



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Wentworth Hospital

Wentworth Fountain

NEWS

KEEPING YOU INFORMED

July–October 2018

DOEKS FOR WOMEN'S DAY



Imbokodo of Wentworth Hospital looked ravishing in their doeks in celebration of Women's Day. It was a colourful day as staff temporarily left their uniforms and rocked red and black in commemoration of this very important day in the history of South Africa.



Women's Day

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Breastfeeding Week

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Wellness Day

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WOMEN'S DAY IN PICTURES



The staff of Wentworth Hospital painted the institution red in honour of the heroines of this country who, in 1956, marched to the Union Buildings to present a petition against carrying passes. This day was also a protest against women abuse.

Different departments within the institution held celebrations and participated in various activities.



BREAST FEEDING WEEK 2018

From 1 to 7 August 2018 Wentworth Hospital observed Breastfeeding Week.

Every year mothers from all over the world are encouraged and educated on the importance of breast feeding. Breast milk is rich in nutrients that are vital in giving babies the best start to life.

The Antenatal Clinic and Dietetics departments in Wentworth Hospital hosted awareness days in which mothers were provided with information that would assist them in properly breastfeeding their babies.

The theme for this year's World Breastfeeding Week is "Breastfeeding: Foundation for Life" — a recognition of the importance of breastfeeding to a baby's future.



STAFF WELLNESS DAY

Wentworth Hospital held a Wellness Day on the 22nd of August 2018. The staff got the opportunity to interact with various service providers ranging from financial to cellular companies and medical aid schemes. Not only did the staff receive valuable knowledge on managing their finances, they burned a few calories with the Aerobics studio on site.



Alzheimer's Awareness



Pictured above are Bongekile Mncube (social work student), Ms Zakiya Haroon (Social Worker), Ms Nqobile Maphumulo and Gayle (sitting).

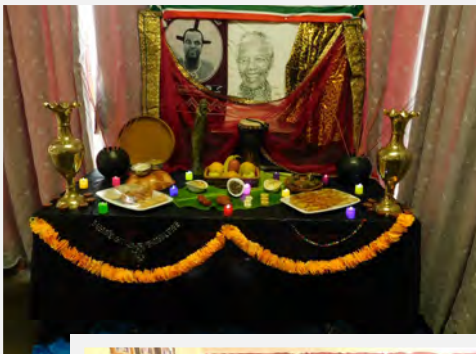
The Social Work Supervisor together with social work students at Wentworth Hospital has seen with great dismay the need to raise awareness and take action in managing Alzheimer's disease within the Wentworth Community. In a bid to lend a helping hand, the Social Work department has formulated a database which will contain basic demographic information of those individuals who reside within the Wentworth community and who have been diagnosed with Alzheimer's.

This initiative, according to Senior Social Worker Ms Zakiya Haroon, came as an idea after hearing the story of a local resident; Gayle Meek Baltimore. Gayle Meek Baltimore shared her story and experiences living with an Alzheimer's sufferer at a Mental Health Forum Meeting. Her story also touched the hearts of social work students Bongekile Mncube and Nqobile Maphumulo, this prompted them to get involved as part of their community engagement assignment under Ms Haroon's supervision. Gayle has experienced firsthand the psychological effects of Alzheimer's on her mother and has also shown enthusiasm towards this initiative, she has fully gotten involved. "As much as you try to be vigilant 24/7, you can't be there all the time.....and for me, the more people in my community who are aware of my mom's situation, I'm hoping that if they see her somewhere alone, they will immediately understand that something is not right", explains Gayle. The database will be made available to relatives searching for their loved ones and to the local authorities in order to assist in preventing those with Alzheimer's from going missing or finding themselves in difficult situations. Gayle, who has now assisted in forming a support group for other members of her local community who's loved ones have the same illness, says she feels that if more people are aware of her mother's situation they would assist her more in looking out for her.

According to Alzheimer's In Action, around the world a new case of dementia occurs every 4 seconds and approximately 750 000 people in South Africa have the disease. Members of the community are urged to bring forward the details of those who suffer from Alzheimer's to Wentworth Hospital Social Work department in order to be included onto the database. This will assist should a loved one go missing or get admitted to the hospital.

For more information, call Ms Zakiya Haroon (Social Work Supervisor) on **031 460 5112/3**

HERITAGE DAY CELEBRATION



On the 26th of September 2018 the staff of Wentworth Hospital celebrated Heritage Day by coming together and showcasing their diverse cultures. The aim of the event was not only showing off one's culture but also to teach others about the different cultures that make up our social fabric. The staff were clad in their cultural attire and on display were various traditional dishes that everyone got to taste. Entertaining the crowd was the Wentworth Hospital choir who performed traditional songs that got the crowd ululating. The day's activities certainly gave truth the words of the late Reggae artist Lucky Dube; "different colours, one people".

FAREWELL



The Finance department bid farewell to In-service trainees who had completed their full training of 18 months at Wentworth Hospital. Pictured above are Finance Manager Mrs P.R Bekwa flanked by the students and Finance staff

The incidence of breast cancer among South African women is increasing and it is one of the most common cancers among women in South Africa. It is the most prevalent cancer amongst white and Asian women and the second most common cancer among black and coloured women.

Facts about breast cancer

- Early detection of the condition can lead to effective treatment and a positive prognosis. About 90% of patients survive for many years after diagnosis when breast cancer is detected at the early stages.
- Regular self-breast examination and regular mammograms are key to early detection.
- Presenting yourself early for treatment may result in more effective treatment, leading to a reduction in pain and suffering and a significant decrease in the loss of life.

The designation of October as "Breast Cancer Awareness Month" in South Africa reflects a nationwide drive by public and private healthcare structures to raise awareness of this debilitating disease across all races and class structures.

Source: <https://www.gov.za/BreastCancerAwarenessMonth2018>



SPORTS



Wentworth Hospital and Orthopaedic netball team.



Wentworth Hospital and Orthopaedic soccer team.

On the 17 of August 2018, sports teams from the various institutions within the district descended onto the Reservoir Hills sports fields for the 7th annual soccer and netball EThekweni District tournament.

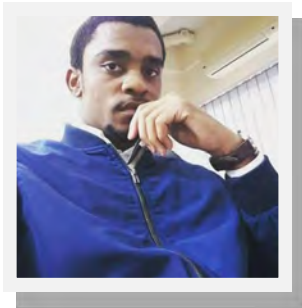
Our well trained soccer team cruised through the stages. They comfortably beat their first opponent and went through to the quarter finals. It was a nerve wrecking game in the quarter finals and our boys won in the penalty stage. As tired as the team were, we made it to the semi finals where we lost to a better side.

Wentworth Hospital together with the Orthopaedics department participated in the tournament in both disciplines and produced a world class performance. The netball team put up a fight in their opening match and held on to the ball on many occasions. The match was very tight but in the end our ladies were beaten in the run of play and didn't go through to the second round.

Well done to our teams for making us proud. The soccer team has their eyes set on the upcoming tournament



ACKNOWLEDGEMENTS



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