

SUNDUMBILI CHC strengthen the fight against HIV/Aids



Mrs. H.Q. Mabaso, Mrs. Z.R. Ngcamu, Hon. Speaker Mr. Z.P. Makhoba & Mayor Mr. B.L. Magwaza & Mohammed (Programme Leader) singing a National Anthem

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SNIPPET IN PICTURES



Sundumbili CHC joined hands with the Mandeni Municipality in fighting the spread of HIV/ Aids during the launch of the TCE Programme on the 13 March at Sibusisiwe Community Hall.

TCE stands for Total Control of the Epidemic which is a programme which was firstly implemented in Zimbabwe with an intention to fight the spread of HIV/Aids in our communities.

1 This is an initiative

which involves the TCE Field Officers who are going systematically from house to house, person to person again and again, until all people have been reached and mobilized.

Sundumbili CHC offered a free training to the TCE-Field Officers on HIV/Aids & Sexual Transmission Infections.

The TCE Field Officers assist individuals to reduce their own risks of getting infected with HIV virus and each person is given relevant information according to their age groups and to pregnant women. Their

work also involves referrals for voluntary counseling and testing, prevention of mother to child transmission and ARV and also promote individual sexual behavior change, positive living, healthy eating, abstinence and the use of condoms. TCE Field Officers were awarded with certificates after they had undergone the relevant course. Non Governmental Organization were also awarded with a certificates of appreciation for the good work they are rendering to the disadvantaged communities.

MEET OUR MANAGEMENT TEAM



J.N. SHABANE - CHC MANAGER



H.Q. MABASO – NURSING MANAGER



DR. S. BIMSAN – MEDICAL MANAGER



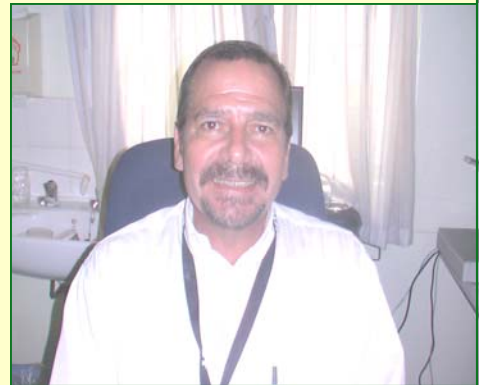
MRS. P. SINDANE - HEAD OF PHC



MR. L. MSOMI – F & SYSTEMS MANAGER



MS. N. MSOMI - HR MANAGER



MR. D.GROBBELAAR - PHARMACY MAN.



SUNDUMBILI CHC REALLY CARES

FROM THE CHC MANAGER'S DESK

MR J.N. SHABANE



This year is going to prove to be very challenging to us who are tasked with providing health services, not only in this institution but in the entire country and province. It becomes very critical that staff members are made aware of the NEED TO BE EXTREMELY VIGILANT not to

waste the scarce resources that are allocated to us. In spite of this, our institution prides itself for continuing to provide care even though we operate under very trying conditions.

Together with our partners ARK, our institution continues to do fairly well in providing ARV treatment to the local population. We however experience an increase in the headcount in general. This obviously will have an impact on the financial resources we have seeing that the economy in general is not doing so well. We have also commenced clinical trials on triple therapy used in PMTCT, a research

primarily conducted by ARK under the leadership of Dr Shembe. We are proud that Sundumbili CHC was chosen as the site to conduct the research on such an important aspect of HIV preventative care which is part of CCMT.

Management wishes to thank all staff (including satellite clinics) that has contributed to ensuring that we continue providing quality primary health care. Please take good care of yourselves as your contribution to this organization is priceless.

May God bless us all as we take care of His people

J.N. Shabane - CHC Manager



EDITORIAL

It is a great honor again to meet in this publication which is our fifth edition.

It is now the end of the first quarter and it is the time to ask ourselves what we have achieved and planned ahead to achieve the visions, missions and core values of our institution.

This is the year which is well known to many people as **200 & Mine**, so it is imperative for each an every person to have his/her plans in hand, bearing in mind that procrastination is the thief of time.

Our communication efforts have

been recently applauded by our web visitors, and this to us is encouraging. I am saying this because, the communication office has received positive responses from our clients, communities and other organizations and accolades earned since the launch of this publication as well as the institutional webpage. We are also receiving positive responses from our clients through the suggestion boxes mounted on corridors and at the key service points.

