



**health**

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# Catherine Booth Hospital

## OCTOBER-DECEMBER 2018

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against  
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abuse



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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

# 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 11<sup>th</sup> 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**



**FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE**



# IXOXWA NGEZITHOMBE



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



Ababelalele uMeluleki wezokudla ebachazele ngokubaluleka kokudla ukudla okunezakhamzimba

*FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE*

# IZANDLA ZIDLULISA AMAGCIWANE, ZIBHEBHETHEKISE NEZIFO UMA ZIN- GAGEZWA

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

Abagcinanga ngokuya emitholampilo kuphela, kodwa baya nasezikoleni zamabanga aphantsi 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 zezifo ezazivela kulo ithimba labezempilo.



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

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# INDLELA EPHEPHILE YOKUGEZA IZANDA UMA ABANTU BEBANINGI



uMr CB Xaba kanye no  
Mr ZL Mashabane  
abaqhamuka kwa Envi-  
ronmental Health (KDC)  
befundisa ngokugezwa  
kwezandla

Makugwenywe ukugeza izandla endishini eyodwa uma abantu bebaningi,  
kuncono kube khona othelela abanye ezandleni ukuze wonke umuntu azoge-  
za ngamanzi ahlanzekile

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



Omunye wabafundi  
eklonyeliswa emva  
kokuphendula kahle um-  
buzo.

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# 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



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# FAREWELL FOR MRS R.S.G SHANGE



Management. Ozakwabo ka Nursing Management batusa ukuhloniphana, ukuthandana kanye noku-bambisana 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 abathandayo asebefana nomndeni ngenxa yokuba ndawonye ngokomsebenzi. Lokhu kufakazelwa yimicimbi ehlelwa ngabasebenzi uma omunye wabo esehamba.

sempilo yakhe sisasesimweni. Abagcinanga lapho abasebenzi bebenezinhlobonhlobo zemiyalezo kanye neziphopho bevalelisa kuzakwabo.

Matron R.S.G Shange nowayebhekelele ukusebenza kwemitholampilo wavaleliswa njengeqhawe 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



**uMr no Mrs RSG Shange beqeda ukwemukela iziphopho ezivela kabasebenzi**



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

# ABANGA- HLUKUNYEZWA ABESIFAZANE NEZINGANE

Abasebenzi base sibhedlela bazinikele ekulwisaneni nokuhlukunyezwa kwabantu besifazane kanye nezingane. Ngomhlaka 05 December 2018 abasebenzi besibhedlela baba nomkhankaso omkhulukazi endaweni yase Gingindlovu ezitolo nese renki yamatekisi bekhuluma ngqo! nomphakathi.

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

Wachaza wageqa amagula ngezinhlobo



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

## 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.

**Umphakathi owawuthamele umkhankaso ulalele usonhlalakahle echaza ngezinto ezichazwa njengezihlukumezayo**



# COMMEMORATION OF WORLD AIDS DAY

World Aids Day was commemorated with the effort of promoting healthy life style by the hospital in partnership with Hullets -Amatikulu. This special day was commemorated on the 6<sup>th</sup> 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 Hullets who was the Guest Speaker. The Guest 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.

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# IXOXWA NGEZITHOMBE

Umpathi sbhedlela (Ms T. R Vezi), uMetron (WSM Gcabashe) kanye no sonhlalakahle (Mrs S. Ngubane) becu-la iculo lokuqwashisa ngokubaluleka kokusetshenziswa kwejazi lom-khwenyana (condom).



Umphakathi owakhelene nesibhedlela | 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



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

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