



MPOFANA

NEWS

STAY INFORMED

OCTOBER-DECEMBER
2022

BRUNTVILLE COMMUNITY HEALTH CENTRE SOCCER TEAM



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The Bruntville CHC soccer and netball teams would like to acknowledge BChC Management for their contribution and support by donating soccer and netball kits. The department of health is promoting back “work and play program in the institutions by allowing workers to participate in sports.



GLOBAL HANDWASHING DAY EVENT

October 15 yearly is Global Handwashing Day, a global encouragement day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.

The theme for this year is “unite for universal hand hygiene”. On the 14 October 2022 (Friday) Bruntville CHC commemorated this day with Ms. P.N.B Gumede (Infection Prevention Control) coordinator and the global hand washing Champions, Ms. Gumede IPC started by welcoming everyone, the purpose of the day. Orientation was conducted to the BCHC staff members about the importance of washing hands regularly when you working for the department of health. Then after the IPC manager demonstrated to the staff members how to wash their hands properly. IPC further with the champions and colleagues went to the patient’s waiting area to teach the patient about the importance of washing hands, patients also got a chance to ask questions. They then moved to the Hast component to demonstrate the same, questions were asked and Ms. P.N.B Gumede coordinator responded to the clients.

The BCHC staff members drove from the facility to town wearing orange T-shirt carrying big flags to the Mpofana Clinic. Bruntville CHC is the mother of the Mpofana Clinic, The team went there to support, Mr. N. Ngidi IPC coordinator from Mpofana clinic, and Ms. P.N.B Gumede director demonstrated hand hygiene to the patient at the clinic. Thereafter they walked from the clinic to local businesses such as Spar, where they stood outside and sang songs about the importance of washing hands in the workplace, Spar manager requested a few staff members who works in the kitchen to come and observe how to wash hands correctly. The demonstration was done by both IPC coordinators. From Spar they went to the taxi rank which is under Mpofana Sub-District, public members were curious, and others requested help by demonstrating to the community along with coordinators. It was indeed a success, most of the patients, community, and staff members were very happy and appreciation was given.

The walk was to remind and embrace the local business, The importance of washing hands frequently.

All this was done using tip tape, soap, a bucket, a hand paper towel, and a small table.



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GLOBAL HAND WASHING CAMPAIGN GALLERY



1. Centre Ms. P.N.B Gumede IPC coordinator and the Champions.

2. IPC coordinator and Spar staff members committed then self in demonstration.



3. Arrival time at Mpfana clinic for the support.

4. From left IPC coordinator at Bruntville CHC, Centre Ms. H.L Zikalala Operational Manager (OMN) at Mpfana clinic, Right Mr. N. Ngidi IPC from Mpfana Clinic.

The campaign ended very well, As for the community they even mentioned that they gained a lot from this awareness.



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NATIONAL NUTRITION WEEK AND WELLNESS PROGRAM 2022

October 9-15, 2022 is National Nutrition week. The Department of health commemorates Nutrition week every year to create awareness to encourage people to make healthy choices towards improved nutrition. The theme “ **Make healthy foods choices easier**”, the theme focused on the rising cost of food prices which impede the monthly food budget and it is essential that the high cost of food does not become a barrier to healthy eating. Particularly in countries with a high prevalence of non-communicable diseases (NCD) such as hypertension and Type 2 diabetes which are impacted by diet, it is important that the high cost of food does not become a barrier to healthy eating.

Bruntville Community Health Centre observed Nutrition week from 1-31 October 2022 and the activities involved talks, demonstrations, and aerobics. On 20 October 2022, Nutrition day was hosted at BCHC concurrently with staff wellness day. During the event, the staff was also screened for weight, height, BMI, and waist circumference. The talk was conducted by our Nutritionist Ms. M.P Mthethwa and focused on easy ways to make healthier choices.

This includes:

Plan when you can

Avoid skipping meals

Choose starchy foods that are less refined.

Add more fruits and vegetables

Add protein-rich food to avoid getting hungry between meals

Rethink your drink-choose water

Choose your portion wisely

Use foods that are high in fat, sugar, and salt sparingly

The program ended with an aerobic workout done as part of physical activity demonstration to promote fitness. At the end of the program, the staff received fruit packs and bottles of water.



