

## USUKU LOMGUBHO WAMASIKO ESINTU

Umnyango weZempilo esifundeni saseZululand awusalanga ngaphandle ekugubheni usuku lwa-Masiko esintu. Ngomhlaka 28 September abasebenzi balesi sifunda bagubha usuku lwamaSiko esintu. Njengoba sazi ukuthi lolu ngusuku lugujwa minyaka yonke ezweni ngomhlaka 24 September. Ngalolusuku kusuke kukhunjulwa kuphindwe kwenziwe izinto zesintu ngezindlela ezehlukahlukene.

Lesi Sifunda sinenhlahlaha njengoba sinabasebenzi abazi umlando wakwaZulu baphinde bakwazi nokuhlaziya izinto zesintu. Umnu J.D. Mbatha wayehlaza aphinde ahlahlele indlela ngezindaba ezithintela likamthaniya, uNdlunkulu wakwaNobamba umama weSilo sakwaBulawayo uSenzangakhona **“uNodum’ehlezi**

**kaMenzi, inkom’ekhale eMthonjaneni yazwiwa yizizwe ukulila kwayo”** kubongela uMnu Mbatha.

Umnu. Mbatha wabe esecacisa ukuthi lolosuku lwalukade lubizwa ngosuku lombumbi weSizwe sakwaZulu Inkosi Ushaka. Isilo uShaka wafika kwaNobamba ephuma kuDingiswayo Inkosi yakwaMthethwa. Ukufika kukaShaka kwaba wusizo olukhulu njengoba wafika izizwe noma imibuso inhlakanhlaka. Kwakukhona umbuso wakwaButhelezi Emcakweni ngaseSihlungu phakathi kweBabanango no Nobamba kube khona nowaSemathenjini owawuphethwe uNgoza, kube khona owakwaNdwandwe,



**Abasebenzi besiFunda saseZululand bevunule beconsa ngosuku lokugujwa kwaMasiko esintu ngomhlaka 28 September 2009**

kube khona okaNgungunyane Inkosi yamaShangane, bese kube khona owaseLangeni ekhaya konina kaShaka **“Uteku lwabafazi bakwaNomgabi Betekula behlez’emlovini beth’uShaka akayikubusa kanti yikhathi ezakunethezeka”**. Njengoba bese-kubaluliwe ngenhla ukuthi yonke lemibuso yay-inhlakanhlaka, leyo naleyo Nkosi yayibheke izindaba ezithintana Nombuso wayo. Kwathi ngenkathi uShaka ebusa waba nomuzwa wokuthi zonke lezi zizwe kufanele zibumbane. UNgoza Inkosi yaseMaThenjini yenqaba ukuba kuhlanguwe, uShaka wabe esemhlasela wamehlula, wabaleka UNgoza waya eMaMpondweni

Wabe eseqhubeka nephupho lakhe wayihlanganisa lemibuso kwaba ngumbuso owodwa wakwaZulu. Lokhu kwabe sekuqoshwa emlandweni kwabe sekuqoshwa lolusuku ukuba lube yisikhumbuzo. Abasebenzi balesi Sifunda babevunule beconsa, izinziswa zizoloza ungafunga ukuthi siyosika ukhasi emfuleni. Kwakudliwa ukudla kwesintu kuphela ngalolusuku kukhunjulwa mhla kusadliwa ngoludala. Umphathi wezokuxhumana esifundeni saseZululand uThabisile Ngcobo nguyena owayedidiyele lomcimbi ebambisene nethimba lakhe elihlela imicimbi yesifunda. **“Sifisa ukuthi senze okukhulu kunalokhu ngon-yaka ozayo ngoba siyabona ukuthi abasebenzi bayazithakasela izinto zesintu”** kuqhuba uMapholoba.

Kuloba uSihle Mafambana

## FIRE PREVENTION AND PROTECTION TRAINING



**Staff members doing practicals during fire prevention and protection training**

On the 10<sup>th</sup> of July 2009 Zululand Health District Employees were given Fire Prevention and Protection Training.

This was done so as to equip them with the necessary knowledge and skills that they could use not only at work but even in their own homes and neighborhoods when fire disasters do strike. It is a strategy

to create safety awareness amongst employees.

This workshop was organized by Mr A M Ntombela. A representative from Ulundi local Municipality Mr L.B. Nkomonde equipped employees and sensitized them with the types of fire, causes of fire, fire triage (material, oxygen and heat), etc.

