

Catherine Booth Hospital

P/Bag x 105 , Amatikulu 3801 Tel: 035 474 8407 Fax: 035 474 7694

Email: Nompilo.Xaba@kznhealth.gov.za

OCTOBER-DECEMBER 2018

INSIDE THIS ISSUE



16 Days of **Activism** against women and children abuse



Hand Washing Campaign to schools by Sister TS Mthethwa (IPCC)

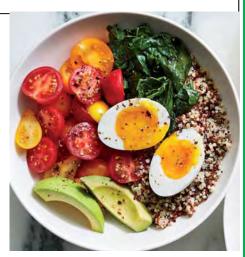
Commemoration of World Aids Day



HEALTHY BREAKFAST IS THE BEST WAY TO START YOUR DAY

Eating healthy breakfast is the best key to a healthy life. In general, if a person eats healthy breakfast, that person starts a day fresh, energetic, productive and has high level of concentration. Other benefit is that if you have a healthy breakfast, you can stay fuller for the rest of the day.

During the National Nutrition, the Com. Serve Dietician (Miss Keshney Naidoo) had an awareness which aimed to educate and advise people on the importance of eating healthy. The awareness was done on the 11th of October



2018 at the hospital to all patients who were in OPD on that day. People were interested in the information / knowledge they gained. The theme of the day was "Breakfast is the best way to start your day". Healthy eating and physical activities was encouraged as the best key that can help one to achieve and maintain a healthy weight, reduce the risk of non-communicable and diseased like diabetes, high blood pressure, heart disease and cancer. Patients were educated on how to prepare a healthy breakfast and also emphasized the benefits of eating healthy breakfast regularly.

Importance of eating break fast

- Help to prevent heart disease and high blood pressure.
- · Help to achieve and maintain a healthy body weight
- Can provide important nutrients such as fiber, vitamins and minerals.
- Improves learners alerts, mood, academic scores and class behavior.



Miss Keshney Naidoo (Dietician) and Nurse Mntengu educating patients

UKUDLA OKUNEZAKHA MZIBA



IXOXWA NGEZITHOMBE



uMiss K. Naidio eluleka abantu mayelana nokudla ukudla okunomsoco okudingwa umzimba.



Ababelalele uMeluleki wezokudla ebachazele ngokubaluleka kokudla ukudla okunezakhamzimba

IZANDLA ZIDLULISA AMAGCIWANE, ZIBHEBHETHEKISE NEZIFO UMA ZIN-GAGEZWA

Ngomhlaka 15 October 2018 abasebenzi base sibhedlela I Catherine Booth kanve nethimba labahloli bezempilo kusifunda sase King Cetshwavo babevakashela imitholampilo okuyi-Mvutshini clinic kanye neNsingweni clinic beqwashisa futhi befundisa ngokubaluleka kokugezwa kwezandla nokugqugquzela inhlanzeko.

Abagcinanga ngokuya emitholampilo kuphela, kodwa baya nasezikoleni zamabanga aphansi ezikhona endaweni. I- Prince Vele-

showe Primary School kanye ne Mvutshini Primary School yizona zikole ezavakashelwa ngenhloso yokuyoqhuba wona lomkhankaso



U Sister T.S Mthethwa efundisa abantu ababesemtholampilo eNsingweni ngokubaluleka kokugeza izandla nangokugwema ukuthelelana ngezifo ezingagwemeka.

wokufundisa abantwana ngenhlanzeko. Abantwana bakujabulela ukuvakashelwa ithimba lezempilo. Bafundisiwa ngokugezwa kwezandla baphinde babuzwa imibuzo labo ebebephendula

kahle babeklonyeliswa ngezinhlobo-nhlobo zezipho ezazivela kulo ithimba labezempilo.

Ithimba labeluleki bezempilo bekhombisa ngendlela ephephile yokugeza izandla nevikela ukuthelelana ngezifo kubantu.

