



# MASAKHANE NEWS

STAY INFORMED

OCTOBER 2022

## BREAST FEEDING AWANESS DAY– KUKHUTHAZWA UKUNCELISA UBISI LWEBELE

As From the 1st to the 7th of August is World Breastfeeding Week. The theme for this year was **"Step up for breastfeeding; Educate and Support."** Emmaus Hospital Dietetics department together with the facility champion for breastfeeding Sr G.N Mlotshwa decided to re emphasize the goodness of breastmilk. The targeted audience were all members of the community; not just pregnant and lactating mothers as all community members have a role in breastfeeding, and the main role is to support the breastfeeding mums to sustain their feeding practice.

Breastfeeding has many benefits for both the mum and the baby, these include:

**For the baby:**

- Breast milk is the most natural food that contains all the vitamins, minerals and hydration required for healthy growth and development of the infant.
- Bonding between the mother and baby.
- Breast milk is easier to digest.
- No risk of contamination of milk powder or through the use of bottles.
- Breast milk protects the baby's immune system until the age of 2 years.

**For the mother:**



**Breastfeeding Champion Sister G.N Mlotshwa demonstrating to mother's the correct way of holding the baby when breastfeeding.**



**DOWN SYNDROME AWARENESS**  
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**ISIBAYA SAMADODA**  
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**SEPTEMBER –ORAL HEALTH MONTH**  
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## Continue

- Does not need to be prepared.
- Reduce the risk of Breast cancer, Ovarian cancer, Rheumatoid arthritis and Osteoporosis - Convenient- correct temperature and available at all times.
- Re- gain pre- pregnancy body weight more quickly.

The team continued throughout the week with creating awareness and educating pregnant and lactating mothers on the importance of breastfeeding for them and their babies as other activities were conducted in at Emmaus Hospital Gate entrance, Oliviershoek Clinic where there is a support group for breastfeeding and lactating mums, insecurities and myths about breastfeeding were discussed in the support group.



OM O.B Mazibuko (Maternity) emphasizing the importance of breastfeeding, right picture staff and breastfeeding mums going around the hospital singing songs to encouraged breastfeeding.



Above pictures on the left: Outpatients and In patients being educated about the benefits of breast feeding, pic on the right from left is Ms Farzanah Chuppy Audiologist, breastfeeding champion sister G.N Mlotshwa, Ms Sharampe Reddy Dietician (Comm Serve) and Ms Julia Zoetmulder OT (Comm-Serve ).



# WORLD MENTAL HEALTH DAY

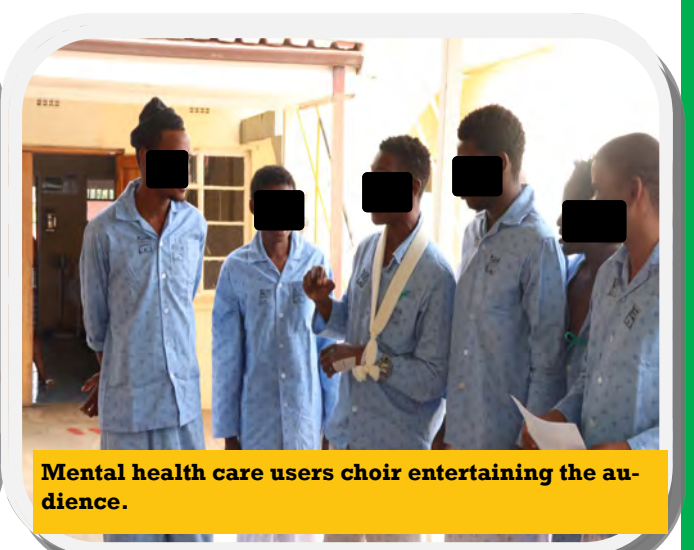


Commemoration of World Mental Health Day on 10 October is aimed at creating public awareness to make issues related to mental health a global priority. Mental Health disorders comprise a broad range of problems, with different symptoms. However, they are generally characterized by some combination of abnormal thoughts, emotions, behaviour and relationships with others. Examples are schizophrenia, depression, mental retardation and disorders due to drug/substance abuse. Most of these disorders can be successfully treated. Emmaus hospital male medical ward is an integrated ward which caters for surgical, medical, Orthopaedic and mental health conditions (72hrs assessment period).

