



GAM.INDABA - NEWS

YAZI KANGCONO NGESIKHUNGO SAKHO

DECEMBER 2024



DISTRICT ANNUAL AWARDS
READ MORE 12



BREASTFEEDING MONTH
READ MORE ON PG 3



SEXUAL TRAUMA AWARENESS
READ MORE ON PG 4



WORLD AIDS DAY
READ MORE ON PG 10

CHRISTMAS MESSAGE FROM CEO



Dr. Frank Shongwe
Chief Executive Officer

It is that time of the year again filled with joy and giving. As Gamalakhe sub district management, we would like to appreciate all our clients within our catchment. We would like to wish all of you a joyful Christmas filled with peace and prosperity. Looking forward to serving you in the upcoming year.

To our staff, dedication and hard work can not go unnoticed. Our organization is future to have such a wonderful group of hardworking people.

Thank you for all of your efforts and have a lovely Christmas season. The gift of love of joy and of peace. May all these and more be yours this Christmas. To travelers, travel safe and enjoy your holidays!!



**We wish the people of KwaZulu-Natal
and all our visitors a...**

Merry Christmas



SUPPORT YOUNG BREASTFEEDING MOTHERS

Breastfeeding sometimes prevents fights between the parents of a child. This was a sentiment shared by Busisiwe Shange who is still breastfeeding her 18 month old child.

World Breastfeeding Week is observed annually in the first week of August with the 2024 theme being Closing the Gap; Breastfeeding Support for All. Shange said that not asking the father of your child money for powdered milk minimizes fights and frustrations between parents.

Shange said it was not easy raising a child who relies on breast milk. As a mother, she said you will need support from the father of your child and the rest of the family.

Matron, Ms. Thembisa Nxokweni said breast milk strengthens the baby’s body.

She said a child who is fed breast milk does not fall ill easily. She added that with breastfeeding, you do not need to prepare any bottles.

Breast milk saves money and for the campaign the main focus is on young mothers because they generally do not have enough information on how to raise children. Grandmothers and fathers are not left behind so that they can support young breast feeding mothers.

Breastfeeding mothers are celebrated in all their diversity throughout their journey while showcasing ways families society communities and health workers can have the back of every breastfeeding mother.

Exclusive breastfeeding for at least 6 months can lower the risk of breast cancer.

By spreading awareness about the benefits and challenges of breastfeeding, we can support and empower mothers to make informed decisions about feeding their babies.



Dietician, Mrs. Philile Ntuli addressing clients.

Below: Ms. Busisiwe Shange sharing with other clients benefits of breastfeeding.



AWERENESS RAISED ON SEXUAL TRAUMA



Above: Ms. Asanda Akoon delivering speech on purpose of the day.

Below: CEO, Dr Frank Shongwe and Mrs. Nonhlanhla Mbono with learners from various Gamalakhe high schools.



To address issues relating to mental health, sexual trauma and substance abuse, the Gamalakhe Community Health Centre recently held an event for young women. The event was organized by Ms. Asanda Akoon and was attended by learners from different high schools in Gamalakhe.

Ms. Akoon who is a sexual abuse survivor said some young women experience sexual trauma at a young age. She said they also struggle to find help, hence her collaboration with Gamalakhe Community Health Centre to raise awareness on overcoming sexual trauma.

The event was also attended by representatives of various organizations, including the founder of Phara to Paradise, Bongumusa Zulu, Nonhlanhla Mbono from Pad a Girl and Sergeant Nkosentsha Ntini from SAPS. Meanwhile Thabisile Ndleleni of Gamalakhe Commercial High School and Siphokazi Mkhungo of Olwandle High School said the programme was very informative and helpful.

Sexual violence can have psychological, emotional, and physical effects on a survivor. These effects aren't always easy to deal with, but with the right help and support they can be managed. Learning more can help you find the best form of care to begin the healing process. Recovering from a sexual assault or abuse is a process, and that process looks different for everyone. It may take weeks, months, or years—there's no timetable for healing.

