



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

# Ugu Health District Official Newsletter

## UGU NEWS

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# UGU DISTRICT WOMEN'S DAY



**UGU HEALTH DISTRICT WOMEN'S DAY EVENT 2016 AT STAGES RESTAURANT**

### INSIDE THE ISSUE

WOMEN'S DAY EVENT  
PAGE 1,2 AND 3

HERITAGE DAY EVENT  
PAGE 5 AND 6

*FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE*

# UGU HEALTH DISTRICT OFFICE CELEBRATED WOMEN'S DAY IN AUGUST



Rev J Mbewana and Ms Thabisile Ngcobo during Women's Day event at Stages Restaurant

On the 9th of August 1956 South African women staged a march to Union Buildings in Pretoria to protest against proposed amendment to the Urban Areas Act. The women's march was a success, women from all parts of the country arrived in Pretoria. Many of the African women wore traditional dress. Many of the women had babies on their backs.

To honour this day, Ugu Health District Office organized a women's day event on the 25th of August 2016. The event was held at Stages Restaurant. Giving words of wisdom, the District Director Mrs NC Mkhize shared the Ruth story from the bible, she told the staff members that good things comes to those who wait.

She emphasized the importance of waiting in God.

Motivational speaker Rev J Mbewana shared Philippians 4 verse 13 which says "I can do all things through Christ which strengthens me". "Women have inner strength, which is why they decided to stand up for their rights in 1956. A women is a helper & a go getter who is able to go extra mile. There is nothing that can overpower a women who is going with God. It is important to believe in Him." said Rev Mbewane

She then shared 10 important points, and encouraged women to stick in these points so that they succeed in life

- Find meaning in life

- Create your dream board
- Set your goals to achieve your dreams.
- Do not live on regrets
- Step out of your comfort zone
- Live a well balanced life ( healthy lifestyle)
- Face your fears
- Accept yourself
- Live in the moment
- Experience the joy of learning

In closing, Rev Mbewana said August is a month of the new beginnings and September is a month of giving birth to new things. The function ended up with refreshments



# PHOTO GALLERY—WOMEN'S DAY



Opening prayer by Ms Siphumelele Mlambo



Program director Mrs Monica Ntombela



Ms Mispar Mbokazi leading the game of listing names with three words from your body



Ms Ayanda Khuboni feeling happy for winning the game



Rev J Mbewana during her motivational speech on the 23rd of August 2016



Women enjoying their special day at Stages Restaurant

# IMIZUZU ENGAMA- 67 NO GOGO NGUBO



Abasebenzi bezeMpilo beya kongena kwagogo Ngubo ngosuku luka Mandela



U Nksz Siphumelele Mlambo nogogo Ngubo emunika izimpahla zokugqoka

Ngosuku lokuzalwa kwalowo owaba nguMongameli wokuqala omnyama eNingizimu Afrika okuwumhlaka 18 July u Dr Nelson Mandela kugqoguzelwa wonke umuntu kuleli ukuba alethe ushintsho. NgoNovember 2009 izizwe ezihlangeneyo zathula ngokusemthethweni umhlaka 18 July njengosuku luka Mandela (Mandela Day) ukuhlonipha u Dkt uMandela ngeqhaza lakhe alibamba ukushintsha izimpilo zabantu.

Ihhovisi loMnyango weZempilo kwisiFunda sasoGwini livakashele ugogo Ngubo wasendaweni yasoThuthwini ukuyochitha imizuzu engama 67 ngomhlaka 27 July 2016.

Ugogo Ngubo ohlala nabazukulu abangaphezu kwe -15 ukuthokozele kakhulu ukubona abasebenzi boMnyango bemuvakashele bemuphathele izinto ezimnandi okubalwa kuzo ukudla, izingubo zokugqoka kanye nokunye okuningi. Exoxa ngemvelaphi yakhe ugogo Ngubo ukubalulile ukuthi waba yingxenywe yomzabalazo walelizwe njengoba babe beyibamba impi belwela izwe. Eqhuba ingxoxo yakhe uthe isikhathi esiningi sobusha bakhe wabe esichitha ejele njengoba babeboshwa ngesikhathi sobandlululo uma bezabalaza. Ziningi izinto ezabe zenzeka empilweni yakhe ngaleso sikhathi njengoba ayeke aboshwe ezithwele.

Njengamanje ukhombisa ukuthokoza okukhulu njengoba izwe selabuya uthi uyethemba ukuthi nalapho ekhona u Dkt u Nelson Mandela uyethemba ukuthi ulele ngokuthula ngoba izifiso zakhe kanye nabaningi ababezabalaza baphumelela emzabalazweni wabo wokuguqula izimpilo zabantu abamnyama baphile impilo encono.