INDLELA EPHEPHILE YOKUGEZA IZANDA UMA ABANTU BEBANINGI



Makugwenywe ukugeza izandla endishini eyodwa uma abantu bebaningi, kuncono kube khona othelela abanye ezandleni ukuze wonke umuntu azogeza ngamanzi ahlanzekile uMr CB Xaba kanye no Mr ZL Mashabane abaqhamuka kwa Environmental Health (KDC) befundisa ngokugezwa kwezandla

Mrs T.S Mthethwa (IPC) ekhuluma nabafundi base Prince Veleshowe Primary ebaqwashisa mayelana nokubaluleka kokugeza izandla.





Omunye wabafundi eklonyeliswa emva kokuphendula kahle umbuzo.

KUQWASHISWA NGOKUBALULEKA KOKUGEZWA KWEZANDLA EMVUSTHINI PRIMARY



Abafundi base Mvutshini Primary, ababelalele ngesikhathi fundiswa ngokugezwa kwezandla kwezandla.

uMr CB Xaba ekhuluma nabafundi base Mvutshini Primary



Abafundi sebeklonyelisiwe emva kokuphendula imibuzo

FAREWELL FOR MRS R.S.G SHANGE



ka Nursing Management batusa ukuhloniphana, ukuthandana kanye nokubambisana ngomsebenzi. Zonke izikhulumi zazibonga uthando, nokuhloniphana kanye nokbambisana emsebenzini nokuthi uNkulunkulu umgcine kwaze kwafika isikhathi sokuthatha umhlalaphansi esadla anhlamvana futhi nesimo

Isibhedlela I Catherine Booth sinabasebenzi abanothando, abanakekelayo futhi abathandanayo asebefana nomndeni ngenxa yokuba ndawonye ngokomsebenzi. Lokhu kufakazelwa yimicimbi ehlelwa ngabasebenzi uma

omunye wabo esehamba. Matron R.S.G Shange nowayebhekelele ukusebenza kwemitholampilo wavaleliswa

njengeghawe njengoba wayesethatha umhlalaphansi emsebenzini. Yize kwase kushaye iskhathi sokuthi naye ayophumula ekhaya, kodwa kwakunokuthi naye useshiya umndeni wakhe wesibili ngenxa yeminyaka emningi abasebeyichithe bendawonye sebefana nezingane ezizalwa umama oyedwa kwa Nursing

sempilo yakhe sisesesimweni. Abagcinanga lapho abasebenzi bebenezinhlobonhlobo zemiyalezo kanye nezipho bevalelisa kuzakwabo.



uMr no Mrs RSG Shange begeda ukwemukela izipho ezivela kubasebenzi



uMetron (Mrs P.Z Mbonambi) edlulisa amazwi okuvalelisa kuzakwabo.

ABANGAHLUKUNYEZWA ABESIFAZANE NEZINGANE

Abasebenzi base sibhedlela bazinikele ekulwisaneni nokuhlukunyezwa kwabantu be-

sifazane kanye nezingane. Ngomhlaka 05 December 2018 abasebenzi besibhedlela baba nomkhankaso omkhulukazi endaweni yase Gingindlovu ezitolo nese renki yamatekisi bekhuluma ngqo! nomphakathi.

Inhloso yalomkhankaso kwakungukuxwayisa uabantu mayelana nokubaluleka kokubika uma kukhona ukuhlukumezeka okukhona abakubonayo emphakathini noma kwamakhelwane ukuze bezophephisa izimpilo zalaba abangakwazi ukuzivikela ikakhulukazi abesifazane kanye nezingane. Lomkhankaso wawuholwa nguSonhlalakahle wesibhedlela uMrs Samkelisiwe Ngubanenokhathalele inhlalakahle yabantu. Kwaqalwa emtholampilo eGingindlovu kwahanjwa njalo ngemashi kuqondwe ezitolo nasemarenki amatekisi eGingindlovu.