There are many common reactions to sexual violence. Not all survivors of sexual violence are the same, nor will any act of sexual violence affect two people in the same way. There is no wrong or right way to feel or react. As the body and mind process the devastation of sexual violence, many different emotions, behaviors, and physical responses appear and disappear and may reappear. This is simply an introduction to help better understand what a survivor may be experiencing.

Centre CEO, Dr. Frank Shongwe said they used the opportunity to empower young women from Gamalakhe Township. "In the past women were less empowered and were never encouraged to strive for a bright future. That is why we need to embark on and support such projects," he said.



PHARMACY MONTH COMMEMORATED



Live on air : Comm-serve Pharmacists Ms. Mandisa Ntimbane and Mrs. Gugu Zungu on Pharmacy Month and importance of completing medication.

Pharmacy Month is rational medicines use intervention and is scheduled on the Health Awareness Calendar for the month of September every year. A new theme is developed and utilized every year with the aim to strengthening the message of the previous Pharmacy Month campaigns. Pharmacy Month aims to raise patient awareness on the vital role pharmacists and pharmacy support personnel can play in the community's healthcare and to improve communication between patients and pharmacist s and pharmacy support personal.

The Pharmacy Month 2024 theme is based on the conviction that improving vaccination coverage and promoting a life-course approach to vaccination are global imperatives to which pharmacists can greatly contribute. This year it was celebrated under the theme which said "Let's talk about vaccine". Vaccinations play a vital role in reducing the world's burden of infectious diseases and, in some cases, non-communicable diseases such as cancer.

Ms. Mtimbane stated that pharmacists play an important role in actively promotion vaccination , raising awareness and educating clients and communities about health, social and humanistic benefits of vaccines including gains in quality of life. Mrs. Gugu Zungu added that that this year's awareness highlights the importance of pharmacy profession and the impact that pharmacist have in the communities.

September is the time that we celebrate the work that pharmacists do. We bring it to the attention of the public, informing and reminding them of what we offer on a daily basis. Let us continue to work together to improve access to quality health care services and ultimately improve the health profile and the lives of our clients. Clients were also urged to honor their appointments at the pick-up points of their choice.

CELEBRATING OUR ROOTS

September marks Heritage Month in South Africa, a time to reflect on our country's rich cultural diversity. Our heritage is a vibrant tapestry woven from the threads of different cultures, traditions and languages.

On the 28th September 2025 GCHC staff celebrated their roots by embracing South Africa's cultural diversity. They also explored various cultures, traditions and customs that make up South Africa's rich heritage.

The 2024 Heritage Month theme is "Celebrating the lives of our heroes and heroines who laid down their lives for freedom". This theme pays tribute to the many individuals who fought for South Africa's celebration and honors.

This is a significant celebration in South Africa, recognizing and honoring the country's diverse cultural heritage. Centre CEO, Dr. Frank Shongwe stated that each employee must relate her/his job this event and every client that they treat must not be discriminated according to their race.

On this day, various departments participated and competed in different categories as part of the celebrations. Finance Department won position 1 in best cultural cuisine, best cultural dance and best cultural art/decoration. The 2nd positions on the named categories went to Out-patient Department.

Our cultural heritage is also reflected in our traditional cuisine, music and art. As we celebrate Heritage Month, let us remember the importance of preserving our cultural heritage for future generations.

Let us honor our ancestors by keeping their traditions alive and sharing their stories with the world.



From left : Ms. Nomthandazo Langazane, Mr. Siyanda Mngadi, Dr. Frank Shongwe and Ms. Nelisiwe Qalashe.



Right : Poet, Ms. Basetsana Nyokana



HERITAGE MONTH : PICTURES



HERITAGE MONTH : PICTURES



Embracing our Diversity!!



HEALTHCARE STAFF AND FACILITIES RECOGNISED



Management paused with all the awarded staff members

The Gamalakhe Community Health Centre held awards ceremony for its staff on the 11th October 2024 as they were celebrating the staff’s dedication. Guest speaker, CEO of Prince Mshiyeni Memorial Hospital Mr. Gabriel Khawula who spoke about the importance quality in healthcare. He further said it directly impacts the well-being and outcomes of the patients.

Ensuring high quality care involves various aspects, including safety, effectiveness, patient-centeredness, timeliness, efficiency and equity.

