



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

ST CHADS CHC

ESITEBHISINI

NEWS

DECEMBER 2025

ST CHADS CHC TOOK STEPS TO STRENGTHEN MENTAL HEALTH



Mental health and substance abuse are prevalent in our society

The month of October has been observed as mental health awareness month.

On the 29th October 2025, St Chads CHC hosted a significant event to commemorate mental health day. The aim of the event was to educate the public, staff members about health issue like signs of mental health disorder, coping mechanism, creating supportive environment to the clients and improving individual's life.

Mrs N Molefe - Registered Counsellor said that, mental health can affect thoughts, emotions and that can changes one's behavior. She further explained that if you have moody swings, mostly you feel sad and irritable, feeling helpless or worthless, unloved, not belonging, to be filled with anxiety/ gripped by fear, social withdrawal, feeling tired, and constantly having headache. These are the signs that one might need to take a stand up and take care of mental health.

01

SNEAK PEEK FOR MENTAL HEALTH



EZakhe-
ni SAPS
explain-

ing their mandate in transporting mental health care users when they poses danger to themselves or others. Whilst Ms Mthembu was also sensitizing parents watch out their child's behavioural changes, emotional and social development.



Ms Molefe explaining that physical activities like yoga boost mental health



Table displaying types of substances like alcohol, cocaine as they affect mental health.

02



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KUQWASHISWA NGOKHWANTALALA EMPHAKATHINI WASE- NAZARETH

Ukuphazamiseka ngokomqondo kuseyizinye izinqinamba abantu abaphila ngaohansi kwazo emphakathini esiphila kuwona. Iningi labantu bahlangabezana nezimo ezinzima empilweni yabo, lapho bezithola sebekwincindezi eze ihlukumeze inqondo okanye isimo sakhe sokuphila.

Ngomhlaka—26 June 2025, umtholampilo wase-Nazareth - Rockcliff Clinic yavakashelwa ngu-Nksz Lungile Mthembu osebenza CPD Mental Health emahhovisi oThukela Health District. U-Nksz Mthembu wayezoqwashisa umphakathi ngezinto ezithinta ezenqondo kubantu abadala nabancane.

Phakathi akubalula izimpawu ekemele umphakathi azibheke ikakhulu kazi ezinganeni ezincane ngokushintsha kwesimo sempilo bese uthintana nabazempilo ukuze ukzothola usizo ngokush- esha:

- Uma ingane yakho ikhula ngokusalela emuva njengokuthi ezinye ziyagijima kodwa eyakho isagaqa. Bika emtholampilo
- Ingane noma umuntu omdala ophikisa yonke into atshelwa yona
- Ingane encane ethuka inhlamba kakhulu, kungenzeka kunencindezi ephila nayo.

U-Nksz Mthembu unxenxe wonke umuntu ukuthi anakekele ezemqondo zabo kanye nabasondelene nabo. Uma kunezimpawu nxumana nabehle ngakazi, okuyiwona azokuxhumanisa nosonhlalakahle kanye ne- Registered Counsellor. Ube esechizelela nakubazali ukuba bakuqinisekise ukuthi izingane eseqalile ukuthatha amaphilisi ziwathathe ngendlela okuyiyonayonana



Nksz Mthembu uqwasisa ngokwezenqondo ikakhulu kazi ezinganeni ezincane

STRAIGHT FROM THE HORSES MOUTH

“ Ngokukhulu ukuzithoba ngiyabingelela ebese ngice- la ukubonga kakhulu u- Sister Ndawonde ow- alayikhaya. Waze wanesin- eke nkosi yami, lapho ngimthole esezoshayisa. Akazange angitshela nga- lokho kodwa ufike wanginceela umntwana egu- la kabuhlungu. Ngithi uqh- ubeke njalo okwenze kimi ukwenze nakwabanye. Inkosi ikubusise, ngiyabon- ga kakhulu. Nonhlanhla Ndlovu.