Ugogo Ngubo oneminyaka engama—96 ubukeka ephile kahle futhi akanazo izifo eziyimbelesela ngaphandle kokuthi akusahambeki kahle ngenxa yeminyaka.

Ngosuku avakashelwe ngalo ube esekalwa ukuze athole isihlalo esihamba ngamasondo esizomusiza ukuhamba afinyelele lapho efuna ukuya khona.

U Dkt uNelson Mandela wachitha iminyaka engama -67 ejele elwela ukushintsha izimpilo zabantu bakuleli, kugqoguzelwa ukuthatha imizuzu engama-67 kuphela kumhlaba wonke ukuthi wonke umuntu azibandakanye ukushintsha lapho engakwazi khona. Leli hhovisi lizibophezele kulokho njengoba minyaka yonke ngenyanga ka July likwenza kusuka othandweni ukushintsha izimpilo zabanye abantu ikakhulukazi abaswele.



**MAKE EVERY DAY A MANDELA DAY**

# KUGUJWE USUKU LWAMALUNGELO ESINTU



Abasebenzi bagqebhula ingoma



Ukudla kwesintu okuconsisa amathe

Kugujwe usuku lwamalungelo esintu ngomhlaka 24 ku-September kulonyaka. Lolusuku olugujwa minyaka yonke ngalolusuku olwalwaziwa ngokuthi usuku luka Shaka luhlanganisa abantu bezizwe ezihlukene kuleli babe yinto eyodwa. Yilesa naleso sizwe sisuke sigqamisa isiko lesizwe saso. Ngokujwayelekile abantu abaningi bayavakasha ngenyanga ka September ikakhulukazi ngalolusuku, isikhathi esiningi basuke behamba bebuka ukuthi ezinye izizwe ziliqhuba kanjani isiko ngokwehlukana kwezizwe.

Ihhovisi leZempilo kwisiFunda Ugu lithathe ithuba kwahlangana abasebenzi bezizwe ezihlukeneyo ngenhloso yokugubha lolusuku lwamalungelo esintu. Lomcimbi obungomhlaka 23 ku September 2016 ube sezingeni eliphezulu kakhulu njengoba bonke abasebenzi besebenze ngokukhulu ukuzimisela nokubambisana ukuze lolusuku lube impumelelo

Kubonakale izinhlobo zokudla ezihlukahlukene kanye nendlela yokugqoka ehlukehlukeneyo njengoba wonke umuntu ebekhipha ikhona ukuze kubonakale ukuthi siphila kanjani ngokwamasiko ethu. Okuqapheleke kakhulu ngalolusuku ukuthi kukhulu ukubambisana phakathi kwezizwe ezihlukene njengoba bekudanswa ndawonye, kushawa ingoma, kudliwa ndawonye, kanye nokunye okuningi obekwenzeka.

Ethula inkulumbo yakhe yosuku uMnu DK Msomi ugcizelele ukuthi izingane kumele zifundiswe konke ngama siko nobuzwe bungashiywa ngaphandle ukuze zazi lapho ziphuma khona. "kumele sibe isibonelo sibumbane njengabazali singacwasani ngokobuzwe ukuze izingane zifunde kithina " kuqhuba uMnu Msomi

Ngalolu suku ngosizo luka Mnu Mthokozisi Qwabe, leli hhovisi livakashelwe osomahlaya abahlukahlukeneyo kanye nezimbongi okubalwa kubo abazibiza Ngamawele ase Chesterville, Ogubhela, uMaster, kanye nabanye. Banandise ngamahlaya abo amnandi ashiye abasebenzi bethokozile. Banika izinkondlo ezahlukehlukeneyo nezifundisayo kanjalo nomculo.

Lomcimbi weyeminye yemicimbi eyenziwa minyaka yonke kuleli hhovisi futhi ukhombisa ukukhula ngenhlela eyisimanga. Bonke abasebenzi bakhapha emaphaketheni abo baphose esivivaneni ukuze konke kube yimpumelelo.



Ihhovisi likamxhumanisi lidlulisa ukubonga kubobonke abenze lolusuku lwaba impumelelo.

# PHOTO GALLERY- HERITAGE DAY



Izakha mzimba zomcimbi wesintu



Amawele ase Chesterville esiphathele uhlelo emu-cimbini wesintu obusezingeni eliphezulu



UGubhela uhaya inkondlo ephelezelwa intokazi ngezwi layo elimtoti



Abasebenzi babukeka beluthakasele lolusuku



uZandile uveza ubuchule bomdanso wesintu



Abasebenzi basivezela ubuciko babo ngengoma

# PHARMACY WEEK



While Ugu Health District is still busy with Central Chronic Medication Dispensing & Distribution (CCMDD) launch in different facilities, pharmacy team took an opportunity to interact with clients about the importance of taking the prescribed medication accordingly. This was done during pharmacy week.

