



# GAM. INDABA

# NEWS

YAZI KANGCONO NGESIKHUNGO SAKHO

OCT – DEC 2022



**REGISTERED COUNSELLOR, MR LONDA KORTJAS (BLUE T-SHIRT) EDUCATING PATIENTS ON SIGNS OF MENTAL ILLNESS**

People with mental illness deserve love, Gama-lakhe Community Health Centre commemorated Mental Health Day under the theme: Make mental health and wellbeing for all a global priority. October was declared Mental Health Awareness Month with the objective of not only educating the public about mental health but also to reduce the stigma and discriminat-

ion that people with mental illness are often subjected to. Many aspects of mental health have been challenged, before the pandemic in 2019 an estimated one in eight people globally were living with mental disorders. Mr. Londa Kortjas educated patients about patients about some of the challenges that cause community members not to access mental illness. He also

mas that are associated with people who are living with mental illness. Stigma and discrimination continue to be barriers to social inclusion and access to the right to care. It is important that we all play a part in increasing awareness about mental health, raise awareness on preventive mental health interventions. Signs of mental illness include extreme mood swings, problems with appetite or sleep changes, hallucinations or delusions, unhealthy coping mechanics, unusual emotional outburst and chronic grade de-





## CHRISTMAS MESSAGE FROM CEO, DR SHONGWE



**G**reetings to all Gamalakhe CHC employees and all stakeholders, it is that time of the year where we are reflecting and we see all the good work done in the past eleven months and indeed we have achieved a lot.

We hope everyone has a fantastic holiday season and Merry Christmas on behalf of the management team we wish you all the joy of the season. May you spend the holidays with those you love and return rested and energised for a fantastic new year. You have served this facility with excellence over the past years as we coming for the pandemic error.

Wishing a warm and wonderful Christmas to all the employees we have had another amazing year working together and I am looking forward for more such years. May God bless you and your families with an amazing festive time.

We wish you a merry Christmas and happy new year. To those who will be travelling travel safe, remember don't drink and drive and speed kills .

*Thank You!*

We wish you a merry Christmas and happy travelling travel safe, remember don't drink



# OPEN DAY



## GAMALAKHE COMMUNITY HEALTH CENTRE HOLDS OPEN DAY

**T**he Gamalakhe Community Health Centre held an open day event under the theme, “Shared vision improvement on areas of deficits and a 5 year sustainable goals” on the 25th November 2022. The health Centre's Deputy Nursing Manager, Thoko Ntuli said the purpose of the event was for the community to know the Centre better in terms of the challenges and how the Centre can work together with the community to overcome the challenges.

Centre CEO, Dr. Frank Shongwe said they will strive to ensure that the community of Gamalakhe receives best quality care. Dr Shongwe said their main objective is to improve patient experience of care, reduce long waiting times and complaints related to the attitude of staff. He added that he has learned that there are number of complaints related to missing patients records saying that as a facility they have embarked on archiving all files that belongs to patients that visited the facility in the last 10 years in order to create more space. When the clinic was expanded as a CHC, the filling department was not extended.

Being a CHC means we are no longer seeing patients from Gamalakhe only but also from other catchment areas like Margate, Shelly Beach, Gcilima, KwaNzimakwe, Bhomela, Mvutshini and Port Edward. The facility wants to work with the communities to ensure that the Centre provides best quality service at all times. Dr Shongwe stated that staff members that fail to treat patients with care will be dealt with because poor service or staff attitude ruins the facility image. How can you send



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

 KwaZulu-Natal Department of Health

 KZN Department of Health

 kznhealth

 @kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# OPEN DAY CONTINUES.....



**PURPOSE OF THE DAY: MATRON NTULI**



**COMMUNITY MEMBERS VISITING DEPARTMENT STALLS**

your family member and loved ones knowing that there will be treated badly? Asked Dr. Shongwe.

As management we want those complaints because this Centre is for the is for the community. We don't ant people leaving the facility because of staff members that do not know how to treat patients.

PRO, Mr. Radebe said residents are to follow the department complaints mechanism such as lodging the complaint and putting it inside the complaints boxes situated in every service area inside the premises or they can be forwarded to him or Dr Shongwe directly via email or by calling their offices, their contact details are also visible in all service areas.

