



**health**

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PROVINCE OF KWAZULU-NATAL

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## JULY—SEPTEMBER 2019 ISSUE



### “WHAT WOMEN WANT”



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# MANDELA DAY CELEBRATION



*Injabulo ku-  
bafundi base-  
Maqotha Primary School  
abaphiwa um-  
faniswano  
wesikole  
ngokwezidingo  
zabo bephiwa  
ngabezempilo.*

Isibhedlela iCatherine Booth saba yingxenywe yokugujwa kosuku olukhulu olwaziwa nge Mandela Day. Ngomhlaka 19 July 2019 abasebenzi besibhedlela bahambela esinye sezikole esisendaweni esemakhaya nokuyiso- na esahlonzwa yithimba labezempilo labahambela ezikoleni (School Health Team) njengesikole esinabafundi ababonakala behlwempu. Lesisikole singaphansi kwendawo esetshenzwa isibhedlela eku ward 6 ngaphansi komasipala uMlalazi okuyi Maqotha Primary School.

Lesi sikole samabanga aphansi sakhe endaweni esemakhaya lapho okunzima nokuthi kufinyelele izingqalasizinda zezempilo.

Abasebenzi banikele ngezixubho, imithi yokuxubha, izicathulo, imifaniswano yesikole kubafundi bamabanga aphansi bakulesi sikole.

Injabulo yayibhalwe ebusweni kubafundi bethokozela izipho nokwembeswa njengoba babehlubule bengenawo umfaniswano wesikole. Abafundi babedlulisa izinkulumo mayelana nokubaluleka kokuvakashela emitholampilo ngaso sonke isikhathi.

Ithimba labezempilo elalihambe lesi sikole kwakubalwa kulo School Health, Medical Manager, Owamehlo, Omele abahlengikazi, Abezokuxhumana, Owezindlebe, Usonhlahakahle, Owamathanbo kanye nomeluleki wezokudla.



*Bonke abafundi  
banikezwa izixubho,  
umuthi wokuxubha,  
kanye nenkomishi  
yokuxubha*

*FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE*



# MANDELA DAY 2019



Abasebenzi basesibhedlela belungisa izipho zabafundi, okwakuyisixubho, inkomishi kanye nomuthi wokuxubha komfundi ngamunye.

Uthishanhloko u Mrs S.P Mthethwa edlulisisa amazwi okwamukela izihambeli zosuku okwakungabeze mpilo.



Abafundi bebanga lesithathu beqeda kumukela izipho emva kokusho umlolozelo omnandi ofundisa ngokubaluleka komnyango wezempilo.

*FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE*



# IXOXWA NGEZITHOMBE EYE MANDELA DAY



Injabulo kubafundi abamukeliswa izicathulo kanye nomfaniswano wesikole.



uMr BE Mdletshe okunguyena obhekelele ezempilo ezikoleni nabafundi bebanga lesikhombisa ababethula inkulumbo yabo eqwashisa ngesifo sofuba.



Abafundi base Maqotha Primary benandisa ngomculo.

uDr Sunderlall umphathi wodokotela, uSister Jackson kanye no Mr Khumalo ongusonhlalakahle benikezela izipho kubafundi.



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# WORK AND PLAY



**Like liqhume lelo bhelunde!!!!!!!!!!!!!!**

Day was filled with fun when employees were playing fun games and were encouraged on Health living as part of employee health and wellness programme.



**Qhude manikiniki!!!!!!!!!!!!!! Jump in a sag**



**This one is encouraging team work**



**Ubani ozofutha ibhelunde lize liqhume kuqala!!!!**



**THANKS TO THE OCC. HEALTH AND SAFETY TEAM, SISTER LD MANQELE AND MRS SS QWABE**



# UBISI LWEBELE LUYIKHOKONKE



**Abasebenzi baseMaternity nomama bezingane becula iculo elikhuthaza ukunceliswa, nokubaluleka kobisi lwebele kubantwana.**

Isibhedlela I Catherine Booth saba nomkhankaso wokugqugquzela ukunceliswa kobisi lwebele komama babantwana ezindaweni ezahlukene. Asigcinanga esibhedlela kuphela kodwa lomkhankaso wenziwa nasemitholampilo engaphansi kwesibhedlela. Omama babantwana babephume ngobuningi babo kulezi zindawo bezoba yingxenywe yokuzothola ulwazi ngokubaluleka kobisi lwebele kumtwana.

