

IMBIZO ESANATORI (CHRIST THE KING)

Kwakuwusuku lwentokoza esibhedlela iSanatori ngomhlaka 25 October 2006 ngesikhathi sinembizo. Inhloso ngqangi yalolusuku kwabe kungukwabelana kanye nokunikezela ngolwazi phakathi kwethu njengesikhungo sezempilo kanye nomphakathi waseBuhlebezwe.

Umphakathi watheleka ngobuningi bawo uzothamela lomcimbi, kanti futhi nabaholi bomphakathi babekhona esingabala uMhlonishwa uMeya uNkskz Nouline Peterson, Amakhosi iZinduna kanye nabefundisi bamabandla ahlukeni. Nezimenywa ezaziphuma kumnyango wezempilo, singakhohlwa amalungu ekomiti lesibhedlela kanye nemitholampilo nawo ayeekhona.

Abaphathi beminyango eyahlukene yesibhedlela bachazela umphakathi

ngezindlela abasebenza ngazo, asebekuzuzile kanye nezinselole ababhekana nazo.

Yilowo nalowo mnyango unenselelo obhekene nayo okumele ekupheleni kosuku ube uyingqobile ukuze kufezeke izidingo zomphakathi wethu. Umphathi wesibhedle uBaba Cekwana wethula inkulumbo yakhe enohlonze lapho ayechaza kabanzi ngesesikuzuzile nje ngesikhungo sezempilo izinselole esibheke nazo waphinda wakhuthaza abasebenzi nomphakathi ukuthi baqhubeke nokusebenza ngokubambisana. Isikhulumiso soku uNks Radebe ongumphathi kwa Sisonke Health District wageq'amagula lapho

Wayechaza kabanzi ukuthi kusetshenzwa kanjani eSisonke.wasigqugquzela njen-gabasebenzi ukuthi siqhubeke nomsebenzi oncomekayo nonempumelelo. Nabomnyango wama-Ambulance bakhombisa umphakathi indlela abasebenza ngayo. Usuku lwaba impumelelo sibonge bonke ababan-eqhaza.



Mr S.A. Cekwana– Hospital Manager



WHAT TO DO IN A HIJACKING

A handy guide with useful information about vehicle hijackings has just been issued by a police inspector from the East Rand.

Inspector Riaan Steenkamp from the Elsburg police station compiled the guide which people can use to heighten their awareness of hijackings.

It pointed out that the suspected hijackers were armed in 90% of these cases, but that only 1% of the hijackings ended fatally.

"Their driving style is immediately suspicious. They sometimes drive around slowly for days in a certain area, without a purpose or in a specific direction."

How to avoid a hijacking:

- Get to know your neighbourhood.
- Keep up to date about who be-

longs in your neighbourhood or at your workplace and who does not.

- Lock all doors and windows before you drive and be on the alert for anything unusual.
- Vary the routes you use to drive to places.
- Try to stop always 5m behind a car so that you can drive away fast if you get into trouble.

People can lower their risk when they are driving by:

- Keeping their keys ready but out of sight.
- Keeping all windows and doors shut and locked.
- Avoiding unknown areas or areas with a high crime rate.
- Never picking up hitchhikers

and trying not to drive around alone late at night.

- Ensure you are not followed after you have parked your car.

In the event of a hijacking:

- Never make any movements yourself, because this could give the hijackers the impression you are reaching for a firearm or panic button.
- Keep your hands in clear view and keep them as still as possible.
- Listen carefully to what the hijackers want you to do and concentrate on being able to identify them at a later stage, but don't stare too much.

Page compiled by: **Nokuthokoza Ndlela**

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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

What is it about relationships that makes it so hard to communicate and get the message across in the way that it's meant? Is it that we tend to be selective listeners read all about it on p2? There are gems there I know you'll recognize.

As a health service provider it is very important that people know what we are doing and how they can access our service hence Christ the King Open day to share this information with our stakeholders read all about it on pg 1. crime is of great concern to all south African citizens, we took this knowledge and did an investigation on tips of what to do when you are being hijacked on pg1

YIMI OWAKHO!!

"INTERESTING TIMES AHEAD"

Announcement's

Christ the King Management would like to welcome you all from the holidays hoping that you all had a wonderful festive season and that you are well rested and you are coming back with a bang!!

Management would also like to express their heartfelt sympathies to all of us as Christ The King family for we as an Institution have lost too many of our colleagues. May their souls find peace.

A reminder that Human Resources offices have now moved to the park homes opposite the admin block's parking bays.

