



# SUNDUMBILI CHC NEWSLETTER

ISSUE 8 - 2010

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## Sundumbili CHC commemorates World Aids Day



Ms. L. Mntambo and Mr. H. Mzobe holding a candle during the Aids World Day

**S**undumbili CHC in conjunction with Mandeni Municipality hosted a World Aids Event on the 4th of December 2009 at Makhempini Sports Ground (Isithebe area).

The aim of this event was to remember those who died of this epidemic and to bring hope to those who are infected. It also entailed the bringing of awareness about this scourge to the community.

The stakeholders which participated in this event were SASSA, TCE, NAPWA and Home Affairs.

This event was pre-

ceded by a march from Isithebe Industrial area (Emacrosini) to Makhempini Sports Ground.

Health education on HIV/Aids and TB was provided. The importance of adherence to the ARV treatment was also emphasized.

Mrs. B.P. Sindane (Head of PHC) who was the guest speaker encouraged the spirit of "Ubuntu" amongst the communities. She cited the importance for every person to know his /her HIV status to prevent the spreading of this epidemic. She further encouraged the audience to embrace the call made by our Premier, Dr. Zweli

Mkhize of "One Home, One Garden". She complimented the latter project for its assistance in elevating poverty and in helping communities to get fresh nutrients from the soil which keep their bodies strong and healthy. Mrs. Sindane gave a candle as a gift of remembrance for those who died of HIV/Aids and those who are living with this epidemic as she was retiring at the end of 2009.

Home Affairs issued birth certificates and identity documents for the community to access social grants.

*The theme of the day was, "I am responsible, We are responsible, South Africa is taking responsibility".*

### Inside This Issue:

WORLD AIDS DAY	1
MANAGEMENT TEAM	2
CHC MANAGER & EDITORS' COMMENT	3
STAFF BIRTHDAYS	4
CHAPLANCY & EAP PROGRAMMES	5
NEW MEDICAL MANAGER	6
FAREWELL TO MRS. SINDANE	7
LONG SERVICE AWARDS	8
WORLD AIDS DAY PICTURES	9
MISCELLANEOUS	10
COVER PAGE	11

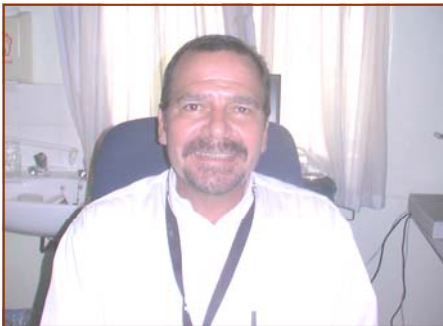
### SNIPPETS IN PICTURES



# MEET OUR MANAGEMENT TEAM



MR. J.N. SHABANE - CHC MANAGER



MR. D. GROBBELAAR - PHARMACY MANAGER



DR. R. VISHUNPERSADH - MEDICAL MANAGER



MS. N. MSOMI - HUMAN RESOURCE MANAGER



MR L. MSOMI - FIN. & SYSTEMS MANAGER



MRS. H.Q. MABASO - NURSING MANAGER



SUNDUMBILI CHC MANAGEMENT WISHES ALL THE STAFF AND THEIR FAMILIES AND THE READERS OF SUNDUMBILI CHC NEWSLETTER A HAPPY & SAFE EASTER HOLIDAYS.

May God Bless you abundantly !!





**CHC MANAGER**

Greetings to all

If we follow what has been doing rounds in the news, we should now know that we are going to be facing one of the most extensive campaign in the fight against HIV infection.

A notice has been sent to your department regarding the HCT campaign ( HIV Counseling and Testing) that will start on the 19th of April .

Please do listen to the news on the 15th of this month where the government will be informing us about this campaign. Management

needs your support to ensure success of this campaign.

We are also encouraging staff to go for testing as well as their friends and relatives so that we may all know our HIV status.

Meanwhile we also need to support the other campaigns which will be running concurrently.

Good luck for the winter season.

Yours Truly

**Mr. J.N. Shabane**  
CHC Manager



**MR. S.V. NGCOBO - PRO**

**EDITOR**

It is a pleasure to meet again in this publication.