Meanwhile, Centre’s CEO, Dr. Frank Shongwe said the awards were held to reinforce the values of the Department of Health. Shongwe said these values emphasized professionalism commitment, excellence and more. “The awards were also hosted to reinforce the culture of the department,” he said.

The event was also attended by the Department of Health’s District Director, Mrs. Linda Dlamini . Mrs. Dlamini said the event was also a proof of how the community health centre was committed of fostering a culture of teaching excellence.

Workplace awards serve to boost employee morale, engagement, and productivity by recognizing achievements, fostering a positive work environment, and aligning with company values. Awards highlight individual or group accomplishments, validating the hard work and dedication of recipients.

One of the key purposes of awards is to inspire and motivate others by showcasing exemplary performance.

FIGHT AGAINST HIV/AIDS CONTINUES



To unite in the fight against HIV/AIDS, the facility commemorated World Aids Day which is observed annually on December 1. under the 2024 theme “ Take the rights path: My health, my right, the World health Organisation and its partners to champion the right to health by addressing the inequalities that hinder progress in ending Aids.

The day was observed to show support for people living with the virus, to remember those who died and to unite in the fight against HIV/Aids. Gamalakhe resident Ntombifuthi Zondo shared her testimony during the commemoration she said she tested positive for the various in 1998, saying that it took her two years to disclose her status to her loved ones. “Ever since I started taking the treatment, I have never been sick. I have bee leading a healthy lifestyle and relying on health education from the clinic I am now married and have children who are HIV-negative . What helped me was being educated about the virus and how to live with it,” she added.

The red ribbon worn on World Aids Day was a symbol of support for those living with the virus and for those who have lost loved ones. Everyone should have access to the health services they need, including HIV prevention, treatment and care services.

Protecting the right to health means ensuring that health care is available to everyone without any discrimination, regardless of their HIV status, background, gender or where they live. The fight against Aids requires us to prioritize and reach everyone who is living with at risk for or affected by HIV.

In 2016 South Africa introduced Oral pre-exposure prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP) is a crucial HIV prevention tool. PEP is most effective when started as soon as possible after a potential exposure, ideally within 72 hours. PrEP may be exposed to HIV through sex or injection drug use.



EVENTS IN PICTURES



GCHC: Farewell to retired nursing staff



GCHC : World Radiography Month



GCHC: Men's Month Isibaya Samadoda



Port Edward Clinic : World Nutrition Day



Gcilima Clinic : 16 Days of Activism



Mvutshini Clinic : World Aids Day



GCHC HONORED IN UGU DISTRICT EVENT



Management receiving one of the awards won from the District Director Mrs. Linda Dlamini

Honoring good performing facilities, the district wants to achieve best results and to reach all the targets as well as promote team work. Ugu Health District Director, Mrs. Linda Dlamini said “ a reward for work well done is the opportunity do more”. She further added, that teams should be encouraged to work together and compliment each other, while striving for excellence results. Dr Frank Shongwe, CEO from Gamalakhe CHC said, it is good to win awards but most important is to win together. Don’t work for recognition but do work worthy of recognition”, said Dr. Shongwe.

On this day, Gamalakhe Community Health Centre and its clinics performed exceptional well receiving 13 awards. GCHC won numerous accolades such as Best Performing AYFS in implementing facility “1 Stop Shop”, Best Performing in CCMDD Retention to Care, Enrollment and NCD enrollment, Best Performing in clients screened for mental health disorders and substance abuse 18 years and above, Most improved in Records Management. Second position under best Performing facility in improvement on Operation Phuthuma and Data Management (file flow) went to Gamalakhe CHC. Third position Under TB Case finding achievers was also awarded to Gamalakhe CHC

Six awards were received under the sub district. Port Edward Clinic was awarded with Best Performing facility for ideal clinic, Braemer Clinic was awarded with most improved in records management and Best Performing facility on decanting against target. Meanwhile Ludimala Clinic was awarded with Best Performing PHC in medicine management principles.

Ugu Health District awards is an annual event where the district acknowledges facilities under Ugu Health District that have performed well in certain indicators. This was the second time the District hosted such an amazing event. This year’s ceremony was held on the 29th October 2024 at Margate Hotel.