Mrs Siphokazi Mabaso Ugu District Pharmacy manager says medicine plays an important role in preventing and treating illnesses but if it not used properly it can cause harm. A person who is taking medication is playing a vital role in using medicine safely.

## STOP-ASK YOURSELF

- Is this my medicine
- Why am I taking this medicine
- Do I know how and when to take this medicine
- Have I had a bad reaction to this medicine before

## ASK YOUR PHARMACIST

- If you are unsure of your medicine, ask
- What is the name of this medicine
- Is it safe to use this medicine with my other medicine or with food
- What are the common side effects can I expect with taking this medicine
- Where should I keep my medicine

GO AND GET WELL

## UGU DELINKED THREE CLINICS IN AUGUST 2016



Ugu Health District officially handed over Mfume and Nkwali Clinics to Etheke District on the 26th August 2016. These clinics were previously falling under Vulamehlo Municipality they were reporting in GJ Crookes Hospital Management.



Ugu Health District officially handed over Ndwebu Clinic on the 29th of August 2016 to Harry Gwala District. Ndwebu was falling under Umzumbe Municipality and reporting under Port Shepstone Hospital

# FAREWELL TO MCWH MANAGER



Mrs BC Msomi sharing words of appreciation to the management and staff



Mrs P Xaba honored Mrs BC Msomi with Gifts from her component and the staff

## SAYING WELCOME IS ALWAYS EASIER THAN SAYING GOOD BYE

Every journey has the beginning and the end. The journey started long time ago when your mother give birth to you and you get a certificate, that is where your life starts and you continued receiving certificates.

Mrs BC Msomi in her journey of Nursing as she was a Manager –MCWH at the district, won many battles. She shared knowledge and contributed to the community. She has been a very dedicated person. She worked closely with all the clinics and hospitals in Ugu. Ugu Health District Management and staff wishes her a happy retirement.

### words of appreciation

“I would like to thank God who gave me this opportunity of working with Ugu Health District. I worked with different people from different levels and I was learning from you colleagues each and every day.

Sometimes you could feel that there are some pressures but we were managing to put smile on our faces as colleagues.” said Mrs Msomi on her goodbye note. She appreciated the time she spent in Ugu Health District with her colleagues





# UGU HEALTH DISTRICT TOURNAMENT AND WELLNESS AND CHORAL MUSIC COMPETITION



Volleyball team winners from Port Shepstone hospital



Mass choir singing African piece and National Anthem

According to the health calendar, 11 October is obesity day. The Department of Health is deeply concerned about the growing obesity rate in the country and urges all South Africans to adopt a healthy lifestyle. Obesity related diseases such as heart diseases, type 2 diabetes, stroke and some cancers account for 43% of deaths in South Africa. Obesity is one of the top five risk factors for early deaths.

MEC for Health Dr S M Dhlomo has launched a health lifestyle program to encourage people of KwaZulu Natal to live a healthy living and also to fight obesity. This initiative is also assisting in increasing life expectancy. He did not leave the employees outside the program as the Department has a wellness program provincially.

Ugu Health District is inline with the polices of Employee Health and Wellness Program as it is hosting official events supported by the District Director, Mrs N C Mkhize every year.

On the 30th September 2016 Ugu Health District hosted a district tournament. The tournament was at Scottburgh Country Club. All Ugu Health institutions participated in different sports codes which includes, soccer, netball, volley ball, umlalalaba, tag of war etc. The day started with aerobics as usual.

Port Shepstone Hospital did very well in Volleyball by taking position one, Murchison Hospital took position one in Netball, St Andrews Hospital took position one in Soccer and Port Shepstone Hospital took position one in Umlalalaba.

The district also hosted a choral music competition. The competition was at Murchison hospital on the 7th of October 2016. All institutions participated. Murchison Hospital CEO, Ms M Nxumalo officially opened the ceremony and welcomed all participants. She said it is important that management support the wellness programs, because they help in keeping the employees healthier and happy at all times.

Three songs were performed, Western piece, African piece and jingle.

Jingle was so interesting as choirs were allowed to show case their creativity singing a healthy lifestyle songs. They were allowed to bring vegetables on stage, fruits, condoms, etc.

GDF choir took position one in African piece and jingle and Mpunzana choir took position one in Western piece.

Mass choir which includes all choirs from the institutions also performed. They are now preparing for the provincial competition which will be on the 7th of December in Pietermaritzburg



# UGU HEALTH DISTRICT MANAGEMENT TEAM MEETING



Mrs L Ndelu and Mrs S Nyawo receiving a certificate TB management from Mr S Naidoo and Mrs N C Mkhize



Ugu Health District Management team in Margate hall showcasing MASEA Awards 2015/2016

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