Dept. of Health is embarking on an intensive war against HIV infection, polio, measles and H1N. It is imperative to work together to ensure the success of these campaigns. Our staff members also need to be strengthened spiritually and receive appropriate advices in order to cope with various problems and challenges which may have negative impact on their work performance. Taking the latter into

consideration, our institution has officially launched a Chaplaincy and Employee Assistance Programmes.

The 2010 World Cup is also around the corner. We must be proud of our national team and our country as well. Each citizen must contribute to the success of this major event, taking into consideration that one drop of tears can make waves. We must also display our support by wearing the Bafana Bafana jersey on Fridays following proper guidelines.

This is the time whereby all the Christians are celebrating the crucification of the Lord Jesus Christ. The Lord Jesus Christ proclaimed the words, "It is finished" when he died on the cross. I am praying that, " May his blood cleanse all the transgressions and problems you are facing.

Please drive safely and don't drink and drive.

**I wish you a safe and blessed Easter Holidays.**

Undumbili CHC staff members held a function on the 19 of March to bid farewell to MS. B. Ngcobo Health & Safety) and Ms.S.L.Shandu (Public Admin Intern). They were praised for being committed and dedicated in their duties. The staff also wished them good luck in their future endeavors.

1. Staff members during the party
2. D. Kuppusamy delivering the speech.
3. B. Ngcobo (H&S) giving words of thanks during the party.
4. S. Shandu (P.Admin Intern) giving words of thanks



# STAFF BIRTHDAYS



H.Q. MABASO - N. MANAGER

MARCH



M.E. NDLOVU - F.M.O

MARCH



D.B. MAJOZI - FINANCE OFF.

MARCH



K. DU BRUYN - DENTIST

JANUARY



S. SHANDU - FINANCE OFF.

JANUARY



P.H. MAKHANYA - ADMIN OFF

JANUARY



T. NAIDOO - SUPPORT OFFICER

FEBRUARY



N.P. CELE - TRANSPORT OFF.

OCTOBER



N.R. BHENGU - PROF. NURSE

OCTOBER



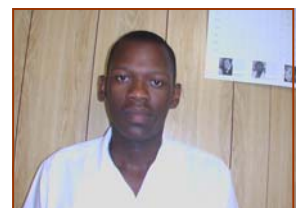
P.N. SANGWENI - ASS. MAN. N.

OCTOBER



S. V. NGCOBO - PRO

NOVEMBER



E. S. DLAMINI - LAUNDRY ASS.

NOVEMBER



HAPPY BIRTHDAYS GUYS

# CHAPLAINCY PROGRAMME



Rev. S'bu Z. Sangweni

**S**undumbili CHC has initiated a Chaplaincy Programme which will provide spiritual support to all health care workers and to patients where necessary. This programme is also imperative to ensure that the Patient's Charter and Workers' Charter is maintained at all times. It is with privilege to have our own Chaplain as the Mandeni Sub-district who is Rev. S'bu Z. Sangweni.

### Functions and duties of the Chaplain include inter alia :

- Conducting debriefing and prayer sessions

- Visiting NIP/HBC sites
- Providing spiritual counseling
- Conducting memorial services
- Participating in Provincial, District and Sub-District events
- To forge/strengthen partnership ( e.g. FBO'S, Men's, Women's Youth Sectors, CBO'S African Traditional Practitioners, etc.)

All employees are encouraged to utilize this service effectively because it is here to benefit them. We will also feature a motivational article called "Ezikamoya" in our quarterly newsletter.

The contact details of the Mandeni Sub-District Chaplain are as follows :

Cell number: 0769796817

Cell number: 0825721188 (SMS's ONLY)

Email Address: [sbusangweni@yahoo.com](mailto:sbusangweni@yahoo.com) or [sbusang@vodamail.co.za](mailto:sbusang@vodamail.co.za)

## EZIKAMOYA

**I** take this opportunity to show my gratitude for being a one family with you through this article. My subject of today is about, "Attitude"

Many people ignore the fact that attitude is spiritual related. Attitude can be your best friend or your worst enemy"

Our attitude towards others determines their attitude towards us. Attitude is contagious!

