

“A MAN KNOWS” is the spirit to fight the spread of HIV/Aids



Mr. Siyabonga Mpanza (HIV/Aids Counselor) giving a HIV/Aids test to a patient during a VCT Campaign at KwaSiqumbe Taxi Rank

Our institution embarked on a VCT Campaign from the 3

-8 of November 08 in line with the National Testing Week.

Statistics are showing that KZN Province is still leading with the number of people infected with HIV/Aids.

The KZN. Dept. of Health is making all efforts to decrease the number of people infected by this epidemic. Statistics are still showing that females are the ones who are eager to know their HIV

status compared to their male counterparts which helps them to get an appropriate advice and treatment.

Taking the latter into consideration the Dept. of Health has embarked on a VCT Campaign to target men. The main aim of this campaign was to encourage men to test for HIV/Aids in order to know their status and to receive appropriate advices and receive treatment accordingly. Most of the men are able to know their status only the time they are terminally ill.

The theme of this campaign was, “ A Man

Knows”. A man knows that only courage makes him a man and that he has to protect his family and his loved ones from HIV/Aids. A man also knows that he is not a man enough if he doesn't know his HIV status.

Targeted sites were visited by HIV/Aids Counselors and Professional Nurses. Pre and Post – test counseling sessions were conducted to patients and those who tested positive were referred to the nearest health institutions for commencement of literacy classes and later appropriate treatment.

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SNIPPET IN PICTURES



MEET OUR MANAGEMENT TEAM



J.N. SHABANE - CHC MANAGER



H.Q. MABASO –NURSING MANAGER



DR. S. BIMSAN –MEDICAL MANAGER



MRS. P. SINDANE - HEAD OF PHC



MR L. MSOMI – F & SYSTEMS MANAGER



MS N. MSOMI - HR MANAGER



MR D.GROBBELAAR - PHARMACY MAN.

SUNDUMBILI CHC MANAGEMENT WISHES ALL THE STAFF AND THEIR FAMILIES AND THE READERS OF SUNDUMBILI CHC NEWSLETTER A HAPPY CHRISTMAS AND PROSPEROUS NEW YEAR. May God bless you abundantly.

FROM THE CHC MANAGER'S DESK

MR J.N. SHABANE



First of all allow me to acknowledge a very warm welcome I received from both staff and management when I commenced duties in the institution on the 2nd of October 2008.

I am humbled, honoured and sincerely grateful to join a winning team. Our area, Mandeni Sub-District is faced with a multitude of health

problems. The fact that we are an identified High Transmission Area for both HIV/Aids and TB means that we have above average challenges that any health institutions at our levels faces.

This year has been particularly difficult because of the resource challenges that we have had to contend with and continue to face. It is therefore praiseworthy that in spite of all those challenges, one can still see the eagerness and zeal with which staff continue to display towards our clients and patients.

We should pride ourselves for the services that we render notwithstanding challenges posed by infrastructural meagerness.

The management of this institution would like to record our thankfulness for the good work done by all categories of staff in spite of the scarcity of resources. The battle against morbidity and mortality among our

communities continues. One of the challenges that we face is to improve the quality of the services that we render and adopt a pleasant approach when caring for our patients and clients.

We need to remember that today's patients are very much aware of their rights. It therefore becomes essential to add compassion and care when providing services to the recipients of our package of services. Our interaction with patients must reflect the admiration and dignity with which we regard them. We need to breathe life into the concepts "Batho Pele and Patients Rights Charter".

In conclusion I wish to take this opportunity to wish all patients, staff and management a Merry Christmas and a Prosperous New Year.

May all your dreams and aspirations for 2009 become a reality.

J.N. SHABANE - CHC MANAGER



Editorial

It is great honor again to meet in this publication which is our fourth edition. Firstly may I have to thank all the staff who are working very hard to achieve the vision, mission and the core values of our institution regardless of the financial constrains we are facing.

It is now towards the end of the year and it is the time whereby families share gifts, good times and precious

3 memories together. We must

also to remember the precious Gift (Lord Jesus Christ) was given to us by the creator of Heavens and Earth to be our Lord and Savior. It is also important to share what we have with those who have nothing to eat during this festive season.

Enjoy yourselves in this festive season, but also don't forget that there is still a future ahead. Please don't abuse alcohol and drive and please abstain from sex or use a condom to protect yourself. Condoms are available at all our health institutions for free, so there is no excuse.

Also remember that the choices you make today will determine your future.

Our institution embarked on Vitamin A Campaign to give Vitamin A drops to children which help to protect their bodies against illnesses and this campaign was a great success.

I also featured School Health Services initiatives to promote a healthy life styles in our local schools.

We also embarked on celebrating the cultural day to show that we are proud of what we are. Our institution also embarked on a VCT Campaign with an intention to encourage men to know their status.

