



# INKANYEZI YASEMPHUMULO

UMPHUMULO HOSPITAL OFFICIAL NEWSLETTER    DECEMBER 2009

## UMPHUMULO HOSPITAL PROUDLY CELEBRATES HERITAGE DAY



# CELEBRATING HERITAGE DAY

**O**n the 29<sup>th</sup> September 2009, Umphumulo hospital celebrated a Heritage Day. Being September which is Heritage month all the employees showed different ways in which tradition can be celebrated.

Generally Umphumulo hospital employees were very excited with the idea of celebrating the Heritage Day. They wore their traditional outfits as a symbol of their heritage and for most of them happiness was more pronounced than ever because at least each year there is a reminder of where they come from and they are able to celebrate their roots. Although rain was a challenge the whole day this did not dampen the high spirits for participation. At 13h00 members of HPH team started by selling the different traditional and delicious meals while everyone was streaming into the hospital chapel which was the venue for the event.

The hospital CEO, Mrs T.D Chiliza was in her traditional outfit as well as our guest speaker. Mrs Chiliza welcomed everyone and highlighted the purpose of the day as a gesture to embrace the different groups working at the hospital. Amongst the different activities, there were quizzes and questions with gifts to be won. Stage plays and Izibongo ze Nkosi uShaka formed part of the entertainment. Most of the items rendered were of a jovial nature and there was much applause and laughter. Much talent was identified in the form of song and dance.

The end of the programme was marked by a special guest speaker- Mrs H. Mabaso from Sundumbili CHC who is the Nursing Manager. She explained that Heritage is the vehicle that describes who we are and explained that we have the responsibility to sustain our physical being by planting fresh vegetables in order to have fresh food to keep us strong. She highlighted that in the olden days people did not suffer from so many chronic conditions as they always maintained a balanced diet and exercise.

The lesson learnt was to embrace one another's culture in the workplace. The uniqueness of the cultures make us a rich country. We need to love, appreciate ourselves and reach out to each other.

Lastly it is worthy to note that Umphumulo hospital employees are diverse but are able to work harmoniously together in order to render a compassionate service that suites the needs of our clients as their cultures are also respected!



**SIYAZIQHENYA NGAMASIKO ETHU!**

## CEO'S COMMENTS

**T**he calendar year 2009 is drawing to a close. Each institution reflects on achievements and failures. Maybe it is fitting to state that for a couple of weeks during the festive period we give ourselves permission to let go and just enjoy ourselves. This is important because at the end of each year people can distress so that they can get invigorated for the coming year. As the year ends one notices vibrancy within the institution.

The reason for this light feeling it is believed is that the festive period is celebrated by everyone irrespective of religion despite it being called Christmas. The message to everyone during this period is enjoy yourselves, be safe and share love. It is also worth noting that "holiday blues" do settle on some people for different reasons. During this period do pick up the phone and call the friend that has not been spoken to for some time.

If one has to drive long distances start early so that there is no rush. Stay on the slow lane in order to avoid the drivers that flash their lights and also to enjoy the scenery -KZN is very beautiful at this time of year. The issue is about relaxing so that the New Year finds each one ready to make feasible resolutions.

To all the employees at this institution -Thank you for the dedication and co operation you have shown in 2009. It is believed 2010 will bring new challenges but all will be taken gracefully.

Enjoy the holidays. To those that will remain holding the fort -May there be health and peace in the communities so that very few casualties come to our institution.

To those that will be leaving the institution -We hope you had the building blocks at Umphumulo and now you have to cement the future with further dedication and commitment in whatever you set up to do. Good luck for the future.

