

Inside this issue:

Aids Awareness	1
-Editorial	2
-Quality Assess-	
Sick Leave Info	3
Staff on the Move	4
School of Health	5
-New Appoint- ments	6
Miscellaneous Photo Essay	7 8

HEALTH CALENDAR

**FEBRUARY- MARCH
2007**

***February**

- 4— World Cancer Day
- 12– 18: STI/Condom Week
- Pregnancy Awareness Week

*** March**

- Health and Nutrition Campaign
CANSA
- 8: International Women’s Day
- 20: Head Injury Awareness Day
- 21: Human Rights Day
- 24: World TB Day

Aids Awareness Day at KwaMcoyi



Muzi Majola educating crowd during Aids Awareness Day at KwaMcoyi Shopping Centre in Mpumalanga (Hammarsdale)

During the month of December every year, the World Aids Day is commemorated Worldwide.

The community of Mpumalanga township gathered together to heed the voices of Health workers of Hlengisizwe Community Health Centre during the World Aids Day Commemoration at KwaMcoyi Shopping Centre on 7 December 2006.

Before the provincial AIDS event took place at Umzinto as was scheduled by the Premier, Hlengisizwe CHC had already rolled up their sleeves and embarked on AIDS like campaign in Mpumalanga.

The community of Mpumalanga turned out in their numbers and this event was also supported by young and old.

Mr. Muzi Majola from eThekwini Municipality (Health Services) educated the crowd about safe sex, and abstinence, the crowd attentively

listened.

Mr. Sandile Luthuli from Hlengisizwe CHC and Mr. Mazwi Gumede from Mpumalanga clinic HIV/AIDS counselors informed the masses about the procedures that are followed before patients are tested e. g counseling.

There was time for the questions and people showed interest when asking questions related to HIV/AIDS pandemic.

Promotional material (including T-Shirts and Caps) with messages about HIV / AIDS were also handed out to the crowd

Different talks on the pandemic and prevention measures were shared. Miss Sindi Mbatha gave talked to teenagers about safe sex, and messages were also delivered on PMTCT

“STOP AIDS. Keep up the promise”



Editorial file



Dear Colleagues

It is a great pleasure to meet and work with dedicated staff/colleagues . I am your new Public Relations Officer and my office is situated opposite Finance & Systems Manager.

The year 2006 has gone for good, but it had left a trail of exciting and frightening memories– all of which would shape the start and destiny of

this New Year.

It is with great pleasure that I write for Hlengisizwe Community Health Centre Website for the first time.

My main tasks involve ‘inter alia’, advising management on strategic communication, promote and maintain a positive image of the CHC, attending to patients complaints, dealing with media on matters relating to this institution.

During my first few months I have seen principles like Batho Pele are in good place, we can proudly proclaim that quality service delivery is effective.

The staff at Hlengisizwe is dedicated and committed, judging by the number of patients attending our institution on a daily basis. This superb quality service delivery by our professional staff compliments our very own vision, mission and core values as are vividly displayed in our corridors

Our immediate service commitment charter is another reminder to all our staff that we are here to delivery nothing but quality service to our clients.

This year, we should also strive to achieve our set goals in line with tools like the Batho Pele Principles.

If patients have any complaints my office is always open. Now you can send your complaints, comments as well as compliments to me.

I also hope this newsletter will be a great tool to communicate with all staff and its success will completely depend on your contributions. If you have anything to contribute feel free to drop it in my office.

May I therefore urge we as public servants to continue uphold the principles in our institution and make the best of every situation

Thank You

Sibongile Tshabalala

LEVEL OF QUALITY AT ITS BEST PRACTICE

The quality assurance team has taken a step and visited Hlengisizwe Community Health Centre on the 31 January 2007. The first visits started at KwaDabeka CHC on the 30 January. The main focus for these visits were to check quality service delivery expectation to the community of Mpumalanga township.

Since everyone has a role to play with regard to infection control, the team had to make sure that minimum standards are met and Patients Rights and Batho Pele are applied at our institution.

The team worked tirelessly the whole day inspecting every corner of the CHC. Several challenges were encountered but with dedicated quality infection control team will lead the CHC to its success.



From, behind : Right SR Ngqqbayi(Infection control), Sr Mlambo(Infection control), Ms Sbo Tshabala (PRO),Sr Nyawose (Assistant Nursing Mnanger)

Front Right: Matron Mpanza(PHC Coordinator), Sr Mdluli (quality assurance), Sr Dlamini (Quality Assurance), Matron Ngubane (Nursing Assistant)

SICK LEAVE, INCAPACITY LEAVE AND ILL HEALTH RETIREMENT IN THE PUBLIC SERVICE

- * If you know in advance that you have to go for a clinical procedure, e.g. An operation, apply and submit your application form in advance.
- However, if you are overcome by a sudden illness or sustained an injury, notify your supervisor immediately if you are unable to work due to your illness

NB! You must submit your sick leave application personally or through a relative, fellow employee within 5 working days after absence.

