



health

Department:  
Health

PROVINCE OF KWAZULU-NATAL

# Hlengimpilo News

## HLENGISIZWE LAUNCHES WELLNESS EMPLOYEE PROGRAMME

Jan– July 2015

### INSIDE THIS ISSUE

Wellness	1
PRO Message	2
Strategic Move	3
Men's Health	4
Wellness Activities	5
Youth Day	6
Photo Album	7



Above picture: The staff who participated



On 8<sup>th</sup> July 2015 Hlengisizwe CHC launched the Employee Wellness Programme to assist employees in increasing and sustaining optimal health so they can serve clients with healthy minds, the day was led by Mrs. E. T Ngubane– Nursing Manager

The workplace healthy lifestyle, is the MEC for Health's program where he has called upon all health care workers to be exemplary to their patients by living active and healthy lifestyles

The aim of the programme is to reduce absenteeism due to ill health, improve cohesion among workers, increase productivity and reduce medical costs.

The day was filled with activities which ranged from financial information - Old Mutual, health screenings-GEMS and aerobics– Virgin Active. Other activities

were tug of war, egg race, netball and soccer.

Management had a chance to experience fun activities with staff that aren't related to work.

Ethekwini Health District Sports Coordinators were part of the launch, Mr. X. Cele emphasized on the importance of staff utilizing two hours that is given to them for such activities. The day was filled with fun and hard work, management participated in all the activities .

The launch wouldn't have been a success without the participation of all categories of staff and managements support. Big thank you to all sponsors who made a day a huge success

### SPONSORS

Aquelle, GEMS, Old Mutual, Virgin Active  
Eye Wellness KZN

## EDITORS NOTE



S. P Tshabalala

Greetings and a warm welcome to the latest edition of our newsletter. Since the last update, Hlengisizwe CHC has continued to render a quality health service to clients, this has been driven by the dedication and commitment of staff by living the institutions vision, mission and values to make access to health to the community.

The saying goes “time flies when you’re working hard”. That definitely appears to be the case as we find ourselves about to enter the eight month of 2015.

The key focal areas for this issue are strategic plan, celebrating youth day, employee wellness

## Vision, Mission and Core Values

**Vision:** To achieve optimal health status for the population within the Outer west Area

**Mission:** Hlengisizwe CHC is committed to render integrated , coordinated ,sustainable quality health care based on the PHC approach

**Core Values:** Loyalty, integrity and honest  
Dedication & commitment  
Professionalism& accountability  
Transparency  
Continuous learning

and a healthy corporate culture. How can we improve the health of staff both mentally and physically, that was good question from management?

Nothing boosts employee moral and team spirit like a bit of healthy competition and of course, time away from the office. Successful leaders are often those who lead by example.

Another way to cultivate employee engagement is to have management lead the way. Hlengisizwe CHC has created a situation where management team follows the ethos of “healthy lifestyles”.

We hope this newsletter gives you an interesting insight into our efforts to deliver quality of health services to our clients.

*Thank You*

Compile by: Miss. S. P Tshabalala  
Public Relations Officer  
Hlengisizwe CHC



health

Department:  
Health

PROVINCE OF KWAZULU-NATAL

## New Logo

- ◆ All staff are advised to use the correct logo for Department of Health
- ◆ Employees are urged to participate in two days, one hour official training for healthy lifestyle program



## STRATEGIC MOVE BY THE MANAGEMENT

**S**trategic planning is a management tool that is used to help an organization do a better job, to focus its energy, to ensure that members of the organization are working toward the same goals, to assess and adjust the organization's direction in response to a changing environment.

It is a disciplined effort to produce fundamental decisions and actions that shape and guide what an organization is, what it does, and why it does it, with a focus on the future

On the 25<sup>th</sup> and 26<sup>th</sup> June 2015 Hlengisizwe CHC and clinics management attended a two day strategic planning to pave the direction of the institution. Dr. Bhimsan welcomed everyone and outlined the purpose of the day and how it is important for the institution to develop vision, mission and core values for strategic direction.