- Attitude towards our colleagues .
- Attitude towards policy.
- Attitude to pressure on the job.

It is our attitude, not our achievements, that will give us happiness.

*By : Rev. Sbu Sangweni*



## SUNDUMBILI CHC LAUNCHES AN EMPLOYEE ASSISTANCE PROGRAMME

**S**undumbili CHC launched an Employee Assistance Programme (EAP) on the 12 of February 2010.

This is an initiative of the KwaZulu Natal Department of Health to help its employees who face various problems.

Employees are spending most of their time in their working environment, so it is imperative to look after their wellbeing. Research is showing that problems faced by each an every employee have a negative impact on his/her work performance.

Mr. J.N. Shabane (CHC Manager) and Ms. N. Msomi (HR Manager) encouraged the staff to use this programme effectively as it is here for them. EAP Volunteers (pictured on the right) who will attend to the employees' cases were also introduced to the employees.

EAP Volunteers assured the staff that confidentiality will be the cornerstone for all the sessions. They also urged for the support from all stakeholders ranging from staff, supervisors and management to ensure the success of this programme.

This programme cater for the employees with the following problems :

- Rape
- Depression
- Domestic Violence
- Financial Problem
- Personal Conflict
- Alcohol and Drug Abused
- Work related problems
- Debts
- Sexual and Physical Abuse
- Marital and Family Problem

Sundumbili CHC staff members will now rest assured knowing that there are people to rely on, should they have problems.



Z. NZUZA - S. WORKER



S.S MCHUNU - P.N.



S.H. MBATHA - PHRO

## MEET OUR NEW MEDICAL MANAGER

# T

he first quarter of this year draws to a close and with it I have just completed my first quarter as Medical Manager of Sundumbili CHC. I would like to thank the management and staff for all their support and warm welcoming attitude and making me part of their family.

I would like to thank the management and staff for their commitment shown in excellence service delivery. We are currently experiencing a variety of challenges including ever increasing patient numbers, a fiscal budget reduction and a moratorium on the filling of posts. Despite all of these restrictions we still strive to provide a high level of patient care



**Dr. R. VISHUNPERSADH**

and service delivery. I commend you all and once again thank you for your commitment in providing an efficient service delivery to our deserving community.

As we strive to provide a better service to all, I also thank Khethimpilo for their support at our ARV Clinic. With new guidelines for ARV Therapy due to be implemented soon,

space restrictions is a major problem. Thanks to ARK (SA) for their generous donation of a parkhome and furniture. This space will now be utilized for the ARV Pharmacy.

2010 will be an exciting year for all of us with the Soccer World Cup and other major events planned.

Together as a team we shall overcome all challenges and hurdles that face us at Sundumbili CHC and we will continually strive to provide an efficient service without the slightest compromise in quality.

To:-

Sundumbili NIGHT Duty STAFF  
Day Duty STAFF

THANK YOU SO MUCH TO ALL  
THE NURSES, YOU WERE SO  
KIND TO EVERYBODY ON  
SATURDAY AND SUNDAY, MONDAY  
AS WELL

"PLEASE KEEP IT UP" AND

"GOD BLESS"

THAT'S  
MRS Dhanini "JABU"  
at 0721358824  
1999 CHAPPIER

FOR:-  
THE MOTHER:- NTOMBATHI  
Dhanini

**OUR CLIENTS RATE**

**US THE**

**BEST**

**WE**

**BELONG**

**CARE**

**SERVE**

## SUNDUMBILI CHC BIDS FAREWELL TO MRS. B.P. SINDANE & F.M. MYEZA



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Sundumbili CHC management and staff hosted functions to bid farewell to Mrs. B.P. Sindane (Head of PHC) and F.M. Myeza (ENA : Mobile) who were retiring at the end of the 2009.

Mrs. B.P. Sindane served in various important positions of our institution. Mr. J.N. Shabane (CHC Manager) & Mrs. H.Q. Mabaso (Nursing Manager) praised them for always being dedicated & committed to their duties. Management and staff also wished them a pleasurable retirement.

