

## Campaign brings hope for the future



Ms.Zama Nzuzwa educating scholars about drug abuse at Khululekani P.S

**M**any students from primary schools in Sundumbili were visited during the Drug Abuse Awareness Campaign. The campaign started on 20 August and ended on the 22 August 2008. The students opted to come out and tell their teachers about their drug addiction and about the abuse they face at their homes from their parents. They also mentioned the abuse they face in their communities. The campaign was hosted by Sundumbili CHC in collaboration with other organizations and departments functioning in Sundumbili. It benefited the children as they were able to talk about their ordeal. Emphasis was on drug abuse and its consequences on people's lives and in their communities. It was also emphasized that drugs destroy the children's future as they concentrate on using drugs instead of pursuing their dreams. This year Ms. Zama Nzuzwa had organized

this campaign to awake children about the danger of drug abuse which also include the abuse of alcohol. They also had the opportunity to be educated about the relation of drug abuse and the spread of HIV among the youth as they are actively involved in an unprotected sexual relationship when they are under the influence of drugs or alcohol, which is also a contributing factor to child abuse. Drug abuse is a major concern in all the communities. To deal with this situation Ms. Zama Nzuzwa worked with Sundumbili SAPS , SANCA and other related organizations and shared their expertise.

Children found with drug abuse were referred to relevant places for rehabilitation.

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### SNIPPET IN PICTURES



# From the Chief Executive Officer's Desk

**Mrs. J. Pillay**

**A**midst the challenges the Department of Health is facing, Sundumbili Community Health Centre is still managing to fly their banner high.

The constraints faced by staff do not deter them from providing a high quality of health care. The ever increasing patient headcount and the high prevalence of HIV/AIDS add to the budgetary and environment constraints we are facing. Despite the adversities, the CHC engaged in the Road show with the Diabetic bus and Hlolamanje TB campaign. The Diabetic campaign was well supported. The number of patients screened was 120.

During the Hlolamanje TB campaign, sputum testing at the sites and door to door testing was done. Health promotion and HIV testing was also done. Three sites were identified which are Mazitapele, Vutha and Hlomendlini. Total patients sputa screened was 103, 167 and 338 respectively.

The ARV/VCT unit is over burdened with a large increase in the number of registered patients on treatment. The total number of registered patients to date is 2500. This number increases by 150 patients per month. The same challenges of inadequate space and human resources plague this unit. ARK, which is an NGO fully supports this programme. One PHC Isithebe is also in the process of being accredited as an ARV site.

The management team supports and enhances the vision and mission of this institution with one voice, that is why it is the fastest growing CHC in the District.

The management extends its gratitude to all the dedicated staff, for their tolerance and commitment during these challenging times.





## Editorial

My name is Sibonelo Ngcobo and I joined Sundumbili CHC as a Public Relations Officer in July 2008.

I would like to firstly give thanks to KwaDabeka CHC for grooming me in this field of dream. I would also like to extend my appreciation to the CHC Manager, Mrs. Jessica Pillay for welcoming me with warm hands in her institution. I would also like to extend my gratitude and appreciation to the staff of our institu-

tion for their continuous support and commitment in ensuring that we always provide the best service to our clients in the spirit of "Batho Pele."

I am also looking forward to all the challenges that I will face in my duties, trusting that the commitment and the team spirit among our staff members will keep us victorious in all our efforts to achieve optimal comprehensive health care for all persons in Mandeni sub-district.

**In this issue** I would like to applaud our soccer and netball teams for their outstanding performance they displayed during the recent league games. As we all know that the Department organizes tournaments for health institutions annually, Sundumbili CHC as well is part of that tournament and I would like to see all of us supporting our netball and soccer teams.

Our KZN. Health MEC initiated a new fight against the spread of TB and HIV/AIDS called Hlolamanje TB Campaign. Our institution took part in this initiative.

Lastly our amalgamation with other organizations and departments in fighting drug abuse and child abuse among school children has borne positive results since we have identified children who are victims of this problem and referred to relevant organizations and departments for assistance.

Enjoy your reading, until next time.

**S. Ngcobo**

## In Touch With our Health and Safety

### Officer

She matriculated at Fundukuhle Senior Secondary School in Imbali Township, and pursued her career as a Health and Safety Officer.

After finishing her matric she went to Mangosuthu Technikon where she studied a National Diploma in Environmental Health.