“ Ngicela ukudlulisa ukubonga udokotela Thabede, lodokotela ungene ngobizo impela, inhloni- pho, uthando, ukumazisa umuntu omdala nomcane. Siyabonga Doc Thabede, unwele olude. Uqhubeke njalo nokumazi omunye umuntu. Sikuchoma uphaphe. Siyabonga” Madlala Nokusa

“ Bengisesesibhedlela sase St Chads. Ngendle- la abanobuntu ngakhona bayaphila nkosi yami. Baphathana kahle kakh- ulu, banobuntu obuhle kakhulu, engathi ben- gaqhubeka nalokho abakwenzayo. Kunonesi Nkabinde ono- buntu obuhle, onomoya omuhle kakhulu. Siyabonga kakhulu ngokwenzayo kubantu.”

“ Dept Mother and Child Ngicela ukubonga ngendlela eniqale ngayo yamafayela abantwana. Ngethemba ukuthi nathi siumphakathi sogv=cina sesilujwayele loluhlelo eniluqalile. Sibonge nakumphathi wabant- wana ngendlela asichazela ngayo. Siyadinga ukubambi- sana nokubekezelelana ikakhulukazi thina siumphakathi” Mtshali Ntombifuthi

PROPER HANDWASHING, GOOD NUTRITION FOR HEALTHY BODY

On the 15th October 2025, St Chads CHC observed Global Hand washing day. Hand washing day was collaborated with National Nutrition Day which is also celebrated on the 15th of October.

Hand washing day and Nutrition day are linked as hands needs to be cleaned thoroughly before preparing or touching food. Common factor in this two scenario is that, both nutrition and hand washing prevents infections like diarrhea.

The purpose of the event was to raise awareness and emphasize the vital role of hand washing and to encourage clients and staff members to become a hand washing hero with 2025 theme “ Becoming Hand washing Hero”

Whilst 2025 theme for National Nutrition “ Food for Health & Health for all” aimed to educate clients and staff members the importance of having healthy, balance diet - promoting healthy eating habits and encouraging audience to be physically active.

During the event, IPC Mr. T Sitole called on everyone to be hand washing heroes for better health and he put up the show demonstrating the hand hygiene practices (5moments). Sister N Nkabinde - MOU Operational Manager highlighted the importance of IPC measures especially hand hygiene.

The day proceeded where different units within the CHC presented their food type. Sister A Simelane, Occupational Nurse who was green group explained the Nutrients that are found in the greens like cabbage, spinach which support the immune functionality.

“ Having food with good nutrition at an early age paves a good foundation of health”, said Miss S Mavunda - Nutritionist. She encouraged pregnant

women to have balance meals, when the baby is born to exclusively breastfeed their babies for the first 6 months.

The event was embraced by the Community Care Workers.



Nutrition and hand wash display table



Mr T Sitole—IPC and Sister A Simelane demonstrating hand wash

04



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HAND WASHING AND NUTRITION PICTURES



Yellow group educating the importance of eating yellow and orange fruit and vegetables



Sister H Hlatshway , the vibrant program director



Miss S Mavunda—Nutritionist emphasizing not to eat too much starch , importance of physical activities and drinking enough water



Hand rub demonstration from our client



Were you listening to IPC? Client confidently answered YES



Audience listening to speakers



ISIBHEDLELA KUBANTU



Left: Dental care services team at Sahlumbe area

Right: Community of Nazareth came out in numbers to benefit from the outreach services

People of Nazareth and Sahlumbe benefited from the outreach services program. Sahlumbe Clinic and Rockcliff Clinic under St Chads CHC put one of the Batho Pele Principle which is access into action by ensuring that all their residences benefits from a comprehensive health services (Isibhedlela kubantu) which was delivered to their communities. The communities seized the day to benefit from services from a Medical Doctor, Eye care services, Dental care services, mobile services, Physiotherapist, Social Worker,



Right: Eye care services extended it services to underserved communities .

Left: PHC Supervisor—Mr Gumbi was hands on, leading and supporting the teams in clinical and administrative responsibilities at Sahlumbe area.

WELLNESS STARTS WITH EZAKHENI C YOUTH



Youth of eZakheni C chanting and dancing for their youth

On the 25th June 2025, the community of eZakheni commemorated youth day in honor of eZakheni C youth, encourages youth health and be vigilant of the obstacles that might impact on a young person's achievement. The event aligned with the national Closing the 1.1million Gap campaign, which aims to support people living with HIV but aren't on treatment.