Ms. Mthimkhulu from ward 26 said when ever she is sick she has been visiting a private doctor and it took her long to come to the CHC due to the negative comments from the community but her experience is amazing. She further requested management to add at least one CHW at Mqolombeni area.

Matron Ntuli pleaded the community to protect the community health workers as they face difficulties whenever they are working in the community as other house holds release dogs to chase them away.

Inkosi Mavundla from Gamalakhe tribal council thanked the management for the good relations that they have with the Community Health Centre and wished to be sustained. He further thanked the CEO for outlining the challenges faced by the CHC especially related to inadequate space for expansion of the CHC since the facility does not have mortuary and there is no space to file patients records. I have seen it by myself I would like this issue to be raised with the ward councillors and other stakeholders in order to support the centre, CEO. Inkosi Mavundla also raised concerned with the ■ NPO's that are not known by the



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

 KwaZulu-Natal Department of Health  
 KZN Department of Health

 kznhealth  
 @kznhealth



# OPEN DAY IN PICTURES



**PRO, MR RADEBE ENGAGING WITH INKOSI MAVUNDLA AT PATIENT ADMINISTRATION**

**CEO, DR SHONGWE ADDRESSING THE COMMUNITY**



**MEMBER OF THE COMMUNITY ADDRESSING THE MANAGEMENT**

**PHARMACY MANAGER, MS QALASHE ENGAGING**



**CASUALTY OPERATIONAL MANAGER, SIR CELE ENGAGING WITH COMMUNITY MEMBERS**

**ACTING PATIENT ADMINISTRATION SUPERVISOR, MS KHAN EXPLAINING THE FILLING SYSTEM**



# WORLD AIDS DAY



## GAMALAKHE CHC STAFF MEMBERS AND MASINENGE RESIDENTS DURING A RECENT CANDLE LIGHTING CEREMONY

**G**amalakhe Community Health Centre commemorated World Aids Day on the 1st December 2022 at the Siyaphambili Crèche in Masinenge under the theme “equalize and integrate to end Aids”. The centre’s Nonzaliseko Skhondo said no person should lose their lives due to the diseases since government gives out ARVs .

She said every patient that has tested positive for HIV/Aids must be enrolled on ARVs immediately. She added that if you are planning to have a family while you are HIV positive, your viral load has to be suppressed. She also said there are preventive measures to ensure that people are not infected with HIV such as Pre-Exposure Prophylaxis (Prep) and condom usage. “If you were involved in an unprotected sex and you don’t trust your partner, please visit the clinic within 72 hours in order to be issued with Post-Exposure Prophylaxis (PEP).

The PEP must be taken for 28 days. This pill is also recommended for someone who has been sexually assaulted, "she said. Meanwhile Gamalakhe Community Health Centre’s PRO said the main aim of the commemoration was to support people living and affected by the HIV, and remembering the lives of people who died of the virus. “The combination prevention initiatives includes oral Pre-Exposure Prophylaxis (PREP) which is one pill taken every day to prevent HIV infection. It is an ARV taken before exposure to HIV. Then there is Post- Exposure Prophylaxis (PEP) which is an ARV taken after exposure which is taken within 72 hours but 28 days, to prevent HIV. Lastly, there are ARVs for people who tested HIV positive which is a life-long treatment to minimize the effect of HIV, strengthen the immune system, reduce viral load and increase CD4 count, "he said, adding that during the commemoration in Masinenge a candle lighting ceremony was done to honour those who dedicate their lives in helping people who live with and are affected by HIV and continue to mobilize the community in solidarity.



