



Christ The King Hospital

NEWS

Quarter 2-3 : 2016



From Left: Mr M. Makhathini (Mondi Head of Land) and Department of Health MEC Dr Sibongiseni Dlomo handing a new mobile clinic keys to Mr Nxasana Primary Health Nurse.

MONDI FORESTS DONATES A MOBILE CLINIC

Ubuhlebezwe Health Sub-district has received a major boost with regards to the PHC reengineering project. This after Mondi Forests donated a beautiful mobile clinic to bring services closer to the people, particularly those who work in forest plantations. This donation was hailed a blessing in so far as the Department of Health’s strategy of promoting prevention of diseases, rather than cure which is much more expensive. (FULL STORY ON PAGE 3)

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“Together we move South Africa forward”

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

Breastfeeding Week

Sr Sobuza, Ms Ndlangisa and Ms Madlala during the Q&A session at Chibini congregation in Jolivet....



It is often said that there is no substitute for breast milk. This fact has over the years been overshadowed due to vigorous promotion and advertisement by formula feed producers and retailers. It is almost odd that governments across the world have had to almost advertise breast milk in order to keep up with the growing competition posed by formula producers.

South African Government, particularly the Department of Health has introduced a number of programmes to raise awareness of the advantages of breastfeeding. Breastfeeding is the single most effective intervention to prevent child mortality and morbidity. It is a free-of-charge, simple and most easily accessible way to save young lives.

CTK has held the Mother Baby Friendly

Hospital Initiative status since 2012. This means that as a health facility we have created an enabling environment for mothers to breastfeed. We also are advocating and promoting the advantages of breastfeeding in all our communities throughout the sub-district through a Code workshop, talks and awareness campaigns.

This year, 2016 Breastfeeding committee of CTK did also embark on breastfeeding awareness campaign trail as they do every year. Apart from ongoing programmes that are in place to promote and maintain the culture of breastfeeding, members of the committee visited clinics and churches to have direct engagements with communities about the importance of breastfeeding.

Mondi Forests Donates a Mobile Clinic



Main picture: MEC for Health Dr S Dhlomo cutting the ribbon with Mrs Msomi, while Mr Makhathini from Mondi uNkosi Dlamini watch.

Insert: Dr S Dhlomo and Mr Makhathini signing an M.O.U

Ubuhlebezwe Health Sub-district has received a major boost with regards to the PHC reengineering project. This after Mondi Forests donated a beautiful mobile clinic to bring health care services closer to the people, particularly those who work in forest plantations. This donation was hailed a blessing in so far as the Department of Health's strategy of promoting prevention of diseases, rather than cure which much more expensive.

MEC for Health in KwaZulu-Natal Dr Sibongiseni Dhlomo received and officially launched the mobile clinic on 25 October 2016. The MEC thanked Mondi for their support in donating this vehicle; he dubbed it the "gift of love". He also alluded to the fact that KZN health is the only province that is has taken health services to the taxi ranks through mobile clinics. He however said that there is a gap with regards to workers who work in farms and forest plantations accessing health services. This is mainly because these workers are being provided with

transport by their employers from home directly to work, thereby bypassing the taxi ranks.

"With this 'gift of love', these employees will now be able to access health services without having to leave their place of employment." The MEC further emphasized the importance of attending clinics frequently, even if it is for checkups.

The MEC pleaded with traditional leadership to encourage their subjects to attend clinics and lead healthy lifestyles. The MEC also made a special request to Mondi to also work with government in its efforts to improve lives of the communities in a more sustainable way. In response to the MEC's plea, Mondi pledged to sponsor a Mayoral bursary to be administered through Ubuhlebezwe Local municipality in which one deserving student from Ubuhlebezwe will be sent to varsity of his/her choice every year. This commitment prompted a thunderous cheers from community members present.

Men's month celebration



"...After the formal session, it was time for refreshments , men were treated to *inyama yenhloko nedombolo* while they were digesting all the educational talks that were presented during the first session."

July is a Men's Month in South Africa, which aims at creating awareness around the importance of men and manhood in Africa particularly. In Africa, men are regarded as heads of their families, and they are expected to play the role of leadership in the household. Women and children are therefore expected to respect men of their families and appreciate their (well canvassed) decisions as final.