- Submit a sick medical certificate for periods of three days and more...
- Use and manage normal sick leave in a responsible manner and circumspect during sick leave.
- * To consider and grant you sick leave in accordance with your application.
- * To advise employees on the sensible use of sick leave.
- *

WHAT ARE THE EMPLOYER’S RESPONSIBILITIES

- * Adapt the work environment or job requirements or seek alternative employment, in cases where necessary.

NB! You may no longer use Z1 leave application form for incapacity leave. There are specific prescribe application forms for short and long periods of incapacity leave, respectively. Ensure that your forms are duly completed and all supporting evidence attached.

Incapacity leave is a benefit for which you can apply in the event where you have exhausted your sick normal leave in the 3 years sick leave cycle. Incapacity leave is for management purposes categorized into two types:

- * Short incapacity– this is when the period of incapacity leave that you request is for 29 working days or less.
- * Long incapacity– this is when you apply for

30 or more working days.

WHAT IS INCAPACITY LEAVE?

You may apply for each and every occasion that you need incapacity leave, subject to-

- * The submission of medical certificate for each and every occasion, and
- * The employer’s investigation into the nature and extent of your illness or injury.

MEDICAL CERTIFICATE MUST CONTAIN THE FOLLOWING INFORMATION

- Name, address and qualifications of the practitioner.
- Name of the patient.
- Date and time of examination.
- Whether the practitioner is issuing the certificate as a result of personal observations during an examination, or as result of information received from the patient and which is based upon acceptable medical grounds.
- Description of the illness/disorder, provided that the patient gave consent to disclose such information
- Whether the patient is totally indisposed for duty or will the patient be able to perform less strenuous duties in the work situation.
- Period of recommended sick leave and the date of issue of the certificate of illness.
- Identity of practitioner if he/she use pre-printed medical certificates, wording not applicable to the patient should be deleted.

For more information , please contact your Human Resource Office

STAFF ON THE MOVE

Hnews: Can you tell us about your background?

Sinayo: I am a young and ambitious woman who has recently joined HCHC'S pharmacy department. I stay in Hammarsdale and I'm a Pharmacist by profession.



Ms Sinayo Ndlovu (Pharmacist)

Hnews: What is your position, and what does your job entail?

Sinayo: I am the Pharmacist at Hlengisizwe Community Health Centre. My position comes with a lot of responsibilities: dispensing medicine, preparing mixtures, solutions, ointments, drops, powders and re-pack of medicines. Issuing medicines and suppliers, providing a consultative pharmaceutical service to health professionals, monitoring and evaluating the health care services and report these to the manager to allow for compliance with valid standards and indicators.

Hnews: what do you think of Department of Health empowering women?

Sinayo: The department is doing a very good job in empower-

ing women, as we can see our national minister of health and our provincial minister are both women and in most hospitals women now occupy several influential positions.

Hnews: How do you face up challenges?

Sinayo: I try by all means to be part of the answer and see an answer for every problem. We all learn from our mistakes and if we work together we can achieve our goal. I always find a learning opportunity in every challenge.

Hnews: Mostly what do you enjoy about your position?

Sinayo: It's a big challenge and I know that things may be difficult but I strongly believe everything its possible. I've been working under direct supervision of a pharmacist for the past two years, but with in my current position I am the responsible pharmacist and I'm looking forward to the rest of the year. Its going to be a nice experience as I'll get to make and take decisions. For one to enjoy her work, passion should play a key role.

Hnews: What do you do in your spare time?

Sinayo: I enjoy reading in my spare time, watching movies and I love shopping As we all know “ a woman place is in a mall”

Hnews: Any message you want to send?

Sinayo: To the Women out there: Make the best of every situation you are in today. We really should remember the very important role each and every one of us plays in serving public and always remember the one thing that goes with you long after everything else has been forgotten is your integrity.

Still on the move



Mr P. K Padayachee (Finance & Systems Manager)

Mr. P. K. Padayachee joined the Department of Health in 1975 as a general assistant at Clairwood Hospital. He was born in Durban.