The launch of Khanya Africa in our district, Ilembe District was a remarkable moment in ensuring that each an every citizen have a freedom to access their constitutional rights to equal quality health care, by promoting volunteerism among health workers to render health service to the disadvantaged communities.

Our district has been identified as one of the High Transmission Areas for both HIV/ AIDS and TB, so

Ilembe Health District and URC have been embarked on fighting the spread of these epidemics through the community involvement.

We must congratulate the institution for becoming more popular with the provision of quality service and thank all the categories of staff members for good work they are rendering to our clients in spite of the scarcity of resources.

Americans has spoken, now is your turn South Africans to practice your constitutional rights by voting for your respective political parties on the 22 April 2009.

I wish you and your families Happy Easter Holidays, until next time.

Sibonelo Ngcobo

JANUARY, FEBRUARY & MARCH BIRTHDAYS



H.Q. Mabaso-Nursing Manager

MARCH



T. Naidoo-Support Officer

FEBRUARY



P. MPUNGOSE - FINANCE S. OFFICER

MARCH



N.S. Mdladla-Dental Assistant

JANUARY



K.S. Ngubane-Finance S. Officer

MARCH



N. Masemola-Asset Officer

MARCH



HAPPY BIRTHDAYS GUYS

A NEW FACE IN THE PUBLIC RELATIONS OFFICE



Ms. Sphilile Mlondo
PR STUDENT

The name of this young lady is Sphilile Mlondo she was born and grew up at Mkhizwane area and fell in love with Public Relations.

Sphilile is a Public Relations Management student in one of the local tertiary institutions . She is passionate and eager to succeed in her chosen carrier. She did her highest school education at Nogunjwa High School. She joined Sundumbili Community Health Centre on the 02 March 2009 and is studying in the Public Relations Department.

Sphilile is a very kind hearted person with good communication skills. She is one of the thousands students needing in-service training in order to

graduate in their chosen disciplines, and Sundumbili CHC has opened its doors for this young aspiring Public Relations Officer. Since her arrival, she has embarked on her first assignment when she took pictures of a School Promoting Assessment at Lindayiphi Intermediate School and wrote a story which is also featured in this publication.

We welcome her and also wish her a good stay at Sundumbili CHC.

TB EVENT AT MATHUBESIZWE HIGH SCHOOL



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Ilembe Health District joined hands with the University Research Corporation (URC) in fighting the spread of TB and HIV in our communities during the TB Awareness Event on the 30 January at Mathubeszwe High School.

The current statistics are still showing that cases of TB and HIV epidemics are escalating which brings the challenge to all the health stakeholders concerned. To face these challenges Ilembe Health District and URC has embarked on strengthening TB and TB/ HIV service through the community involvement.

1. Sthembiso Blose (Ilembe Health District) who was the Programme Director of the day.
2. Mrs. Fikile Dlongololo, Ms Thandeka Mpanza and Mrs. N.N Khumalo listen attentively during the event.
3. Mrs. Fikile Dlongololo (URC) explaining the purpose of the event.
4. Hon. Chief Mr. K. Mathaba delivering his speech during the event.
5. Teachers from various local schools were also present during the event.
6. Children from Mathubeszwe High School performing a stage play educating about TB and HIV during the event.
7. Mrs. M.T Mthembu (School Health Nurse: Sundumbiil CHC) explaining the challenges which are experienced by the health workers in fighting the spread of TB.
8. The community members listen attentively to the speeches during the event.
9. Ms. Thandeka Mpanza (Ilembe Health District) delivering the speech during the event.
10. Mrs. N.N. Khumalo (Deputy Manager: Ilembe Health District– Clinical Programmes) who was the Guest Speaker of the day giving a broad insight into TB and encouraged the community to test and to take their medication as required.



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SCHOOL HEALTH INITIATIVES



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chool Health Services is a National Initiative to promote a healthy life styles in our schools through Health Promoting School Programme. 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.

This was also strengthened by visiting local schools during the Condom Week (09 –13 February) educating children about teenage pregnancy, drug abuse and HIV/AIDS, and about the negative consequences of being involved in the criminal activities.

