



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Gamalakhe CHC

STAY INFORMED

GAM. INDABA

NEWS

JUNE—AUGUST 2017

RAY NKONYENI MUNICIPALITY AWARDS



From left: Mrs. NC Mkhwanazi (Nursing Manager at Murchison Hospital), Mrs. AD Nkabane (Operational Manager at Thembalisizwe Clinic) Mrs. Ntokozo Mkhize (District Director at Ugu Health District), Mrs. Zameka Sobantu (Quality Manager at Gamalakhe CHC) and Dr. Chris Luke (CEO at Gamalakhe CHC). Gamalakhe CHC received an award for the best performing urban clinic in Ray Nkonyeni Municipality on the 30th June 2017. Halala Gamalakhe Halala !!!



**MANDELA DAY
READ MORE ON PAGE 2**



**JULY MEN'S MONTH
READ MORE ON PAGE 3**



**LAUNCH OF CLINIC BOARD
READ MORE ON PAGE 4**

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

MANDELA DAY

By Mr. Lifa Radebe (PRO)

Gamalakhe Community Health Centre visited one of the non-governmental organizations named Vukuz' thathe orphanage in Gamalakhe in order to donate 67 minutes of time in remembrance of the late president Dr. Nelson Mandela.

Every year on 18 July — the day Nelson Mandela was born — the UN asks individuals around the world to mark Nelson Mandela International Day (18 July) by making a difference in their communities. Everyone has the ability and the responsibility to change the world for the better, and Mandela Day is an occasion for everyone to take action and inspire change.

Thanks to pharmacy department for donating with groceries as well as Dental department which donated with toothbrushes and toothpastes.



IN ACTION: Staff s from Gamalakhe CHC cleaning one of the rooms during Mandela Day

By Mr. Athi Malunga (PR INTERN)

Boxer superstore based in Gamalakhe visited Gamalakhe CHC on the 18th July 2017 and share a big cake with our Pediatrics department.

The aim of celebrating this day is to remember the efforts and the struggle of Dr Nelson Mandela during the apartheid era the years he spent in jail in order for us to leave freely.



Mandela Day : Staffs from Boxer Supermarket in Gamalakhe paused with kids at doctors complex .

MEN'S MONTH (SIYIXOXA NGEZITHOMBE)



Mr. Sbu Mhlakwane advising men on health matters and healthy lifestyle.



Male staff from Gamalakhe CHC and surrounding clinics during the event.



Mr. Themba Dlamini with entertainment



Mr. Mzobe and Mr. Njomi with closing remarks



Ice breaking with Ms. Luyanda Memela



Gamalakhe choir with entertainment



PRO, Mr. Radebe awarding gifts to the speakers.



Rev. Mhlakwane advising man on manhood and spiritual matters

LAUNCH OF CLINIC COMMITTEE



New Clinic Committee: The new appointed clinic committee listening attentively during the launch

By Mr. Lifa Radebe (PRO)

The function of the clinic committee is to oversee the administration of human resources, financial resources and general affairs of a clinic, report any maladministration of a clinic and perform any other function or carry out any other duty imposed by the law. Facilities can not function properly without these structures.

Gamalakhe CHC officially launched their Clinic Committee on the 4th July 2017 and the new members were; Mr TSS Machi (Chairperson), Mrs DN Memela (Deputy chair person), Mr. TT Shusha, Rev DM Geveza, Ms. NC Mbokazi, Mrs. ND Mbona, Mr. MN Malimba, Mr. BC Shazi, Ms. NH Nikwe and Adv. SC Dlomo.

The launch of the clinic committee was graced by the presence of ward counsellors, the speaker from Ray Nkonyeni Municipality Cllr. Doctor

Hopewell Njoko and also by Ndunankulu, Mr. Sime under traditional leadership of Nkosi Mavundla whom they spoke one word that all elected members must work with dedication and support the goals of the department.

After there were appointed there were trained by district CUPB coordinator Ms. Sbu Zama on the 17 July 2017.