“ I believe in working hard, accepting responsibility and challenges and believing in your self. My wife is my biggest inspiration, she always encourage me to be positive and have a good frame of mind. My

role model is Mr. Tees Govender from Phoenix CHC, he encourages me. His positive influence in my life has made me what I am today”

I accept new task as a challenge, work as a team, listen, learn and share the practice, and I have not look back since then.

He strongly believe managers should be team players and encourage team work amongst colleagues.

“ My advice to other staff members, be responsible, work hard, be honest and never give up in what ever you want to achieve. With a vision one can never go wrong in what ever dream one wishes to attain. He is married to a beautiful wife, two teenage daughters and a son



Word Of God

The Lord looked upon my work and was very pleased then he looked again and saw my salary!!!! He turned away bowed his head and wept



School of Health Promotion

School of Health Team has on 17 the November 2006 hosted an event at KwaNdunakazi Primary School in Inchanga.

School of Health Promotion Coordinator Sr. T. Ngubane who worked tirelessly with her team during the year visited schools around Inchanga and Ham-marsdale educating learners about HIV/AIDS TB and other diseases. She then thanked everyone, mostly learners and educators parents for their support.

Indunakazi, Nonqomfela, Ngidi and Ntongela Primary School entertained a packed hall with gospel music, stage

play and dance.

“Children are the future if the nation, yet some people abuse our future. These are some of the problems that we facing in our communities. Vulnerable children are facing this situation They are abused physically as well as sexually”,

This was the statement by Mrs. Mvelase from Department of Welfare.

HIV/AIDS Coordinator Mrs. Msomi also gave talk to learners about the disease and expressed the importance of abstinence.

“Children are lucky today because everything is taught openly” This day was special for every South African as we are close to World Aids Day. Learners listen attentively as Mrs. N. Mthembu TB Coordinator explain the symptoms of a person who has TB, and importance of checking everyone was listening care-

fully and that was proven later, when questions were ask and response from learners and parents were great.

Community Healers (iZangoma) also attended the event and they also conveyed a massage they convey to the crowd by singing and dancing . Spoke person from Asmals Company in Easten Cape Head Office, thanked everyone who took part on educating and dedicating their time helping children, and she was touched by how KZN departments are coordinated in helping and educating children.

You could tell happiness and joy in the faces of elders when they were given blankets to warm their grandchildren.

“A Health Promoting School constantly strengthens its capacity as a setting for living, learning and working” - Theme

Team work– Tips

How to be a better team player:

Engage in informal conversation- Get to know your colleagues better and establish better working relationships.

Share information- This will help in solving problems along with your co- workers, when the need arises.

Be innovative and inclusive- Introduce new ways of thinking and also take other people’s ideas into consideration.

Remember to ask questions- People always want to feel needed.

NEW HLENGISIZWE REGULATIONS

Due to excessive loss of working hours during the past year caused by the absence of personnel, it has become necessary to implement the new rules and regulations

Death (Yourself)

Naturally this is not a good cause. However, it is expected of all to give two weeks prior notice in order to find a replacement for your post and to train the new person

Death (any except your

own)

This is no excuse, you can do nothing more for the deceased. No time will be given off attending burials. However, we do suggest funerals of next- of- kin be arranged after hours or during your lunch time.

Illness

Management will accept no medical certificates in future. We are convinced that if you are well enough to visit the doctor you are well enough to come to work.

Visit to the toilet, far too much time is wasted by

people spending time in the toilet. In future, visits to the toilet will be coordinated by alphabetical order. Surnames starting with “A” will be able to go between 7h30-7h45, should you miss your turn you’ll wait till the next day.

YOUR CO-OPERATION TO MAKE THIS CHC A PLEASANT AND PRODUCTIVE WILL BE APPRECIATED!!

SERVICE DELIVERY AT ITS BEST

Sr—Shezi express her sincere gratitude to her staff at HIV/AIDS department, “ My staff is very dedicated and committed in their work, I thank the effort they have put over a past year and the remarkable respect they have towards patients and other colleagues. I know that together we will be able to achieve even more this 2007, and work together as a team”

CONGRATULATIONS TO VCT STAFF

For setting high standards and upholding the principles of Batho Pele in our institutions



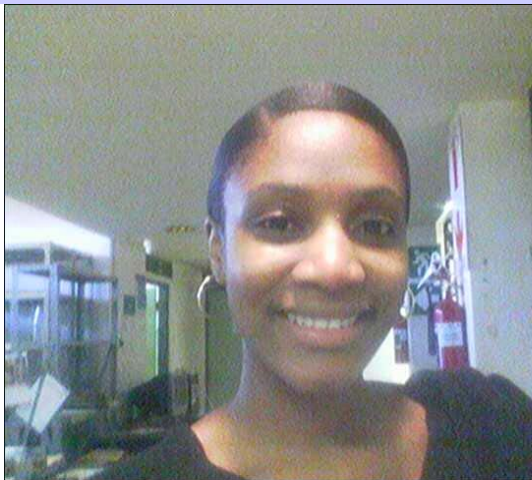
From right: Enrolled nurse Z. Nkosi, Mr S. Luthuli; Ms F. Sibanyoni; Miss G. Madlala, Miss Z. Sokulu (HIV Counsellors) and Sr Shezi