*Lastly have a Happy and memorable Festive period and a Prosperous  
2010.*



# BREAST CANCER AWARENESS DAY



On the 17th October 2009, Sithandiwe Place of Hope (NGO) in collaboration with Umphumulo hospital was graced with the best ever visit of the HOD Department of Health Doctor S.M Zungu, the late former National Minister of Dept of Health Dr Manto Shabalala- Msimang, Hounarable Queen MaNdlovu Zulu, Professor Green Thompson as well as the first lady Queen kaMaBhija Zuma to celebrate a breast Cancer Awareness Week with the community of Maphumulo at Umsomuhle Community hall. The theme of the day was "Early detection can save your Breast and Prolong Life"

The community of Maphumulo was part and parcel of the best event ever hosted at Maphumulo though the weather was not on our side the proceedings of the event still carried on. The community was supportive hence people came in numbers to the event, there were not only just there to get entertainment, but to be fully informed and were made to be aware of this pandemic disease. They were also advised how to handle this issue should they also be the sufferers.

The day was blessed with an opening prayer by Pastor Majola from the local Lutheran Church. The Programme director of the day was Mrs S Skhweyiya, amongst all the guests that were present was also Inkosi of ward 11 Ndabezitha Ntuli who welcomed all special guests and the community at large. Traditional healers, Councilor Zulu of ward 11 was also present together with his delegates.

The most attracting and informative part was the different speeches from our guests, enlightening the community. There was also a lot of entertainments that took place, such as poetry, Omama besigekle, the plays, as well as a motivational talk by a breast cancer survivor. She highlighted what she had been through with breast cancer challenges. She advised all women to keep checking regularly on their breasts.

The Hounarable queen KaMabhija Zuma's speech was directed to all women of South Africa. She made mention that a good woman would always take care of her life. Doing so will always help in knowing the status of her health. She made an example that self checking should be done at home regularly in order to identify if something is wrong. A quick visit should be made to your local clinic should one discover that there is something she is not unsure about. She advised women that pap smears should be done at least once a year at the local clinic. She informed everyone of the importance of doing an HIV AIDS test from time to time.

The late Dr Manto Shabalala-Msimang explained on how NAYE

Started and on how it was changed to Cancer Association of SA.



She informed the community about a lot of projects that she was involving in and that are helping South Africa and the SADEC.



# PHARMACY EVENTS 2009



The second half of 2009 was a very eventful one for the Pharmacy Department at Umphumulo hospital. The pharmacy department bid farewell to two pharmacists Mr. Ishmael Moorad who served this hospital and the community for approximately 2½ years and Miss Moodley (September 2009) for approximately 3½ years. Both these pharmacist made a huge impact on the services at Umphumulo. Their resignation has left a huge void in the pharmacy.

Despite his impending resignations and the upcoming Pharmacy Week in September 2009, Mr Moorad visited the local high schools to Celebrate Pharmacy Week and promoted Pharmacy as a carrier in August 2009 together with Ms Mzoneli and Ms L Ntenga

. A poster competition was also part of his portfolio. Miss Moodley co-coordinated the events at the hospital. All the pharmacy assistants participated in giving educational talks on hypertension, diabetes, asthma and HIV/AIDS and STIs to patients visiting the hospital during Pharmacy Week. Patients who answered questions correctly won themselves prizes.

Even though the Pharmacy is currently short staffed but existing staff are excelling in doing their job to ensure that service delivery is maintained.



The Pharmacy Manager: Mrs K Sankar was handing over an appreciation certificate to the Pharmacist: Mr. M. Ishmael on his farewell party

# YEAR END MOTIVATION

## Learn from the past!

**T**here are those who wish to fulfill their dreams while doing nothing. If you don't make any effort to achieve your goals you are not going to achieve any goal. Life is full of new challenges. Yours is to stand up and work hard towards facing them. You should always be passionate, persevere, be consistent, act confidently and remain positive no matter how difficult it gets.

Sometimes things might not turn out the way you have planned them. Remind yourself of past failures and act accordingly so as not to make the same mistake again. Always remember that whatever bad encounter you came across, there is always a way out and a lesson for the future. Have a plan of how you want to achieve your goals and begin immediately to work towards attaining them. Do it with the best of expectations and without hesitation.