1. Mr. P.N. Sangweni( Assistant Manager : Nursing) who was the Programme Director.
2. Mr. Shabane, Mr. Grobbelaar ( Pharmacy Manager) and Mrs. Sindane accompanied by her family.
3. Sundumbili CHC Management providing sweet music during the party.
4. Mrs. H.Q. Mabaso ( Nursing Manager) sharing jokes with the audience during her speech
5. Mr. Shabane (CHC Manager) delivering his speech during the event.
6. Macambini clinic staff led by Ms. S.A Zikhali (Sister in charge) performing "indlamu" during the event.
7. Mrs. F.M. Myeza (Enrolled Nurse - Mobile) accepting her gift with joy from Ms. Z.H. Khoza.
8. Ms. F.M. Myeza delivering words of thanks.
9. Mrs. B.P Sindane surrounded by her various gifts delivering her speech & words of thanks.
10. Management & staff enjoying themselves with delicious food during the party.



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## SUNDUMBILI CHC GIVES LONG SERVICE AWARDS TO ITS STAFF



Sundumbili CHC hosted a function on the 02 & 03 of December 2009 to give long service awards to its staff members. The aim of this event was to thank the staff members for their commitment and dedication.

Mr. J.N. Shabane (CHC Manager) thanked the staff for dedicating all these years in serving our clients. He complimented them for serving clients with respect and loyalty. He also urged other staff members to follow in the same steps.

1. Mr. Shabane (CHC Manager) giving a long service certificate to Mrs. B.P. Sindane (Head of P.H.C.)
2. Ms. S.A. Zikhali (Macambini Clinic) accepting her long service certificate from Mr. Shabane.
3. Mrs. P.O. Gcabashe accepting her certificate from our CHC Manager (Mr. J.N. Shabane).
4. Mrs. T.G.C. Masondo (Assistant Manager : Nursing) accepting her long service certificate.
5. S.Z. Phakathi accepting her long service certificate
6. Z.P. Xulu (Ndulinde Clinic) accepting her long service certificate.
7. M.F. Khuzwayo (Dokodweni Clinic) accepting her long service certificate.
8. R.I.E.B Gcabashe (Ndulinde Clinic) accepting her long service certificate.
9. P.F. Dube (Isithebe Clinic) accepting her long service certificate from Mr. Shabane.
10. Mr. B. Motha (Ndulinde Clinic) accepting his long service certificate.
11. N.N Nzuza accepting long service certificate.
12. Mr. C.K Chili (Dokodweni Clinic) accepting her long service certificate.



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# WORLD AIDS DAY EVENT IN PICTURES



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1. Mrs. B.P. Sindane with participants during the march from Isithebe Industrial area (Emacrosini) to Emakhempini Sport Ground.



2

2. Mandeni Sub-District Chaplain, Rev. Sbu Sangweni opening with a prayer.



3

3. Counselor D.M. Shandu (Mandeni Municipality) providing a speech during the event.



4

4. Mrs. R. Singh (Deputy Mayor: Mandeni Municipality) delivering the speech during the event.



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5. Mrs. B.P. Sindane (Head of PHC) who was the guest speaker.



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6. Mr. J.N. Shabane (CHC Manager) delivering the speech



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7. Community members listening attentively to the speeches during the event.



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8. Home Affairs providing services to the community members during the event.



9

9. Traditional Healers who were also part of the event listening attentively to speeches.



10

10. Love Life Group performing a stage play about HIV/AIDS.

# 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 tablespoon chopped fresh parsley
- 1 1/2 cups beef broth
- 1 tablespoon tomato taste 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

*Romans 13 : 11*

“.....do this, knowing the time, that now it is high time to awake out of sleep, for now our salvation is nearer than when we first believed.”



## 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**



## **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**

## **Contact Details**

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**Mandeni**

**4490**

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**FAX : 032 454 7529**

**Email : [sibonelo.ngcobo2@kznhealth.gov.za](mailto:sibonelo.ngcobo2@kznhealth.gov.za)**