



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

# GAMALAKHE COMMUNITY HEALTH CENTRE

## GAM. INDABA

## NEWS

YAZI KANGCONO NGESIKHUNGO SAKHO

MARCH — SEPTEMBER 22



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# NGESO LIKA SOMLOMO WESIKHUNGO

**G**reetings, Dumela!, Sanibonani! Molo!,  
Hello!, Lotjhani!, Avuxeni!, Ndaa!, Thobela!,  
Happy Heritage Month.

Welcome to the 11th issue of Gam. Indaba  
which is the official newsletter for Gamalakhe  
Community Health Centre.

We are coming from strict COVID- 19 regula-  
tions as we were expected to mask up and  
maintain social distance at all times. Coordi-  
nating of events were prohibited due to the  
pandemic. Since regulations are loosen now  
we are able to gather again and commemo-  
rates important days on the events calendar.

In the previous financial year (2021- 2022) 36  
complaints were received and 33 complaints  
were resolved. Thank you for writing to us as  
complaints assist the facility to improve the  
service that we offer to our clients. We have  
also received 116 compliments and thank you  
once more for choosing our facility for best  
level of care. The office of the CEO, has em-  
barked on rewarding our staff members with  
certificates of appreciation based on the com-  
pliments that we received from the complaints  
boxes.

Under Patient Experience of Care Survey we  
scored 87% in patient experience of care sat-  
isfaction rate, Patient safety - 97%, Cleanli-  
ness -92%, Patient Waiting Times- 82%, Val-  
ues and Attitudes-82%, Access to Care-  
80% and Availability of Medicine we at 75%.  
Let me take this opportunity by thanking the  
Gamalakhe TVET college students for con-  
ducting this survey. We hope where we did  
not improve there is still a room of improve-  
ment.

In this issue, Gamalakhe CHC staff members  
joined other facilities in celebrating Heritage  
Day the month that reminds us about ■ our  
backgrounds. Hope you will enjoy reading this  
issue until we meet again next time!!



**MR. LIFA RADEBE  
PUBLIC RELATIONS OFFICER**





**DR. FRANK SHONGWE**  
**CHIEF EXECUTIVE OFFICER**



It is with great pleasure to introduce this newslet-

ter to the staff and the community at large. We thank God for keeping us safe and sound up to this far.

We have survived the turmoil of COVID 19 though we are still weathering through the remnants of the pandemic.

For this I thank the staff, supervisors and managers for holding the fort.

Now that we are in the middle of the 3rd quarter of the year 2022/2023 we reflect on all plans and review progress.

This is to enable us to gauge performance against our targets.

This newsletter is one of those mirror objects that remind us of the journey traveled thus far in this current financial year.

We want to align our activities to the core priorities of the provincial department as we go to the last quarter of the year.

In this way, ensuring that our commitment to serve is embedded on universal health care coverage, patient experience of care and complaints reduction.





# WORLD TB DAY IN QINABOUT



## DURING COMMUNITY DIALOGUE

**U**nder the theme of World TB Day 2022 - 'Invest to End TB. Save Lives. Gamalakhe CHC supported by Ugu Health District in partnership with other NGO's like BROAD REACH, FHI 360, TB/HIV Care, Life Line and JHpiego, TB Pink etc., commemorated World TB Day at Qinabout on the 24th March 2022. Qinabout area was identified as the perfect area to host the event due to the high number of TB cases reported. TB remains one of the world's deadliest infectious killers. Each day, over 4100 people lose their lives to TB and close to 28,000 people fall ill with this preventable and curable disease.

Most people infected with the bacteria that cause tuberculosis don't have symptoms. When symptoms do occur, they usually include a cough (sometimes blood-tinged), weight loss, night sweats and fever. Traditional healers and Izangoma were also part of the event as they share the role they can play in assisting the department in fighting the spread of TB. Without treatment, tuberculosis can be fatal. Untreated active disease typically affects your lungs, but it can affect other parts of your body, as well. With treatment, TB can almost always be cured. A course of antibiotics will usually need to be taken for 6 months. Several different antibiotics are used because some forms of TB are resistant to certain antibiotics.

