

# ST AND NEWS

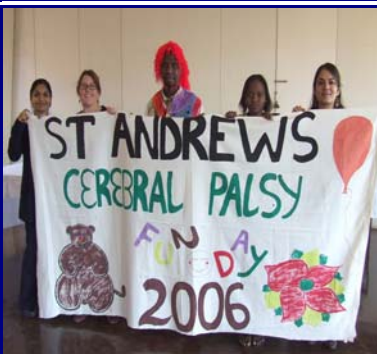


St Andrews Hospital

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## CEREBRAL PALSY FUN DAY A HUGE SUCCESS



From left: Miss V. Chetty - Radiographer, Miss S. Chantler—Dietitian, Mr J. Zulu—'Clown', Miss N. Ngcobo—Speech Therapist and Miss R. Dalvie—Occupational Therapist, posing for a group photo right after the fun day

On the 28<sup>th</sup> of August 2006, the Occupational Therapy department together with the Speech Therapy department held a fun day for children with Cerebral Palsy. Children together with their par-

ents from in and around Harding area came in numbers to attend this day at St Andrews Hospital hall.

The purpose of the day was to give a word of encouragement to parents and at the same time have fun with children who have Cerebral Palsy in order to make them feel special and loved.

Different speakers were part of this day; they shared words of encouragement and advice on how to take care of children with Cerebral Palsy. Two mothers also shared their experiences about having a child with Cerebral Palsy.

Entertainment from a local

dance group added more fun to the day. The children also enjoyed a special dance that was done by Mr J. Zulu from Stores Department, who was dressed as a clown. 'The Clown' also offered sweets and balloons to the children after showing them his special dance.

What made the day to be a huge success was the joy that was written on the children's faces at the end of the event and beautiful smiles from the parents and schoolteachers who were present on this day.

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## IZINGXOXO ZOKUQWASHISA ABESIFAZANE

Njengoba inyanga ka-August bekuyinyanga yomama abasebenzi base-crisis centre basebenzise lenyanga ukuba baphume ngothi lwabo bayoba nezingxoxo namakhosikazi asebenzela izihlangano ezizimele zamakhosikazi ukuyobaqwashisa ngezinto ezahlukene ezihlukumeza abantu besifazane kulelizwe.

uSr Mchunu, ongomunye wa-

basebenzi base-Crisis Centre waqwashisa abesifazane ngokuhlukunyezwa abantu besilisa nokuthi bangenzenjani uma bezithola bekulesi simo. Lokhu kwadala ukuba kuvuleleke izinkulumo nemibuzo eminingi eyayivela kulabomama. Ekupheleni kwazingxoxo kwashiya abaningi abantu besifazane bevuleke amehlo ngezinto eziningi ezingaba wusizo kubo.

*Malibongwe igama lamakhosikazi!!!!!!!*



uSr Mchunu exoxisana namakhosi-

**The mind has tremendous power. Your thoughts have tremendous power. Your praises have tremendous power. All those things make you what you are. So think positively!**

# ON THE 16<sup>TH</sup> OF OCTOBER WE ARE CELEBRATING WORLD FOOD DAY.



**Sarah Chantler—Dietitian**

Due to this day – it is important that we continue to learn about healthy eating. For our staff – healthy eating prevents us from becoming ill, lowering our chances of contracting TB, colds and gastro that our patients have. Healthy eating keeps our energy levels up, helping us to work better. Healthy eating and exercise combined help to lower our risk our heart disease, cancer, diabetes and obesity. All of these things are of great advantage to us as staff of the hospital. For the patients, healthy eating makes them get better faster, heal wounds quicker, gain strength again

and fight any illness that they have. As the dietitian, I have designed a new menu that I have given to the kitchen to as to make sure that the food that our patients eat is as healthy as possible. We are currently implementing it step by step. If you have any suggestions or improvements, come past the kitchen to let us know.

Otherwise, last time I gave advice on eating more fruit and vegetables. Have any of you tried to do that yet? Does anyone feel healthier?

Other healthy tips that I can give involve how we cook our food. Improvements can be things like:

- ❖ Try not to fry your food.
- ❖ Try to boil, grill or bake your food.
- ❖ Try to add water instead of oil.
- ❖ Use natural and fresh herbs like garlic, rosemary, chili and cinnamon instead of any salt based spice. Try not to cook with salt.

The wellness program is slowly moving – with appointments being made with all the people that have shown interest. With healthy food and wellness we will have healthy patients and staff in the future.

*Article written by: Sarah Chantler—Dietitian*



**Sr Mngomeni, who was the speaker of the day**

## CANCER AWARENESS AT THONJENI CLINIC

On the 14<sup>th</sup> September 2006, the Management and Staff of Thonjeni Clinic held a Cancer Awareness day at the clinic. The attendance from the community around was good with a high attendance rate especially from the youth.