HEARTFELT FAREWELL FOR MRS THOKO NTULI



Mrs. Thoko Ntuli accepting a gift from Dr. Frank Shongwe

Facility CEO, Dr. Frank Shongwe said Mrs. Ntuli has been an integral part of our facility for number of years and bringing qualities that have inspired and motivated us. He further added that we celebrate her contribution and express our gratitude for the dedication, passion and commitment shown.

On the 29 November 2024 Gamalakhe CHC hosted a farewell ceremony to honor Mrs. Thoko Ntuli who has been integral part of our team for 7 years. The event was attended by colleagues, friends and family was a testament to Matron Ntuli’s dedication passion and commitment to Gamalakhe CHC. The atmosphere was filled with a mix of sadness, laughter and celebration as we bid farewell to a beloved colleague. Colleagues took turns sharing heartfelt tributes, highlighting Mrs. Ntuli’s impact on the team and sub-district.

CEO, Dr. Shongwe presented Mrs. Ntuli with a p expressing gratitude for her service and wishing her continued success in future endeavors.

Matron Thoko Ntuli have worked in the KZN Department of Health for 37 years in different facilities under Ugu and also in Ugu Health District. Mrs. Thoko Ntuli said as we approach the end of my time in the KZN Department of Health under Gamalakhe Community Health Centre, I want to express my sincere gratitude for the opportunity to have served here. I've learned and grown immensely, and I'm grateful for the experiences and relationships I've gained.

As she begins a new chapter, we wish her happiness, fulfillment, and continued growth. She will be deeply missed, but her legacy will live on through the countless lives she touched.



CLIENTS LETTERS



FAKA ISIKHALAZO NOMA BHALISA/REKHODA ISINCOMO NOMA ISIPHAKAMISO

Usuku lokugcwaliswa: 30/12/2024

Inombolo yereferensi: 2xH-HD2-MH

Ngabe ufuna: Ukukhalaza Ukuncoma Ukwenza isiphakamiso

Imininigwane yomuntu ofaka isikhalazo noma obhala / orekhoda isincomo noma isiphakamiso

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Uma ufaka isikhalazo egameni lomunye umuntu, sicela ugcwalise okulandelayo:

Ubudlelwane nesiguli, isb, umama, njll.

Isibongo Sesiguli: Sesiguli
Igama Lesiguli: Sesiguli
Imininigwane yokuxhumana yesiguli: Sesiguli

Uma isiguli sasalalawe esibhedlela, inombolo yewodi: Sesiguli

Sicela uchaze isehlakalo noma unikeze isincomo noma wenze isiphakamiso.
* Lapho kunokwenzeka khona bhalisa/rekhoda nabasebenzi ababandakanyekayo kanye nomnyango lapho isehlakalo senzeka khona.

Usuku okwenzeka ngalo isehlakalo: 30 Dec 2024

Ngangisi ku nurse u Mincite Jalubane. Waw utak 9 friendly, saze abazi unomoya omuhle, ukhuluma nge- nlabapho nesiguli lapho uyakududuka, ezwelaze naye. Mjijebule kakhulu ukusizwa naye. Lesibhedlela siza kuthakusa uma singaba nabaye u Mincite.

Njenge ukuncoma nokuwazi okukhulu.

FAKA ISIKHALAZO NOMA BHALISA/REKHODA ISINCOMO NOMA ISIPHAKAMISO

Usuku lokugcwaliswa: 30/12/2024

Inombolo yereferensi: 2xH-MFB-GSA

Ngabe ufuna: Ukukhalaza Ukuncoma Ukwenza isiphakamiso

Imininigwane yomuntu ofaka isikhalazo noma obhala / orekhoda isincomo noma isiphakamiso

Isibongo: KHOWA
Igama: DOREEN SHANDWA
Inombolo yeselula: 078 68 21 35
Inombolo yezulu: Box 1680
Imininigwane yokuxhumana: PORT STERSTONE
Inombolo yewodi: WARD 27 - Sebidi
Kunye ne-mail address: doreen.khowa.ss@gmail.com

Uma wawulalawe esibhedlela, inombolo yewodi: Gam 120513 KHD

Uma ufaka isikhalazo egameni lomunye umuntu, sicela ugcwalise okulandelayo:

Ubudlelwane nesiguli, isb, umama, njll.