October has been identified as Mental health awareness month. On the 12<sup>th</sup> October 2022 male ward hosted the event on Mental health awareness. The theme for the day was “Make mental health for all a global priority”. The aim was to send a message to the public that mental health conditions exist and to fight stigmatization. Different health professionals gave talks on Mental health issues and how family members can support their loved ones who have mental health problems. The programme of the day was designed so as to also rehabilitate our patients by engaging them in social activities as they took part and participated in a walk around the hospital and provided entertainment during the event. Gifts were provided for the patients to show them that we love and will always support them



**Our mental health care users listening to talks.**



**Mental health care users choir entertaining the audience.**



**OM T.B Khoza (Male ward) giving a speech on the purpose of the day.**



**Mental health care users with their gifts.**

# ORAL HEALTH MONTH

September is widely known as 'National Oral Health Month' and the dental team at Emmaus Hospital comprising of Dr Khan (senior dentist), Dr Singh (Community Service Dentist), Thobeka Dubazane and Lungile Radebe (Dental Assistants) set out a program to promote oral health at Emmaus Hospital including our outreach clinic.

The initiative intra departmental oral hygiene education, which aimed to effectively educate the various wards and departments at Emmaus Hospital about oral hygiene preventative measures and to enhance the reach to patients that sadly cannot be seen by our small dental team.

Numerous posters were placed around the hospital in hopes to educate passing patients on basic oral hygiene protocols.

The department also participated in creating oral hygiene packs which consisted of a toothbrush, oral hygiene instructions and a balloon to all patients under 13 years of age to help promote early and positive oral hygiene practices. We have since distributed approximately 50 oral hygiene packs at the hospital as well as our outreach clinics.

Pictured below are recipients of oral packs that were distributed by our dental team to school going children as part of encouraging children to practice oral hygiene.



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# ISIBAYA SAMADODA

Men's forum workshop was held on the 3rd of August 2022 at Emmaus District Hospital (Barcelona Dining Hall). The facilitators of the forum were Mr General Mkhonto and Mr Sanele Ngcobo from UThukela District Office (Youth and Gender transformation). The main aim of this event was to remind men of their role and responsibilities not only in the workplace also at home and in the community at large.

## WORKSHOP OBJETIVES

- Deal with challenges confronting men in the environmental where they operate.
- To create confident men who are responsible and skilled to fight for their rights.
- Reduce Gender Based Violence; by leading campaigns of no violence against women and children .
- Empowerment of Gender Equality and Gender Mainstreaming.
- To deal with human rights, relationships and social ills.
- Understand different perspectives in order to get the vision moving.

In opening Mr Mkhonto said, "as South African men, we should fight sexual harassment because most women believe that all men are the same and refer to men as animals due to the abuse directed to women and children's by men and this is destroying our dignity as men because not all men are abusers or rapist. Men had a chance to sit around the table and engage on different issues pertaining to men and also pledged to protect women and children against abuse..

Executive members for men's forum of Emmaus hospital were elected and their main role is to make sure they facilitate the men's forum and organize events so that men can have a platform where they talk about issues that affects them at work, home and in the community.



Men sitting around the table discussing issues pertaining to men.



Mr Sanele Ngcobo and Mr Mkhonto Blose from Uthukela Health District —Youth and Gender transformation were the facilitators of the Men's Forum.



The newly elected Men's Forum Committee –Mr N Ntshangase (Secretary) Mr M.R Dladla (Dep. Chairperson), Mr I.T Dlalisa (Chairperson) and Mr S Shange (Dep. Secretary).



Isithebe senhloko sasingeke singabi khona.