That being said though, men owe it to themselves to earn the status of being leaders. Being a man comes with lots of responsibilities, and only those who can bear those responsibilities deserve to be called men and afforded due respect. It is often said that men, particularly African men are often reluctant to talk about their problems, be it social or health related. As a result of that, they end up bottling up a lot of rage and frustration in their system, hence the violence and aggression in our society.

Another perception, if not a fact, is that men are notorious of not seeking medical attention when they ought to. A survey conducted in the UK in 2005 suggested that men develop attitudes that do not help foster their health. They give priority to work and have a self-image that encourages denial

of illness. They do not like to discuss their health and fear the consequences of illness more than women do. At this day and age, safe-rather-than-sorry attitude has never been more relevant and men need to be aware of the different tests and checklists they need to keep an eye on, health speaking.

It was for those reasons that Christ The King Wellness Committee decided to organize *Isithangami Samadoda* (Men's forum). This platform was created so that the hospital's men-community could discuss issues that affect them, but importantly be able to propose contemporary and progressive ways of subverting stereotypes that lead to health complications and unbecoming behavior by men.

Various topics were covered including Nutrition, Healthy life style, Faith and culture. Mr Bele spoke about nutrition, Sir Mazeka spoke on healthy life-style and Mr Sokhulu spoke on generally accepted behavioral standards for men in society.

After the formal session, it was time for refreshments , men were treated to *inyama yenhloko nedombolo* while they were digesting all the educational talks that were presented during the first session.

Photo Gallery



The men's month event that took place during men's month (which is celebrated every July in South Africa) was unprecedented in the history of Christ The King Hospital. The interest that was shown by CTK men could only be understood to mean that the forum was long overdue...

Women's Month Celebration



Captured: CTK Hospital Women Group Photo

Every year on 9 August we celebrate Women's Day in South Africa, a public holiday that pays homage to the women of our nation; - the mothers, the wives, the sisters and the daughters who fought tirelessly against the tyranny of the Apartheid government.

The day was inaugurated in 1994, along with a free, democratic South Africa, the public holiday commemorates a 1956 protest lead by Lilian Ngoyi, Helen Joseph, Albertina Sisulu and Sophia Williams-De Bruyn. To rise up against the legislation that required black South Africans to carry the "pass" (special

identification documents which infringed on their freedom of movement during the Apartheid era), approximately 20 000 women from all over the country took to the streets of Pretoria – many carrying the children of their white bosses on their backs – to stage a peaceful march to the Union Buildings.

Up to this day, women are still facing similar struggles in our society. Despite the unparalleled contribution women made during the liberation struggle, their voice is still very much marginalized if anything. Due to the patriarchal nature of our society it is of paramount importance that awareness is continually

created. This awareness should include teaching women about their rights and what constitutes abuse of any kind.

Every year CTK organizes a special event in which women get to come together and empower each other on various aspects of life. This year's event took place on the 14th of August 2016. If pictures are anything to go by, the event was of a very high standard. Apart from informative talks, attendees were also treated to a foot and hand massages and of cause food. Suffice to say that head wraps were the order of the day.

Photo Gallery



This is what Christ The King's 2016 Women's Month celebration looked like. Apart from a range of educational talks there were given on the day; women were also treated to niceties and pampered with massages. Needless to say that it was "doek on fleek" all the way.

Heritage Day Celebration



Stick it up: Mr L.I. Chiliza and Mr N.S.I. Biyase stick fighting another form of our cultural entertainment during a trading wedding.

Heritage day is celebrated on 24 September of every year in South Africa. Some refer to this day as National Braai Day. There is although a strong opposition from a larger section of South African populace against the notion of the NBD.

Historically, more particularly in the province of KwaZulu-Natal this day was known as Shaka's Day.

Quite aptly, just as King Shaka was instrumental in uniting Zulu clans into a cohesive nation, Heritage Day encourages South Africans to come together to celebrate the rich cultural heritage and the diversity of our rainbow nation.