Sr Mngomeni who was the speaker of the day, warned the youth about the danger of smoking cigarette since it may lead to any form of cancer and other diseases. She also pointed out different kinds of cancer and symptoms.

Women were encouraged to visit the nearest clinic to have their pap smears done in order to detect cervical cancer while it's still early

## UKUQWASHISA NGESIFO SOMDLAVUZA

Abasebenzi kanye nabaphathi basemtholampilo wase-Thonjeni baqwashisa umphakathi ngesifo somdlavuza mhla zingu 14 September 2006. Umphakathi wawuphume ngothi lwawo ukuzohlanganyela ngalolusuku ikakhulukazi intsha.

Owayeyisikhulumi sosuku ongumhlangikazi uNkk Mngomeni waqwashisa intsha ikakhulukazi ngobungozi bokubhema wathi lokhu kungadala izinnhlobozehlolo zezifo zomdlavuza kanye nezinye izifo. Waphinda wacacisa ngezindlela ezahlukeni ongabona ngazo uma usenomdlavuza

# UKUQWASHISA NGOKUNCCELISA ABANTWANA E-ST ANDREWS



U-Zanini Chala nomntwana wakhe uSbonelo (osancela ibele) babezithokozisa ngalolusuku



Omama abancelisayo belalele izinkulumo ezahlukahlukene ezazithulwa ngalolusuku



U-Sr Ntuzela wasegumbini lababelethayo

Isonto lokuqala enyangeni ka-August kwakungelokuqwashisa ngokubaluleka kokuncelisa. Isibhedlela iSt. Andrews ithathe leli thuba ukuqwashisa, yamema omama abancelisayo ezindaweni ezakhele indawo yase Harding, lapho omama bebephuza itiye futhi bancelisa ngesikhathi esisodwa.

Lomcimbi ubanjelwe ehholo lase sibhedlela zingumhlaka 2 August 2006. Isikhulumi sosuku kwakungu Sr. Ntuzela, osebenza egumbini lokubeletha khona esibhedlela. Uchaze ukuthi okuphi okusha osekutholakele mayelana nokuncelisa komama abanegciwane lesandulela ngculazi.

“Labomama kumele bancelise isikhathi esingangezinyanga eziyisithupha. Emva kwezinyanga eziyisithupha sebengamnika umntwana ukudla okuqinile. Uma benikeza umntwana ukudla okusethinini akumele aphinde ancele ibele ngoba lokho kungaba yimbangela yokusuleleka kwegciwane lesandulela ngculazi kumama kuya emntwaneni,” kuchaza uNtuzela.

Lomcimbi uphinde wanika omama ithuba lokuba bacule, bajabule ndawonye. Omunye womama uchaze ukuncelisa njengento ebalulekile, wathi umntwana wakhe uhlala ephilile, egxumagxuma, ejabule ngaso sonke isikhathi.

## EMPLOYEE ASSISTANCE PROGRAMME CORNER

The Employee Assistance Programme (EAP) always tries its best to provide you with information that you can use both in the workplace and in your private lives.

The EAP now needs your commitment and attendance as the programme is planning to provide an awareness on Personal Financial Management.

Debt is said to be the number one financial problem for high and low earners alike. It can bring worry, stress and sense of hopelessness about the future. If we do not honestly face the problem and make a plan it can enslave us.

If you are in a financial crisis, you dread facing pay days because of debts that you have. If you miss paying installments or you borrow money to pay debts or installments. You should know that you are not alone. South Africa is said to be a nation of people in serious debt. Being in debt does not mean the end of life it is possible to get out.

The awareness on personal financial management promises to impact you with skills on managing your money effectively, making informed credit decisions and on what you can do when you are over indebted to say the least.

If you are interested or feel that the awareness is relevant to you and the information can assist you in your life, please contact one of the EA Practitioners. The awareness is dependant on you wanting the information or seeing its relevance in managing your finances

*On a much lighter note it gives me great pleasure to inform you about our new practitioner Mr S. P. Keswa who can be found on ext. 234.*

Other practitioners are: Ms V.N. Didi ext. 216; Ms Y.Z. Dzulane ext 227; Sr N. N. Zikizela ext 278  
Sr I. N. Rayi ext 224; Sr D.T. Ntanzu ext 207; Mrs M. Mfeka ext 214; Sr Dlamini (PHC) ext 267

## UHLELO OLUSIZA ABASEBENZI

Uhlelo olusiza abasebenzi (E A P) luzama ngakho konke okusemandleni ukunikeza wena ulwazi oluzokusiza emsebenzini nasezidingweni zakho. I-E A P idinga ukuzibandakanya kwakho njengoba kunohlelo lokuqwashisa ngokuphathwa kwezimali zakho.