Happy Christmas and Prosperous 2009 until next time.

Sibonelo Ngcobo

FAREWELL TO OUR CHC MANAGER-MRS. J. PILLAY

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he management of Sundumbili CHC hosted a Farewell Party to say, “ Goodbye, Special Friends Last Forever,” to Mrs. J. Pillay on the 22 September 2008. This was a day that is not easy to forget and also a day of remembrance of good times the management and the staff of Sundumbili CHC shared with Mrs. Pillay.



Mr. P.N. Sangewni and Mrs. P. Sindane sharing jokes with Mrs Pillay during her Farewell Party



Mrs Pillay failing to hold her tears of joy when Mr. Grobelaar, Mrs B.P. Sindane and Mr. L. Msomi sharing jokes with her during her Farewell Party



Mrs. Pillay embraced by Mrs. H.Q. Mabaso after Mrs Pillay received her precious present from the management of Sundumbili CHC which will serve as a memento for her



Sundumbili CHC Management and staff members posing for a picture during Mrs. Pillay's Farewell Party

*Special Friends
Last Forever*

*Special Friends
Last Forever*

*Special Friends
Last Forever*

Campaign brings light to patients



Sundumbili CHC Pharmacy Department hosted a Pharmacy Awareness Campaign on the 03 September 2008. This campaign was in line with the Pharmacy Week which started on the 01-05 September 2008.

The main purpose of this campaign was to educate patients about medications, how to keep them and on how to use them effectively. This week was accompanied with patient information tables where they had an opportunity to know their medicines, PMTCT DAY and safe disposal of medicinal waste. The message was simple and clear, "We are here to help you, the COMMUNITY, Your health is important to us !!

This campaign was sponsored by ARK which is an NGO operating within Sundumbili CHC which specializes in HIV/AIDS epidemic and related issues.



Pharmacy staff posing for the picture during the Pharmacy Awareness Event



SINETHLANHLA SINDANE EDUCATING PATIENTS DURING THE PHARMACY AWARENESS EVENT



Sibusiso Shembe educating patients about ARV's



Nevil Braude educating patients about ARV's

School Health Promotion Initiatives



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School Health Services is a National initiative to promote a healthy life styles in our schools. Schools are encouraged to ensure a safe environment which is conducive for children to learn. They are also encouraged to ensure that children eat fresh and healthy food which comes from their own vegetable gardens and that toilets and classrooms should always be clean.

1. Ricky Chetty, Game Store Manager surrounded by children of Emhlabulweni P.S. during the launch of the kitchen donated by Game Stores to this school as part of the School Health Promotion Initiatives
2. Mrs. M.T. Mthembu, School Health Services Nurse - Sundumbili CHC
3. Emhlabulweni P.S. children enjoying their healthy meal cooked from their new kitchen
4. Delegation from the Dept. of Health posing questions to the teachers of Mbewenhle P.S. during the School Health Promotion Assessment
5. Emhlabulweni P.S. Principal Mrs. G.S. Ngubane and her staff celebrating the launch of the kitchen in their school
6. Roshilla Sahadeo, Quality Assurance Manager-Ilembe Health District assessing files at Mbewenhle P.S.
7. The kitchen sponsored by Game Stores to Emhlabulweni P.S.
8. New toilets that has been built at Emhlabulweni P.S. as part of School Health Promotion Initiatives

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Delegation from the Dept. of Health posing questions to children at Mbewenhle P.S



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UMGUBHO WOSUKU LWAMASIKO



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Ukusuku langomhlaka 24 kuMandulo usuku lapho kugujwa khona usuku lwamasiko. Nasemtholampilo wase- Sundumbili CHC asisalanga ngaphandle ekugubheni lolusuku. Abasebenzi basemtholampilo wase- Sundumbili balugubha lolusuku ngokuthi beze emsebenzi bevunule ngemvunulo yabo yesintu bekhombisa ukuzigqaja ngamasiko abo. Losuku labuye lagujwa ngokuthi ithimba lase VCT liholwa uHloniphani Mzobe (Giant) livakashele isikole samabanga aphantsi iDunga naso esasenze umcimbi wokugubha lolusuku. Kulomcimbi owawuthanyelwe abafundi namalunga omphakathi kwakuqwashiswa izethameli ngezinto zesintu njengokugcaba kodwa ezigcina zibeke izimpilo zabantu engozini yokuthola igciwane lesandulelangculaza. Babe sebelulekwa ngezindlela abangazilandela ukuze baphephe egciwaneni lengculazi njengokuthi bangasebenzisi insingo eyodwa uma begcaba.