Wachaza wageqa amagula ngezinhlobonhlobo



zokuhlukumezeka ezinye zazo ezithathwa njengezijwayelekile nokuthi okwenzeka kubo bakuthathe njengempilo kodwa ibe ibalimaza kancane kancane kugcine kuthinteke nomqondo kwesinye isikhathi.

kwakungukuxwayisa Ungathuli, Bika uma ubona kwenzeka lokhu:

- Ukushaywa kwabantu besifazane ngabathandana nabo.
- Ukunukubezwa ngokocansi kwabakhubazekile ngoba bengakwazi ukuzilwela nokuzivikela.
- Ukunukubezwa ngokocansi kwabantwana kanye nabantu besifazane.
 - Ukushaywa nokubhonywa kwezingane ngenhloso yokulimaza noma umzali akhiphele kuyo ukucasuka kwakhe
 - Ukushaywa kwabantu abadala (ogogo)

Baphinde bakhuthaza abazali ukuba baqikekele indlela abagqokisa ngayo abantwana babo bamantombazane, bagweme ukubagqokisa izimpahla ezimfishane eziveza umziba neziheha abantu besilisa.

Court Me In:
Together Moving a
Non-Volent South
Africa Forward*

PRIAS.
NOMMADDIA A. A. SHIPLICA A. S. SHIPLICA

Umphakathi owawuthamele umkhankaso ulalele usonhlalakahle echaza ngezinto ezichazwa njengezihlukumeza-

COMMEMORATION OF WORLD AIDS DAY

World Aids Day was commemorated with the effort of promoting healthy life style by the hospi- Hullets who was the Guest Speaker. The Guest tal in partnership with Hullets -Amatikulu. This special day was commemorated on the 6th of December 2018 at Gingindlovu Sports ground. Communities from different places attended to a maximum participation.

Community was transported with the support from KZT Bus service from Eshowe and EMS transport which were transporting community and staff. The day started with a walk from Gingindlovu sport ground to Gingindlovu Taxi rank and back to the sports ground where the event took place. Mr Menzi Xulu from Ikhora FM who was the Programme Director explained the purpose of the day and speakers were on point with the thyme of the day which was "Know your status". The event was honored by Ms T.R Vezi

(CEO) and Mr Muzi Ninela the Director from Speaker said mouthful words on encouraging everyone to look after him/herself including their loved ones by knowing your status and live a healthy lifestyle.

Special thanks to the supporter and partners of the event

Hullets—Amatikulu

KZN Bus- Eshowe

Ikhora FM

Old Mutual

Avbob



uMr M Xulu owayengumphathi wohlelo ngelanga lomcimbi.



Umphakathi kanye nabasebenzi beluzilungiselela ukuqala imashi.

IXOXWA NGEZITHOMBE

Umphathi sbhedlela (Ms T. R Vezi), uMetron (WSM Gcabashe) kanye no sonhlalakahle (Mrs S. Ngubane) becula iculo lokuqwashisa ngokubaluleka kokusetshenziswa kwejazi lomkhwenyana (condom).





Umphakathi owakhelene nesibhedlela I Catherine Booth kanye nabasebenzi beshaya imashi begubha lolusuku lwesifo sesadulela ngculazi negciwane laso.









Abasebenzi basesibhedlela benanela emculweni wokuqwashisa ngesifo sesandulela Ngculaza negciwane laso.



KNOW YOUR STA-

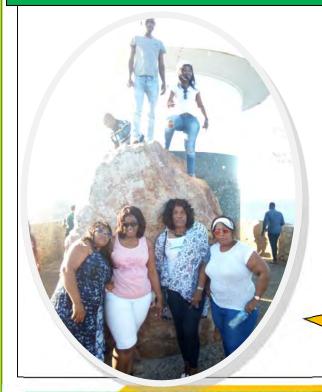
TEAM BUILDING BY OUTREACH TEAM

IXOXWA NGEZITHOMBE

WELCOME TO



Outreach team took a flight to Cape Town for the team building as their year end trip following their hard work during the whole year to distress.



This was a trip to be remembered and not be missed