Izikweletu ngezinye zezinto ezibanga izinkinga kubantu abahola kakhulu kanti nakulabo abahola kancane, kanti zingakubangela umzwangedwa kanye nokuphelelwa yithemba ngenqubekela phambili ngekusasa lakho. Kanti uma ungakwazi ukubhekana nezinkinga zakho, uzame imizamo kungacina kuyinkinga ekwenza isigqila sayo. Uma usezikweletini awukwazi ngisho ukujabulela ususku lokuhola, ngenxa nje yezikweletu onazo.

Uma ungakwazi nokuboleka imali yokukhokhela izikweletu onazo, yazi ukuthi awuwedwa. Ingingizimu Afrika ingenye yezindawo ezinabantu abazikweletu. Ukuba sezikweletini akusho ukuthi sekusekugcineni kwempilo yakho, ungaphuma nje kuzo kalula.

Ukuqwashiswa ngokuphathwa kwezimali zakho kuzokuhlomisa ngokulwazi lokuthi uziphathe kanjani izimali zakho kanye nokuthi uthathe izinqumo ube wazi ukuthi uma usezinkingeni zezikweletu ezinkulu uzokwenzenjani. Uma uthanda ukuqwashiswa, ungaxhumana nalaba basebenzi bezempilo okubhalwe amagama abo la ngaphezulu.

*Article written by Miss Y. Z. Dzulane (Social Worker)*

# ZIXOXWA NGEZITHOMBE



Labo abenza u-ABET nabo bathola ithuba lokuthi bazikhiphe ngomhlaka IkuSeptem-ber kulonyaka baya eM-gungundlovu. Uyazi-bonela ke nawe ezithom-beni ukuthi kwakuyidili lamkhipheni!!!



## CANCER AWARENESS DAY HELD AT THONJENI CLINIC



Umphakathi owawuhambele umcimbi womdlavuzwa ow-awubanjelwe emtholampilo waseThonjeni.



Kwakushikish'ufudu kunjekunandisa abantwana besikole ababekulomcimbi!!!



uSr Nxumalo okunguye ophethe emtholampilo waseThonjeni, azisa izihambeli ngokuthi usuku luphathelene nanii



Umfu. Nzama owayengumphathi wohlelo wayelokhu ewakhiphe njalo amahlaya!!

## CEREBRAL PALSY FUN DAY



Children with Cerebral Palsy getting down on the floor!!!



Miss N. Ngcobo, Speech Therapist, gave a word of encouragement to parents



The dancers were moving smoothly on the dance floor!



Jimmy- The Clown also kept the kids entertained with his special dance

## SCHOOL VISITS BY THE DENTAL CLINIC TEAM



Learners from Marchmout Primary listening quietly to the Dentist.



Harding Primary learners showing off their toothbrushes and toothpastes



Dr Mbandlwa-Dentist, showing one of the learners how to brush his tee th

The Dental Clinic Team visited different primary schools around the Harding area to teach children about Oral Hygiene. The schoolchildren were also given free toothpastes and toothbrushes by the Dental Team.

## LAUGHTER THE BEST MEDICINE

An airplane is flying over the United States at night.  
The pilot says "Ladies and Gentlemen, the plane is losing altitude and all the baggage must be thrown out."  
A little later, the pilot says "We're still losing altitude, we must throw anything out that is in the cabin". The plane continues its descent despite more things being thrown out.  
Pilot: "Still going down – we must throw out some people". There's a big gasp from the passengers!  
Pilot: "But to make this fair, passenger will be thrown out in alphabetical order.  
So... A... any Africans on board?" No one moves.  
"B... any Blacks on board?"  
No one moves.  
"C... any Coloureds on board?"  
Still, no one moves.  
"D... any Darkies?"  
A little black boy – asks his dad:  
"Dad,...what are we?"  
Dad: " Tonight son, we are Zulus !!!