1. Mrs. M.T. Mthembu (School Health Nurse) educating scholars about teenage pregnancy at Isinyabusi Senior Secondary School.
2. Siyabonga Mpanza (HIV/AIDS Counselor) educating scholars at Isinyabusi S.S School about HIV/ AIDS.
3. Hloniphani Mzobe (Giant) educating scholars at Isinyabusi S.S. School about sexually transmitted infections.
4. Inspector Buthelezi educating scholars about drugs and crime.
5. Scholars at Isinyabusi S.S. School listening attentively to the speeches during the event.
6. Denzyl Sathianathan and other officials from the Department of Health posing questions to the learners at Lindayiphi Intermediate School during the School Health Promotion Assessment.
7. Mr. Zuma, Ms. P.T. Mkhize & Mrs. M.T. Mkhize from the Dept. of Health at Lindayiphi Intermediate School during the assessment.
8. Officials from the Department of Health posing questions to the teachers at Lindayiphi during the assesement.
9. Officials from the Department of Health assessing grounds at Lindayiphi.
10. Inspector Buthelezi (Nyoni -SAPS) listen attentively during the School Health Promotion Assessment at Lindayiphi Intermediate School.



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THE LAUNCH OF THE TCE PROGRAMME AT MANDENI SUB-DISTRICT



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1. Hon. Mayor Mr. B.L. Magwaza, Hon. Speaker CLLR ZP Makhoba and Mohammed (Programme Leader) clapping hands during the launch of the TCE Programme.



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2. Hon. Speaker ZP Makhoba, N. Mncwango and Mrs. H.Q. Mabaso (Nursing Manager-Sundumbili CHC) giving a certificate of achievement to one of the TCE Field Officers during the launch.



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3. Mrs. H.Q. Mabaso (Nursing Manager) & Mrs. Z.R. Ngcamu (Assistant Manager:Nursing) -Sundumbili CHC singing during the launch.



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4. The youth from Love Life performing a stage play educating about HIV/Aids.



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5. TCE Field Officers listening attentively to the speeches during the launch.



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6. Mohammed explaining broadly about the TCE Programme.



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7. Mohammed, Hon. Mayor B.L. Magwaza & Speaker CLLR Z.P. Makhoba, H.Q. Mabaso and Z.R. Ngcamu singing the National Anthem during the launch.



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8. Junior Gospel Group entertaining the audience during the launch.



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9. Mrs. Z.R. Ngcamu introducing Mrs. H.Q. Mabaso who was the Guest Speaker.



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10. Mrs. H.Q. Mabaso (Nursing Manager : Sundumbili CHC) who was the Guest Speaker during the launch of the TCE Programme delivering her speech.

TREAT TIMES

TREAT YOURSELF WITH THIS PROPER ENGLISH COTTAGE PIE DURING THESE EASTER HOLIDAYS

6 SERVINGS

INGREDIENTS

- 1 pound lean ground beef
- 1 onion, diced
- 3 carrots, diced
- 2 tablespoons all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1 tablespoon Italian seasoning
- 2 tablespoons chopped fresh parsley
- 1 1/2 cups beef broth
- 1 tablespoon tomato paste salt and pepper to taste
- 4 potato, peeled and diced
- 1/4 cup butter, softened
- 1 cup milk, salt and pepper to taste
- 1/4 pound shredded cheddar cheese



DIRECTIONS

- Preheat oven to 400 degrees F(200 degrees C)
- To Make Meat Filling: Place a large skillet over medium heat. Crumble in ground beef and sauté 1 minute. Add onion and carrot, then continue to sauté until meat is no longer pink and onion begins to brown, about 5 minutes. Mix in flour, cinnamon, mixed herbs, and parsley.
- In a small bowl, combine beef broth and tomato paste. Mix together, then add to beef mixture. Add salt and pepper to taste. Lower heat and simmer mixture for 15 minutes, stirring occasionally, until almost all of liquid has been absorbed. Spoon mixture into a 9 inch pie plate.
- To Make Potato Topping: place diced potatoes in a medium saucepan. Cover with water and place over high heat. Allow to come to a boil. Boil for 15 minutes, or until potatoes are tender. Drain.
- Mash potatoes until smooth, then add butter or margarine, followed by milk. Whip until fluffy. Add salt and pepper to taste. Spread potatoes over beef filling. Sprinkle with grated cheddar cheese.
- Bake in preheated oven for 25 minutes, until top is browned and cheese is bubbly.

Word of God

Revelation 3. 20

“Here I am! I stand at the door and knock. If anyone hears my voice & opens the door, I will come in & eat with him, he with me.



Words of wisdom

“The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.”

Martin Luther King Jr.

SUNDUMBILI COMMUNITY HEALTH CENTRE



HEALTH
KwaZulu-Natal

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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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