He also mentioned different types of fire fighting equipments. These equipments are used in different types of fire and they only used when necessary.

Each and every employee is now aware of what to do when fighting fire and also how to use a fire extinguisher as well as to check for its validity.

Mr Nkomonde said it is important to switch off the main switch before you use water to extinguish fire caused by electric wires fault, otherwise you could end up electrocuted and killed.

He said at all cost people must avoid using Dry Chemical Powder extinguisher in offices where there are computers because they will be damaged by the powder.

A fire drill was conducted on the 13<sup>th</sup> August 2009 and all the components were well represented

Every employee is now aware how to fight fire as they were all hands on.



## INTEGRATED MANAGEMENT OF CHILDHOOD ILLNESS

Zululand Health District is amongst 18 priority district which are targeted as they are under performing in some of the indicators, but the focus is in Nongoma sub district. The Department of Health contracted the NGO to give the training in Community Component of House Hold and Integrated Management of Childhood Illnesses. Benedictine hospital hosted the training. Different stakeholders (Government departments & NGO) were invited so as to be capacitated in managing childhood illness.

This will also help in decreasing the number of people going to the clinics & hospitals and also to join forces with traditional healers in dealing with health problems.

Groups were formulated to develop plans on how the 16 key family practices learnt in this training are going to be implemented understanding the practices & belongings of local communities. Group who attended the training is now aware of where the majority of people are found.



**Group discussing implementation plans**



## ZIHAMBA KAHLE IZINTO KUTHANDO LWABADALA



UMnu S Lanageni no Nkk N Buthelezi benikezela ngamageja

Ingadi yabantu abadala endaweni yaseZilonyeni kwaNon-goma ixosha ikati eziko kanti kubukeka kusazoba nenqubekela phambili kukho konke okwenzekayo. Lokhu kulandela ukuthi uMnyango weZempilo kwisiFunda saseZululand uvakashele lendawo. Lengadi eyaziwa njengo Thando Lwabadala yaqalwa ngo 1981 kanti abasebenzi bayo nokungabantu abadala balokhu beyibambe njalo. Usihlalo walengadi nowazalwa ngo 1926 ovuka ekuseni aye kosebenza kanye

nabanye, uthi konke kuhamaba ngendlela kanti bayalekelelana ukuze izinto zibahambe kahle. uThando Lwabadala luthengisa iztshalo ezitolo zakwa Pick n Pay nakwa Spar kwaNongoma. Umphakathi osebenza kulengadi uthi ukufaka ukudla kulezizitolo kubasiza kakhulu ngoba bayakwazi ukuthenga zonke izinto abasuke bezidinga ezinjengokudla nezimpahla zokugqoka baphinde bafudise nezingane ezikoleni. Ngosizo luka Sbongiseni Langeni osebenza kwezo-

kudla kulesisiFunda, abantu abadala bayakwazi ukuthola izimbewu, amahhala, amageja nokunye ukuze baqhube umsebenzi wabo ngokukhululeka. Nakuba amanzi bewalanda emfuleni kodwa umsebenzi wabo wasengadini bawuthakasela kakhulu.

uNkk Nonhlanhla Buthelezi osebenza kulo leliHhovisi nosebenza ngabantu abadala uthi kwamjabulisa kakhulu ukuhlangana nenhlangano yabantu abadala abakhuthele kangaka. Njalo uyabavakashela ukuze abone ukuthi basaqhuba ngendlela. Ziningi izinto abazenzayo njengoba bakha nobuhlalu, amacansi, izidwaba izinhloko, nokunye okuningi.

Abantu abaningi abadala akade bezibandakanya engadini kanjalo nasemsebenzini wezandla sebehlezi ekhaya abasakwazi ukuzihambela. Ngenkathi uMnyango uvakashele lendawo babesebekalwa ukuze bakwazi ukunikwa izinqola ezihamba ngamasondo (wheelchairs). Lokhu kuzokwenzeka ngosizo luka Mnu Lucky Khumalo nosebenza ngabantu abakhubazekile.

Kulendawo yase Zilonyeni umuzi nomuzi onomuntu omdala angasakwai ukufinyelela engadini unengadi ekhaya kanti uMnu Lanageni uyabasiza ngezimbewu ukuze baqhubeke nokutshala.

## VITAMIN A CAMPAIGN CONDUCTED WITH A SUCCESS

National Department of Health with United Nations Children's Fund and (UNICEF) coordinated the Child Health Campaign from the 7th to the 19th of September 2009. Zululand Health District institutions and facilities were part of this campaign. Mr Z B Khumalo, Zululand Health District Dietician confirmed that about 940 campaign points were set up and utilized.

