



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

Newsletter

CATHERINE BOOTH HOSPITAL

NEWS

STAY INFORMED

Oct—Dec 2020

CBH GENDER-BASED VIOLENCE EVENT



From L—R: Mr. Z. Gumede, Mr. S. Khumalo, Sister Nene and Miss N. Khumalo. Backrow: Miss A. Shandu at the CBH gender-based violence and 16 days of activism event. [READ MORE ON PAGE 6](#)



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CATHERINE BOOTH MENTAL HEALTHCARE EVENT



Catherine Booth Hospital's employees doing a grand entrance at the 2020 Mental Health Event.

Catherine Booth Hospital (CBH) held a mental healthcare (MHC) awareness on the 13th of October 2020 in the dining hall to educate employees about “all things mental health”.

The month of October was declared as a Mental Health Awareness month with the objective of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to.

The CBH's mental healthcare awareness was mainly based on effects of Covid-19. It is a known fact that frontline healthcare workers are at risk of mental consequences as a direct result of Covid-19, which together with the impact of lockdown increased gender-based violence, depression and anxiety disorders.

Mrs B.R Pungula, the guest speaker for the

day, mentioned that the stigma attached to mental health often denies people from getting necessary help. She further emphasised the importance of frequently assessing your personal mental health which might be caused by stress and being overwhelmed. During her address, Dr. N. Dyasi - CBH MHC committee chairperson asked for the moment of silent to pay respect to all frontline workers who unfortunately lost their lives due to Covid-19. She then reminded the attendees about the importance of continuing to adhere to regulations even though the country has moved to level 1 of the lockdown.

Towards the end of the event, there was a Q&A session whereby employees were given an opportunity to ask questions regarding mental health; or add to what was already shared by other speakers.



IXOXWA NGEZITHOMBE

Umcimbi weMental Healthcare wawunezikhulumi ezahlukene, kodwa phakathi nezinkulumo abasebenzi basesibhedlela babezijabulisa ngokudansa. Lokhu kwakungenye yezindlela zokujabula nokubungaza ukuthi baphunyukile kwiCorona Virus.



USister Masondo wangena enkundleni wahlabelela ingoma yokholo kwasukuma indlu yonke.



Dr. Dyasi—USihlalo Wekomidi leMental Healthcare uyena owavula inkundla yokudansa.



UMatron Mcanyana ekhombisa ikhono lakhe lokudansa. Ukudansa kungezinye zezindlela zokwehlisa incindezi.



Kwesokudla: UMphathi wesibhedlela, uNksz T.R Vezi noNkz B.R Pungula (kwesikunxele) beshiyelana inkundla.



UMatron Mbonambi, owayengabanye babagququzeli beJerusalema Challenge, wangena enkundleni washaya i-step salomdanso. IJerusalem Challenge kwakungumdanso owaqokwa umhlaba wonke ikakhulukazi ezikhungweni zezempilo ukuba udanswe ukulekelela ukwehlisa incindezi kubasebenzi.



Abasebenzi becula baphinde besho neziqubulo eziletha ithemba

WHAT IS MENTAL HEALTH?

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Mental health problems are common but help is available; you can get better and recover completely. There are various early warning signs, which includes feelings or behaviors whereby you can identify yourself or someone close to you to be experiencing mental health problems.

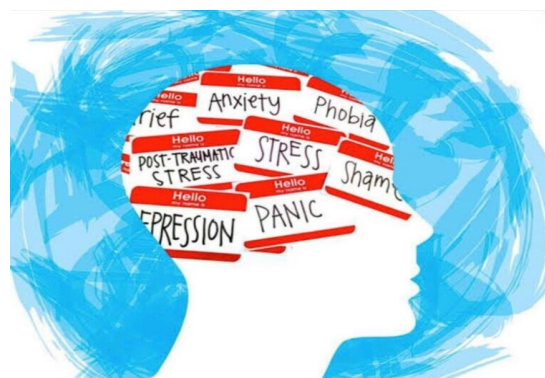
Factors that Contribute to Mental Health Problems



- Life experiences, such as trauma or abuse.
- Family history of mental health problems.
- Biological factors, such as genes.