Two naughty boys stole a bag of oranges from their home.  
They decided to go to the nearest cemetery to share the loot  
They had to scale a big gate to enter the cemetery.  
As they were scaling, two oranges fell out of the bag and were left behind at the gate.  
A heavily drunk man on his way from a local tavern was passing near the cemetery gate and heard the following: "One for me–One for You" (distribution of the loot) Eyami–Eyakho; One for me–One for You.  
He immediately sobered up and ran as fast as he can to the local Priest.  
"Mfundisi, come with me and witness; God and Satan are sharing corpses at the cemetery". They both ran back to the cemetery gate and the voices continued: "One for me–One for You"; "Eyami–Eyakho"  
Suddenly the one voice said: "Lets get the two at the gate". (meaning the oranges that fell!)  
The Priest was the first to run for dear life

## ON A MORE SERIOUS NOTE!!!!

### FOR HAPPY LIVING...

- 1. Strike a balance between work and play, between seriousness and laughter.**
- 2. Stick with the truth even if it makes you look or feel badly. Falsehoods are like wandering ghosts.**
- 3. Forgive your enemies as part of the prize you pay for the privilege of being forgiven.**
- 4. Spend time outside. Walk. Get lots of air and sunshine and occasionally some rain or snow in your face. Get some dirt on your hands.**
- 5. Talk over your troubles, mistakes and dreams with someone you trust.**
- 6. Don't underestimate the ability of God to straighten out a situation—even when you can't. Be patient.**
- 7. Discriminate among your fears. Learn to tell which ones are useful, which ones are destructive.**
- 8. When you can't sleep say, "Aha! Here's a chance for a little privacy and creative thinking or prayer."**
- 9. Fall in love with life, with children, older people, the theatre, music, books, cities, hills, the sea—everything except money.**

**NEW APPOINTMENTS**

*Siyanamukela!!!*



- Blose N, General Orderly
- Blose T.C., A.S.O.
- Cele F. Z., P.R. Intern.
- Davenhill O.T., Supply Officer
- Dlamini B.E., General Orderly
- Dlamini S., General Orderly
- Duma B., Enrolled Nursing Assistant
- Gantsa Z., General Orderly
- Jantjes E., Secretary
- Kopo N. P., Finance Service Officer
- Makhanya A.S., Intern Finance Officer
- Mchunu E. S., Human Resource Practitioner
- Mfuphi N.T., Enrolled Nursing Assistant
- Mnembe N., Secretary
- Msomi N. L., Enrolled Nursing Assistant
- Mwandla G.N., Finance Management Officer
- Ngubane O.S.N., Safety Officer
- Nogwanya N. Enrolled Nursing Assistant
- Ntuzela F.E., General Orderly
- Ogle E.C., Supply Officer
- Shebi D.S. General Orderly
- Shinga B.R., Supply Officer
- Sosibo B.W. General Orderly
- Tibe P.P. Human Resource Officer

**RESIGNATIONS /RETIREMENTS/ TRANSFERS**

**RESIGNATION**

- Rossouw M.J.M

**TRANSFER**

- Khumalo S. S.

**RETIREMENT**

- Mchunu T.R.
- Sondzaba L.M.

**DEATHS—ASEBASISHIYA EMHLABENI**

- Mchunu B.E.
- Mcobothi N.B.
- Gwacela I.G.

May their souls rest in peace

Balale ngoxolo siyohlale sibakhumbula

**A happy person is not a person in a certain set of circumstances, but rather a person with certain set of attitude.**

**ORIENTATION AND INDUCTION NEWS**

On the 20th September 2006, the Human Resource Department conducted an orientation and induction for the new staff.

The staff was orientated on different HR related issues, Batho Pele, Human rights, Quality Improvement, Safety and Infection Control.

The Human Resource Department conducts these workshops on a quarterly basis.



Abasalalele bandla labosisi nobhuti ngiyethemba ukuthi bazuza lukhulu!

**ANNOUNCEMENTS FROM THE PRO**

I would like to inform you that Miss Zilungile Cele has joined me in my department. She is doing her internship and we will be working closely together, so don't be surprised if you see a new face in my office.

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##

The Public Relations Department is planning to have a newsletter especially for the community that we serve. But the department needs some help when it comes to the title of the newsletter so we have decided to have a competition where you will come up with the name and you stand a chance of winning R20!!!

Ngithanda ukunazisa ukuthi emnyngweni wami senginobuso obusha obungijoyinile igama lakhe uNksz Zilungile Cele ozobe efunda umsebenzi abe esebenza ngesikhathi esisodwa. Sizobe sisebenzisana kakhulu ndawonye.

#####  
Umnyango wezokuxhumana nomphakathi uhlela ukuba nephephabhuku lomphakathi esiwusizayo. Kodwa manje udinga usizo ngokuthi uthole igama elihle okuzoqanjwa ngalo leliphephabhuku, manje sikhethe ukuthi sizizwe nguwe ngokuthi usiqhamukele negama elihle ungazithola usethubeni lokuwina uR20!!! Lelogama eliwinile liyoshicilelwa kuhla oluzayo lwalephaphabhuku

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**We're on the web!**  
[www.kznhealth.gov.za/standrewshospital.htm](http://www.kznhealth.gov.za/standrewshospital.htm)