Abasebenzi bezempilo bakhuthaza omama ukuba bancelise ubisi lwebele bangabaxubeli abantwana, kuze kuphele izinyanga eziyi 6. Uma umama womtwana ezohamba eye emsebenzini, eskoleni okanye uhambo oluzomthatha isikhathi eside ukubuya kumele akhamele umtwana wakhe ubisi lwebele. Zikhona izindlela ezingagcina ubisi lwebele lungonakali luhlale isikhathi eside umtwana aluthole lusese simweni.

- ◆ Ukulubeka endlini, endaweni epholile engangeni imisebe yelanga noma ungalufaka kwisiqandisi. Uma uqeda ukulukhama lifake enkomishini noma ebhodleleni elivalwayo bese ulubhala ngaphandle usuku olukhame ngalo ukuze kuzoba lula ukubona okumele ulusebenzise ukugwema ukuthi kugcine kuba khona olonakalayo.

◆ Uma uzokhamele umtwana ubisi kunemigomo okumele uyilandele.

• Geza izandla zakho, Kanye nenkomishi ozokhamele kuyona ukuvikela amagciwane.

• Hlala unethezeke uzizwe ukhululekile

• Beka isandla sakho ngendlela efanele njengokuyalelwa emtholampilo, usimise sasikero ukuze isithupa sizothinta lemithambo yobisi engaphakathi ebeleni ukulekelela kube lula ukuthi ubisi lukhameke ngokushesha.

Ubisi lwebele lunomsoco luhlala lufudumele futhi lukulungele ukuncelisa umtwana ngasosonke isikhathi uma eludinga. Ubisi lwebele lwenza impilo ibe lula kumuntu wesifazane ngoba lumahhala, lwenza kube nobudlelwano obuhle phakathi kuka mama nobaba ngoba luyonga emalini.



**Umeluleki wezokudla efundisa umphakathi ngokudla ukudla okunomsoco.**

# GINGINDLOVU CLINIC BREAST FEEDING AWARENESS



**Omama nabantwana babephume ngobuningi babo ukuzothamela ukufundiswa ngokubaluleka kobisi lwebele kubantwana.**

Umtholampilo wase Gingindlovu waba nenhlanhla yokuhanjelwa ngomunye wosaziwayo nongumsakazi odumile woKhozi FM uMroza Buthelezi.

Umphakathi nentsha yase Gingindlovu yakhuthazwa ukuba isukume izithathe, isebenzise amathuba okuzithuthukisa ngezemfundo kanye namakhono kwezamabhizinisi. Lomsakazi wakhuthaza omama bezingane kakhulu ngokuzinakekela nokuba bavuke bazithathe basebenzise amakhono bangalindeli ukunikwa imali obaba bezingane kuphela kodwa nabo babe nakho abazenzela khona.



**Abazali babantwana, kanye nabasebenzi emva kokuklonyeliswa kwabantwana abondleke ngendlela efanele.**

Omama bezingane ezazihambisa kahle imigomo nangokwezempilo baklonyeliswa ngeziph o ezinhlobonhlobo zezingane



**Umpathi wasemtholampilo, uSister ZA Mwandla, Mroza Buthelezi kanye nomama womtwana benikezela ngeziph o emva komncintiswano wabantwana.**

**Ubisi lwebele lunazo zonke izivikela mzimba ezidingwa ngumntwana futhi lumahhala.**



# WOMENS DAY CELEBRATION.

## “What Women Want”.

August is known as a women’s month, on the 29<sup>th</sup> of August 2019 Catherine Booth Hospital staff were celebrating a Women’s day. It was an awesome day , women’s were exited, and they respected the theme. They sang and moved around the hospital with posters that were written different messages which was educating and emphasizing the important of being a women.

All women were wearing black or yellow t-shirt and jean. The theme of the day was “WHAT WOMEN WANT” it was based to all women’s because of some challenges that women are facing with In their life's.

Mrs Nompilo Xaba explained the purpose of the day based on the them of the day “being complimented and appreciated as a women is important in women’s life”. Mrs WSM Gcabashe shared 8 principles based on the theme of the day as part of women’s weapon to fight against some chal-



lenges as a women. Some women’s are playing a huge role at home they are raising their children’s without their partners, they work hard for better education and bright future of their children’s. Others are women's faced with emotional and physical abuse at home but they manage to fight for what they want in life.