Early Warning Signs of Mental Health:

- Eating or/and sleeping too much or too little.
- Pulling away from people and usual activities.
- Feeling numb, like nothing matters.
- Feeling helpless and hopeless.
- Smoking, drinking or using drugs more than usual.
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared.
- Experiencing severe mood swings that cause problems in relationships.
- Having persistent thoughts and memories you can't get out of your head.
- Inability to perform daily tasks like taking care of your kids, getting to work or school.



SANLAM DONATES PPEs TO CATHERINE BOOTH HOSPITAL (CBH)



From L—R: Dr N. Sunderlall— CBH Medical Manager, Matron P.Z Mbonambi— CBH Nursing Manager, Ms Zezi— CBH CEO, Mr N. Ngonyama Sanlam Corporate Involvement Manager, Mrs N.E Hlophe—King Cetshwayo District of Health Director, Sister P.T Mthembu—CBH Maternity Operational Manager & Sister F. Ndlovu. Backrow: Mr T.L Msweli and Mr A.B Mnguni—Sanlam Representatives.

The ongoing corona virus pandemic has encouraged various corporate companies to stretch their hands and help public institutions to champion the fight against Covid-19. On the 23rd of November Sanlam insurance donated numerous PPEs to Catherine Booth hospital as part of their corporate involvement initiative.

During the handover of the PPEs, Mrs N.E Hlophe appreciated this gesture from Sanlam and emphasised that she wishes that the relationship KCD of health has with Sanlam not to end but to grow even stronger. Mr. N. Ngonyama highlighted that the main purpose behind this donation is to ensure that the healthcare frontline workers are protected from this virus

at all times.

The CBH management and entire staff appreciate the donation from Sanlam.



Donated PPEs by Sanlam, Stanger Branch.



CBH nurses with Sanlam Sales Agents.



CATHERINE'S BOOTH GENDER-BASED VIOLENCE AND 16 DAYS OF ACTIVISM SERIES: DAY ONE.



Mrs. B.P Nkosi—CBH Social Worker during her address at GBV awareness.

The Catherine Booth hospital had a two-days event which started on the 25th of November at Chief Khoza Traditional council court to raise awareness about Gender-Based violence (GBV) and 16 days of activism against women abuse. The main target audience for awareness were women at the hospital 's catchment area.

During her address, Mrs B.P Nkosi—CBH Social Worker unpacked some of the causes of GBV and advised attendees on how they can try to avoid them. These are some of the issues:

- Women should be transparent to their spouses about money they receive monthly,



even social grants.

- Unemployed men should be involved in issues that include money so that they shouldn't assume that women have money which might lead to conflicts.

- Abuse that involve family members should be reported as well. It's not a great idea to solve abuse issues "within the family" because victims never get justice.

The 16 Days of Activism for No Violence against Women and Children is a national campaign which takes place annually from 25 November to 10 December. During this period, various events, talks and other campaigns are held to raise awareness about women and children abuse, and more recently femicide.

Children are the future of every country while women are the backbone of every family, therefore, protecting them should be our daily task.



Some of the community members during the GBV awareness.

GENDER-BASED VIOLENCE AND 16 DAYS OF ACTIVISM: DAY TWO



Dr Milligan delivering his address during the GBV and 16 days of activism event.



From L-R: Matron P.Z Mbonambi—CBH Deputy Manager: Nursing, Mrs WSM Gcabhashe—Guest Speaker, Captain S. Sebothoma and Major G. Sebothoma— from Salvation Army church.

As part of their ongoing campaign to assist employees to be mental fit so that they can perform their duties to the utmost best; the Catherine Booth mental healthcare committee organised first of its kind gender-based violence and 16 days of activism event. This event was held on the 26th of November 2020 at Catherine Booth Hospital premises.

Healthcare workers are the first responders who assist people who are victims of gender-based violence and they give their all to ensure that the victims get all necessary help. On the other hand, some healthcare workers are also facing the similar problem as their patients. Hence, this event was aimed at encouraging healthcare workers to come out and speak about these issues.

Dr. Milligan, one of the speakers, mentioned that it is important for healthcare workers to ensure that their cups are filled before they can pour out to other people.

