



# HO HO HO!!! Ukhisimusi Omuhle...

Lesi isikhathi sokuphana nokufiselana okuhle kodwa nokubonga ukuthi unyaka uqalile wazewaphela Unkulunkulu esasigcinile.

Sisebenzile ndawonye, kwabakhona ukungaboni ngasolinye, salwa kodwa konke lokhu bekwenzeka ngoba sonke sinintshisekelo yokunikeza umphakathi wethu usizo olusezingeni eliphezulu.

E-CTK lonyaka siwuvale ngegiya eliphezulu kakhulu lapho abaphathi nabasebenzi bebengena iwodi newodi benikeza iziguli izipho zikakhisimusi bezifisela nokuthi zibengcono

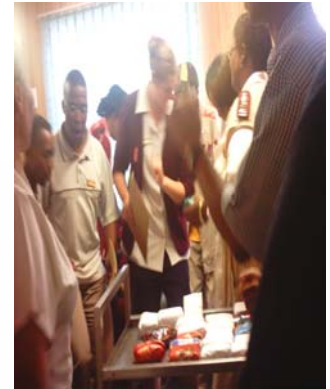
zizokwazi phela nazo ukuthokoza nemindeneni yazo kulesisikhathi sonyaka.

Kuyekuthiwe awukho umjovo ophilisa njengothando lokhu bekubhaliwe ebusweni beziguli zethu ngenkathi bethola lokhu ebebekade bengakulindelanga ukuthi bangase bakuthole esibhedlela, uthando!

Bekukuhle kudelile sihaya

izingoma zikakhisimusi emaphaseshi esibhedlela, saze sabona nokuthi abaphathi laba bayasishaya isicathulo.

Ukhisimusi noncibijane omuhle!!!



Zisha ngokhisimusi ezigulini zethu

## SINETHEMBA CLINIC

Isibhedlela i-Christ The King sinomtholampilo lapho kusizwana kakhulu khona nabantu abanegciwane lengculazi phecelezi ARV Clinic.

Kulomtholampilo abantu bahlolwa igazi namasotsha omzimbalulekwe, bafundiswe banikezwe nemishanguzo. Loluhlelo luqale ukusebenza kulesisibhedlela ngo June 2004 ngenxa yokuthi isibalo sabantu abanaleli gciwane besinyukela minyaka yonke.

Mhlazingu 28 October 2005 i-ARV Clinic kanye nabaphathi besibhedlela benze umcimbi. Inhloso bekungukubonga kulamaqhawe ahamba lomtholampilo kanye nokubagquqzela ukuba baqhubeka nokulwa ngokuzimisela kulempi esibhekene

nayo. Kwakumnandi kudelile kulomcimbi nohlelo lusezingeni eliphezulu kakhulu. Izikhulumi ezazilapho zabeka kwacaca ukuthi uma sisasifihla lesisifo futhi sicwasana nalabo asebephumele obala lokho kusho ukuthi sisakude nokunqoba lempi.

Kwaphinde kwabonakala kungumbono omuhle ukuthi kushintshwe negama lalomtholampilo.

Kwase kwenziwa umphudlwano phakathi kwawo amakhasimende alomtholampilo ukuthi abhale umuntu ngamunye igama yena acabanga ukuthi lingafanelana nalomtholampilo nosizo olutholakala khona.

Lomqhudelwano ubeyimpumelelo kakhulu ngoba litholakele igama elisha elibhalwe kwaze kwaba kathathu ngabantu abahlukene, kusekela ngelanga lomcimbi akusezokuba i-ARV Clinic sekuyi **SINETHEMBA** Clinic, abawina bathola izijumbane zokudla

Sinethulela isiqgoko basebenzi base Sinethemba niqhubeke nje njalo ningapheli amandla.

KZN HEALTH

# C. T. K. Press

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### Special points of interest.

- To disseminate information to all our stakeholders.
- To get feedback from all these stakeholders.
- To promote the spirit of positive communication with internal and external stakeholders.

### Editors Piece

Yellow summer!!!, welcome to the second issue of our quarterly publication. Can you believe year 2005 is over. So much has happened since our last publication. We have been sailing without a captain for so long but thanks to the experience and hard work of committed co-pilots we sailed up to this far. Lets welcome our new members of the management team.

Mr SA Cekwana- Hospital Manager. We also have a new Medical Manager - Dr S.J Malinga I think I speak for everyone when I say welcome on board.

This part of the year also marks very important days on South African calendar its "AIDS" day on 01/12 which happens to be on my birthday, not only that but its when we also celebrate 16 days of activism against women and child abuse. Personally I think everyday we should be acting against women and child abuse because it impacts negatively on our society and the statistics are increasing everyday one incident more horrifying than the next....  
YIMI OWAKHO!!

### Announcement's

Bhekisisa Emmanuel Mdluli who was employed in Christ The King Hospital as the Artisan Forman passed away on 19 December 2005.

Management and staff would like to extend their sincere condolences to the family and friends. LALA KAHLE MDLULI, MKHAYA !!!