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

 KwaZulu-Natal Department of Health  
 KZN Department of Health

 kznhealth  
 @kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# PICTURES: HANDOVER OF CERTIFICATES TO COMPLEMENTED STAFF & DEPARTMENTS BY PATIENTS



ACTING CEO, DR KAYEMBE WITH DR NTULI



ACTING CEO, DR KAYEMBE WITH DR HLONGWA



ACTING CEO, DR KAYEMBE WITH DR HLABE



ACTING CEO, DR KAYEMBE WITH MS. LOTTER



ACTING CEO, DR KAYEMBE WITH MS KHUZWAYO



MR HADEBE WITH ACTING CEO, DR KAYEMBE



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# 16 DAYS OF ACTIVISM



ABOVE : GUEST SPEAKER, MR DOCTOR NJOKO

BELOW : MALE STAFF MEMBERS FROM GCHC AND CLINICS



## 16

Days of Activism for violence against women and children is the worldwide campaign to oppose violence against women and children. It aims to raise an awareness of the negative impact that violence and abuse have on women and children and to rid society of abuse permanently.

This campaign takes place from the 25th November to 10 December every year. However the success of this campaign rests on our individual and collective actions to safeguard society against this cycle of abuse.

On the 15th December 2022 Gamalakhe Community Health Centre held their own in order to educate men from the CHC and clinics about the abuse experience by women and children. Abuse is any form of behaviour that causes fear, bodily harm and forcing people to do things against their will.

This year's theme is " Socio— Economic Rights and Empowerment to build Women's Resilience against Gender– Based Violence and Femicide: Connect, Collaborate, Contract!." Guest speaker, Mr Doctor Njoko who is the Chairperson of Men's Forum in Ray Nkonyeni said men must teach children values of gender equality and protect children from exposure to violence and harmful content on internet and social media. He further men must seek personal help to change harmful behaviours such as alcohol and



# EZASEMITHOLAMPILO

## MARGATE CLINIC AND NTABENI CLINIC CELEBRATED WORLD AIDS DAY RESPECTIVELY



**Margate Clinic : OM Mrs. Mthembu sharing purpose of the day**



**Ntabeni Clinic : Professional Nurse, Sindisiwe Mzobe engaging with patients**

**D**ecember 1st, World Aids Day 34 years since this day was first commemorate, people around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses.

Today, we rededicate ourselves to the rapid and total eradication of HIV Aids with the knowledge that we can win this fight.

On the 1st December 2022 Ntabeni Clinic and Margate Clinic joined the world by celebrating this day respectively. The aim of the event was to support people living with HIV and remembering the lives of people died of HIV.

The objective was to encourage people to know their status and to motivate those who know their status to take treatment and keep them on treatment. Making people aware of preventive measures available in the public facilities and also promoting condom use and PREP HIV can be transmitted via the exchange of a variety of body fluids from infected people, such as blood, breast milk, semen and vaginal secretions. HIV can also be transmitted from a mother to her child during pregnancy and delivery. Individuals cannot become infected through ordinary day-to-day contact such as kissing, hugging, shaking hands, or sharing personal objects, food or water.

It is important to note that people with HIV who are taking ART and are virally suppressed do not transmit HIV to their sexual partners. Early access to ART and support to remain on treatment is there-fore critical not only to improve the health of people with HIV but also to prevent HIV transmission.



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# PICTURES: CHRISTMAS YEAR- END FUNCTIONS



**SYSTEMS DEPARTMENT YEAR-END FUNCTION**



**PHARMACY DEPARTMENT YEAR-END FUNCTION**



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

 KwaZulu-Natal Department of Health

 KZN Department of Health

 kznhealth

 @kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# PICTURES: CHRISTMAS YEAR- END FUNCTIONS CONTINUES..



**M&E YEAR-END FUNCTION**



**HR DEPARTMENT YEAR-END FUNCTION**



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

 KwaZulu-Natal Department of Health

 KZN Department of Health

 kznhealth

 @kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**



# IZIGULI ZONA

Zizikhumbela



## GAMALAKHE COMMUNITY AND TAXI ASSOCIATION GROUP

Phumula Mvuna · 6h · 🌐

😊 feeling thankful at **Gamalakhe Hospital**.

Ngicela ukuncoma SISTER N.P NDLOVU **GAMALAKHE-CLINIC****GAMALAKHE-CLINIC** ay uyawenza umsebenzi wakhe lapha etendeni, sengimqaphele kaningana.