If you are diagnosed with an active TB disease, be prepared to give a careful, detailed history of every person with whom you have had contact. Since the active form may be contagious, these people will need to be tested, as well. Dr P.F Shongwe spoke about the importance of completing medication after commencing taking TB treatment.



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# CHILD PROTECTION WEEK



## HANDS OFF OUR CHILDREN

**N**ational Child Protection Week is commemorated in the country annually to raise awareness of the rights of children as articulated in the Constitution of the Republic of South Africa and Children's Act (Act No. 38 of 2005). The campaign is led by the Department of Social Development in partnership with key government departments and civil society organizations rendering child protection services.

Government calls on all South Africans to support Child Protection Week by ensuring that the most vulnerable in our society do not suffer abuse. It is in our hands to stop the cycle of neglect, abuse, violence and exploitation of children.

This day is observed as from the 29th May to 5th June. Ms. Nonkululeko Ngcobo, Social Worker in Gamalakhe CHC engaged with mothers on the 5th June 2022 to educate them about children rights. In a week-long series of programmes awareness is raised on the need to protect children against abuse, exploitation, neglect and all forms of violence.

Children in South Africa live in a society with a Constitution that has the highest regard for their rights and for the equality and dignity of everyone. Protecting children from violence, exploitation and abuse is not only a basic value but also an obligation clearly set out in Article 28 of the South African Constitution.



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# PHARMACY MONTH



## PHARMACY MONTH COMMEMORATED

**T**he Gamalakhe Community Health Centre closed off Pharmacy Month with a bang last week. Pharmacy Month is commemorated annually in September and the CHC observed it by engaging with the patients on the 26th September 2022. Pharmacy Staff in the centre used the day to educate patients about medication prescribed to them. Pharmacists play a vital role in the healthcare system as they dispense medication that is prescribed by the doctors also notifies them if patient has adverse effect to a drug and suggest an alternative treatment.

Pharmacists must ensure that patients receive the correct dosage of medication and that the dosage is regulated according to the patient's clinical response to the prescribed drug. While important information is already included with medicine, many patients benefit from verbal guidance like correct dosage, best ways to consume and potential side effects. Pharmacy empowers patients by helping them tackle illness and boosting their confidence. It imparts knowledge and is the first port of call in the health crisis and sometimes saves lives. It counsel patients on proper medication use. Benefits of pharmacy services such as better treatment facilities for the community and proper utilisation of drugs. Gamalakhe Community Health Centre is continuing with dispensing chronic medication in community structures like halls and churches in Gamalakhe to ensure that patients do not drive to the health centre causing unnecessary trips.

The community has been urged to identify more places in Gamalakhe where medication can be delivered. In order to fight the sickness and boost our immune system it is important to take all the medication that is prescribed to us!!



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# WELLNESS DAY IN PICTURES



## HAVING FUN IN THE WORKPLACE



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# SPREADING MADIBA MAGIC

In celebration of Mandela Day, Gamalakhe Community Health Centre in partnership with Old Mutual, visited the VukuZithathe non-profit organization and the Othandweni Cerebral Palsy Day Care Centre in Gamalakhe on Monday, July 18 2022. The aim of the visit was to deliver food parcels, clothing and water.

The items that given to the centers were donated by the staff of Gamalakhe CHC and Old Mutual Assurance Company. The Public Relations Officer, Mr. Lifa Radebe said the aim is to sustain the programme through Sukuma Sakhe. It is very sad hearing patients stating that they have to take medications on an empty stomach. With the cost of living becoming a struggle in for more South Africans, this Mandela Day comes at a time where everyone is struggling fuel prices so that is why there is a need to help in any way possible.