#### Meet the editorial team

- ◆ Ms N. Ndlela
- ◆ Ms M. Peterson
- ◆ Mr M. Mseleku
- ◆ Mr S. Chonco

Well if you did not get in the Editorial Committee you can still have an input to your news letter, by submitting stories or your views and opinions about this hospital, its services and the conditions under which these services are delivered.

in the box outside the Public Relations office.

NB : Not all the inputs will be published but we will select those that are news worthy. You are encouraged to voice out your frustrations and solutions to such but let it be clear that this service will not promote bashing of any kind whether to management or from management or between individuals.

## Usuku lwabadala e-Gcinokuhle

Izinsizwa nezintombi ezindala zase Mazabekweni beziphume ngobuningi bazo mhlaka 11 November 2005 eholo lomphakathi ukuzohlanganyela ndawonye osukwini olukhulu obeluhlelwe umtholampilo i-Gcinokuhle ibambisene nesibhedlela i-Christ The King.

Isiqubulo sosuku sasithi "Phansi ngokuhlukumeza abadala phansi". Inhloso kwakungukuthi sinxuse umphakathi kakhulukazi intsha ukuthi iphathe kahle abadala iyeke ukubahlukumeza ngoba iningi lethu silapha

nje kungenxa yogogo nomkhulu laba esesibabukela phansi namhlanje. Lwaluhle ngempela lolusuku nenjabulo ibhalwe ebusweni bosingaye.

Isikhulumi sosuku ingathi babesikhethe ngokusazi, wakhuluma esukela ezintweni eziyezenziwe kubadala eziyezikhathaze abadala waya wayo finyelela

ezifweni ababa nazo ngenxa yalokukukhazeka.

Hayi injabulo eyayilapho ngesikhathi lezizinsizwa nezintokazi sezinikezwa iziphosokuzokuhamba abanye bethola amathawula



Osingabo

## Usizo olusha e-CTK

Kunosizo olusha olutholalalayo esibhedlela i-CTK. Kunabaluleki abasiza kakhulu labo abahlukumezekile ngokocanci abadala nabancane, abahlukumezeke emphufumulweni, ukusebenzisa izidakwamizwa, abakhulelwe abafuna ukuzibulala njll.

Lababaluleki bavela kwa Lifeline oyinhlango ezimele lapho bethole khona ukuqeqeshwa okunzulu ngokululeka umuntu osenkingeni yanoma iluphi

uhlobo. Lolu sizo lube nesidingo kakhulu emveni kokuba kutholalake ukuthi kunesihlava esibi futhi esikhulayo emiphakathini yethu lapho khona abantu sebeziphathisa okwezilwane.

Kuthe makubhekwa isibalo ikakhulukazi labesimame nezingane ezihlukumezekile kakhulu ngokocansi kwase kuyacaca ukuthi nathi njengo mnyango wezempilo kumele sibambe iqhaza silwisane nalempi. Labaluleki bayatholalala lapho esibhedle

ukuze bakwazi ukusiza labo abahlukumezekile. **Okwamanje batholalala e-Sinethemba Clinic ngase sangweni kulezinombolo zocingo 285**



SLIE & GAIL

## Never say never

Ngesizulu sithi imfundo ayikhulelwa which means one is never too old to learn, indeed this was evident at Christ The King Hospital on the day of our ABET graduation.

Adult Basic Education and Training is a program initiated by Government in order to address the importance of education and eradicate illiteracy especially in previously disadvantaged communities.

Making efforts to develop oneself can never be a disgrace regardless of how old one is but there is a disgrace in lack of trying. All the speakers for the day spoke with one voice they said that when one opens themselves to information they access knowledge which broadens their thinking thus improving performance in what one does in their work situation. They further urged graduates to embrace and adopt the change that they are in.

Pride and joy was written on the faces of our graduates and their loved ones, who were there to support them as they received their certificates, hereunder are the people who were awarded certificates on the day.

### LEVEL I

Dlamin V.E., Zulu M.N.

Msomi M.A., Khoza Q.C.

Ngcobo F.M.



*(L-R) Mr Shude HR Manager, Mrs Hlongwane F&S Manager, Mr Hlangu and the ABET Graduates.*

### Level II

Mahasela NL, Ndimbovu BA

Hlangu LT, Siben B

Khanyile ME, Tenza BA

Khoza LN, Lephallo

Dlamini CJ, Nxele BM

There was a lot of appreciation in the air that day to:

**Management** for their support in allocating venues and provisions of time.

**Tutors** for volunteering their services

**Colleagues** for continuing with the work whiles ABET students and tutors carry on with their lessons.

**Department of Health, our Government** and all who work hard to ensure the smooth operation of this program, thank you all.

*MASISUKUME SIFUNDE!!!!*

## Imizwilili e-CTK

Year 2005 has been a great year for CTK. It was buzzing at CTK when our hospital choir did us proud and came back with some of the trophies from the Provincial Hospital choir competition that were held in Durban.

