are people just like me and you with a special illness.

Mzimkhulu Psychiatric Hospital entertained the public and our guest as they performed a sketch about a family that worked together to help their father overcome a mental health condition.

Mental health is a manageable and chronic condition which need to be acknowledged by everyone. It is important to support people with mental health.

Mrs. Sikhakhane's (Pholela CHC) vote of thanks encouraged that we work together as a community to help people with mental health.



Entertainment by community



Guest speaker Mrs. Mkhize receives her gift



Mental Health Awareness Day



Screening of BP and BMI at the schools



Price giving for quiz winners

National Nutrition Week started in the 1990's when the department of health was approached by the Association for Dietetics in South Africa. It was agreed upon that it was important for nutrition messages to be included in the Department Health Calendar.

The National Nutrition week takes place in October to create awareness for nutritional foods that people should use in order to keep a healthy balanced diet. The objective of 2016 National Nutrition Week, was to create awareness amongst the public about the health and nutritional benefits of eating pulses and soya regularly, hence this years Theme for National Nutrition Week was "LOVE YOUR BEANS, EAT DRY BEANS, PEAS & LENTILS"

On the 12 and 13 of October 2016, Pholela CHC Nutritionist, Mr. T Matikwane visited two schools in the area to tell the about National Nutrition Week 2016. The targets audience for this year were all government employees, all health workers and people in the community.

On day one he went to Ndobakazibuzwa High School and Sandanezwe Primary on the 2nd day. Mr. Matikwane conducted (BMI) Body Mass Index Screening for all participants and checked for BP before the start of proceedings on Nutritional Week 2016.

Nutrition is essential as many people do not know what foods should we eat as to getting energy and nutrition in our bodies.

The audience of teachers took well to the presentation by Mr. Matikwane as he explained the proper ways in which dry beans can be cooked and all the health benefits that we can get from eating dry beans, lentils and peas.

After the informative talk, the audience was asked to participate in a quiz about Nutrition and the important of eating healthy. The participants then received gifts for each correct answer that was given.

According to the National calendar, the period from the 25th of November to 10th of December, is dedicated to 16 Days of Activism for no violence against women's and Children.

On the 15th of December 2016 the staff of Pholela CHC, clients and community marched together to create awareness on the 16 days of activism. They united, showing unity and sang awareness songs. The slogan was that ***"If we are united, we can stop violence to keep women's and children safe in our community"***

The march ended at OPD section where words of wisdom were shared with staff, community and clients. During the campaign we had stage play and poem performed by staff to create awareness and to pass the message of getting tested and knowing your status.

Clients were also encouraged to report violence without fear to the police or to the social worker, to stop being victims of violence. In order to stop violence against women and children, the community needs to report any form of abuse that they may suspect within the family or within the community

After this initiative, clients were given opportunity to reveal their concern regarding this matter. It was evident that motivational talks that were shared, the drama and poem that was performed had been fruitful to the community. Challenges were also given to men in ensuring that women's and children are always protected.



Staff march and sing awareness songs



Drama on 16 Days of Activism



16 Days of Activism march by staff and community

New Appointments 2016

By Mr. S Mkhize



M.B.G Mhlophe
OMN TB/HAST



L.S.L Mchunu
Professional Nurse



M.M Mdamba
CNP



N.P Sokhela
In-service trainee - SCM



P.R Mpaza
In-service trainee - Admin

Underberg Clinic Christmas Party 2016

By Ms. Z Hlongwane

Christmas arrived early at Underberg Clinic children. Underberg clinic Christmas party was dedicated to children who are on ART within the community and children from *Clouds of Hope Children's Home*. The children came in numbers to celebrate this special day.

The welcoming remarks addressed were by Sr. Thusi (OMN) who stated the purpose of the day and thanked all support groups and sponsors who made this event a huge success. Sponsors who came were *Life After Bars, Family Literacy Project, Beyond Zero, Vuka Uzithathe and Spar*. There were Christmas gifts for children like duvet covers and sheets.

Entertainment was on point in the form of Zulu dance, music, poems and singing. During the event staff, children and community dedicated their time to celebrate 16 Days of Activism and WORLD AIDS DAY by lighting candles and had a moment of silence to honor those living with HIV/AIDS and those who have passed on. The candle lighting ceremony was led by Ms. T Zuma.

Miss H Gamede (Social worker Intern) gave informative talk regarding 16 Days of Activism for no violence against women's and children. Where she encouraged children to report any form of abuse to the police or to social workers to stop being victims of violence. The children also recited a poem about abuse on women and children, saying they are the future of this country.



Candle lighting ceremony



Children from Clouds of Hope

The concept of Christmas is to celebrate and honour the birth of our saviour Jesus Christ. Pholela CHC Management and staff celebrated this day in advance as they hosted a Christmas party where all employees had to wear appropriate season colours of yellow and white which matched with the decoration and theme of festive season of being humble, joyful, happy and spontaneous.

The staff took it upon themselves to contribute money for Christmas lunch to end the year off on a good note and create staff moral in the process. On the day we had a mini stage play done to encompass the concept of Christmas day and how Jesus Christ was born, it was amazing and entertaining.

Words of appreciation and recognitions by Management were shared to help motivate staff from all sections, for their commitment and dedication for ensuring service delivery to all of our clients and community at large throughout the year. Hence with the new year coming, they were encouraged to keep up the good work. Furthermore, Management wished all staff, a Merry Christmas and prosperous New Year.



The Marathon Man Makes History

By Mr. S Mkhize

Mr. Velani has run the comrades marathon two consecutive times and was able to do well for himself as he beat his own time from the previous comrades marathon. During the past two comrades marathons, Velani had showed enthusiasm and determination in his running, which showed his ambition as a new runner.

The call came as a surprise to him when he was kindly asked to attend “The Launch for Official Face of The Comrades Marathon 2017, which took place at the OR Tambo International Airport on the 18 of August 2016. upon arrival he met other participants who were in the comrades marathon with him, “Indeed this was a good feeling to be called to attend such an event which is global recognized” said Velani

Mr. Chris Fisher, General Manager of Comrades Marathon Association announced Velani Sosibo as the Official Face of The Comrades Marathon 2017. This is one of the greatest great achievement for Mr. V Sosibo, for Pholela Complex, for the Department of Health as a whole and for Gqumeni Clinic

“I feel humbled And motivated to be the Face of The Comrades Marathon as it is the worlds greatest Ultra Marathon” said Velani.

This is an extra ordinary story for any person, it is evident that if you put your mind on something and work hard to achieve your goals, greater things can happen in the process of reaching your goals if you are focused and determined

Pholela Complex is very proud of your achievements and wishes you all the best with your future races



Photo Gallery 2016



New Mobile clinic Donated by Mondri



World AIDS Day Awareness Day



HPV Vaccination 2016



Launch of Women's Forum



Heritage Day at Pholela CHC



16 Days of Activism Awareness Day

ACKNOWLEDGEMENTS



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