Ms. M.P Mthethwa Nutritionist leading the talk.



Aerobics



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SCHOOL HEALTH WEEK

The government has pledged to put the health of school children first by rolling out the School Health Screening Programme. The program brings basic health screening to learners at schools in areas that have been identified as priority health districts.

School health awareness week for Brunville CHC started from 24 to 28 October 2022. The reason for this awareness is to support and educate school learners around Mpofana Sub – District especially those who live in rural areas by furnishing them with mpofana health trending topics.

- ◆ From left to right
- ◆
- ◆ School team coordinator (Mr. S. Thwala)
- ◆ Abortion / teenage pregnancy (Ms. N. Zungu Social Worker)
- ◆ Healthy lifestyle (Ms. M. Mthethwa nutritionist)
- ◆ Nutrition (Sr. T Ndlovu Nutrition Advisor)
- ◆ Global hand washing (Mrs. T Masango Health promoter)
- ◆ Contraceptive / Prevention (Sr. B. Dlamini)



Last day at Sheo O` Connor Combined School

The Non-Government Organization (NGO) “THINK” visited BCHC to offer free chest X-ray service to staff and the community.



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CELEBRATING WORLD AIDS DAY

World AIDS Day is an international day that is dedicated to form awareness about the AIDS pandemic caused by the spread of HIV infection. It been years since this disease occurred, and many people lost their lives and others are living with this chronic disease. World aids day is honoured on 01 December yearly. The theme for 2022 is “Equalize”

This alertness aims to remind, encourage, and give hope to people who are living with the disease by education and demonstration on how to maintain their bodies and eat healthy food, also for those who are not infected by this virus. Public and private health institutions are allowed to spread awareness about the current status of the pandemic and encourage progress in HIV/AIDS prevention.

BCHC celebrated this day in patients’ waiting areas where staff and patients interacted about the challenges they are facing and to encourage youth not to be ashamed if they are already infected, they must seek help and those who are not must continue to abstain from HIV/AIDS.

GENDER BASED VIOLENCE AND HIV EVENT

GBV AND HIV awareness event was held at Bruntville hall on 27 October 2022.

The formed Local AIDS Council for Mpofana Municipal and other stakeholders, The formed LAC and stakeholder were introduced to the community members and their roles.

Sr. L Mphore (OM) from BCHC stated the current health status of mpofana and also encouraged men to seek help in their clinic if they are facing health challenges, and not to be afraid to come forward and get help.



Sr. L Mphore (OM) Hast Component

EQUALIZE



Bruntville Hall was packed. The rain did not stop community to come to the event



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BRUNTVILLE CHC WAS PART OF UMGUNGUNDLOVU DISTRICT TOURNAMENT

The annual Umgungundlovu district tournament was held on 25 November 2022 at Wanderers Sports Ground at Durban University of Technology (DUT). Bruntville CHC teams participated in these sports codes, soccer, netball, umlalaba, tug of war, and 5 & 10 km marathon.

The reason for this tournament is to promote a healthy lifestyle within the institution, living a healthy life is desired by everyone around. These sports codes create strong bonds within DOH workers as they get a chance to interact with other institutions.

The tournament did not end on the same day because of rain and it was getting late, sport coordinator postponed the semi-finals of the top 4 soccer teams to be resumed on 30 November

Bruntville CHC soccer team managed to be in the top 4, and they became number 4. They were awarded for their achievement

Two pharmacy ladies represented the institution at the 10km marathon and they were granted 10km Certificates and medals.

Wellness program Ms. Z.C Mvelase Occupational health nurse emphasized that all staff members should participate in all sports codes to promote a healthy lifestyle, physical, and mental, give morale to all healthcare workers, and reduces absenteeism due to stress factors in the workplace.



Bruntville CHC CEO Dr. I.J Faluade and Netball team, on the day of the tournament.



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TOURNAMENTS AWARDS AT NATALIA BUILDING



1. Left Mrs. L. Hutchison program coordinator handing over 10km marathon Certificate to Ms. T. Mchunu



2. Left Mrs. L. Hutchinson handing over 10km marathon Certificate to Ms. M. Zuma



3. Bruntville CHC soccer team lifting the trophy. The team appreciated the effort and moral they got from colleagues and from the CEO Dr. I.J Faluade



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