Also the PRO's office is now down by the OPD.

Let me also take this opportunity to welcome all the new members of the CTK family, we are honored that you have decided to join us and that this is a start of a long profitable relationship.

Meet the editorial team

- ◆ Ms M. Peterson– Hospital Managers' Secretary– ext 248
- ◆ Mr M. Chiya– Pharmacy– ext 223
- ◆ Mr S. Mthembu– Social Worker ext 283
- ◆ Mr B. Ziqubu– Quality Assurance Manager ext
- ◆ Ms B. McClachlan- Occupational Therapist

CHILDREN CARING FOR CHILDREN

I have always had a soft spot for kids so every time I enter children's ward it leaves a tingling feeling in my heart. I have always believed that there are similarities between children and art. Despite not having enough vocabulary at all they both have their weird and wonderful ways of telling a story.

It is amazing how young primary children come up with perfectly combined art if you are clueless of what I'm talking about then you have not been to CTK Paeds ward lately.

Learners of Epworth primary school in Pietermaritzburg designed and donated pictures of their peers at CTK under the theme "children caring for children". This was because of our Pediatric Surgeon, Dr Patric who told the school about our Paeds ward. Susan the sister in charge at



Osingabo

Paeds said they really appreciate what the school did for our children and we are looking forward to programs of this nature from other organizations as well. As CTK we would like to say that no words can express our gratitude. Ngesizulu sithi "ukwanda kwaliwa umthakathi."

Siyazivocavoca e-CTK

Kuyaqala ngqa e-CTK ukuthi sibenamakilasi okuvocavoca umzimba sibonge ukufika kuka **Slindile Mchunu** owenza i-community service kwi Physio-Therapy.

Phela iyo lentokazi efundisa ikilasi lokuzivocavoca phecelezi– aerobics instructor unesiphiwo kakhulu ngoba usifaka sijuluke sibe manzi te futhi awakhe amandla nomfutho ngathi awupheli.

Abasebenzi bebehlele benesifiso sokuthi kube khona okuthize abakwenzayo ukuqinisekisa ukuthi imizimba yabo ihlala iphilile, kuthe ngokufika kwalentokazi ke

lesisifiso saba impumelelo.

Abanye abangena lelikilasi esikhulume nabo bathi limunandi kakhulu futhi likwenza uzizwe ulula futhi uphapheme ukhohlwa ngisho nazinkinga zakho imbala.

Nomangabe ubani wamkelekie ukujoyina akukhethwe sikhundla nabala lamuntu, ngisho nabaphathi imbala bayingxenye yalo. Lingena kathathu ngesonto kusuka ngehora lesine kuya kwelesihlanu ntambama ngo LweSibili, lweSithathu kanye nolweSine



Aerobics class

THE NEED FOR TOLERANCE

We are all born different and that is what makes us unique. In South Africa this uniqueness was a source of conflict, intolerance and injustice, where people were divided according to race, color and creed. A decade later when people are supposed to be united as South Africans, in this era of our democracy we still bear witness to intolerance within our societies and our workplaces.

In a workplace there are unique individuals from different backgrounds with different opinions, hence tolerance and acceptance becomes vital for a productive and harmonious working environment. It is for this reason that we must see ourselves as members of a family seeking towards serving a common objective, and that is the provision of excellent service delivery to our clients. Everyone in the organization needs to see themselves as a critical contributor to

the existence of a holistic system, where all the contributors are interrelated; decisions are based on the overall good to be gained rather than the good of a single player/contributor.

All role-players should work together to co-ordinate efforts toward achieving the organization's vision and mission. Intolerance in an organisation will definitely hamper and will create a hostile working environment.

For public servants (let alone the fact that we are healthcare workers) this is completely unacceptable and our constitution and values of this Government (including the Public Service Code of Conduct) pronounces against intolerance among public servants, as this could never be a positive development for our collective ability to be productive. We should be able to accept each

others existence, uniqueness and backgrounds. We may not always agree on all issues, however, we should always acknowledge the value of individual opinion. This is quite a significant right, which is also embedded in our constitution.

In all instances when something goes wrong it is blamed on communication gone wrong when in actual fact it is lack of tolerance, professionalism and respect for one another. If we all adapt to the culture of professionalism and the ideals of transformation we can go a long way in service delivery.

Compiled by: Nokuthokoza Ndlela

STUDENT NURSES AT CTK

The nursing profession is slowly becoming a scarce skill in South Africa. This is as a result of our nurses flocking out of the country for greener pastures. Nowadays there are a lot of deadly diseases and it is not good for our country to keep losing professionals. CTK has joined the list of many institutions that are part of the solution.