It is indeed true that one would reap what they sow and that only good can come out of hard work. Our choir worked hard and tirelessly in preparation for the competitions so it was not at all surprising that at the end of it all they had some

thing to show for their hard work and brought back two trophies



Management then felt that it would be a sin if we don't thank them properly. They then decided to have an achievers day for both the Choir and our Netball team "GOGO'S" to give thanks to them and show our appre-

ciation for establishing CTK as a force to be reckoned with.

So to all of you guys I believe I say it for everyone when I say thank you so much you really did us proud hope you will do the same thing next year.

## Baphelile Isibhaxu

"OGOGO" balapha e-Christ The King as they are affectionately known by their opponents in the field did us proud during the District sports tournaments that were held in Kokstad Stadium on 20 August 2005.

After serious training and tough preparations for the tournament. The moment of truth arrived and it was not at all surprising that the gogo's won the District tournaments with no difficulties whatsoever simply because they were prepared physically and mentally and team spirit

was ripe. They went on to represent Sisonke District at the provincial tournaments though they did not win but It was impressive to see them playing with such passion and thriving for a common goal which was to win.

Hopefully team spirit lives on after the Tournaments and overflows into the work situation, and we excel just as well in services delivery but only if we accept and embrace our differences that make us unique. Gogo's we salute you!



CTK Netball team "Ogogo"

## Nank' amalungelo akho njengesiguli

- Yilungelo lakho ukuthi uhlonipheke, noma yisiphi isiguli sinelungelo lempilo engcono nokuphila endaweni evikelekile.
- Nokubamba iqhaza ekethathweni kwezinqumo ngempilo yakho. Uk-wazi ukuthola noma yiluphi uhlobo oludingayo lwempilo.
- Ukuziqokela usizo lwezempilo oludingayo
- Ilungelo ngempilo yangasese. Uk-wazisa labo abasondelene nawe.
- Ukungavumeli ukulashwa

### KZN HEALTH

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### Izikhathi zokuvakasha

10H00—11H00 AM

14H30—15H30

17H30—18H30PM

*Umbomo: Ukunikeza usizo olupheleleyo nolunakekelayo sihlalenge futhi sibambisene no mphakathi ka masipala i-Buhlebezwe.*

*Ungomo: Thina njengamalunga esibhedlela iSanitori sizimisele ukunikeza usizo lwezempilo olusezingeni lesibhedlela sesikhungo ngokuzimisela, ukuphephe nokuqeqesheka, sisebenzisa lokhu esinakho njengsibhedlela sezinga lethu.*

### Okubaluleke ngqo

*Iqiniso, ukuzibophelela, ukuzinikela wena wonke emsebenzini wesibhedlela, Ukunakekela nokwazisa umsebenzi. Ukuthembeka nokuba qotho, Inhlonipho nokubambisana.*

### Usizo Olutholakalayo

Abaphuthumayo

Iziguli zangaphandle

Abagulayo nabalimele

Abakhulelwe

Abantwana abagulayo

Abadinga ukuhlinzwa

Abanezinkinga zamehlo namathambo

Ukuzinikela kokuhlolwa kwegazi

Uhlelo lokuvikela abantwana ezifweini ezitholakala konina.

**Buza umhlengikazi/ umabhalane mayelana nosizo loDokotela bemikhakha eyahlukene abafika kanye ngenyanga (Referrals Only).**

### Okumele ukuphathe mawuza esibhedlela

Umazisi

Isiqinisekiso somholo

Medical aid card

Igama, ikheli, kanye nenombolo yocingo yomuntu osondelene nawe

Isiqinisekiso sokuthi uhola impesheni

Izinto zokugeza njenge thawula, insipho, umuthi wokuxukba njll.

Thank you to all who had an input in the making of this issue.

## LADIES BE WARNED!!!

Ladies be careful as we enter the HOLIDAY SEASON and spend more time at shopping malls.

Don't be surprised to see a naked woman walking out of a shopping mall restroom, with what is being called amazing regularity, victims of this new crime wave have been found walking out of shopping mall restrooms completely naked.

The scam begins when a man slips into a women's restroom and sneaks into a stall. He waits until there is only one woman in the restroom in a neighboring stall. He then quickly puts an out of order sign on the outside of the restroom door. The out of order sign guarantees no one will soon come to the woman's rescue.

The criminal stands on the toilet and points a handgun into the next stall, demanding the woman's valuables.

After getting her cash, jewelry and credit cards, he orders her to remove all of her clothing and kick them out of the stall. The thief tosses the clothing into a shopping bag, and slips back into the mall. It usually takes an hour or two for the woman to work up the nerve to leave the restroom in the nude, giving the criminal ample time to make his get away. The woman is eventually left naked and humiliated in a mall full of strangers.

Main targeted areas include

Gateway  
La Lucia  
Pavilion  
Sanlam Centre

The best defense is to never go into a shopping mall restroom alone, as only women who are by themselves are being targeted. Take a lady friend or a family member with. If you do find yourself in this situation, do not be passive. Make as much noise as possible. These criminals are looking for quiet victims so they can make an easy escape. Be careful out there this holiday season, and all year.

This has so far been a nearly perfect crime, as none of the perpetrators have been caught. Don't let this happen to another woman.

Source unknown.