

ZIYASHA NEWS

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Clairwood hospital

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Editor Mbuso

ED'S NOTE

Change is important for the continuity of the good things in any organization. It is because of this reason which I have decided to change the name of our newsletter. I hope the new title of this publication will be accepted by all of us at Clairwood.

This paper will continue with informative news for the staff. Let us all work together in improving the image of our institution in the eyes of the public and other stakeholders.

Enjoy this edition.

Mr. Mbuso Khuboni P.R.O.

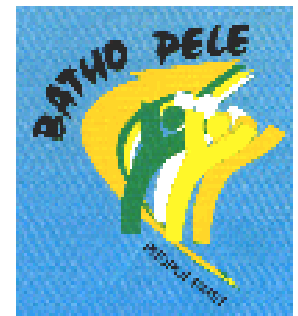


THE PUBLIC RELATIONS OFFICER

On this issue I have decided to feature the Public Relations Officer job description and activities so that we can all understand the responsibilities of a P.R.O.

Few of these responsibilities are

- To promote and maintain the positive image of the institution
- To advise management on strategic communication matters.
- To assist management with strategic planning
- To ensure that patients complaints are dealt with
- To coordinate special events
- To develop, execute & monitor health programmes.



CANDLE LIGHT MEMORIAL DAY

Clairwood Hospital is proud to be one of the institution which is providing ARVs to its catchment areas.

This obviously put us on the map in-terms of what the

Dept. of health KZN wants to achieve in its 12 points plan. NB the 2nd point plan is to strengthened. Implementation of the Comprehensive Plan on Management of HIV & AIDS.

On the 21 May 2007. ARV clinic (Thusong) had a can-

dle light memorial day for HIV & AIDS infected and affected patients and staff .

It was a day of prayer for all the patients and staff who attended the ceremony.

This ceremony was conducted by Reverend T. Goge from Anglican Church.

Rev. Goge spoke in length about love and courage quoting the scripts from psalms 23ves 1.

EMPLOYEE ASSISTANT PROGRAMME

Clairwood Hospital has filled the post of Employee Assistant Practitioner (EAP).

Mrs Rhona Chetty has been employed on this post from the 1st May 2007

It is hoped that the employees would make use of the programme.

WHAT IS EMPLOYEE ASSISTANT PROGRAMME (EAP)

IT IS A WORK-SITE BASED PROGRAMME .It is designed to assist in the early identification and resolution of productivity problems associated with employees who are impaired by personal con-

cerns such as:

- Health, Marital, Family, Financial.
- Emotional Stress, Drug, Alcohol.
- Legal or other personal issues.

WHAT DOES IT COST TO USE EAP

This service is free, But referrals to external service providers such as rehabilitation centres, attorneys etc. such cost are incurred by the employee concerned.

WHO CAN USE EAP

All employees of Clairwood Hospital who need advise, support and counseling to address personal difficulties and to improve their overall well-being.

CONFIDENTIALITY

Every case is treated with strictest confidentiality EAP records are not part of personal records and are kept with the EA Practitioner.

TIPS TO HANDLE STRESS

EXERCISE: brisk walks, jog swim or yoga

Cancer
Cancerians really feel for other people and they are able to offer troubled souls not only tea, but sympathy.

Greatness is not in where we stand, but in what direction we're moving'
Oliver Wendell holmes, jr

Fast facts

- There are 2 500 optometrists in South Africa.
- About 125 million people worldwide use contact lenses
- Nobody knows who invented glasses but paintings with people Wearing them first appeared in Italy in the 13th century

Competition time

This competition is open to all staff members. If you can answer the question correctly u stand a chance of winning a good price from Public relations office.

Question Who is responsible for communication at Clairwood Hospital?

If you know the answer call 5082 before 8h00am on the 6th August 2007

A WORD OF FAITH

To conquer the eternal blessing of God, our salvation, requires a lot of sacrifices, efforts. It will not be God coming down from Heaven to change you, but you need to change yourself. As apostle Paul says, like someone on a race, we go under strict training, meaning we do every effort to stop our wrong ways of living to get our crown of life.

CANDLE LIGHT MEMORIAL PICS



1.



2.

1. From left to right Mr. G. Smith Finance Manager, Mrs L..L..L.. Mongoato Nursing Services Manager.
2. Clients, Choir, and staff members singing a nice piece of gospel song.
3. Rev. T. Goge preaching the word of God
4. Rev. Goge lighting the candle



3.



4.

TRY THIS...!!!

If you were thinking to go out this coming weekend think again, because I will give you a recipe that will make staying at home worthwhile. JUST DO IT, YOU WILL SEE!!