1. USiyathokoza Ngcobo osebenza ehovisi lika-Ndabazabantu emtholampilo waseSundumbili evunule econsa ngosuku lokugujwa kwamasiko
2. UHloniphani Mzobe(Giant) eqwashisa abafundi, othisha nomphakathi ngesifo sengculaza esikoleni samazinga aphantsi iDunga
3. Induna yendawo nophethe ikomoti lesigungu sokuphatha lesikole babengabanye ababezimazise ukugujwa kosuku lwamasiko esikoleni iDunga
4. UHloniphani Mzobe(Giant) ehlezi nezicukuthwane ngosuku lwamagugu esintu esikoleni iDunga
5. Umfundi waseDunga ehaya izibongo zenkosi uShaka KaSenzangakhona ngosuku lokugujwa kosuku lwamasiko esintu
6. Umphakathi, othisha nabafundi basesikoleni iDunga bethamele umcimbi wokugujwa kosuku lwamagugu esintu
7. Abafundi basesikoleni iDunga behikla ingoma ngosuku lokugujwa kosuku lwamasiko esintu
8. Abafundi basesikoleni iDunga bedlala umdlalo weshashalazi ochaza ngokubaluleka komshado ngaphambi kokuthi abathandanayo baye ocansini



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Vitamin A Campaign



Our institution embarked on Vitamin A Campaign from the 08 to 20 September 2008.

All identified sites were visited by different teams which were led by Mrs. H.Q Mabaso (Nursing Manager) and Mrs. B.P Sindane (Head of PHC).

The targeted groups were children from the age of 1 to 5 years . Health education, talks and pamphlets on what kind of food rich in Vitamin A was given to parents coverage.

Each an every child was recorded in the form that was provided for statistical purpose. Our institution showed a remarkable performance during this campaign by scoring 96% coverage.

1. Mrs. H.Q. Mabaso and Mrs. B.P. Sindane giving Vitamin A at Emhlabulweni P.S.
2. Mr. Hloniphani Mzobe (Giant) giving health education on Vitamin A
3. Enrolled Nurse, S.Z. Phakathi and M.N. Ndaba giving Vitamin A at Sundumbili CHC
4. Mrs. M.T. Mthembu giving health education on Vitamin A
5. Parents with their children waiting to be given Vitamin A
6. Mrs. H.Q. Mabaso (Nursing Manager) applying maker as an identification for children who had receive Vitamin A drops at Emhlabulweni P.S.
7. Mrs. M.T. Mthembu filling cards for children during the Vitamin A Campaign
8. School children waiting to be given Vitamin A drops
9. Enrolled Nurse, S.Z. Phakathi giving Vitamin A drops to a child
10. Parents and children queuing to receive Vitamin A drops



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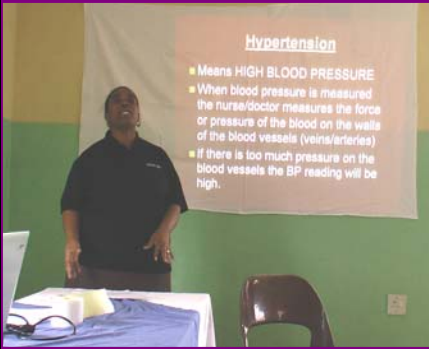


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PHOTO ALBUM



PHARMACY AWARENESS EVENT 03 SEPTEMBER 2008



VITAMIN A CAMPAIGN 8-20 SEPTEMBER 2008 (above) and VCT CAMPAIGN 3-8 NOVEMBER 2008 (below)



Health talk

5 Essential Health Tips

1. Eat avocados, they're good for you !

A quarter of an avocado has about 240 kilojoules and contains around 5g of fat - that's equivalent to 5ml of margarine and they have a place in a well balanced diet and they are also associated with reducing hardening of the arteries and improving glucose (blood sugar) levels.

2. Keep your kids safe in the car by following these tips.

Children under the age of 12 years should sit in the back , Make sure kids are buckled up at all times, Big no - no's include children sitting on an adult's lap in the front seat, standing in between the seats to peer out of the windscreen and standing on seats, Don't use one seat-belt for two children, Please don't leave kids in the car alone.

3. Quit Smoking

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

4. Eat seaweed regularly

These so - called " sea vegetables," like kelp, dulse and nori, are excellent sources of protein and fibre as they are also low in fat and are thought to help to protect the body from radiation and toxic heavy metals and they are probably most famous for their rich supply of minerals like calcium, phosphorous, iron and vitamins B and K.

5. Eat mushrooms, they're good for you !

Mushrooms are low-kilo joule, high-fibre health foods that are brimming with vitamins and minerals

Word of God

2 Chronicles 7.14

“ If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sin and heal their land.”

Words of wisdom

“The minute you settle for less than you deserve, you get even less than you settled for.”

Maureen Dowd

SUNDUMBILI COMMUNITY HEALTH CENTRE



Vision

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

Mission

To provide a sustainable, coordinated, 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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