This year's youth was held at eZakheni C Community Hall, which was lead by eZakheni C Operational Manager Sister Mthwethwa. Celebration was not just the day to remember the youth that protested against apartheid's oppressive education system but to re-engage with individuals/youth who tested positive with HIV but stopped taking treatment/ not yet started with treatment.

Sir Ndimande - CNP at eZakheni C Clinic explained that the Department of Health want to identify and bring back people who tested positive but defaulted on their treatment. "In 1976, youth died fighting for education, however today's youth have a sustainable future by taking ownership of their health and future" said Sir Ndamane explaining the purpose of the day. He further emphasized that at the clinic there is someone who deals with youth who can be reached in ensuring equitable of youth access of programs without stigma or judgment

There were entertainments from scholars, where they were provided a platform to showcase their talent/ skills through music, ingezo from all eZakheni high schools, poetry from Bonukwanda Dladla and stage paly from the Community Health Workers. Day proceeded with a march commenced at the hall to the sport ground where youth was chanting different chants related to health, gender based domestic.

07



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HEALTH AND WELLNESS DAY IN PICTURES

Wellness day was held on the 31st October 2025 at St Chads CHC. The day started off with a fun walk from St Chads CHC to eZakheni TVET College. Participants partake to different activities

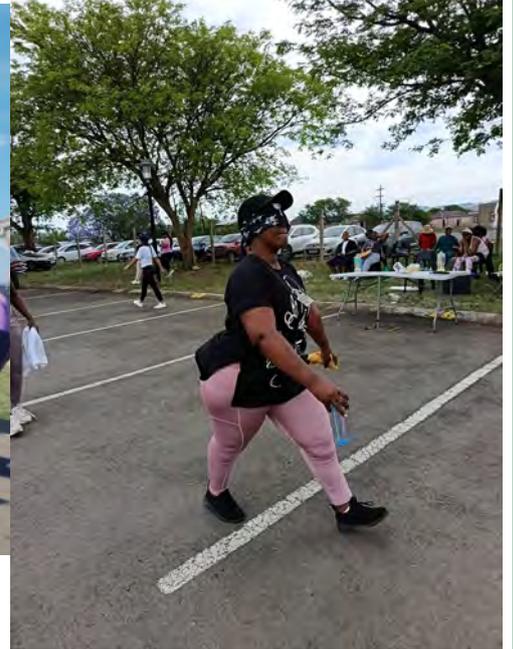


PHOTO GALLERY



Umtholampilo wase Zakheni C walsondeza ezempilo kumphakathi wase C4. Injongo kwakunguxwayisa ngokukhulelwa kwabesifazane abasebancane (teenage pregnancy)



St Chads Sub District facilities scoped certificates and trophy for improved success in reaching 1.1 million closing the gap campaign.



Abantu besilisa basendaweni wase Limehill bahlomula ngolwazi bevakashelwe umntwana Nhlanganiso Zulu. Umtholampilo wase Limehill wahlela umcimbi ikhosombe lamajita ukuzoqwashisa abantu besilisa ngezempilo, nangokuzophatha okuqotho kwabantu besilisa



On the 12th December 2025, St Chads CHC hosted a successful year end prayer for staff members. The congregation was reflecting on the past months with gratitude chanting "Ebenezar",



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EDITORIAL TEAM / DETAILS

Dr. SE Mnguni
CEO/Medical Manager

Miss GP Mabaso
Public Relations Officer

St Chads Community Health Centre
Corner of Helpmakaar and eZakheni Mai Road, Ladysmith, 3370

Private Bag X 9950
Ladysmith
3370

Emails :

CEO/Medical Manager : Scelo.mnguni@kznhealth.go.za

Clinical Manager: zwelihle.shabangu@kznhealth.gov.za

Pharmacy Manager : Khayelihle.zwane@kznhealth.gov.za

Deputy Manager Nurse : Lindiwe.phungula@kznhealth.gov.za

Planning, monitoring and evaluation: Makhosazane.dladla@kznhealth.gov.za

Finance Manager: Londiwe.zondi@kznhealth.gov.za

Human Resources Manager : Simphiwe.zulu@kznhealth.gov.za

Systems Manager : siyabonga.zulu@kznhealth.gov.za

Public Relations Officer: gugu.mabaso@kznhealth.gov.za

10



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