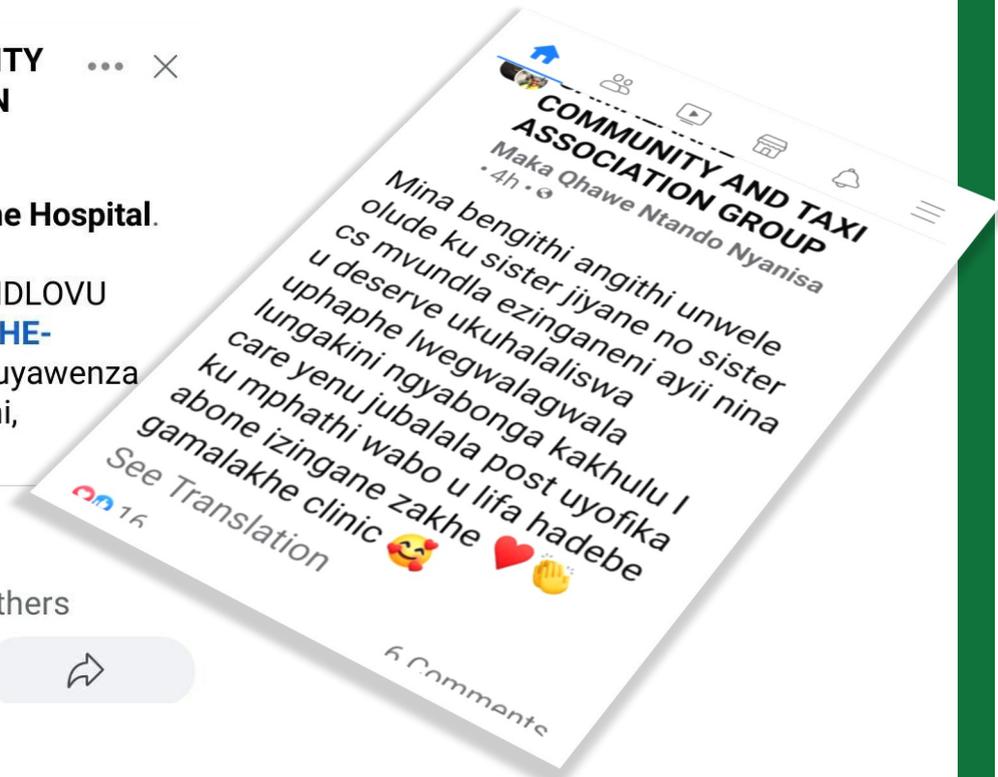


**Gamalakhe Hospital**

❤️👍 Nonjabulo Hlophe and 74 others

👍 75

💬 24



facebook



👍👍👍 183

👍 183

💬 55

👉 5



## 039 is my hometown

Nothile MaMzulwini Queenbae · 5h · 🌐

Yoooooh I would like to say Thanx lot To Sistr Gigaba at Gamalakhe hospital ❤️🥰🙏👏 the way she treated me it was full of mother's heart ❤️🥰 sengiphuma the warmth hug she gave me 🥰👉 ... I never thought there are nurses like her... N Nurse Thembisa at Bhomela clinic 🥰❤️ guys much luv Fr you noma bekunzima bt kodwa mnje am feeling much batter 🥰👉 all thank to u 🙏🙏🙏🙏

👍❤️👍 You, Ntombifikile Cebisa and 47 others

👍 49

💬 18



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM



**MR L.L. RADEBE**  
**PUBLIC RELATIONS OFFICER**  
**WRITER, DESIGNER, EDITOR &**  
**PHOTOGRAPHER**



**DR. P.F. SHONGWE**  
**CHIEF EXECUTIVE OFFICER**  
**CHIEF EDITOR**

## TALK TO US

Got something to get off your chest?

We'd love to hear from you

Drop us a complaint, compliment or suggestion in one of our complaints boxes

Inside the premises

Email: [lifa.radebe@kznhealth.gov.za](mailto:lifa.radebe@kznhealth.gov.za) or

Call us on 039 318 2354

Your voice means a lot to us, help us to improve the service we offer you!!

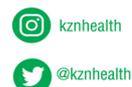


**KWAZULU-NATAL PROVINCE**  
**HEALTH**  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health

KZN Department of Health



kznhealth

@kznhealth

**GROWING**  
**KWAZULU-NATAL**  
**TOGETHER**