About 230 staff members from all Health Institutions around Zululand Health District participated during the campaign. In facilitating the campaign both the National and Provincial Department of Health and UNICEF provided resources that were used during the campaign. Amongst the resources, there were Vitamin A capsules, Albendazole 400mg tablets, Loud hailers, Caps, Aprons, Scissors, etc.

Zululand District experienced some challenges but staff members were still passionate, courageous and motivated. Mr Khumalo said they managed to immunize 87% in Vitamin A dose for the age of 12 to 59 months and 91% Albendazole dose for the age of 24 to 50 months. He also want to thank all staff members, facility managers and also institutional managers for the support.



## KZN LAUNCHES IT'S ANTENAL AND POSTNATAL CARE POLICY AND GUIDELINES



General Manager Strategic Health Programmes Dr SSS Buthelezi giving explanation on Antenatal and Postnatal Care Policy and Guidelines

On the month of August 2009 the eleven KZN District gathered at Zulunyala Game Lodge in Hluhluwe. The purpose of the day was to launch the KZN Department of Health Policy and Guidelines for Integrated Ante and Post Natal Care at District Hospital, Community Health Center and Clinic Level. The KZN department of Health (Maternal Child and Women's Health Programme) with the technical support of the Population Council and reproductive Health Research Unit, has undertaken a systematic process in the development of the ANC

and PNC Policy and Guidelines. The priority areas for inclusion in the policy and guidelines were identified through stakeholders' meeting and a series of key informant meetings. These meetings were attended by District Medical Officers, Advanced Midwives, PHC Nurses and District MCWH Co-coordinators from each of the eleven Districts. They decided to engage themselves in these meetings because the maternal mortality rate is rising. It was stated that in 1998 per 100 000 births 100 infants

the rate increased because per 100 000 births 144 infants died and in 2002-2004 the rate increased further because per 100 000 births 160 infants died. In this launch it was stressed that these guidelines were the only mechanism to address this challenge. All midwives and other Health professionals are obliged to adhere to these guidelines. The Population Council's goal is to support the development of a comprehensive ANC and PNC program in KZN in order to maintain women's health during pregnancy, decrease maternal morbidity and mortality, decrease perinatal mortality and establish a postnatal framework for the care of the mother and the baby. The MEC for KZN Dr. Sibongoseni Dlomo pleaded with the Health professionals to take care of all pregnant women and furnish them with all necessary information with regards to pre and post pregnancy. Pregnant women should be given thorough Health education so that they will now when to visit health facilities if they have missed their periods. It is very important to book early for the ANC said the MEC. This policy will be advocated as a whole through workshops. Implementation will be phased, with each phase lasting 24 months.

## IMISHANGUZO ISITHOLAKALA NASE MITHOLAMPILO



UNkk Masindane ekhombisa ngomshini wokuhlola amasosha omzimba

Kungokokuqala ngqa ukuthi uMtholampilo wethule ngokusemthethweni ukuthola kwemishanguzo njengoba bekuyinto eyenzeka ezibhedlela kuphela. uNkk N Masindane obhekelele isifo sengculazi nesandulela saso eMnyangweni weZempilo kwisiFunda saseZululand ukuqinisekisa ukuthi isiyatholakala imishanguzo ku-

Mtholampilo iThembumusa. Lokhu kubukeka kuzoba nosizo olukhulu emphakathini njengoba kukhona abantu abasizakala abayishumi nane ngosuku lokuqala. uNkk Masindane uthi yena nethimba lakhe bazimisele kakhulu ukuthi bawusize umphakathi. Ubuye wakhombisa nangomshini ozolekelela ekutheni kuhlolwe amasosha omzimba

## INJABULO EHLOMULA NGENQOLA ENAMSONDO EZIHAMBELAYO



### Nhlakanipho Mncwango ohlomule ngenqola yamasondo yabangakwazi ukuhamba

Injabulo ku Nhlakanipho Mncwango ngenkathi uMnyango weZempilo kwisiFunda saseZululand umhlomulisa ngenqola ehamba ngamasondo (wheelchair) ehamba ngelahle lamandla. Lokhu kusho ukuthi akasadingi ukusizwa uma efuna ukuhamba izindlela zakhe ngoba lenqola iyazihambela. UNhlakanipho uhlala nosisibakhe ababili nomfowabo oLundi kwa C. Uthi ubengakawutholi umsebenzi ngokugcwele ngenkathi elimala kodwa