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## PRE-GOOD FRIDAY SERVICE

Ngomhlaka 13 April 2022 uMrs N Phothelwa (EAP) wahlela inkonzo yePhasika, imbangela yokwenza lenkonzo kwaku wukukhumbuzana ukuthi uJesu wabethelwa engonanga, zathethelelwa izono zethu. Waphinde wavuka ngoba yena akushilo, akujiki. Inkonzo ke yafana nale yasezinkonzweni zethu lapho kushunyayelwa amazwi ayisikhombisa (7) kukhunjulwa izigameko adlula kuzo kanjalo namazwi akawasho ngesikhathi ezobethelwa.

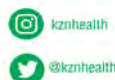
Abantu ababeshumayela kwakuyibo abasebenzi bededelana ngezwi, siyabonga ukuphiliswa ngamazwi ensthumayelo ashunyayelwa yilabo ababeqokiwe.

1. LUKE 22 V S 34 - "Baba bathethelele" - MRS T.R MTHEMBU
2. LUKE 22 VS 43 - "ngiqinisile, ngiqinisile ngizokuba nawe eParadesi" MR N.V NGOBESE
3. JOHN 19 VS 26 - "Mame bheka indodana" - REV K. L MBILI
4. MATHEW 27 VS 46 - "Eloi Eloi, Nkulunkulu wami ungishiyelani" \_ MS T. VILAKAZI
5. JOHN 19 VS 28 - "Ngomile" - MS N.F NKALA
6. JOHN 19 VS 30 - "Kufeziwe" - MRS F.Z. N MAGUBANE
7. LUKE 23 VS 46 - "Baba ezandleni zakho ngiyawubeka umoya wami" - MR T.I DLALISA

Abasebenzi ababezosebenza ngePhasika babonga kakhulu bethi nabo balitholile iPhasika ngenxa yalenkonzo eyayinamandla kakhulu. Siyabonga kakhulu nakwi Worship Team eyayisikhonza ngen-dumiso emnandi. Kubobonke ababanesandla ekwenzeni lenkonzo ibe yimpumelelo siyabonga kakhulu, nangonyaka ozayo niphinde nenzenjalo nenzele udumo lwakhe. Below are pictures of the event.



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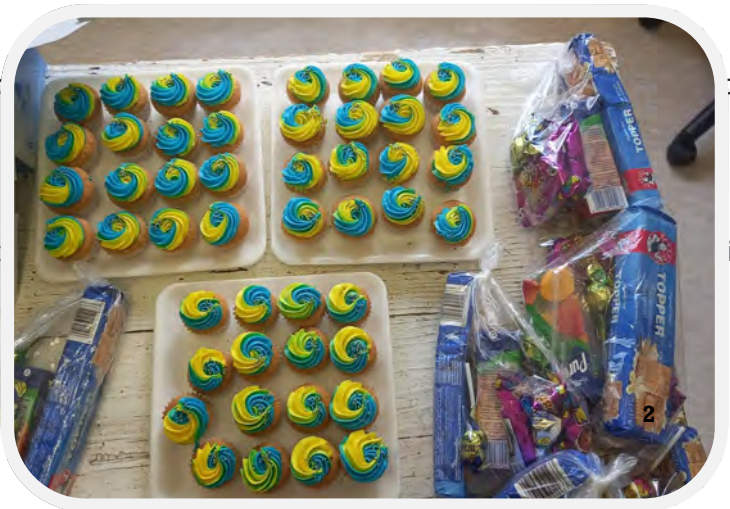


