

# ST AND NEWS

Oct—Dec. 2009  
Issue 20

## ST ANDREWS CELEBRATES WORLD AIDS DAY



Matron C.M. Selwane leading her Lay Counsellors choir. I must say the lyrics of their songs were quite interesting!

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Simunye Support Centre became part of the joined the world on the 1st of December 2009 by conducting an awareness day at the hospital's Out-patient Department.

Simunye did not stop on the 1st of December with its awareness, Simunye continued for the whole week in OPD and then on the 07th December they visited our Gateway Clinic to continue with the awareness there.

Patient seemed to have appreciated receiving information and this was measured by the action of community asking questions and this spelt the need for more campaigns to be conducted in OPD as well as Gateway Clinic

in the New Year.

### Motivational talks

Our very own Medical Officer of Simunye Support Centre Dr Kayembe encouraged staff and family members to take the initiative to do VCT early and be exemplary and spread the word.

Also that one should know the "truth" and what the truth is—HIV is here and more deaths are to occur if one does not take heed to ABCDE messages from the government which are:

- A—Abstinence if not mature enough and ready to take responsibility.*
- B-Be faithful to your partner.*
- C-Condomise*
- D-Avoid drugs and alcohol*
- E-Education-ongoing to keep abreast with new HIV/AIDS education.*

Another highlight for the week was the disclosure made by two staff members about their positive status. These were motivational speakers with the hope of having a positive impact at the institution.

There was also a PWA from our Simunye programme giving a vivid motivational speech highlighting the fact that VCT is the way to go.

All three speakers identified similar feelings of love, care and support but most importantly they highlighted adherence to treatment.

## St Andrews hospital's fashion show for charity

On the 22nd of October 2009 St Andrews hospital's recreational hall turned into a fashion house when some of the employees showcased clothes designed by Indalo Fashion.

The idea of this fundraising event came from the Dlala Mapantsula group that works together with Indalo Fashion in order to raise funds through fashion shows.

The main aim of the fashion show was to raise funds for the needy school children of Umuziwabantu. The funds that were raised during the fashion show were to be donated to a number of school children who are coming from financially strained homes. The funds were to assist in buying them school uniforms.



Move over Kate Moss, Tyra Banks and Alek Wek because these girls are taking over



Nomfesane okugqokwe uSphiwe ungqo yini ndaba awuthembi yini???



Mr Miya sicela usixolele ngesikhathi siza-zijabulisa



Awu Scelo bakhombise ukuthi wena uphethe ziphi



Ezinye zezibukeli ngalolusuku



UNaomi Campbell wayezifikele mathupha oh hayi ngenza iphutha uSphiwe Jele ngendlela amuhle ngayo bengicabanga ukuthi uNaomi



Nangu uAyanda Mkhize ezithokozisa kungathi usezocela ithuba

## Simunye Support Centre News

Simunye has continued to support thousands of clients through Voluntary Counseling and Testing, CD4 screening, accessing our ARV Programme and assisting in Home Base Care where terminally stable clients are being nursed at home some by Community Health Workers, others by volunteers supervised by NGO's e.g. Doctors for Life in collaboration with their family and friends.

### Achievements for 2009

The support centre has a dedicated Doctor specifically for our clients. Simunye also managed to launch Speaking Book in order to enhance module training for all clients including the illiterate Zulu speaking clients.

Speaking Book is a valuable tool that can also be used on highlighting the importance of early testing and adherence to counseling. This tool can also be used by NGO's, church groups and Community Health Workers etc. when conducting health education.

*Article submitted by Sr C.H. Manning*

## Employee Assistance Programme News

We need to be vigilant not to be distracted consciously, protect our freedom and democracy against a lethal enemy which is quietly but vigorously penetrating all sectors of our community, the epidemics of HIV & AIDS and TB.

The same spirit which prevailed when communities were mobilized during election campaigns is desired in encouraging communities to use VCT as a primary, secondary and tertiary HIV prevention strategy.

Primary Level of prevention: Once people discover they are HIV negative they can and should protect themselves from becoming infected.

Secondary Level of Prevention: This means it's of paramount importance for everyone to test and know their status early so that they can change their lifestyle, mindset as a result to avoid re-infection, avoid spreading the infection and most importantly avoid unnecessary orphans.

Tertiary Level of Prevention: means some if not many people test and find out late they are sick and positive. This should be discouraged as it's important to prevent re-infection. At this level many seek herbs as a kind of rehabilitation.

Now is the time to open dialogue and learn from our previous experiences and revisit our strategies and join forces in the struggle against all HIV challenges thus improving our minimum achievements.

*Article written by Sr C.H. Manning*

## NEW APPOINTMENTS Oct.-Dec. 2009

<u>NAME</u>	<u>RANK</u>
1. Pillay A	Chief Medical Officer
2. Cele LP	Staff Nurse
3. Mthembu JS	Staff Nurse
4. Shange KNP	Staff Nurse
5. Xaba MZ	Staff Nurse

### Christmas Joke

On Christmas morning a cop on horseback is sitting at a traffic light, and next to him is a kid on his shiny new bike.

The cop says to the kid, "Nice bike you got there. Did Santa bring that to you?"

The kid says, "Yeah."

The cop says, "Well, next year tell Santa to put a tail-light on that bike."

The cop then proceeds to issue the kid a \$20.00 bicycle safety violation ticket.

The kid takes the ticket and before he rides off says, "By the way, that's a nice horse you got there. Did Santa bring that to you?"

Humouring the kid, the cop says, "Yeah, he sure did."

The kid says, "Well, next year tell Santa to put the stupidity in the horse's brain instead of on his back."

### YOU PUT THE DEVIL OUT, BUT DID YOU LET HIM LEAVE HIS BAGS?

You got out of a bad relationship because it was bad, but you are still resentful and angry (you let the devil leave his bags)

You got out of financial debt, but you still can't control the desire to spend on frivolous things (you let the devil leave his bags)

You got out of a bad habit or addiction, but you still long to try it just one more time (you let the devil leave his bags)

You said, I forgive you, but you can't seem to forget and have peace with that person (you let the devil leave his bags)

You told your unequally yoked mate that it was over, but you still continue to call (you let the devil leave his bags)

You got out of that horribly oppressive job, but you are still trying to sabotage the company after you've left (you let the devil leave his bags)

You cut off the affair with that married man/woman, but you still lust after him/her (you let the devil leave his bags)

You broke off your relationship with that hurtful, abusive person, but you are suspicious and distrusting of every new person you meet (you let the devil leave his bags)

You decided to let go of the past hurts from growing up in an unstable environment, yet you believe you are unworthy of love from others and you refuse to get attached to anyone (you let the devil leave his bags)

When you put the devil out, please make sure he takes his bags!

In the beginning of 2010, let the devil take his bags with him!  
Be Blessed, Healthy and Happy



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