LEMON CHICKEN & HERB PITA

INGREDIENTS:-

Olive oil spray
 4 chicken breasts fillets
 75ml chicken stock
 15ml lemon juice zest of half a lemon.
 125ml basil, freshly torn
 60ml Italian parsley
 Chopped 12 black olives
 Pitted and chopped salt & mild pepper.

HOW TO MAKE IT!

Spray pan with olive oil. Slice chicken breasts into bite-sized chunks and add to pan to sear, about two minutes.
 Add chicken stock and lemon juice and allow to simmer on a low heat until cooked through, about six to eight minutes. Toss with lemon zest, basil, Italian parsley and olives. Season and serve stuffed into warmed pita bread with hummus or tzatziki.

YOUR DINNER WILL NEVER BE THE SAME AGAIN.

Recipe by Thembani

Healthy life style

Aids watch

Coping with HIV is easier if you know what illnesses to expect, how to recognize them and what to do when you get sick. 1 of the most common opportunistic infections is candida or trush – an infection of the mouth or vagina.

What are the symptoms?

- White spots on your tongue, gums or inside

your cheeks.

- White spots on the skin inside or outside the vagina
- A discharge and itching of the vagina.

What should you do?

Have the infection treated promptly by a health professional. Trush in the mouth may be treated with mouth

washes, oilments, lozenges or tablets. Vaginal trush may be treated with ointments, vaginal tablets or by swallowing pills.

Keep eating high energy foods such as breads, pap and veggies as well as soft foods like porridge & yoghurt to help your body fight the infection.

Did u know?
Your heart will beat
About 3 billion
Times during your
lifetime

Haleluya! Haleluya! Haleluya! Haleluyaaaaaaaaaaaaaaaaaaaaaa!

CHORAL MUSIC IS IN THE HOUSE!!

Choral music is the type of music that existed long before I was born. I remember when I was at primary school our school choir were at its best and winning. Speaking about choir in this Hospital, we have a wonderful choir with great voices, their performance is always outstanding. **they rock!**

This choir will go places.

There will be KZN Provincial Hospital Choir Competition coming soon. To those who wants to be part of the choir can contact The P.R.O at xt 5082 or Matron Dladla at ext.5060 note that the rehearsals will take place during lunch time, working hours and during weekends if necessary

Article by *Thembani P.R. intern*



Choir 2006

SIYADLALA LA

sports by *Nkululeko PR inservice training*

The Clairwood teams look promising, both soccer and netball, they are confident of making it to the finals of the dept of health provincial tournament kick starting soon. The soccer team and netball team have been preparing from last week for the tournament and both sets of players are ready for the challenge. **"we want the trophies and we want our hospital to be the winners in upcoming tournaments"** said the well spoken soccer co coordinator Mbuso Nkosi. Unfortunately we could not get the girls side of the story. The senior management wishes you good luck, make us proud and bring that trophy home boys.

Nkululeko with Clairwood Hospital striker **Bongisani Gumede.**

N.N :Hola Bongisani, how are You doing ?

B.G :I am fine thank you.

N.N :where are you from ?

B.G :I am from Umlazi Township D section.

N.N :How are the preparations going ?

B.G:The whole team is ready and well prepared

N.N:Which position do you play ?

B.G :I am a striker and a leading goal scorer

N.N :Liverpool or Arsenal ?

B.G :Liverpool.

N.N :Halle berry or beyonce ?

B.G :Beyonce .



1st special feature

Beckham

Former Man United and England captain David Beckham is back on the head lines but this time its not about him cheating on his wife former spice girl Victoria Adams. Becks, as he is known in England is actually leaving Spanish giants Real Madrid, the 3 year contract he signed back in 2004 with a staggering fee of R770 Million has come to an end and has no

intentions of renewing it ,**"he wants out"** said a teammate. Reliable sources say Beckham is moving to American soccer league to join L.A galaxy and he will earn R7 million



per week. The 31-year old and his family have already bought a million dollar mansion in Las Angeles closer to his team. He will also be close to acting and will feature in upcoming movies and close to his sponsors including Adidas, Gillette, Hugo boss.

**Imagine earning
R 7 000 000 00
a week
LOL**

2nd Special feature

Drogba

Didier Drogba started as a keeper back in the days on the dusty streets of Cote'd Ivorie at the age of six. As a young kid having a dream of becoming a well known soccer star he bunked school to play with his friends. Realising the talent he had and the wars taking place in their country his uncle took him to France where he broke through the junior ranks of Olympic Mar-

seilles as a young striker. In 2001 the Ivorian was regarded as one of the strikers in the world and other European team wanted his services ,his selling price mounted



from R88 million to R600 million, but nevertheless Roman Abramovich, second richest man in the world signed Drogba and now he is a Chelsea player. **"signing Didier is an investment as he is a wonderful striker we win the champions league and premier league with such players."**