# DOWN'S SYNDROME AWARENESS

Down's syndrome is a genetic disorder caused when abnormal cell division results in extra genetic material from chromosome 21. Down's syndrome causes a distinct facial appearance, intellectual disability and developmental delays. It may be associated with thyroid or heart disease. Early intervention programmes with a team of therapists and special educators who can treat each child's specific situation are helpful in managing Down's syndrome. Our Therapy department held a pamper day ( 18 May 2022) for all the children living with down syndrome currently attending our facility as well as for the mother's caring for these children. The main aim of this event was to re in-service and pamper the mother's and their kids. Mother's were applauded for their commitment to dates given by the department but more over for accepting and taking care of their children's demanding needs. Mother's were given a chance to ask questions and to share their experiences so that other mother's who recently gave birth to children diagnosed with down syndrome would know that there is support for them and their babies. The new mother's were given hope as it was said that most public hospital's do offer early intervention programs that provide a range of services for children up to 3 years old. These programs can boost your child's physical and mental growth. They typically have therapists and teachers who are specially trained to help kids learn a variety of skills, such as how to:

- Feed and dress themselves
- Roll over, crawl, and walk
- Play and be around other people
- Think and solve problems
- Talk, listen, and understand others

Thank you to the Therapy Department for putting smiles on the faces of the kids and their Mum's. Below are pictures taken on the day.



# PROFILING THE NEW HR MANAGER

“Being a first born child was not easy as I had to put my dreams on hold to be able to take care of my siblings as we lost both our parents at a tender age”. Said Mr Thokozani Brighton Khumalo our new Assistant Director: Human Resources. Mr Khumalo was Born in 1977 and grew up in the dusty streets of Steadville in Ladysmith, he attended Nikela Primary School , then went to Mnambithi Higher Primary and obtained his matric in Steadville Secondary school in 1996. Just like any other child with a dream of working in Human Resource he got accepted by Natal Technicon to do a National Diploma in Human Resource in 1997, however due to financial problems he could not continue with his studies. In 1998 he then got himself a job as a relief Library Assistant which he



**MR T.B KHUMALO**

**Assistant Director: Human Resources**

said he did not like but had to hold on to that job as it provided for his siblings. In

2001 he started at South African Police Services as a Data Capturer based in Ladysmith and he went back to study HR (part time) with the University of South Africa. Mr Khumalo said that when he was forced to put his studies on hold due to lack of finances, he made a promise to himself that one day he will finish his studies and work in HR as he had envisioned as a child. In the same year 2004 Mr Khumalo was promoted to Senior Personnel Officer (Grade 1) in Madadeni still with SAPS, and he said he was finally doing what he had dreamed of and made sure that he stood out from other's by always going an extra mile as sometimes he would sacrifice his weekends to meet deadlines, he said that this has helped him a lot to cope with the demanding work that HR personnel do on a daily basis. He said “we were not paid overtime for the weekends , but I did this with joy in my heart especially because on Monday my desk will be clear and I will be ready to take on the new week” he laughed. He continue to say that this paid of as in 2007 he was promoted to Senior Personnel Officer (Grade 2) and moved closer to home as this position was in Ezakheni SAPS.

Finally in 2009 he got his Diploma in HRM. He said he still cannot describe the feelings he experienced when he held his certificate in his hand, he said it was mixed emotions as he finally got what he had worked hard for but his parents were not around to rejoice with him. On the 3rd of October 2011 he resigned from SAPS and took a position of HR supervisor with the Department of Health in ST Chads CHC, and on the 1st of February 2022 he was promoted to Assistant Director HR in our facility. When he was asked about lesson he learnt in his journey of climbing the corporal ladder , he said “ life has its challenges but one should remain patient and determined to achieve his dreams”.

He also mentioned that he was settling well in his new position and he is learning a lot of things , how ever he is still getting used to having to attend lots of meetings, as he was mainly office based but now he needs to attend meetings and make sure that HR department is functioning optimally.

In closing he said in the next 5 years he sees himself finishing his post grad studies and would also love to explore other departments in public service but in more senior positions.

We welcome you Mbulazi and hope that you will have a pleasant stay at Emmaus and that people of Okhahlamba will benefit a lot as we continue to strive for a healthy and a well informed community.