Speaker of the day Mrs SS Qwabe opened eyes and gave hope to all women to stand up and fight against depression. She went in to details from her personal experience on depression and advised women that it is curable and one need not to be ashamed of as it is like any other sickness. Depression can be cured but only if the person is willing to be assisted. Women were encouraged not to keep their emotional situations within themselves, one should have someone to talk too or seek for professional help.

Signs and symptoms were explained. Her speech was an eye opener on most women and most people did not have an understanding on depression.





# WOMENS DAY CELEBRATION.



Women started in OPD with positive messages for being women and how women should be treated.



Captain Khathi receiving gift from Matron Sthole



Cutting of the cake for Women's Day



Mrs SS Qwabe, speaker of the day.



Dance!!!! Dance!!!! Dance!!!!

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# ISIKO LAKHO LIYIMVELAPHI YAKHO!!!



Zazisina zidedelana enkundleni kubasebenzi, kuqhuma umkikizo nehloombe.

uMandulo waziwa njengenyanga yokugujwa kwamasiko nokuyinyanga yamagugu kuleli lakwa-Zulu. Abasebenzi basesibhedlela iCatherine Booth nabo abazibekanga phansi njengenjwayelo njengoba ukugubha lolusuku sebekuthatha njengenhla yenzeka minyaka yonke. Ngomhlaka 27 KuMandulo abasebenzi babevunule behlobe ngezinhlobonhlobo zezimvunulo ezisetshenziswa izinhlaka ezahlukene eziyingxenyane yokuveza imvelaphi yaloyo nayolo njengokwesiko lakhe.

Abasebenzi babecula amaculo esintu kuqhuma umkikizo komama ukwenanela into enhle eyayenziwa kwazise kwakudliwa ngoludala. Izinsizwa



Abasebenzi becula amaculo esintu bebheke emcimbini beholwa yithimba lase MDR TB unit, zinsizwa zazishaya amahawu zikhuza izaga.

zazidle amabheshu zaphatha nezihlangu zigqashiya zikhuza izaga, kanti izintombi zona zazigqiza zishaya izimfengwane zinanela kulento enhle eyayenziwa izinsizwa.

Ngalolusuku abasebenzi babemi amaqembu ngokwezigaba zabo, omama babethwele amaduku abanye befaka nezicholo emakhanda. Yiloyo naloyo wayezizwa ekhululekile futhi esekhaya ngoba kwakuqhuma ingoma

nehloombe ozizwayo asukume asine ingoma. Umphathi wesibhedlela wasukuma wanyakazisa wonke umuntu ngenkomo yakhe eyayivusa usinga kubasebenzi ababehleli phansi besamangele phela isintu sethu asinasifundiswa!!.

Osondonzima nabo basipha umculo onomyalezo owawudluliswa kumphathi sibhedlela bebonga impatho nothando analo kubasebenzi. Abagcinanga ngokucula leyongoma kodwa babeshaya ingoma eyayenza nebhimbi livukwe usinga. uMr Mhlongo owayeyiskhulumi sosuku wagxila kahulu kwimvelaphi yesintu kanye noku-baluleka kwenhlonipha.

uDokotela Majola nophinde abe wusonkondlo nombhali wahaya inkondlo yakhe eyayikhumbuza ngemvelaphi nobuntu kubantu uma uqhathanisa isikhathi saman-je nesasemandulo. Waphinde wakhangisa ngomsebenzi wakhe wezandla nokuyinto akhula ngayo ekhaya.



# IXOXWA NGEZITHOMBE



Abasebenzi babezishaye zaphela, babehlobe ngezinhlobonhlobo zezimvunulo , kwakuqhuma umkikizo izinsizwa zikhuza izaga.



uDr N. Majola esho inkondlo yakhe ekhuthaza iimvelaphi yamasiko kanye nenhlonipho.



Ms CM Ntshela edlulisa isipho kwisikhulumi sosuku



Iqembu lo Sondonzima lasina kwavuka usinga kwachwaza izihlewe



Abasebenzi beshaye izinhlobonhlobo zezimvunulo nge-  
langa lamagugu.



Ms TR Vezi (CEO) eshayela izingane zakhe umzwilili omnandi

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# LIBUNJWA LISEVA!!!