ubezibambela nje amatoho ezindaweni ezahlukene. Akasenabo abazali njengoba badlula emhlabeni . Echaza ngokulimala kwakhe uthe wabandakanyeka engozini yemoto ngomhlaka 18 July 2005 eMpangeni. Uthi akalimalanga kangako ngokwenyama kodwa ukwethuka kakhulu nokwaholela ekutheni angabe esakwazi ukuzihambela emva kokulimala. Uthi odokotela bamtshela ukuthi kulimale imithithambo elekelela umuntu ekutheni umuntu ekutheni akwazi

ukuhamba. UNhlakinipho uthi ubelokhu eluthola usizo esibhedlela i Benedictine ekwaNonongoma esanda kulimala ngoba ubehlala khona kwaNonongoma. Eqhuba uthe ubesizwa kakhulu ngumfowabo ngokumhambisa esibhedlela ngasosoke isikhathi uma kudingeka.

Njengamanje akasakwazi ukuya esibhedlela njengoba esehlala la oLundi, ukhale ngokuthi kunzima ukuthola imoto engamuyisa khona njengoba kufanele aye khona kabili ngesonto. Nakuba eselilahlele lthemba lokuthi usengakwazi ukubuye azihambe ngelinye uthi ukube ikhona indlela yokuqhubeka nokubona odokotela esibhedlela e Nkonjeni ngabe uyazinika isikhathi salokho. Ubonge kakhulu uMnyango weZempilo ikakhulukazi uMnu Lucky Khumalo osebenza kulesiSifunda ngokumsiza kwakhe. UNhlakanipho usemkhankasweni wokufuna umsebenzi njengoba ethi usekulungele ukubhekana nanoma isiphi isimo empilweni. Esephetha uthe uma ewuthola umsebenzi uyowenza ngokukhulu ukuzikhandla Futhi akakhetha ndawo njengoba engaya kosebenza noma kuphi.

## “INTERNSHIP WILL HELP ME A LOT IN FUTURE”

I am Sbusiso Ngubane working as a Communication intern at the Zululand Health District. I have a B A Degree in Communication that I have obtained in the University of Zululand. The experience from this internship will help me a lot in future . I have learned a lot as I can compile a newsletter, solve complaints, organize some events, taking photos, etc.

My colleagues Thabisile Ngcobo and Sihle Mafambane have always been there for me, always helpful. What I have learned is that when serving as a communication person it is a matter of must that you stay focused. I also want to thank my colleagues from the District Office for supporting me as I was involved in car accident.  
**“Unkulunkulu abe nani”**



Sibusiso Ngubane Communication Intern for Zululand Health District  
 2009/2010

# SIXOXA NGEZITHOMBE

**“SINGAKUJABULELA UKUBA NOSUKU OLUCISHE LUBE NJENGA-  
LOLU NANGONYAKA OZAYO” KUSHO ABASEBENZI**



Abanye babasebenzi baseZululand ababehlobile kugujwa usuku lwamaSiko esintu. Kwakukuhle kudeliile injabulo ibhalwe emehlweni.



Umnu. J D Mbatha nowabe engumphathi wohlelo elanda mayelana nokugujwa kosuku lwamaSiko nemvelaphi yalo.



uGugu Zitha no Mnu Mthembu begcwalisa lolusuku ngokugxila ezintweni zesintu. “ibukeka imnandi impilo eyayiphilwa



uNsiki Dlamini, uFundi Ngcobo, Ntombifuthi Zulu no Lindiwe Mbatha beshaya ingoma ngenkathi kugujwa lolusuku



uMama u Thuli Mbatha ehlezi ecansini ngesikhathi kuqhubeka uhlelo



Uhlobo lwezidlo zesintu ezabe zikhona nezaziphathwe ngabasebenzi emakhaya

# SIXOXA NGEZITHOMBE

## UYANCOMEKA UMSEBENZI WEZANDLA KANJALO NENGADI OKWEZIWA ABANTU ABADALA ENDAWENI YASE ZILONYENI



Ingadi yabantu abadala yasendaweni yaseZilonyeni eyaziwa ngo Thando Lwabadala nefakela uPick n Pay no Spar kwaNongoma



uNkk N Buthelezi osebenza ngezifo zabantu abadala nomkhulu uMnu J Maphanga owazalwa ngo 1931



uMnu S Langeni no Nkk N Buthelezi benikezela ngamageja kubantu abadala ukuze baqhube umsebenzi wabo omuhle ngendlela ehlelekile



Abantu abadala bevuselela ukubiya ingadi yabo uThando Lwabadala ukuze ingangeni imfuyo ilimaze ukudla kwabo



uNkk N Buthelezi elinganisa inhloko newumsebenzi wezandla wabantu abadala nabazakhela imali ngawo



uGogo exoxa futhi ekhombisa ngemisebenzi yabo yezandla okubalwa amacansi, ubuhlalu, nokunye.