Isibongo Sesiguli: Sesiguli
Igama Lesiguli: Sesiguli
Imininigwane yokuxhumana yesiguli: Sesiguli

Uma isiguli sasalalawe esibhedlela, inombolo yewodi: Sesiguli

Sicela uchaze isehlakalo noma unikeze isincomo noma wenze isiphakamiso.
* Lapho kunokwenzeka khona bhalisa/rekhoda nabasebenzi ababandakanyekayo kanye nomnyango lapho isehlakalo senzeka khona.

Usuku okwenzeka ngalo isehlakalo: 30 Dec 2024

Ngangisi Gamalathe hospital ngibambekile kakhulu. Ngabona nasisi ay Security - uma Ceb. Unobutatu, nomusa futhi unibonisa kahle lapho kumele nge khona.

Njengamncama asipheke enze iziguli zithotole

FAKA ISIKHALAZO NOMA BHALISA/REKHODA ISINCOMO NOMA ISIPHAKAMISO

Usuku lokugcwaliswa: 31 Dec 2024

Inombolo yereferensi: 2xH-PYC-90W

Ngabe ufuna: Ukukhalaza Ukuncoma Ukwenza isiphakamiso

Imininigwane yomuntu ofaka isikhalazo noma obhala / orekhoda isincomo noma isiphakamiso

Isibongo: Sesiguli
Igama: Sesiguli
Inombolo yeselula: Sesiguli
Inombolo yezulu: Sesiguli
Imininigwane yokuxhumana yesiguli: Sesiguli

Uma wawulalawe esibhedlela, inombolo yewodi: Sesiguli

Uma ufaka isikhalazo egameni lomunye umuntu, sicela ugcwalise okulandelayo:

Ubudlelwane nesiguli, isb, umama, njll.

Isibongo Sesiguli: Sesiguli
Igama Lesiguli: Sesiguli
Imininigwane yokuxhumana yesiguli: Sesiguli

Uma isiguli sasalalawe esibhedlela, inombolo yewodi: Sesiguli

Sicela uchaze isehlakalo noma unikeze isincomo noma wenze isiphakamiso.
* Lapho kunokwenzeka khona bhalisa/rekhoda nabasebenzi ababandakanyekayo kanye nomnyango lapho isehlakalo senzeka khona.

Usuku okwenzeka ngalo isehlakalo:

Mina Zanele Shibe ngizoncoma about service engayithola ngoto ngalulusuku it was excellent.

Thank you

FAKA ISIKHALAZO NOMA BHALISA/REKHODA ISINCOMO NOMA ISIPHAKAMISO

Usuku lokugcwaliswa: 11/12/2024

Inombolo yereferensi: 2xH-2F1-V6G

Ngabe ufuna: Ukukhalaza Ukuncoma Ukwenza isiphakamiso

Imininigwane yomuntu ofaka isikhalazo noma obhala / orekhoda isincomo noma isiphakamiso

Isibongo: Sesiguli
Igama: Sesiguli
Inombolo yeselula: Sesiguli
Inombolo yezulu: Sesiguli
Imininigwane yokuxhumana yesiguli: Sesiguli

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* Lapho kunokwenzeka khona bhalisa/rekhoda nabasebenzi ababandakanyekayo kanye nomnyango lapho isehlakalo senzeka khona.

Usuku okwenzeka ngalo isehlakalo: 11/12/2024

Njengabanga kakhulu nge service yalapho-ayaya kanye ngabanga amanga ngokusekela ngokholo-ke ebengize ngoku abasebenzi kanye nabagaphi besibhedlela bungenza ngizwe ngumselelele ngabanga.



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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

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Gamalakhe CHC WhatsApp Channel - (Link - <https://whatsapp.com/0029ValMX23JuyA3bir71U1M>)



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



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KwaZulu-Natal Department of Health



KZN Department of Health



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