



# SUNDUMBILI CHC NEWSLETTER

ISSUE 9 - 2010

April - Dec. 2010

## Sundumbili CHC declares war on HIV / Aids epidemic



Mrs. T.P. Zulu with the boys during the Medical Male Circumcision Camp

**S**undumbili CHC hosted a successful Medical Male Circumcision Camp on the 06 -07 August at Amatikulu Training Centre.

This campaign follows the call proclaimed by His Majesty, King Goodwill Zwelithini to revive the practice of circumcision to augment the fight against HIV/Aids in KwaZulu Natal.

Sundumbili CHC successfully recruited 100 initiates under its Sub-district to be part of this

camp. The boys waited with eagerness from early in the morning to be transported to the camp to feel this wonderful experience.

Initiates were taught about the importance of adherence to the traditional moral values. Initiates were also encouraged to respect the rights of women and children and being responsible because that is what the real manhood meant.

Initiates were also told that circumcision is not the license to sleep around, but to reduce

the risk of contracting HIV and other related sexual transmitted infections. They were warned that the circumcision is not a substitute for using a condom.

This approach of blending traditional and modern technology really was a huge success because it guaranteed a safe and incident-free circumcision for the initiates during this camp.

Sundumbili CHC really made a contribution of a life-time because our country relies on the youth for its economic growth.

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### SNIPPETS IN PICTURES



# SUNDUMBILI CHC WELCOMES THE NEW STAFF



S.T. MATHONSI - CNP



S.B. Mthembu - CNP



M.N. KHOZA - PROF. NURSE



L.X. DLOMO - FINANCE OFF.



M.S.L. NKOSI - PROF. NURSE



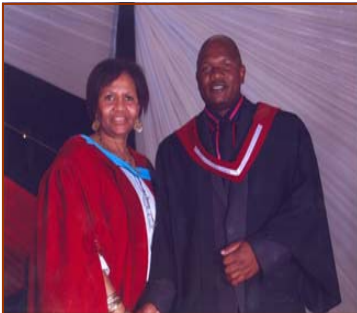
S.M. ZULU - CHF



## WELCOME GUYS



### STAFF ACHIEVEMENTS



Mr. S.B. Mthembu

**C**ongratulations to Mr. S.B. Mthembu for obtaining a Clinical Nurse Science health assessment treatment and care (PHC) from Ngwelezane Nursing College.

Mr. S.B. Mthembu is working as a Clinical Nurse Practitioner at TB Section.

### ISITHEBE CLINIC IS FLYING HIGH

**I**sithebe Clinic has made its mark on the map. Isithebe Clinic has produced one of the best medical student.

Nonhlanhla Nzuzza (pictured right) has been working as a Data Capturer at Isithebe Clinic. She obtained a Bursary from the Department of Health to study Medicine at Cuba.

This is an initiative between the South African government and Cuba to acquaint the youth with medical skills. This initiative was introduced to assist South Africa which is currently experiencing shortage of Medical Officers especially in rural areas.

Nonhlanhla left South Africa for Cuba on the 25 September 2010. "South Africans depends on people like you".



Ms. Nonhlanhla Nzuzza



The picture of Isithebe Clinic



Chief Executive Officer

respective professions.

We also wish all our staff members as we draw closer to the festive season which we all know is always full of accidents and tragedies. May you all be safe during this period. Some of our staff members are writing exams. Good luck in your endeavors.

*Thank you*

Mr. J.N. Shabane

**T**he management wishes to welcome all the newly appointed staff members to the institution. One is hoping that you will enjoy your stay at Sundumbili CHC as well as those in our satellite clinics.

I wish to thank all staff members that stood by and advocated for the "health of the patients first" under very trying circumstances in the recent past. Your efforts didn't go unnoticed. Thank you for honoring the vows that you made when you were initiated in your



MR. S.V. NGCOBO - PRO

EDITOR

**I**t is a pleasure to meet again in this publication. It is already the beginning of the festive season. We are towards the end of the year, but the fight against diseases and poverty doesn't end. The year 2010 has been characterized by various successes and challenges. The success of the 2010 Fifa World Cup will always serve as the memory, even for

future generations.

It is also imperative to embrace the spirit of Christmas in this season. This is a time of giving sharing & receiving. This is where families, friends and lovers share love, gifts and happiness. As we all prepare to receive and give, may we not forget to think about the poorest of the poor. Share with those who are destitute. It is also a way to glorify the Almighty.