# IXOXWA NGEZITHOMBE



**Mpiloyethu MDR and TB DAY**



**BREAST FEEDING AWARENESS**



**Maintenance Projects 1. New Afrox bulk tank installed. 2. new park home for accommodation of Medical students.**



**Mental Health Day**



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# FEEDBACK FROM OUR CLIENTS

apho isehlakalo senizeke khona  
**Isuku okwenzeka ngalo isehlakalo:**  
 ANSITHIHE IZITHUNGA NQIBONISE NGINCOME INDLELA  
 AMA SE ANGIPHAMENYAYO ANGIYENA MUNTU OJWAYILE  
 KUGQIA NSILE NQIFIKE ESIBITHELELA NSAGINA NIE ISIMO  
 SINGATHIHE KANTENA. AKENPITHI MY TEAM DAY SHIFT AND  
 NIGHT YOU ARE THE BEST EVER IKATHULUKAZI DUK MATRON  
 SHE DESERVE IT ALL - SENGATHI NINPAHIALA NINEMINGA EMITHI  
 WORKING AT A TEAM NTENGOBA NENZA ULWZE A WARD (FEMALE)  
 EXCELLENCE. SENGATHI NKOSI NSABULISA IMINDENI  
 YEM NABASATUNA IZIKHUNDLA INKOSI IBAPHAKAMISE  
 NIGHUBERE NISEBENCISANE NABANTU  
 LOVE YOU ALL

Please describe the incident and department where it occurred  
 Date on which the incident took place:  
 I would like to applaud the following individuals for their outstanding services, patience and love. Ms Mabaso, Ms Dube, Ms Habebe I thank you for your humbleness and positive energy to assist.

02.07.2022  
 I Really appreciate the service of the staff my child was very very sick but all the nurses and doctors strives for my babies life They must continue with their good work and to any person who is in a need of a help. I'm very happy & satisfied.

Chaza isikhalazo/isincomo/umbono sakho (ugcizelo) ababekhona, neskhungo lapho okwenzeka khona isigameko.  
 Ngizothanda ukubonga nje ngiphatheke fahle kokhulu kakhulu banezwele bengibonise bengiluleke kokuningi babe omama kimi bamekene Esikhulu bengijandise nokuningi nezinko eziningi Ekode zingiphethe kahle zingangi phephe kahle ngizanda ukubonga awakugala nje Engizathanda ukubonga kuyena kokhulu (U Doctor Mamphe) ngibonga kokhulu kwanke mama ube umama kimi ngiyabonga unkuhlankulu ekubusise kwande mamami abangiphethe kahle Engizabonga kubo abanye / SISTER MLOTSHWA / SISTER CELINE / Nthandisa Hadebe / Phumele Hlongwane / Lorini umlungu / ngiyabonga kokhulu kimi impachane yemu unkuhlankulu abe nani kwande yimi umama Mbele  
 SIBHE BUTHELE



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# FEEDBACK IS KEY

UKUZWA UVO LWAKHO NGENDLELA OPHATHEKE NGAYO NGESIKHATHI UVAKASHELE ISIKHUNGO SETHU KUBALULEKE KAKHULU KITHINI. SIYAKUKHUTHAZA UKUTHI UNGAPHUMI UNGALUTHOLANGA USIZO, BIKA KUMPHATHI WAKULEYO NDAWO (department noma eWodini) UKUZE UZOSIZAKALA.

AMABHOKISI ETHU ENISIBHALELA KUWO IZIKHALAZO, IZINCOMO KANYE NEMIBONO, AYAVULWA NJALO NGOMSOM-BULUKO NGEHORA LESISHIYAGALOLUNYE (9 AM), SIYAQINISEKISA FUTHI UKUTHI SIYABUYELA KULABO ABASISHIYELILE IMINININGWANE YABO. SIYAKUKHUTHAZA UKUTHI ULIGCWALISE KAHLE I FOMU UFAKE YONKE IMINININGWANE YAKHO UKUZE SIZOKWAZI UKUBUYELA KUWE.

IHHOVISI LOMXHUMANISI LISE OPD KANTI FUTHI UNGAMTHINTA KULEMINININGWANE ENGEZANSI :



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