Her first job as an Environmental Health Practitioner was at Non-goma Environmental Office where she was doing community health service from January 2003 till

December 2003.

She again moved to Umzimkhulu LSA working as an Environmental Health Practitioner from January 2004 till June 2008.

Currently, she is with Sundumbili CHC as a Health and Safety Officer. She also studied a Bachelor Degree in Environmental Health, with Durban University of Technology and she successfully passed her studies with remarkable performance.

She mentioned that she is looking forward to all the challenges she will face in this kind of environment.

She also promised that she will ensure that our institution complies with all policies and safety



**Ms. B. Ngcobo - H&S Officer**

Standards to ensure a healthy and safe environment for all our clients and employees.

# APPOINTMENTS/ABAQASHIWE



**Bongwiwe Ngcobo - Health & Safety officer**



**Siyathokoza Ngcobo - HRO**



**Sibonelo Ngcobo - PRO**



**J. Z Mthembu - HR Intern**

# WELCOME

## Hlolamanje TB Campaign, the new weapon to fight TB

The communities from Mazitapele, Vutha and Hlo-mendlini areas received an opportunity of a lifetime when they were visited by Tb and HIV/AIDS campaigners from Ilembe Health District and Sundumbili CHC during the Hlolamanje TB Campaign.

The series of these campaigns, which is a directive from the KZN Health MEC commenced on the 28 July till 01 August. The main aim of this campaign was to bring health services to the communities especially those who are living far and who find it difficult to reach health facilities and to reduce the TB and HIV/AIDS suffers by early detecting the signs and symptoms of these diseases by conducting a number of community visits.

The statistics showed that KZN has an escalating number of people who are contracting these diseases, so the department decided to initiate this campaign to decrease the infection.

Community members got an opportunity to be tested and given their results immediately and referred for treatment when diagnosed with these disease.

Those who went for HIV test got a pre and post counseling from Hloniphani Mzobe(Giant), Lungile Mpanza and Tholakele Nxumalo.

Information was disseminated through health talks and pamphlets to a wide and diverse audience. Condoms were also distributed.

Door to door was also conducted to reach those who didn't come to the sites.

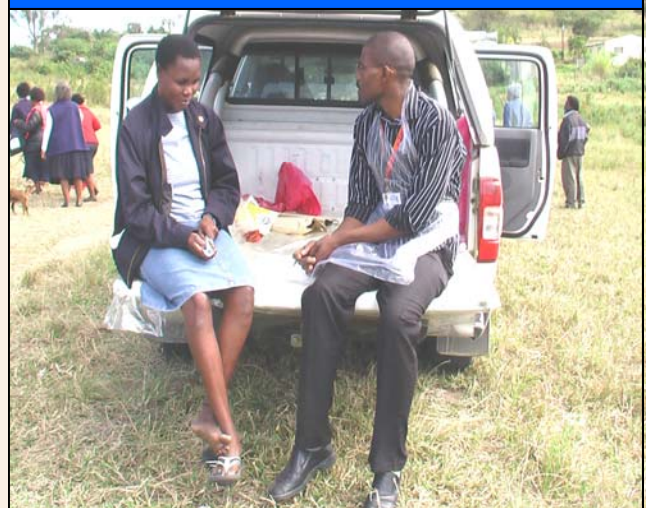
Among the campaigners was H.Q Mabaso (Nursing Manager, Sundumbili CHC, Lihle Maphalala (District Office), Sithembiso Blose (District Office), Buhle Ngubane (District office), Thandeka Mpanza (District office), T. Mthembu, Z.F Goba, Z.S Cashibe, D.F Nxumalo, M. Shandu, S. Mdletshe, N. Makhathini, P.O Gcabashe, Hloniphani Mzobe (Giant), Lungile Mpanza, Tholakele Nxumalo, N. Shabalala, K. Khambule, Community Health Workers and many more.



**H.Q Mabaso, L. Maphalala, N.Ngubane, S. Blose and Giant posing for the picture during the Hlolamanje Campaign at Mazitapele**



**A community member is being educated by Sizani Mdletshe at Mazitapele area**



**A community member is being given counseling by Hloniphani Mzobe at Mazitapele area**

## The First Clinic of its kind for Sundumbili Community Health Centre

Isithebe clinic is situated at KwaSithebe . It is under Ilembe Municipality. There was no clinic in this area to cater for the health needs of this community and they had to go long miles to reach health facilities.

