



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

King Cetshwayo District Newsletter

2025 Special Edition



HAPPY HERITAGE DAY TO YOU ALL



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**



Embracing diversity through different cultural connection.

As part of creating an understanding to one of realities of life depicting that people are different in the society so likewise in the workplace. Annually, the 24th of September in the South African calendar marks this day as a day to come together as a nation in celebration of our heritage. In a South African context our heritage marks all the treasures that is found in our very complex diverse cultures.

This can be in form of habits, customs, signs, language, behaviors and symbols which are either known or practiced. While South Africans heritage defines who we are and how we do things, King Cetshwayo District choose to celebrate this day by

embracing love in a diverse way, where two cultures are brought together through a traditional wedding celebration. Heritage day was celebrated on 23th of September 2025, whereby employees were divided into two groups representing two cultures in a traditional wedding ceremony. One group formed a Groom's side and the other group represented the Bride's side of the family. The whole intension was to create an environment that is conducive for tolerance hence managing diversity in the work space and the creation of cohesiveness in the same space

The day was characterized by celebratory songs, indlamu and a play to imitate a traditional wedding day. The day was full of love, fun, laughter and great lessons to take home.

#The beauty of the world, lies in the diversity of its people.



KwaZulu-Natal Department of Health



kznhealth



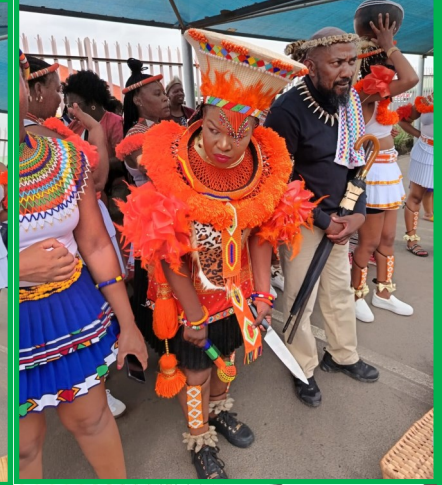
KZN Department of Health



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

Photo Gallery



Indoda yakhiwa amanye amadoda



King Cetshwayo Men's Conference – Nkandla Sub-District. Date: 23 July 2025

The Nkandla Sub-District proudly hosted the King Cetshwayo Men's Conference on 23 July 2025, bringing together men from across the district for a day of learning, reflection, culture, and unity. The event was well attended by representatives from all six district hospitals, one tertiary hospital, one regional hospital, and one Community Health Center (CHC). This remarkable show of solidarity highlighted the importance of men's involvement in driving positive change in communities, families, and health systems.

We were honored to welcome distinguished guests from the Government Employees Pension Fund (GEPF) and the Department of Social Development (DSD), as well as our keynote guest speaker, the former principal of a local school in Nkandla.

His powerful address was both educational and inspiring, emphasizing the role of men as leaders, mentors, and custodians of cultural and community values. In addition to thought-provoking speeches and discussions, the day was filled with vibrant cultural activities. Ingoma performances by different sub-districts brought energy and pride, reminding

everyone of the richness of our heritage. The celebrations were completed with the serving of traditional food, including the slaughtering of a whole cow, ensuring that every attendee enjoyed a hearty meal in the true spirit of sharing and togetherness.

The conference was not only a success in its organisation but also in its impact—strengthening bonds among men across the district and sparking a renewed commitment to collective progress.

Together, we rise – building stronger men for stronger communities.





Celebrating Women's month in style

King Cetshwayo Health District Women's Day Picnic

On the 27th of August 2025 we had King Cetshwayo Health District Women's Conference in a form of Picnic. Representation of women from nine facilities, District Office, Forensic Pathology Services and Emergency Medical Services. What an event? All facilities introduced themselves by performing a dance challenge of their choice. We had health talks; fist talk was on Healthy eating by Dietician Miss Nontuthuko Myeza from Queen Nandi Hospital secondly on Women's Health by Dr Dumile Gumede from Nseleni Community Health Centre, lastly we had Guest Speaker Mrs Zesuliwe Mthembu-Mabaso who shared touching message saying that Women should take their position as producers and nurturers. She said,

whatever a woman touches, it multiplies. She asked as to what is it that we are nurturing where we are? Are we multiplying and nurturing hatred, gossip, jealousy, looking down at other women? She encouraged all women to go back in the facilities, families and communities multiply and nurture love, compassion, and good wishes to other people not to be self-centered. Total number of attendees was 80; Indeed, it was a day well spent.

Compiled by Ntombizethu Gumede – Employee Wellness Practitioner