As you share, please be mindful of HIV/Aids by protecting lovers and spouses as we celebrate the festive season. It is also imperative to be courteous, bearing in our mind that there is still a future ahead. Please use the condoms as they are available in all the health facilities for free.

Sundumbili CHC has hosted a

**I**t is with sadness to announce the death of two of our colleagues, Mr. M.G. Cele who has been working as an Enrolled Nurse and N.G. Maphanga who has been working as Clinical Orderly.

**M**ay their souls rest in peace !

*Bible Quote*

**"For none of us lives to himself alone & none of us dies to himself alone. If we live, we live to the Lord, and if we die, we die to the Lord".**

*Romans 14 : 7 - 8*



successful Medical Male Circumcision Camp at Amatilkulu Centre. This is one of the efforts to decrease the number of people infected by the HIV/Aids epidemic.

As we are in the 16 Days of Activism for No Violence Against Women and Children, we must love and protect them.

Please don't drink and drive. This will help you not be counted amongst the festive season's road death statistics.

I wish you a Happy Christmas and Happy New Year

*May your aspirations become a reality.*

## SUNDUMBILI CHC HOST THE BREAST CANCER AWARENESS EVENT



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**S**undumbili CHC hosted a breast cancer awareness event on the 29 October 2010. This event was in line with October which is a breast cancer month.

Ms. F.F. Mkhwanazi was the Guest Speaker during this day. She educated clients about the danger of the breast cancer. The symptoms of the breast cancer were also emphasized to the clients. These symptoms entails the following:

- Change in the size and shape of the breast.
- Dark pigmentation of the breast.
- Displacement of the breast nipple.
- Abnormal discharge from the nipples and swelling of the breast skin.

The importance of self examination was emphasized and demonstrated to the clients.



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1. Ms. F.F. Mkhwanazi who was the Guest Speaker.
2. Mr. N.S.C. Biyela who was the Programme Director of the day.
3. F.F. Mkhwanazi & F.C. Gwala posing questions to the audience during the event.
4. The audience listening attentively to the speeches.
5. Sundumbili CHC Choir entertaining the audience.
6. F.F. Gwala delivering the speech during the event.
7. One of the patients demonstrating how a person can perform a self breast cancer examination.
8. Sister F.F. Mkhwanazi giving a token to a patient.



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Rev. S'bu Z. Sangweni

**A.S.A.P.**

As Soon As Possible??

No, I mean: Always Say A Prayer.

When there's work to do,  
And deadlines to meet.

When you've got no time to spare.

But as you hurry and scurry... A.S.A.P.

In the midst of chaos, "quality time" is rare.

Do your best;

Let God do the rest.

A.S.A.P.

It may seem like your worries are  
More than you can bear.

Slow down and take a breather ... A.S.A.P.

God knows how stressful life can be

And He wants to ease your cares.

He can respond to all your needs ... A.S.A.P.

Written By Rev. S.Z. Sangweni



**JUST A REMINDER.....!**

OUR Chaplain is a call away

Available to all Health Care Workers & all Staff at the Facility  
076 9796817.

Even for One-on-One Sessions. Do not suffer alone - he is there as our Spiritual Companion

**NDULINDE CLINIC BIDS FAREWELL TO MS. MWANDLA**  
**SHARING THE GOOD TIMES**

**N**dulinde Clinic hosted an event on the 17 September to bid farewell to Ms. D.C. Mwandla who has been working as an Enrolled Nurse.

Ms. Mwandla has dedicated many years of her life, serving disadvantaged communities with respect, dignity and in the Spirit of Batho Pele.



1 Ndulinde Clinic staff (B. Motha, J.L. Nkwanyana, M.W. Nkosi, S. Msweli, N. Zikhali, F. Mthembu, D. Zungu, N.P. Makhathini, V.V. Ngcobo & Z.P. Xulu congratulating Mwandla.

1. W.M. Nkosi (Operational Manager) congratulating D.C. Mwandla.

2. V.V. Ngcobo giving a gift to D.C. Mwandla.

3. D.C. Mwandla passing words of thanks during her farewell party.

**IZANDLA ZIYAGEZANA**



**T**he families of Mr. Mxolisi Cele and N.G. Maphanga takes this opportunity to thank all the staff members and the community at large for their moral support during the lost of their love ones. *"Let this spirit prevails"*.