President Mandela once said the

following in a Heritage Day speech: "When our first democratically-elected government decided to make Heritage Day one of our national days, we did so because we knew that our rich and varied cultural heritage has a profound power to help build our new nation".

Most companies and organisations where a conglomeration of cultures exists observe this day at least once in a year.

Although 24 September is the actual Heritage day, the entire month of September is observed and celebrated as Heritage month.....



Christ The King hospital is also, like many organizations, a microcosm of the South African society. A wide diversity of cultural backgrounds exist in the institution, hence it is important to heighten awareness among employees with regards to the significance of one another's cultural norms and values in order to bridge cultural barriers in the workplace. Owing to the above, CTK celebrates Heritage day every year to showcase our cultural diversity. Apart from festivities, these events seek to educate and promote cultural tolerance. As a result, this year's theme was *Umgcagco* (African Traditional wedding ceremony).

That being said though, the most popular part of these events is admittedly when we get to taste a variety of traditional cuisine on exhibition. This year's menu was also as mouth-watering as the previous years'. Mouthwatering dishes such *isigwaqane namagwinya* were there in abundance, and boy! Did we have a feast. This year's event was also a huge success, all thanks to the Wellness Committee which made it all happen. Contributions by staff members at large could not go unnoticed

Top picture: CTK Hospital Gospel Group was part of entertainers of the day
 Below pictures: captured umgcagco ikhetho vs umthimba



African Foods Day Commemoration

They say charity begins at home. It is therefore important for public servants and particularly those in health sector, to lead a healthy lifestyle. therefore in their quest to provide quality health care services and give hope to the public, healthy lifestyle and fitness should begin with them, in order for such lifestyle to trickle down to their patients. Engaging oneself to gym for at least a minimum of three days a week and eating healthy could go a long way in improving one's health. It is said that African food is the healthiest as compared to any other food is world wide.

Every year South Africa celebrates Nutrition Week which is held in the second week of October. On Friday the 7th of October 2016, Christ The King Hospital's Dietetics section in collaboration with Harry Gwala Health District, organized and hosted a 3,5km marathon starting from Ixopo Clinic to Ixopo Upper Sports Fields.

This initiative was aimed at:

Raising awareness to public service workers and food service providers.

Create awareness on healthier eating choices and legumes as high quality foods in African cuisine, which was the theme of this year's Nutrition Week.

Showcasing different (traditional) methods of preparing beans, legumes, and peas.

The day was filled with activities which include, the 3,5km Walk, Tug of war (which was the most popular game of the day), others enjoyed Umlabalaba. The participation was epic, since we were out in numbers to participate in multiple games that took place in the Ixopo upper sport fields. More than 200 people attended the event marking it as a successful day. Not forgetting to thank our sponsors who made the day possible.

MAIN PICTURE: 3,5km walk at Ixopo Clinic (staring point). Inserted pictures from left: Top ten winners receiving medals , BMI & weighing and tug of war (people's favorable game of the day.)



Wellness Day



Pictured: Gems representative during staff wellness talks

As a health institution, our staff members are responsible for taking care of other people's health and lives both directly and/or indirectly.

Given this fact, for some people, it is easy to forget or take for granted that health workers themselves are not immune to falling sick and having health-related problems like any other person.

As a result of the stressful nature of the jobs that health professionals and those who provide support services do, it is of paramount importance that health and wellness programs be a priority for a health facility, particularly a hospital.

Health and wellness programs deal with a wide variety of issues; it is not only limited to physical health.

As is noticeable, employees in general are

malleable to being affected by emotional, financial and psychological illnesses to name but a few.

It is as a result of the above that CTK Wellness Committee, as guided by the Wellness Policy, dutifully and constantly organizes a wellness program every quarter.

Topics and activities that are covered during the events are informed by the Health Awareness Calendar.

At each wellness event we invite experts to give talks on their areas of expertise. GEMS and well as financial service providing institutions are also regular features in our Wellness events.

This year's event was a great success. GEMS was there to introduce a wellness programme for its members.

June 16 Commemoration, 2016



Staff members who rocked up in school uniforms in commemoration of June 16 Soweto massacre

ACKNOWLEDGEMENTS

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