Abasebenzi besibhedlela bavakashela esikoleni samabanga aphantsi i-Mfihlo Primary School ukuyocija abafundi bebanga lesi-7 mayelana nemikhakha eyahlukene abangathanda ukuyifundela uma sebefunda imfundo ephakeme. Umnyango wezempilo wawungahambi wodwa kodwa yayikhona neminye iminyango okubalwa kuyo abakwa SAPS, Education, DSD nabanye eyayimenyiwe ukuba izoba yingxenye yokuthuthukisa ngolwazi kubantwana.

Abafundi bakuthakasela ukuhlonyiswa ngolwazi ikakhulukazi ukubakhuthaza ngemfundo. Abezempilo babechaza ngemikhakha ekhona emnyangweni okubalwa kuyo osonhlalakahle, odokotela, abahlengikazi, osokhemisi nokunye okuningi. Abafundi babekuqonda ukusebenza kweminyango eyahlukene ngoba konke ababekwenza kwi ndaba mdlalo kwakufakazela ukuthi bafundiseke ngokwanele ngemikhakha eyahlukene umuntu angakhetha kuyo.

Ababeqhamuka emnyangweni eyahlukene babechaza izinto okumele abafundi bazifundele ukuze bezogcina nabo sebefike kulelizinga abalifisayo empilweni. Abafundi bakhuthazwa ukuba bagxile kakhulu kwizifundo ezifana noMaths and Science ngoba izona ezinamathuba amaningi. Umfundi



**Omile Sir BE Mdletshe nongunesi wasezikoleni ekhuthaza abantwana ukuba basebenze ngokuzimisela esikoleni**

ngamunye wayechaza afisa ukuba yikho lokhu okwakwenza kubelula ukuba umfundi abone izifundo azozidinga ngoba osolwazi base bechaze konke.

Abafundi babebukeka benekusasa eliqhakazile yize isikole sisemakhaya kodwa bakhuthazwa ngokuthi "indlela ibuzwa kwabaphambili" nokuthi bangajahi umdaka lingakani njengoba bezoya esikoleni samabanga athe thuthu (High school), bakhuthazwa nangokukhetha abangani abaphokophelele ukuya phambili ekufezekiseni amaphupho abo.



**Abafundi benza indabamdlalo, udokotela kanye nabahlengikazi bexilona isiguli.**



**Abafundi base Mfihlo Primary bedlala indaba mdlalo efundisa ngemikhakha eyehlukene yemisebenzi abangayifundela**



# ISIFO SAMA-RABI SIYINGOZI!!!!



Abasebenzi bephethe izingqwembe ezinezinhlobo zemiyelezo mayelana nesifo samaRabi.

## Isifo samarabi siyingozi masiqaphele!

Ngomhlaka 26 kuMandulo umnyango wezempilo iCatherine Booth Hospital ngokubambisana nomnyango wezemvelo baba nomkhankaso wokuqwashisa ngesifo samaRabi emphakathini owakhelene nesibhedlela. uMrs T.S Mthethwa (IPC) uyena owayephethe uhlelo, wachazela umphakathi mayelana nenhloso yosuku okwakuwuku qwashisa ngenxa yenani eliphezulu labantu abalunywa izinja emphakathini.

Umphakathi wahlonyiswa ngolwazi lokuthi kumele wonke umuzi ofuyeinja namakati ukuba baqikelele ukuthi izilwane zabo ziyagonywa. Uma kwenzeka umuntu elunywa yinja okanye esinye sezilwane ezingaba namaRabi loyomuntu kumele ageze isilonda/inxeba ngamanzi agelezayo noma



uMr Xaba oqhamuka emnyangweni wezemvelo efundisa umphakathi ngesifo samaRabi nobungozi baso.

ahambayo (ompompi/emfuleni) hhayi endishini ngoba inamanzi amile.

## Ibonakala nganiinja /isilwane uma sinama-Rabi?.

- Ivuza amathe ihambe ikekela.
- Iyahlanza iba nenhliziyo encane
- Ihambe idla noma yini Futhi iyesebeka/iyathusa
- Amehlo ayo ajika abe bomvu Futhi ayihlali ekhaya.
- Ihamba sakukekela

Umphakathi wakhuthazwa ukuthi uma kukhona olunywe yinja noma ekwejwe yikati loyomuntu kumele ageze ngamanzi ahambayo enxebeni bese ephuthuma emtholampilo oseduze okanye esibhedlela ukuze ezothola usizo oluphuthumayo.