Mrs. WSM Gcabhashe pointed out that the statistics of GBV has escalated during the Covid-19 lockdown. She further acknowledged that men are also abused by women and fellow men but in most cases, women are primary targets.

Gender-Based Violence or abuse doesn't only mean being physically abused, but it can be in different forms. These include, child marriage, human trafficking, slavery, discrimination of people based on their sexual orientation, psychological and emotional abuse.

John Vul' Gate!!!

Ms. Zinhle "Blondy" Mahaye, the MC, dancing to the infamous song John Vul'gate and imitating their dance moves.



PHOTO GALLERY



Mrs. L.S Zulu introducing the guest speaker - Mrs. WSM Gcabhashe.



Mr. Gumede—South African Police Services (SAPS) Representative.



Mrs. WSM Gcabhashe addressing CBH staff members during GBV / 16 days of activism event .



Catherine Booth workers during the GBV and 16 days of activism event.



From L-R: Sister F. Ndlovu, Sister N. Mondo and Mrs. L.S Zulu.



Sister Jackson closed the event with a heart-felt prayer.



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PHOTO GALLERY



CBH employees during the GBV and 16 days of activism event.



Left: Ms T. Mazibuko— Eshowe Community Policing Forum Deputy Chairperson. Right: Ms Z. Zondi from Department of Safety and Liaison.



Songs and hymns against-gender based violence were sang during the event.



Sir Mdletshe gifting Major G. Sebothoma and Captain S. Sebothoma from the Salvation Army Church.



Sir Mdletshe gifting Mr Gumede from the SAPS on behalf of CBH Mental Healthcare Committee.





Sir Mdletshe gifting Mrs WSM Gcabhashe who was the guest speaker for the day.



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COVID-19 SECOND WAVE: GRESHMA MEDIA DONATES SANITISERS TO CATHERINE BOOTH HOSPITAL (CBH).

On the 9th of December 2020, the National Health Minister Dr Zweli Mkhize announced that South Africa has, according to its statistics models, entered a second wave of COVID-19 infections. The department of health came with this conclusion after noticing a sudden increase of the positivity rate through the number of positive cases recorded week-to-week in the Eastern Cape, the numbers of people who are admitted, and the number of fatalities.



Ms Mpho Mokeona (Greshma Representative giving Mr M.P Singine a sanitiser.

The second wave of infections in South Africa was driven by the 501.v2 Variant. Therefore, it is important to always remember these Covid-19 golden precautions:

1. Always wear your mask.
2. Wash or/and sanitise your hands thoroughly and regularly
3. Practice social distancing (keep at least 1,5m apart).

To help CBH better fight this virus, Gresham Media donated sanitisers to this institution. The donated sanitizers were given to CBH staff and patients that were present that day; and also distributed to all affiliated clinics.

SIYAYINQOBA I-CORONA VIRUS



Nhlanhla Dlamini (Greshma Representative) giving out sanitisers at the OPD. Patients were delighted to receive the sanitisers because having one in your bag has become a new norm



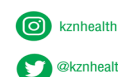
Ms Mpho Mokeona giving R.Z Mwandla a hand sanitiser.



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HOLD A CORONAVIRUS SAFE FUNERAL



- People may catch coronavirus from your loved one's body and also from one another at the funeral.
- A funeral usually provides the opportunity to say goodbye to a loved one. If you are unable to prepare a funeral as you are used to, plan to hold a ritual when it is safe, to help you say goodbye.

- Hold the funeral within three days of your loved one's passing.
- Maximum 50 people (family, guests and staff) are permitted to attend.
- Consider live-streaming for those over 55 years or with chronic conditions as they are at risk of severe COVID-19.
- The funeral ceremony should last less than 30 minutes.
- Do not hold a gathering after the funeral; mourners should leave straight after the ceremony.

PREPARE YOUR LOVED ONE'S BODY WITH CARE:

- Washing and dressing your loved one should only be done by undertakers or those trained to use personal protective equipment.
- Your loved one's body must remain at the undertaker's until the funeral.



IF YOU HOLD A VIEWING, DO SO SAFELY:

Do not let anyone touch the body. | Keep apart from each other.
Wear a mask. | Sanitise hands afterwards.