This was the second Mandela Day initiative, the first one was in 2019 but all Mandela Day activities were halted by COVID-19 regulations. Mrs. Thembani Luvuno of Othandweni Cerebral Palsy Day Care Centre said they would love to see more of these donations and initiatives since they are working with children with disabilities. Mr. Amos Mzobe of VukuZithathe said every day must be a Mandela Day. Thank you to the Gamalakhe CHC for remembering us. This is for a second time we are beneficiaries of such programme by this health facility and we hope to maintain a good sustainable relationship with it.

Cllr. M Gumbi of ward 5, thanked the management of Gamalakhe CHC led by Dr. Frank Shongwe for supporting such initiative and further said it is also important not to celebrate Nelson Mandela Day, but we also remember the type of the leader he was and also to teach our children about Nelson Mandela legacy.

The facility will be targeting non-profit organization that cater to the elderly next year.



**GAMALAKHE CHC & OLD MUTUAL STAFF DURING HANDING OVER AT OTHANDWENI DAY CARE CE-**



**GAMALAKHE CHC STAFF MEMBERS PREPARING LUNCH FOR KIDS AT VUKUZITHATHE**



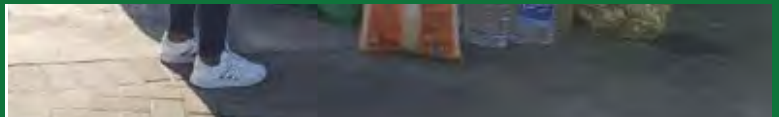
**GAMALAKHE CHC & OLD MUTUAL STAFF DURING HANDING OVER AT VUKUZITHATHE**



# MANDELA DAY IN PICTURES



# SPREADING MANDELA MAGIC



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# BREAST FEEDING WEEK

**E**ach year in the first week of August, Breastfeeding week is celebrated in conjunction with world Breastfeeding Week to promote and support breastfeeding as the best source of nutrition for a baby's first year of life.

Gamalakhe CHC, Maternity Ward joined the world in celebrating this week as part of encouraging mothers to consider breastfeeding than formula products.

The theme of this year is Step up for Breastfeeding– Educate and Support. Breast milk helps keep your baby healthy. It supplies all the necessary nutrients in the proper proportions. It protects against allergies, sickness and obesity. It also protects against diseases like diabetes, cancer and infectious like ear infections.

Compared with formula, the nutrients in breast milk are better absorbed and used by your baby. These include carbohydrate and protein. Breast milk has the nutrients that are best for your baby's brain growth and nervous system development.

The slower digestion of infant formula can affect feeding frequency. Baby who take infant formula usually want to feed less often than babies who are breastfeeding. It also affect bowel movement. Infant formula causes formed brown stools that have a noticeable odor. Breast milk causes loose, yellow stools that have less odor.

The goals of breast feeding education are to increase mother's knowledge and skills, help the view breastfeeding as normal, and help them develop positive attitudes towards breastfeeding.



**MARTENITY STAFF: PROMOTING BREAST FEEDING**



**MARTENITY OM, MRS. N PEKO EDUCATING THE NEWLY MOTHER HOW TO BREAST FEED**



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# HERITAGE DAY



MANAGEMENT



MASEKO CLEANING SERVICES



PHARMACY DEPARTMENT

“**B**hungane, Mthimkhulu, Makhulukhulu, Shwabada wena owashwabadela inkomo nezimpondo zayo!” That’s my clan names, what are yours?.

Heritage Day on 24 September recognizes and celebrates the cultural wealth of our nation. South Africans celebrate the day by remembering the cultural heritage of the many cultures that make up the population of South Africa. Various events are staged throughout the country to commemorate this day.

On the 30th September 2022 Gamalakhe CHC closed the heritage month with a bang.