NEW STRATEGIC APPOINTMENTS

WELCOME TO ALL NEW STAFF

Hlengisizwe CHC ensured that vacant positions were filled to ensure continuous service delivery.

WE HOPE YOUR STAY AT HLENGISIZWE COMMUNITY HEALTH CENTRE IS PRODUCTIVE & A PLEASANT ONE!!!



**Miss. Sinayo Ndlovu
(Pharmacist)**



**Miss: Sibongile Tshabalala
(Public Relation Officer)**



**Mr. Siyabonga Mbuyisa
Human Resources Officer**



**Miss: Thabiso Mtolo
Lab Assistant**



**Mrs Ndevu
(Chief Professional Nurse)**



**Mr. p.k. Padayachee
Finance & Systems Manager**



Sizakele Ntuli (Enrolled Nurse)

January –December Birthdays!!!
Wishing you happiness on your birthday and always, may you be blessed with a day that’s bright, may you always have your hearts delight And may all you do turn out just fine.... today and everyday!!

- S..G Khuboni– PN**
- Z.ZUMA– EN**
- N.P. KHOZA– EN**
- H.A. MSANE-CPN**
- N.M. MTHEMBU– EN**
- M.G. SITHOLE**
- S.E. ZAMISA-SPN**
- N.D. MADONSELA– EN**
- P.T. NDEBELE– CPN**
- J.N.Z. NKOSI– SEN**
- P.T. NXUMALO-CPN**
- A. P KHUBONI**



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Dear Colleagues

Thank You to all staff and departments that contributed in Hlengisizwe News Issue 1, its success depends on you. If you want to contribute anything then feel free to drop it off at my office it will be on the next issue.

Thank You ,

SBOH

Reminder

Please note that Telkom has announced that as of 16 January 2007, ten (10) digit dialing will become legal requirement. Should you dial the number without putting dialing code (even if you are making local call) yourselves with this to prevent future frustrations

Life is short for grievances, quarrels and tears

What the use of wasting precious years

If there's something to forgive without delay

Maybe you, too, were part to blame

If it's within your power

A broken heart to mend.

So make it up to day

Be so generous forget the past

Take the boarder view cast of bitterness and let the

Sunshine through

If it's within your power

A broken heart to mend

As we are approaching month of Love, on 14th February its valentine day, Enjoy this day with your loved ones
Show that you care!
Buy a chocolate or a Rose for your loved one!

Remember: don't forget to tell her/him that you love her/him

NB!! Say that everyday

SPORTS CORNER

ALL THOSE INTERESTED IN JOINING SOCCER AND NET-BALL TEAM

PLEASE CONTACT SIYABONGA @ HR OFFICE

Good Laughs

Vusi's wife bought a new line of expensive cosmetics guaranteed to make her look years younger. After a lengthy sitting in front of the mirror applying the "miracle" products she asked, "Darling, honestly what age would you say I am?"

Looking over her carefully. Vusi replied, "Judging from your skin, 20; your hair, 18; and your figure, 25."

"Oh, you flatterer!" she gushed. "Hey, wait a minute!" Vusi interrupted, "I haven't added them up yet."

Stupid Husband

When our lawn mower broke down, my wife kept hinting to me that I should get it fixed. Somehow I always had something else to take care of first— the car, fishing, golf— always something more important to me.

Finally, she thought of a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I came out again and handed her a toothbrush. "When you finish cutting the grass," I said, "you might as well sweep the driveway."

The doctors say I probably walk again, but will always have a limp.

RECIPE

GUAVA FRIDGE CAKE

Ingredients

Tin of Guava (410g)

Strawberry jelly (1pkt)

Evaporated milk (410ml)

Packet of tennis biscuit

Method:

Dissolve strawberry jelly in hot water and leave it cool, only whisk evaporates milk until double in size, add jelly and guavas into the mixture. Put layer of biscuits at the bottom of your container and put your mixture on top. (repeat until finish) Sprinkle biscuit on top. Put it in the fridge and leave it to set.

Serve it with ultramel vanilla custard

PHOTO ESSAY