It all started in 2004 when CTK was given a thumbs up by the South African Nursing Council as the clinical service provider for St Michaelmas Nursing col-

lege. CTK grabbed that opportunity and allowed students an opportunity to practice in the hospital.

Speaking with Mrs Ngcobo, Nursing Manager and Deputy Nursing Manager, Ms Gumede they informed that apart from contributing to solve the county's problem, having the students addresses the problem of shortages in the wards. The student's check BP's, sugar levels, baths, kitting etc. One of the nurses we spoke to said "work has become bearable as the students help us with staff balancing especially in our wards.

Nursing management mentioned that at Sisonke scarcity of nurses is a problem and having a local nursing college will address this issue.



Some of CTK Student nurses

Reported by: Muzi Chiya

Kuzelwe amaTriplets

Siwuqale kahle lonyaka, sawungena ngezibusiso zodwa ngenkathi kuzalwa phecelezi ama-triplets. Phela kuthiwa makuzelwe umntwana ekhaya kungene isibusiso masebathathu ke hhayi ngicabanga ukuthi ziphindaphindekile. Kubeyintokozo enkulu nakuthina lokhu ngoba phela sagcina ngonyaka ka 1999 ukuthi kubelethwe amawele aphile kulesibhedlela. Ngo mhlaka 24 January 2007 uNksk Flora Dlamini wase South-hill Farm ubelethe abantwana baman-tombazane abathathu abebenesisindo esiphakathi kuka 1.1kg no 1.2 kg. La-

bantwana abaqambe ngokuthi uThandeka, Thobeka kanye no Them-beka babesebephuthunyiswa e-Grey's ngenxa yokuthi bengakwazi kahle ukuziphfumulela. Babuyile ke futhi baqhuba kahle kakhulu nesisindo sabo siyasikhuphuka. Abazali uFlora no Mboniseni Dlamini bathokoze kakhulu gendlela abantwana abaqhuba kahle ngayo nabasebenzi base gumbini labak-hulelwe bayaziqhenya kakhulu ngen-qubo yalabantwana. Halala siyanibon-gela nina bakwa Dlamini nathi e-CTK singazikhohlwa bayisibusiso kithi sonke



uNksk Flora Dlamini nabantwana bakhe

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.

LET IT GO!

Let it go ...by T. D. Jakes

There are people who can walk away from you. And hear me when I tell you this! When people can walk away from you: let them walk.

I don't want you to try to talk another person into staying with you, loving you, calling you, caring about you, coming to see you, staying attached to you. I mean hang up the phone.

When people can walk away from you let them walk. Your destiny is never tied to anybody that left.

People leave you because they are not joined to you. And if they are not joined to you, you can't make them stay. Let them go. And it doesn't mean that they are a bad person, it just means that their part in the story is over. And you've got to know when people's part in your story is over so that you don't keep trying to raise the dead.

You've got to know when it's dead. You've got to know when

it's over. Let me tell you something. I've got the gift of good-bye. It's the tenth spiritual gift, I believe in good-bye.

It's not that I'm hateful, it's that I'm faithful, and I know whatever God means for me to have He'll give it to me. And if it takes too much sweat I don't need it. Stop begging people to stay. Let them go!!

If you are holding on to something that doesn't belong to you and was never intended for your life, then you need to ...LET IT GO!!! If you are holding on to past hurts and pains ... LET IT GO!!!

If someone can't treat you right, love you back, and see your worth... LET IT GO!!! If someone has angered you ... LET IT GO!!! If you are holding on to some thoughts of evil and revenge .. LET IT GO!!! If you are involved in a wrong relationship or addiction ...LET IT GO!!!

If you are holding on to a job that no longer meets your needs or talents ..

LET IT GO!!! If you have a bad attitude...LET IT GO!!! If you keep judging others to make yourself feel better... LET IT GO!!!

If you're stuck in the past and God is trying to take you to a new level in Him...LET IT GO!!! If you are struggling with the healing of a broken relationship...LET IT GO!!! If you keep trying to help someone who won't even try to help themselves. LET IT GO!!!

If you're feeling depressed and stressed ...LET IT GO!!! If there is a particular situation that you are so used to handling yourself and God is saying "take your hands off of it," then you need to...LET IT GO!!!

Let the past be the past. Forget the former things. GOD is doing a new thing for 2007 !!! LET IT GO!!! Get Right or Get Left .. think about it, and thenLET IT GO!!!

"The Battle is the Lord's!"