Living heritage plays an important role in promoting cultural diversity, social cohesion, reconciliation, peace and economic development. In every community there are living human treasures who possess a high degree of knowledge, skills and history pertaining to different aspects of diverse living heritage. Ms. Thola Mathe reminded the audience why this day is important in our culture.

Award for Best Male Dressed Traditional went to Mr. Sbusiso Mvundla from HR department, Best Female Dressed Traditionally went to Mrs. Avela Sibulawa (Social Worker), Best Cultural Dance per Department went to Maseko Cleaning Services and Best Food Prepared per Department went to Finance Department for the 2nd time in a row.

Izimpunga Zehlathi group entertain the crowd showcasing their amazing talent on traditional dance called indlamu. Ms. Basetsana Nyokana performed a poem written in Sesotho.

We would like to thank our judges Ms. Tholakele Mathe from Department of Sports, Arts and Culture; and Mr. Sakhumuzi Khwela from Gamalakhe Commercial High School. Congratulations to all winners, until we meet next year!!



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# PICTURES: HERITAGE DAY



**CEO, Dr. P.F SHONGWE WELCOMING GUESTS**



**OPD DEPARTMENT PERFORMING VENDA CULTURAL DANCE**



**IZIMPUNGA ZEHLATHI ENTERTAIN-**



**DOCTORS & ALLIED HEALTH PERFORMING XHOSA CULTURE**



**SOME OF THE STAFF MEMBERS ENJOYING THEMSELVES**



**HR DEPARTMENT PERFORMING ZULU CULTURE**



**CHILD HEALTH & MATERNITY**



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# HERITAGE DAY CONTINUES..



**KEYNOTE FROM MS. T MATHE**



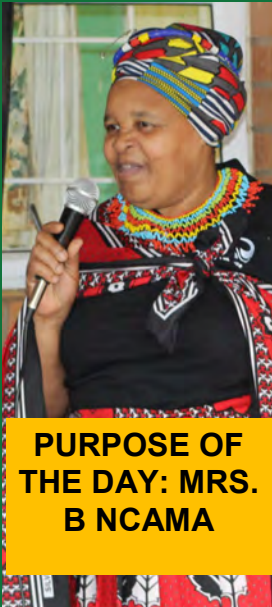
**MC, DR. H.A NTOBONGWANA**



**FINANCE DEPARTMENT PERFORMING SOTHO CULTURAL DANCE**



**BEST FEMALE DRESS : MRS AVELA SIBULAWA  
BEST MALE DRESS: MR SBU MVUNDLA**



**PURPOSE OF THE DAY: MRS. B NCAMA**



**SYSTEMS DEPARTMENT AFTER PRESENTING THEIR TRADITIONAL FOOD**



**HR MANAGER, MS. Z MTHEMBU WITH VOTE OF THANKS REMARKS**



**PHARMACY MANAGER, MS. N QALASHE HANDING OVER GIFTS TO ONE OF THE JUDGES**



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# FAREWELL TO OUR IPC MANAGER

**G**amalakhe Community Health Centre bid farewell to Ms. Nolwazi Nkosiypantsi who was working as Infection Prevent Control Manager on the 24th June 2022.

Ms. Nkosiypantsi thanked her colleagues for arranging such occasion since her friend said they are going to attend a presentation and she had to dress smart without knowing that she is attending her farewell party.

Ms. Nkosiypantsi shared her journey in Gamalakhe CHC mentioning the times she treasured while working as an IPC Manager.

She joined Gamalakhe Community Health Centre in 01 April 2012 as Professional Nurse. On the 1st June 2015 she was promoted to IPC manager post until she retires on the 30th June 2022.

She further said she is looking forward in spending time with her family. Ms. Nkosiypantsi was wished happy days ahead and a prosperous life.