***Bathi ningakhathali, enikwenze kubona nikwenze nakwabanye. UNkulunkulu anibusise nonke!!***

# SUNDUMBILI CHC MAKES ITS MARK IN THE 2010 COMRADES MARATHON



**M**thandeni Sibiya raised the flag of Sundumbili CHC during the 2010 Comrade Marathon.

Mthandeni finished this marathon with remarkable performance within the finishing time.

He received two medals for his outstanding performance and for his dedication to the Comrades Marathon during the past years.



1. Mthandeni showcasing the medals he won.
2. Sundumbili CHC staff welcoming Mthandeni.
3. Mthandeni embraced by the staff during the welcome.
4. Mthandeni and ENL Zungu dancing for the songs of victory during the welcome.



To:-  
Sundumbili NIGHT DEUTY STAFF  
Day DEUTY 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 Dlamini "JABU"  
at 0721358824  
1999 CHAIRMAN

FOR:-  
THE MOTHER I- NTOMBENI  
Dlamini

OUR CLIENTS RATE

US THE

BEST

WE

BELONG

CARE

SERVE

## SUNDUMBILI CHC STAFF BIDS FAREWELL TO MRS. ZULU



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**S**undumbili CHC staff hosted a function to bid farewell to Ms. Z.J. Zulu (General Orderly) on the 21 May who was retiring.

Ms. Zulu has spent many years working for the department. Mrs. P.H. Makhanya (Supervisor) praised her for always being dedicated & committed to her duties.

The staff also wished her a pleasurable retirement.

1. Ms. Z.J. Zulu with F.P. Mdletshe during her Farewell Party.
2. Staff singing songs of joy.
3. Staff singing songs of praise.
4. Mrs. PH Makhanya giving words of compliments to Mrs. Zulu.
5. Mrs. Zulu receiving her precious gift from N.A. Zondo.
6. Ms. Z.J. Zulu giving words of Thanks during her Farewell Party.



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## SUNDUMBILI CHC SUPPORTS SAPPI

**D**epartment of Health has an obligation to solicit partnerships with local organizations. Taking the above into consideration Sundumbili CHC supported SAPPI during their World Cup Health Event on the 15 July 2010

The intention of this day was to ensure that all the employees stay healthy. Health screening for blood pressure, blood sugar, BMI (body mass) and blood cholesterol level were conducted during this event.

Sundumbili CHC is really making a huge positive impact to the lives of employees from various sectors as our country is relying on them for its economic development and growth.



Ms. L. Mbuli - checking BP level



Sister Chamane checking Sugar level



Mrs. T. Mathonsi checking BP level

# SUNDUMBILI CHC COMMEMORATES WORLD AIDS DAY



**S**undumbili CHC has commemorated the World Aids Day by participating in the Ilembe District World Aids Event. This event was held at Isithebe (Emakhempini Sport Ground) on the 1 December 2010.

Sundumbili CHC commemorated this day by providing various health services to the public who attended this event. HIV counseling and testing, TB screening, pap smear, checking of BP and blood sugar level were provided. The guest speaker was Honorable Magesvari Govender (MEC for Human Settlements and Public Works).

Sundumbili CHC also visited Freedom Stationery Factory at Isithebe to provide HIV counseling and testing to the employees.

This day was preceded by the TB & HIV/Aids Awareness Event which was hosted by Sundumbili CHC on the 26 November at Sundumbili Plaza Stage. Sundumbili CHC is really making a huge positive impact to fight the spread of HIV/Aids epidemic.

1. E.C.P.N. Mtshali, B.D. Mtshali & Mrs. H.Q. Mabaso providing health services during the World Aids Day.
2. Hon. Magesvari Govender (MEC for Human Settlements and Public Works) lighting the candle during the World Aids Day.
3. N.M. Ngcamu, T.F. Shabalala & G.B. Ntuli (Isithebe Clinic) giving health services during the event.
4. Ms. M.T. Mkhwanazi helping a patient during the World Aids Day.
5. Ms. S. Zitha & A Arnold providing TB screening during the World Aids Day.
6. Mrs. H.Q. Mabaso (Nursing Manager) providing health education during the TB & HIV/Aids Awareness Event.
7. Ms. S. Zitha checking BP level to a patient during the TB & Aids Awareness Event.
8. Hloniphani Mzobe operating a PA System to attract more clients during the TB & HIV/Aids Awareness Event.
9. T. Mathonsi checking BP level while Mr. Z.T. Sibiya providing health education on eye testing.
10. E.T. Nxumalo providing TB screening.