ENSURE MOURNERS ARE CORONAVIRUS SAFE:

- Ask people not to attend if they are sick.
- Mourners must wear cloth masks at all times.
- Provide hand sanitiser or hand-washing stations.
- Keep a register of mourners. This will enable health authorities to trace them should someone develop COVID-19.

**Keep 1,5 metres
apart from others.**

**Avoid handshakes,
hugging or kissing.**



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IT'S IN OUR HANDS



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UMBIKO OPHUMA EHHOVISI LOMXHUMANISA WESIBHEDLELA NOMPHEKATHI



Unyaka ka2020 ube unyaka obunezinsalelo eziningi kakhulu kuwo wonke umuntu umhlaba wonke.

ICovid-19 iphazamise kakhulu ukusebenza kwesibhedlela okujwayelekile. Isibhedlela iCatherine Booth sashintshwa senziwa isikhungo seCovid-19. Ngalokhu, iziguli ezazidinga ukulaliswa esibhedlela zase zidluliselwa esibhedlela saseShowe naseMbon-golwane. Konke lokhu kwakwenzelwa kubekwa pham-bili izimpilo zomphakathi. I-OPD, Maternity, MDR-TB yaqhubeka yasebenza ngokujwayelekile.

Ihhovisi loMxhumanisi womphakathi nesibhedlela lihalalisela bonke abasebenzi abaqashiwe kulo nyaka. Liphinde lifisele konke okuhle kulaba abakhushulelwe ezikhundleni nalaba abathole amadlelo aluhlaza kwezinye izindawo. Ngeke sikhohlwe abasebenzi abasishiyile emhlabeni, imiphefumulo yabo mayilale ngokuthula.

Unyaka ka2020 ube ngomuhle kakhulu eCatherine Booth uma sibuka kwezentuthuko. Isibhedlela sivule iwodi elisha labantwana (Paediatric ward), indawo yokucina imithi entsha (Pharmacy Stores), umtholampilo ongumahamba nendlwana (Mobile clinic) kwavuselelwa uthango olubiye isibhedlela nokunye okuningi.

Ngokuphela kukaLwezi (November) 2020 iNingizimu Afrika yangena kwisihlandla sesibili seCovid-19 lapho sabona khona izinga lokuthelelana kwabantu ngaleligciwane kuphinda kwenyuka mawala. Umphakathi uyaxenxwa ukuthi ukuqhubeka noku-landela imithetho ebekiwe ukugwema ukwanda kwale- ligciwane. Asiqhubeka sihlambe izandla ngamanzi anensipho noma ngesihlanzi magciwane, sifake izim- fonyo, siqhelelane ngebanga elingangemitha elidodwa nesigamu.

Amaholidi okuphela konyaka ka2020 azohluka kaku- lu kunalawa esiwajwayele ngenxa yeCovid-19. Umphakathi uyaxenxwa ukuthi ugweme izixuku nokuya emicimbini enabantu abaningi ngoba lokho kuzokwandisa kakhulu ukuthelelana ngaleligciwane. UMongameli wezwe uMnuzane Cyril Ramaphosa wamemezela ukuthi izindawo zokubhukuda KwaZulu- Natal, eEastern Cape, Western Cape nenxenywe yaseNorthern Cape zizovalwa ukugwema khona ukuthathelana ngaleligciwane. Umphakathi uyacelwa ukuthi ulandele lemgomo ebekiwe

Ihhovisi lomxhumanisi womphakathi nesibhedlela kanye nabaphathi besibhedlela banifisela amaholidi okuphela konyaka amunandi nonyaka omusha onezi- busiso. Sithuthukisa iKwaZulu-Natal ngokubambisa.



ACKNOWLEDGEMENTS



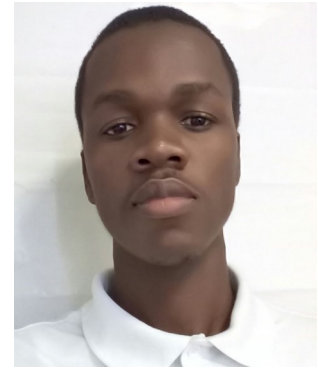
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