The two day program was facilitated by Mr. Martin Gabela Monitoring and Evaluation of Etheke-wini Health District who was a good facilitator, he was able to apply concepts such as leadership, group norms, team development.

The aim of the programme was to evaluate where we are as an institution and where we are going.



**Above picture: Managers listens attentively**

It was a two fruitful and educational program.

The first day focused on mission, vision, values, goals, objectives, roles and responsibilities and developing an approach to achieving those

goals.

On the second day the managers used SWOT analysis to stay grounded and realistic they built a roadmap from where the institution is and where it should be.

The 10 point programme serve as a road map and guardian angel towards improving the overall healthcare system and increasing access to health care while fighting the burden of disease that confronts us," said Mr. Gabela.

The managers engaged in groups exercises sharing experiences and educational information. The group sessions was an intensive discussion and activity on the issues facing the institution. The aim of the exercise was to ensure that the Hlengisizwe CHC will improve its long run performance.



**Mr. M. Gabela addressing the managers**



**HLENGISIZWE CHC CELEBRATE NATIONAL MEN'S HEALTH WEEK**

**N**ational Men's Health Week is celebrated the week leading up to Father's Day, which is June 15-21, 2015. During this week, individuals, families, communities, and others work to promote healthy living among men and boys

On the 25th June 2015 Hlengisizwe CHC together with the clinics celebrated Men's Health week. The purpose of Men's Health Week is to create awareness of preventable health problems and encourage early detection and treatment of diseases amongst men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage males to seek regular medical advice and early treatment for disease and injury.

Hlengisizwe CHC response has been overwhelmed with lots of awareness activities .

Men's Health Week 2015 focuses on healthy living challenging men to:

- Look after their relationships and wellbeing
- Don't smoke
- Drink sensible
- Be active
- Watch their weight

The day was about promoting healthy living and well being under the theme 'Healthy Living for Men'.

**MENS EXERCISES**

**INTEGRATED WELNESS EMPLOYEE PROGRAM ACTIVITIES**

**EYE SCREENING**



**Vital Signs screening: HCT, Cholesterol and BP by Gems**



**Body massages and information sharing by GEMS**



**Aerobics, Skipping, Tug of War, Egg Race, Soccer and Netball**



## HLENGISIZWE CHC COMMEMORATE YOUTH DAY



STAFF CELEBRATING YOUTH DAY

school uniform because every child can now go to any school if they wish to get good education. We are grateful for what the youth went through for us to live better lives.

Management celebrated with staff by wearing the uniform and participated in the activities of the day.

A lot has changed since 1976: a democratic government is now in place, eligible citizens are able to access free education, and gaps between the rich and the poor

**J**une is celebrated as Youth Month in South Africa, with a specific focus on 16 June, which is also known as Youth Day.

Youth Month pays tribute to the school pupils who lost their lives during the 16 June 1976 uprising in Soweto.

On the 16<sup>th</sup> June 2015 Hlengisizwe CHC commemorated the day by reflecting on what happened in 1976 -Soweto Uprising. The staff associated the day with wearing a uniform.

Staff celebrated Youth Day by proudly wearing

have begun to decrease.

It is important to educate today's youth about the sacrifices made by previous generations, and to empower them to work overcome the social issues that do continue to persist within the country



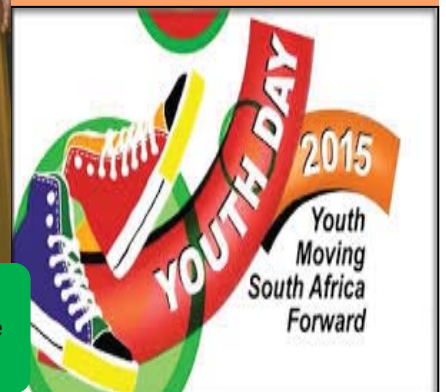
Mr. A Pillay A/Systems-Maintenance celebrating with staff



ANM Mthembu together with staff



Mrs. E.T Ngubane— Nursing Manager leading by example



# PHOTO GALLERY



## ACTIVITIES