# SIZIGQAJA NGAMASIKO NOKUNGWETHU



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**U**mhlaka 24 ku-Septemba wusuku lokugubha amasiko namagugu anhlobonhlobo ezinhlanga ezahlukahlukene.

Lolusuku lugujwa AmaZulu, AbeSuthu, AbeTswana, AmaXhosa, AmaTsonga, AmaVenda, AmaNdebele, AmaSwati, Amapedi njll.

Ngalolusuku ilapho izinhlanga ezahlukene zizigqaja ngemvelaphi yazo, izilimi zazo ukudla ezikudlayo kanye nomhlaba ezihlala kuwona kanye nangezwe lazo.

Lolusuku lubaluleke kakhulu kwizakhamuzi zezwe lethu ngoba ilapho zibheka khona ikamuva lazo bese ziyahlangana ukugubha amasiko, amagugu nemvelaphi yazo.

NoMtholampilo wase-Sundumbili ulugubhe lolusuku ngokuthi abasebenzi bafike bevunule beconsa ngemvunulo enhlobonhlobo ngomhlaka 23 ku - Septemba.



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1. UNksz. E.P.C.N. Mtshali ongumphathi wasekliniki yakwa - Sithebe evunule econsa esehhovisi lakhe ngalolusuku.
2. "Vika Wethu", UMnz. E.S. Dlamini ephethe induku etshengisa ukuthi indoda ivikiswa kanjani.
3. Abamile ngemuva: S.B.Sithole, G.G. Mdanda, N. Ntombela, C.B. Mpungose, N. Nxumalo & N. Mathunjwa.  
Abahlezi phansi : N.P. Cele, T.J. Mdanda kanye no G.B. Gumede.
4. Abamile ngemuva : N. Mathunjwa no M.C. Masikane kanti oqosheme uNksz. T.J. Mdanda
5. UNksz. G. Mdanda, Nksz N.P. Cele kanye no - Nksz. N. Nxumalo.
6. M.C. Masikane, A. Rajkumar kanye no N. Mathunjwa.
7. T.J. Mdanda, S. Ngcobo & S.B. Sithole
8. UNksz. C.B. Mpungose, G.B. Gumede kanye no S.B. Sithole bevunule.

# TREAT TIMES

TREAT YOURSELF WITH THIS GRILLED PEPPER STEAK DURING THIS FESTIVE SEASON

## INGREDIENTS

- ◆ Pepper Rub
- ◆ 2 tablespoon cracked peppercorns
- ◆ 1 1/2 teaspoon dried thyme leaves
- ◆ 1 teaspoon ground cumin
- ◆ 1 teaspoon garlic salt
- ◆ Steak and Onion
- ◆ 1 tablespoon olive or vegetable oil
- ◆ 6 beef t-bone or rib eye steaks, 3/4 to 1 inch thick (about 3 pounds)
- ◆ 3 medium onions, cut into 1/2 - inch slices
- ◆ 2 tablespoons honey



TRY IT,  
IT IS DELICIOUS

## DIRRECTIONS

- ◆ Heat coals or gas grill for direct heat. Mix all Pepper Rub ingredients. Lightly brush half of the oil on both sides of the beef. Press rub mixture onto both sides of beef. Let stand 15 minutes.
- ◆ Lightly brush remaining oil on onion slices. Cover and grill beef and onions 4 to 5 inches from medium - high heat 10 to 12 minutes, turning once, until beef is medium done.
- ◆ Brush honey on onions. Serve onions with beef.

## SUMMARY

- ◆ Preparation Time 40 Min
- ◆ Cooking Time 40 Min
- ◆ Ready in 1 Hr 20 Min
- ◆ Servings 6

Word of God  
Isaiah 49 : 2

“And he has made my mouth like a sharp sword, In the shadow of his hand he has hidden me, and made me a polished shaft, in his quiver he has hidden me .”



Words of wisdom

**“ I learnt that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. ”**

**Mr. Nelson Rolihlahla Mandela**

# **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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