**MS. NOLWAZI NKOSIYPANTSI**

## WELLNESS

**Gamalakhe CHC Wellness Committee is looking for the employees from the CHC and clinics who are interested in soccer, netball and volleyball to contact Dr. S Ntenga.**

**A HEALTHY MIND, A HEALTHY BODY!!**



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# EZASEMITHOLAMPILO

## FAREWELL TO MARGATE CLINIC OPERATIONAL MANAGER



MRS. PURITY FINCA

FORMER OM : MARGATE CLINIC

**M**rs. P Finca was bid farewell by her former colleagues on the 12th March 2022. Mrs. Finca became Margate Clinic Operational Manager, before the department took over from the municipality in 2012.

She said being a manager was very tough because sometimes other decision that were taken doesn't favor everyone. "Managing people with different personalities was even tougher" she said.

I have joined the field of nursing for more than 3 decades and now its time to rest; and to be with my children and grandchildren is what I am looking for. She further said she has nothing in mind but she would love to take a holiday destination and enjoy the time that she dedicated to the nursing field.

"Although there were bad days but I am leaving this field with happy memories and hope patients attending Margate Clinic will always be treated with courtesy by the staff that I am leaving behind" she said.

## CONGRATULATIONS TO MR SPHESIHLE MADLALA FROM PORT EDWARD CLINIC



MR SPHESIHLE MADLALA  
PORT EDWARD CLINIC

**H**alala, on the 16th March 2022 Mr. Sphehile Madlala from Port Edward Clinic graduated becoming a qualified Post Basic Pharmacist Assistant. He said it's been a day he has been waiting for. "Life may give each of us different circumstances or situations, but what truly makes us all the same is that we are all monarchs for life, masters of our fate, captains of our souls".

All of us have our own destinies to write and stories to share. It is all up to us how we choose to use our minds, our hands and our hearts to get to where we want to be, to become the person we want to be.

He further added that balancing work life and studies can be quite hard. Management of Gamalakhe CHC would like to congratulate all the employees who graduated on their well-deserved success.



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# IZIGULI ZONA

Zizikhulumela

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lapho Gamalakhe 🙌🙌

Pindile Pinky Ndlovu posted in **GAMALAKHE COMMUNITY AND TAXI ASSOCIATION GROUP** — 😊 feeling happy.  
3 hours ago · 🌐

**GAMALAKHE CLINIC I SEVISI YAKHON IYASHESHA SIYABONGA 🙌🙌🙌🙌🙌🙌**

👍❤️ 10 >

**Vuvunator Hliphizisa Mhliphezisi**  
Mfwethu, balikhuphule kakhulu izinga manje, even PRO yakhona isebantwini kuyaxoxiswana... bangasajika kwakona kukegiya abahamba ngalo 🙌🙌🙌🙌

1 h Like Reply 2 ❤️

**Nosipho Sikhosana**  
The service there is so good, I literally give them the award for the best Children's Clinic, the head nurse there is truly passionate about uthando labantwana. They truly go out of their way to provide the best service 🏆🏆

1 h Like Reply 3 ❤️👍

**FORM TO LODGE A COMPLAINT OR RECORD A COMPLIMENT OR SUGGESTION**

Name: **Heather** Date: **9/9/2022**

Service area: **General**

Compliment or suggestion: **Clarenda street**

Signature of patient: **Clarenda street Mungo**

Signature of staff: **Robert**

Signature of assistant: **Clarenda street Mungo**

Thank you for all the staff that exist every day for all the illness that exist every day. I appreciate you've all done your job and I appreciate you've all done your job. Thanks professional assistance is appreciated.

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**Khanyi MaNzama Khathini is at Gamalakhe Community Health Clinic.**  
22h · Hibiscus Coast · 🌐

Cc Tholly Ndlangisa akube elusizo uyakwazi or not kodwa ukusiza ngesneke big up to you cc lento yobuhle ngakazi uyibizelwe. May the Lord bless you abundantly





# ACKNOWLEDGEMENTS

## EDITORIAL TEAM



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**PUBLIC RELATIONS OFFICER**  
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**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**

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**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!!**



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