## UKUGULA KUNGBANGWA UKUDLA OKUNAMAGCIWANE NOMA OKUNUKUBEZEKILE



UMnu M E Dlamini umphathi wabahloli bezeMpilo eSifundeni saseZululand

Umpathi wabahloli bezempilo eZululand Umnu Dlamini uthi ukunaka ukuphepha kokudla esikudlayo kusho ukunakekela isizukulwane sakusasa. Izigidi ngezigidi zabantu emhlabeni wonke jikelele zihaqwa ukugula ngenxa yokusebenzisa ukudla namanzi anukubezekile.

uDlamini ukusho lokhu ngenkathi exoxela leliHhovisi lezokuxhumana ngokubaluleka nokunakekela ukudla esikudlayo kanjalo nenhlanzeko. Uthe ziyahambisan lezizinto ngoba angeke ukwai ukunakekela ukudla uma ungananzekile. Ngenkathi esho lokhu namanzi ubengawashiyi ngaphandle njen-goba kubalulekile ukuthi nawo ahlanzeke.

Ube esexwayisa ngalokhu oku-landelayo:

### IZINYATHELO EZIY-ISHUMI ZOKUGCINA UKUDLA KUPHEPHILE

1. Ukudla kufanele kugcinwe ezingeni lokushisa elifanele.
2. Hlanza izithelo nemifino ngamanzi ahlanzekile ngaphambi kokukusebenzisa.

3. Izindwangu zokuhlanya izitsha mazicwiliswe kwisivikela magciwane namanzi ngasosonke isikhathi.

4. Hlanza izandla zakho njalo ngaphambi kokuthinta ukudla nangemuva kokudla nokusebenzisa indlu yangasese.

5. Izindawo zokulungisela ukudla. nezitsha kumele kuhlanzwe ngasosonke isikhathi ngaphambi kokusetshenziswa.

6. Izinsalela zokudla mazingagcinwa kwisiqandisi usuku olungaphezulu kolulodwa

7. Uma abantu abangaphezulu koyedwa begeza izandla mabangagezeli esitsheni esisodwa ngoba lokhu kwandisa amathuba okuthelelana ngamagciwane.

8. Khipha amakhaza ngokwanele enyameni eneqhwa ephuma esiqandisini ukuze iphekeke ngokwanele.

9. Gcina ukudla okuphekiwe nokungaphekiwe ngokuhlukana futhi kumbozwe ngasosonke isikhathi.

10. Gwema ukudla izilwane ezizifele (ingcuba), ebezigula noma ebezisanda kujova ngaphambi kokubulawa.

### I KHOLERA IFAFAZEKA KANJANI

1. Amagciwane ekholera ayanda emanzini.
2. Imvula igugulela indle emanzini, ophuza lawomanzi usengcupheni yokuthola iCholera.
3. Ukubhukuda emifuleni kungayifafaza iCholera
4. Ukuphuza amanzi angaphephile
5. Ukugeza izandla ngamanzi angaphephile
6. Ukugaya utshwala ngamanzi angaphephile
7. Ukuzikhulula emaqeleni nasemifuleni
8. Indlu yangasese ebhuza izimpukane
9. Isibaya sezinkomo esibhuza izimpukane

### UKUVIKELA

#### **Yenza amanzi okuphuza aphephe**

1. Faka I teaspoon lika jik emanzini angamalitha angu 25 litre
2. Wayeke usuwaxubile no jik amahora amabili ngaphambi kokuwasebenzisa., kungakuhle nokho uma ungewasebenzisa ngakusasa.

#### **Abantu ngeke babe neCholera uma inqubo yabo yokuhlala kwendle iphephile.**

1. Lahla indle kude nemithombo yamanzi
2. Kumele sibe nezindlu zangasese
3. Hlanza noma uwabilise amanzi
4. Geza izandla emva kokuzikhulula nangaphambi kokulungisa ukudla.
5. Geza izandla emva kokushintsha inabukeni lengane.