In life nothing comes easily and hard work has its rewards. In the past, companies in this country used to belong to a particular group of people. If such thoughts are still embedded in one's mind moving forward becomes difficult. That has since changed. Take advice, remove negative thoughts in order to avoid being a failure for the rest of your life. Believe in yourself and follow your dream with dedication and perseverance.

## VITAMIN A CAMPAIGN CONDUCTED WITH A SUCCESS

**U**Mphumulo hospital in collaboration with the MCDI coordinated the child vitamin A campaign from the 7th–19th September 2009. UMphumulo hospital were part of the campaign. Mr Sibusiso Khumalo from ILembe health district data capturer confirmed that about 120 campaign points were set up and utilized. About 120 of staff participated including our community health workers with the assistance of the ILembe Health District employees that also played a major role during the campaign by supporting our staff. The Provincial department of health provided resources that were used such as Vitamin A capsules, 4000 mg tablets, logistics etc, while on the other hand MCDI provided caps, aprons, water and refreshments.

Apart from the challenges of a very rainy weather and staff being short those staff members that were available were still passionate and motivated. We would like to thank all the parents that brought their children to be immunized during that period.



# EDITORS COMMENTS



**Ms Lungile Ntenga - Public Relations Officer**

Seasons greetings to all readers!

In a few days from now, we will be reaching the full cycle of the year 2009. with the Festive Season already upon us Merry Christmas and Happy New Year! We say goodbye to 2009 and its many challenges with the hope that 2010 will bring along relief and positive changes.

I want to appreciate the effort and courage that our management has put with their working hard from the beginning of the year in order to achieve the vision, mission and the core values of our institution to ensure that the service delivery remains at an optimal level despite the challenges that we are still facing.

Not forgetting to applaud my colleagues for working hard in ensuring that the health services delivery is not compromised and by keeping up the spirit of Batho Pele. May they come back next year with more energy and drive to further develop our institution and maintain the standards of the health department.

I wish to thank and acknowledge all our Community Services personnel who have worked so diligently throughout 2009. You will be missed, we wish you well for the future.

In our successes and joy, we must remember those that are less fortunate to enjoy the Festive Season because of their health challenges. We must give them our love and hope. We must reach out to those that have become victims of poverty. We must care for them as much as we care for our loved ones. We must extend our healing hand to those undergoing emotional rollercoasters. It is up to us to ensure that their ride turns around for the better. Let us not forget some of our colleagues who fell along the way before they reached the last day of this year. May their souls rest in peace. For those who have made it, we thank the Almighty for the second chance he has giving us to continue to change peoples lives for better .

In conclusion I would like to wish all my colleagues a wonderful and peaceful Festive Season. May all your dreams and aspirations for 2010 become a reality. We should also remember to be safe in everything we engage ourselves in. Let us show each other a sign of love and peace.

**We are on the web, catch us!**

Webpage:[www.kznhealth.gov.za/umphumulohospital.htm](http://www.kznhealth.gov.za/umphumulohospital.htm)

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On behalf of Umphumulo hospital to the family of Former National Minister of Dept Health Dr Manto Shabalala-Msimang we pledge:



### Jeremiah 29 Verse 11.

Remember in times of trouble God is there, he will never leave nor forsake you. May her soul rest in peace.

Umphumulo hospital Management wishes all the employees A Happy Festive Season and Prosperous New year. And may the Lord Almighty protect you as you will be embarking on different journeys to celebrate this holiday!

To those that have passed their exams: We wish them a better future

To those who will be writing exams: we wish them all the best

To those who has passed on: may their souls rest in peace

To those that are not well: we wish them a speedy recovery

To those that have lost loved ones during the course of the year - Many they be comforted by the fact the God is always in control.

Last but not least we would like to congratulate our Health and Safety Officer who recently got married .May He and his beautiful wife be blessed with a joyful future together.



# Batho Pele

A better life  
for all South Africans  
by putting people first

Together beating the drum for Service Delivery