## QIKEKELA/GWEMA ISIFO SAMARABI EKHAYA!!!!

- Qikekela ukuthi abantwana abadlali nezinja abangazazi.
- Qikekela ukuthi isilwane sakho sihlezi sisekhaya singasabalali.
- Goma izilwane zakho okubalwa izinjanama-kati ngaso sonke isikhathi ukuzivikela kwisifo samaRabi



uMrs T.S Mthethwa (IPC) efundisa umphakathi mayelana nokubaluleka kokugoma uma ulunywe yinja noma ukwejwe ikati.

# PHARMACY WEEK CBH

## MENTAL ILLNESS CAN BE TREATED!



The message was clear and straight to the point! Catherine Booth Hospital led by pharmacy staff took it upon themselves to educate and make community aware of Mental Illness. Awarenesses were done from the 17<sup>th</sup>-19<sup>th</sup> of September 2019 as part of pharmacy week in order to educate, encourage and equip communities with knowledge on Mental Illness. Staff members chanted educational songs and slogans with mental health. Patients and community members were getting information through songs, posters and slogans. The awareness was done in the hospital on the 17<sup>th</sup> of September 2019. People were encouraged to seek further information on mental illnesses from Health professionals because it can be treated. Pharmacy team went as far as Gingindlovu, Emtutshini and Ensingweni Clinics for the Mental Health Awareness educating them about causes, signs and symptoms of mentally disturbed person.

Members of the community were discouraged in disrespecting mentally disturbed patients and abusing them in any way of abuse including calling them "izinhlanya". They are normal human beings as anybody else just that they are mentally disturbed, they need to be respected and to be treated like any other normal person. Mental illness can happen to anyone irrespective of age, gender, profession, rich or poor. **Isimo umuntu abhekene naso emphefumulweni singadala incindezi lowomuntu agcine ephazamisekile emqondweni. Akekho ozenzayo! Asibathande sibanakekele!**





# PHARMACY WEEK AT ENSINGWENI CLINIC ON 18 SEPTEMBER 2019



Community and patients at the clinic with messages supporting the campaign against ill-treating mental disturbed patients in the community. " Angilona Uhlanya, ngiphazamisekile"



Mr Mbuyazi from Pharmacy talking to patients about Mental Health and illness at Ensingweni Clinic



## PHARMACY WEEK AT GINGINDLOVU CLINIC



The message delivered was the same in all clinics and the hospital, Mental illness can be treated! Sne and Thandeka from pharmacy explaining on how to treat Mentally disturbed patients at home or in community.



It is simple to respect and give them dignity , they are normal human beings just like any

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# FROM THE PUBLIC RELATIONS OFFICE



Mrs Nompilo Xaba (PRO)

**Please report your compliment, complaint and suggestion. We are here to assist you. Never leave the hospital or clinic without getting joy on the service provided.**



Ms Nondumiso Lushozi In-serve Trainee (Public Relations)

It's a great pleasure for this office to work with the supportive management team of Catherine Booth Hospital and its human capital. We appreciate each and everyone who worked tirelessly with commitment and dedication towards patient care. The fruits of this is witnessed by the number of compliments from patients about the level of service they receive from the team of nurses and doctors. Indeed, encouraging patients to give us feedback from the service they received in the hospital in terms of complaints, compliments and suggestions. We then take complaints as a sharpener that is shaping us in order to render the quality service to our clients. Complaints and suggestions are taken seriously and are attended to until they are resolved. We also strive for all complaints to be acknowledged within 3 working days and then be resolved within 25 working days. This office can not do this alone without other units/wards/ departments, that is the reason why we thank them for their dedication. Keep well!

Thank you

## Special thanks to the editorial committee

- Ms CM Ntshela - Quality Assurance Manager
- Mrs S.S Qwabe - Safety Officer
- Mrs P.B Nkosi - Social Worker
- Dr N Sunderlall - Medical Manager



**NEWS LETTER IS COMPILED AND DESIGNED BY**

**PUBLIC RELATIONS OFFICE**

**MRS NOMPILO XABA(PRO) AND MS NONDUMISO LUSHOZI**

**(INSERVE TRAINEE)**