Sundumbili CHC was providing mobile clinic to help the community of this area with health services. They were only depending on this mobile clinic and they had no place to go to if they are sick during the evening hours.

Isithebe clinic came to the rescue to this problem and it was officially opened on March 2007.

Isithebe clinic is an A Clinic which means that it operates 24 hrs. It caters for an average of 5500 people on a monthly basis. It caters for patients from the informal settlements and surrounding factories. Since it has a new Sister in charge, Ms. E.P.C.N. Mtshali, we have seen a lot of improvement and it is one of the well managed clinic in the sub-district.

It also has a dedicated and committed staff who always providing the best services in the spirit of Batho Pele

Isithebe clinic has really fulfilled the communities' long awaited dream of having their own health institution and they are very happy with the best services offered by Isithebe clinic.



THE FRONT VIEW OF ISITHEBE



Ms. E.P.C.N Mtshali (Sister in charge of Isithebe clinic)



THE SIDE VIEW OF ISITHEBE CLINIC



## ISundumbili CHC imangaze abaningi

Njengoba sazi ukuthi Umnyango wezempilo KwaZulu Natal uhlelela izikhungo zezempilo

ithonamente, nakulonyaka kunjalo. ISundumbili CHC nayo iyinxenye yalemidlalo.

Njengoba sazi ukuthi lemidlalo yandulelwa imidlalo ewuchungechunge yeligi phakathi kwezikhungo zesiyingi esisodwa, iSundumbili CHC imangaze abaningi abebekade bethi angeke ilibone elidlayo kulemidlalo. Idlale ibhola elinenkosi phakathi elishiye abaningi bebambe ongenzansi.

Uma ungakholwa engikushoyo buza koMphumulo, Montebello, Ntunjambili, EMRS, District Office, Stanger neNdwedwe bazokuxoxela.

Noma kuyakhuluma bakukhulunyelwa unondweba owayeqeda imidlalo sekonakele. Ngiyazi ukuthi abaningi bazogijima bayobheka iligi uma sebenconywa kangaka kodwa akosenani nathi sayibeka induku ebandla.

Njengoba ithonamente isisemome Isiyobonana khona uyadela umakhasane oyoziyibona zibulana !



**Sundumbili CHC netball team posing for the picture before the game**



**Sundumbili CHC player, Mxolisi showing an opponent player how the game is played**



**Sundumbili CHC netball players, De and Gugu showing Umphumulo players how to score the goals**



**Sundumbili CHC soccer team posing for the picture before the game**

# PHOTO ALBUM



**Drug Abuse Awareness Campaign at Sundumbili Primary Schools 20-22 August 2008**



**8 Hlolamanje TB Campaign at Mazitapele area 28 July - 01 August 2008**



# Did you know ?

**Stress** is another cause which may not be readily apparent when you are looking for reasons for bad breath. Stress affects the digestive system. An insufficient supply of digestive enzymes may be another cause.

## Health talk

### 4 Essential Health Tips

#### 1. Get enough time to sleep

A person can die from total lack of sleep sooner than from a lack of food. Death will occur after about 10 days without sleep, while starvation takes few weeks.

#### 2. Blow that Bubble

Many individuals chew gum simply because they enjoy it. However, gum chewing is not just fun and refreshing, it can also provide real health benefits. For example, chewing gum can actually help to prevent tooth decay. The increased saliva, caused by chewing gum is helping in washing decay and odor-causing bacteria away. With fewer acids in the mouth, tooth decay can be lessened.

#### 3. Quit Smoking

Quit smoking will reduce a risk of you to have a heart attack and lung cancer.

#### 4. Eat Tomato Regularly

Italian researchers have found that those who consume more than 7 servings of raw tomatoes lower the risk of developing rectal colon or stomach cancers by 60 percent.

## Word of God

PSALMS 1 : 1-3

“ Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the Lord, and in his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.”

## Words of wisdom

“ Intellectuals solve problems, geniuses prevent them.”  
Albert Einstein

# **SUNDUMBILI COMMUNITY HEALTH CENTRE**



## **Vision**

**To achieve optimal comprehensive health care for all persons in Mandeni sub-district**

## **Mission**

**To provide a sustainable, coordinate, integrated and comprehensive health care based on the P.H.C. approach through the District health system.**

## **Core Values**

**Trust based on truth**

**Integrity and reconciliation**

**Open communication and commitment to performance**

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