CEO, Dr. Chris Luke welcoming the new elected chairperson Mr. TSS Machi



WORLD BREASTFEEDING WEEK



PEADS DEPARTMENT : Staff from Pediatric Department during health education

By Mr. Lifa Radebe (PRO) & Mr. Athi Malunga (PR INTERN)

World breastfeeding week is an annual celebration which is being held every year from 1 to 7 August in more than 120 countries and it was first celebrated in 1992 by the World Alliance for Breastfeeding Action (WABA).

Breastfeeding is best for the babies, and it's good for their health. Breastfeeding brings connection between mother and the baby and babies must at least be breastfed 10 - 12 times a day. On the 4th August 2017 Gamalakhe CHC celebrated this day by encouraging mothers to continue with breastfeeding until their children reach the age of 2. There's no need to stop breastfeeding before you're both (mother & child) ready. Most women set goals for breastfeeding of between three months and a year.

Many moms continue breastfeeding because they feel they should, but if you're not enjoying your time breastfeeding, it will do little good for you and your child.

BREASTFEEDING POSITIONS



EVENTS IN PICTURES



World Hepatitis Day: OM N Skhondo from OPD educating patient about hepa-

Winners : Choir from Gamalakhe CHC participated in a choral music competition hosted by Department of Art & Culture in Pietermaritzburg on the 29 July 2017. They won 1st place in all genre categories.



On AIR : One of our nursing staff CNP C.N Lesapho educating patient on chronic medication about the appointment system on air at Radio Sunny South.



MANDELA DAY : Staff from Gamalakhe CHC paused with the orphans at Vukuz'thathe orphanage



WOMEN'S LAUNCH

By Ms. Luyanda Memela (EAP)



TOP PICTURE: During the introduction of the committee

BELOW PICTURE : Women staffs from Gamalakhe CHC and surrounding clinics during the event.



August is known as the women's month, it was no different at Gamalakhe CHC. The 24th August 2017 marks the day where the female employees from Gamalakhe CHC launched their Women's Forum. All employees looked sophisticated in their navy and white outfits. The day was filled with number of staff from the CHC including the females from the satellite clinics, such as Margate Clinic, Shelly Beach Clinic and Ntabeni Clinic, to mention a few.

The day kicked off with a very bubbly and humorous Program Director Ms. M Spellman, followed by Sr. Nkosiyaphantsi who enlightened the attendees about the purpose of the day and went on to facilitate the nomination of the Forum's committee. Mom Rose SHEME from Ugu Municipality under the special program component addressed the ladies on implications of violence in women. Ms. Maphumulo from Gamalakhe SAPS told the ladies on the channels followed when opening and dealing with violence cases. Women were also empowered by a soulful poem by Ms. S. Mdledle.

For beauty lessons, the ladies were educated by Mickey from Edgars, who explained and demonstrated the dos and don'ts when applying make-up. Mickey was very generous with prizes for the ladies. The day closed with Mrs. Dlamini thanking everyone for coming in numbers to support the initiative. It was indeed a beautiful new chapter for Gamalakhe CHC & Clinics women. The elegance ladies decided to name their forum as 'LADYGENCE'.

ACKNOWLEDGEMENTS



MR LIFA RADEBE
PRO
PUBLISHER; DESIGNER &
WRITER



MR. ATHI MALUNGA
PR IN-SERVICE TRAINEE
PHOTOGRAPHER & WRITER



DR C. LUKE
CEO



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address: Across TB
Molefe Sports Stadium, Off Ray
Nkonyeni Rd. corner Michael
Ntsimbi & Rev Sithole streets

Postal Address:
Gamalakhe CHC, Private Bag X
709, Gamalakhe 4249
Web Address:
www.kznhealth.gov.za

**SWITCHBOARD AND PRO OF-
FICE:**

039 318 1113/ 063 017 2587

**SWITCHBOARD FAX NUMBER:
039 318 2835**

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE