

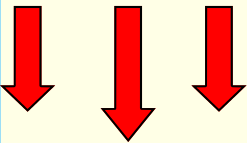


"Let Us, Together make internal Communication a Winning Practice"

# HLENGIMPULO NEWS

3rd **QUARTER**

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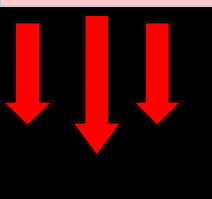
## PHOTO SNIPPETS

PUBLISHED BY: PUBLIC RELATION DEPARTMENT- HLENGISIZWE CHC OFFICIAL MAGAZINE

## SUCCESSFUL TB BLITZ AT MSUNDUZI CLINIC



From left: Mrs. N. Dlamini (CPN Ntshongweni Clinic), Centre: Mrs. L. Mbambo (CPN Hlengisizwe CHC) Left: Mrs. P. Matolo ( CPN Mpumalanga Clinic) Far behind: Msunduzi Community Health workers



**T**hursday the 6<sup>TH</sup> of September 2007 marked another effort by Msunduzi Clinic to sensitize various communities about TB and other related diseases.

Msunduzi clinic together with Ethekewini District has gathered with community recently and took a stride as an effort to make difference to the community of Esiweni The walk started at KwaMfene area till Kanomfihlela Primary Schools. The main aim of the walk was to reinforce, educating people about TB and other related diseases.

It took the whole day and commitment to inter-departmental professional team, business people and CHWS to sensitize the community about spread of TB and preventing it. Mrs. Mchunu from District office has voice her words telling the community around Msunduzi the important fact, that all children who are under the age of five should be sent to a local clinic, if a family member was diagnosed with a TB. This is due to the fact that children still have a weak immune system which might not

be able to fight against diseases like TB, she also reminded the community about DOT support which is a programme set up to assist those people who forget to take their medication.

TB is curable; any person diagnosed with TB should take his/her pills for full six months, and should not take alcohol and drugs while on the medication those were the words said by Mrs. N. Mazibuko (District TB Coordinator).

Also the issue of TB was emphasized in schools such as Mdepha High and Kanomfihlela Primary around Esiweni. Sr. Mbambo said that there is a huge concern from the government about the TB and HIV& AIDS and other related diseases. It is of this concern why programmes like this are organized for the communities; she insisted that people should know that. In part of showing appreciation children at Mdepha High had a song prepared for TB. Sr. Sosibo had urged the children at Kanomfihlela Primary to tell their parents if they suspect the symptoms of TB so they can be treated early.

## EDITOR'S NOTE



Greetings to all of you this festive session. In this issue, we will be very concise, but first and foremost, I would like to thank you all with your contributions and for making this newsletter your own.

We recently welcomed the summer and we are now looking forward to a festive season.

It has been a great year and we had lots of challenges and some of them were achieved. This year our communication activities was a bit broader I have compiled a customized a comprehensive communication plan which catered for all our relevant stakeholders.

The development of Hlengisizwe to a fully functional Community Health Centre has been joined by another key personnel namely Quality Assurance, Infection Control, Finance Officer and Systems Management Officer.

This also have prove uncertainties that Hlengisizwe Community Health Center's focus will be on strengthening quality programmes in order to deliver quality service at all times.

Hopefully you all have a nice festive season

Thank you

*Abah Tshabalala*

IF YOU HAVE ANY SUGGESTION AND CONTRIBUTION, OR WOULD LIKE TO WRITE STORIES FOR THIS PUBLICATION CONTACT US ON EXT 228 OR PERSONAL VISIT THE COMMUNICATION OFFICE OPPOSITE FINANCE & SYSTEMS MANAGER

**Sr. V. Z. Ndaba has joined Hlengisizwe Community Health Centre as a first Infection Prevention and Control Co-ordinator. This is a new department in the institution that will benefit every employee and the institution as a whole.**

*"I am committed to my management co-workers and community of Outer West to provide and maintain safe and healthy environment for all, so that we prevent cross infections.*

*My other responsibility is to ensure that everybody is informed about Infection Prevention and control measures so that they disseminate information for appropriate compliances.*

*My main focus will be on providing an effective and efficient infection prevention and control service at Hlengisizwe CHC in collaboration with other units to ensure optimal health status and holistic patient/client care".*

*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.*

*I accept new task as a challenge, work as a team, learn and share the best practice.*

*"My advice to other staff members, be responsible, work hard and never give up in what ever you want to achieve"*

Thank You

*Sr. V. Z. Ndaba*

## BREASTFEEDING DAY AT PEACEVILLE CLINIC

Wednesday the 8<sup>th</sup> August 2007 marked another effort by Peaceville clinic to educate mothers about how it is important to breastfeed their babies. One of the main reason for this event was to educate and enforcing the importance of breastfeeding and breast milk.

Sr. Mazibuko who has worked very hard together with her team educating pregnant women and mothers about importance of breastfeeding. She then thanked everyone, mostly mothers for their support.

The event was blessed by Rev. Ntshangase and Mlambo "Build homes for children, and plan to stay and plant gardens and eat the food you produce" those were words said by Rev Mlambo who was delivering the word of God on the day of the event. This day was so special for all South African mothers since August was celebrated as a woman's month.

Mrs. Ngubane gladly accepted the chance as she was giving mothers education on how "it is vital for a baby to be given breast milk and it is free, it is easily digested by the immature digestive system, causing less colic, diarrhea and constipation", Everyone listen attentively you could tell that mothers were very excited.

"Mothers need to enjoy breastfeeding because that can promotes bonding with babies and mother's



milk is the most nutritious food for the baby. The theme "breastfeeding the first hour saves 1 million babies" it is the truth because breastfeeding is a first immunization for a child" those were words said by Mrs. Muntu Radebe (nutritionist) from eThek-wini District.

Promotional material (including T-shirts for babies and wrapping towel for babies) with message

"Ngingumtwana webele, I am a breastmilk baby" were given to the mothers..

The event would not be complete without entertainment, and the stage was occupied by community health workers who sang for mothers.



### WHAT SIGN ARE YOU?

#### LEO -THE LION

Great talker. Attractive and passionate. Laidback knows how to have fun. Is really good at almost everything. Great kisser. Unpredictable, Outgoing, Down to earth, Addictive, Attractive, Loud, Love being in long relationship.

#### VIRGO- THE ONE THAT WAITS

Dominant in relationships. Someone loves them right now. Always wants the last word. Caring, Smart, Loud, Loyal. Easy to talk to Everything you ever wanted. Easy to please. The one and only.

#### LIBRA- THE LAME ONE

Nice to everyone they meet. Their love is one of the kind. Silly, fun and sweet. Have own unique appeal. Most caring person you will ever meet! However not the kind of person you want to mess with. You might end up crying.

#### SCOPIOR—THE ADDICT

Extremely adorable. Intelligent loves to joke Very good, sense of humor, Energetic, Predict future, Great kisser, Always get what they want. Attractive Easy going, Loves being in a long relationship. Talkative and romantic

## MENTAL HEALTH SPORTS DAY

The community of Pinetown at Lahee Park had shared their experiences around mental ill health people on the 30th August 2007. The purpose of the event was to make the community aware of mental ill health people that are the same as other individuals.

The driving process behind this initiative was Sub-West District Mental Health Forum through a solid partnership that exists within departments and NGO'S.

The Inanda Special School had prepared a grand opening of drum majorette, this part of opening has changed minds of people who always recognize mental ill health individuals as mental challenged.

"A person experiencing schizophrenia may demonstrate symptoms such as hallucinations, delusion and disorganized thinking" explained Mr. M. Nofemele (Chairperson MHRB).

The life of people with mental illness is significant changing the implementation of policies that are in line with Mental Care Act.

There were many activities that were demonstrated by mental ill health people such as sack race, tug war, umla-

balaba soccer and netball. Miss Lungile Mkhize was awarded with trophy as she came the first in athletics

Mental health care is a walk to healing and transforming enabling a person with mental health disorder to live a significant life in a community of his/her choice while is determine to achieve potential.



The event was not complete without any entertainment as Mpumalanga, Pinetown, Botha's Hill, Molweni and Queensburgh Clinic entertained the crowd.

Mrs. F. Mncwango (Sub West District Mental Health Coordinator) thanked all the stakeholders for participation and attendance.

## HEALTHY TIPS

**Adding certain foods to your diet can really improve your overall health. Add these foods to your diet.**

- For **healthy skin**, eat pumpkin, carrot, cranberries, raspberries, strawberries, and cherries, and drink a lot of water.
- For **healthy eyes**, eat broccoli, Brussels sprouts, cabbage, cauliflower and spinach.
- For **strong bones**, eat yoghurt, soy, tofu and drink skim milk.



Once a year, every person should have a check-up with the GP. Regularly monitor your cholesterol and blood pressure (ask your pharmacist)

Have an annual check-up too with a dermatologist, especially if you have moles or a family history of skin cancer, or had just one or two blistering sunburns in childhood.,. Also have your eyes examined.

Women should have an annual gynecological check-up, and after age 40, a mammogram (earlier if you have a family history of breast cancer). Every three years after 30, have a PAP smear for cervical cancer. (Ask your doctor or visit your local clinic about these)

## NEW VISION FOR HLENGISIZWE



Managers and supervisors who attended a two day strategic plan had agreed unanimously”

to promote the quality health care and dignity of patients”

Objectives of drafting Hlengisizwe Strategic plan was aligning with the 12 point plan.

Managers and supervisors descended on Hillcrest, Assegai hotel to draft a strategic plan for the institution,

which has a specific long term objectives, this plan look set to elevate Hlengisizwe Community Health Centre, into a performance based organization over the next three years.

“The challenge is that when you go back to work you really excel and transform” explained Dr. Ndlovu.

After two days of intense discussion emerged with this new vision all the supervisors were determined to go back and transform.



### 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.

### HEALTH CORNER

- **Dark circles** under eyes can indicate a poor diet or an undiagnosed food intolerance. Drink plenty of water, up your intake of fruit and vegetables and cut down on salt. If it doesn't get better, see your doctor.
- **Thinning eyebrows** could mean you have an under active thyroid. This condition also causes tiredness, constipation and a sensitive to cold. If you’re experiencing these symptoms, visit your doctor.

#### THE BEST FOODS

To beat constipation are wholegrain cereals, bean, pulses and dried fruits

### SUCCESS DOOR TO DOOR CAMPAIGN AT NTSHONGWENI CLINIC

# T

## HE

*Door to Door Campaign which aimed at sensitizing the community of Ntshongweni and surroundings about the TB ended up in success, when at least hundred and forty families were visited.*

*The success door to door campaign started on the 8th September 2007 and had run each*



*friday of the month. The four teams departed from Ntshongweni clinic led by the four representative from the management team.*

*Mrs. N. Mazibuko (District TB Coordinator) and Sr. N. Dlamini led the first team to the*

*East side of Sub 5 and Mrs. G. Mchunu TB Coordinator who heads the second team that headed eastwards. The third team was led by Mrs. Shange (CHW) Ntshongweni Clinic ). The last team was led by Mr. Linda from ( TB Free) . The teams visited house holds and those with sick people and schools.*

*This concept belonged to the eThekwini Health District office together with Ntshongweni Clinic.*

*It is believed that the same campaign will continue every year to reduce the high number of TB. Health workers who were part of this campaign were wearing their aprons written “You me, All of Us. Together, We can Stop TB NOW!!!*



*Hlengimpilo News will be testing your familiarity with your colleagues on dress codes, style, physical appearance ect. In this issue we have put an unknown lady on the spot with her back profile.*

### GUESS WHO IS THIS?

*Hlengisizwe CHC staff are not allowed to take part in this competition, for answers contact communication department after the competition’s closing date 15 November 2007*


## AUGUST 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Breastfeeding week	2	3	4
5	6 National immunization week	7	8	9 National woman's day	10	11
12	13	14	15	16	17 SADC	18
19	20	21	22	23	24 Deaf Week	25
26	27	28	29	30		

## September 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Pharmacy week	5	6	7	8
9	10	11 National kidney Awareness	12	13	14	15
16	17 Sroke week	18	19	20	21	22
23	24	25	26 Older person week	27	28	29

## October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 World Heart Day	1	2	3 	4	5	6
7	8 Eye Care Awareness	9	10 Mental Health Day	11	12 World Arthritis Day	13
14	15 Obesity Week	16	17	18	19	20
21	22	23	24 World Polio Day	25	26	27
28	29	30	31			

## KEY STRATEGIC DEVELOPMENTS AT HLENGISIZWE CHC



A

**A- The challenge**  
Hlengisizwe is facing is a shortage of space. The management team has decided to convey the foyer into a patients waiting area.

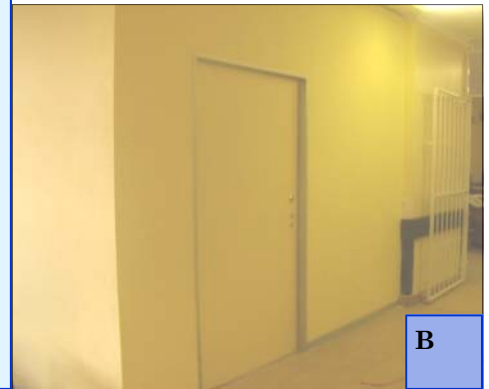


A



B

**B- The patients waiting area**  
was developed to offices and consulting rooms. To accommodate personnel and patients consulting rooms.



B

### NEW APPONTMENTS

- S.C Zondi-EN Fredville clinic
- B.T Nxele - EN Hlengisizwe CHC
- N.P Mtshali- EN Hlengisizwe CHC
- K.P Mzila- EN Peacevile Clinic
- N.F Zuma- EN Ntshongweni Clinic
- G.T Zungu- EN Msunduzi Clinic
- T.A Cebekhulu-Pharmacy Assistant- Hlengisizwe CHC
- T. Radebe- Telecom Operator Hlengisizwe CHC

#### General Orderlies

- Z. P. Mabhida- Linen Orderly Hlengisizwe CHC
- G.A Nyembe- Linen Orderly Hlengisizwe CHC
- S. Ngubane- General Orderly Hlengisizwe CHC

### TRANSFERS -IN

- N.P Shange- PN
- V.Z Ndaba- Infection Control CPN
- X. Sithole- SEN
- T.J Khumalo- CPN
- T.J.E Mkhize - CPN
- V.C Ngubane - SPN
- T.R Memela - HRO
- B.C Kweyama- SPN
- O. Thabethe - CPN Trainer
- D. F Zondo - SMO

### PROMOTIONS

- N.P Ngwenya - PN
- N. D Madonsela -Senior Enrolled Nurse (Mobile)
- S. G Mbuyisa- Finance Management Officer

### NOTICES

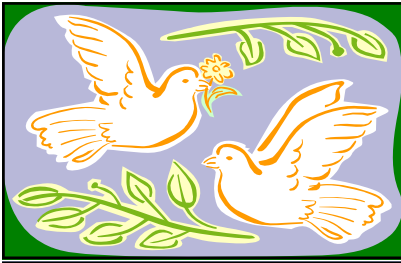
- Urged to display ID cards when on duty. Those who still do not have ID cards must contact PRO on ext 228
- Staff members who wish to write stories and taking pictures for our Newsletter, must contact Ms. Sboh on 228

### TRANSFER-OUT

- S.L Ndlovu- Senior Pharmacist (Hlengisizwe CHC)
- P.P.P.Mabhida- Senior Professional Nurse (Ntshongweni Clinic)

We would like to wish all of you prosperity and good luck in your endeavors. We hope you had a good stay at Hlengisizwe CHC.



**PSALMS 23:**

*The lord is my shepherd, I shall not want. He makes me to lie down in green pastures; He leads me besides the still waters.*

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**P.O. BOX 545**  
**HAMMARSDALE**  
**3700**

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

## TICKLING LAUGHS

### CRUELLEST CUT

Too little kids are lying next to each other on stretchers outside the operation theatre in hospital.

The first kid leans over and asks.

"What are you here for?"

The second kid says, "I'm here to get my tonsils out and I'm a little nervous."

"You've got nothing to worry about," the first kid says. "I had that done when I was four. They put you to sleep and when you wake up they give you lots of jelly and ice cream. It's a breeze."

"What are you here for?" The second kid asks.

"A circumcision." "Whoa! I had that done when I was born. Couldn't walk for a year

### TOUGH TEACHER

A school teacher injured his back and had to wear a plaster cast around upper part of his body. It fitted under his shirt and was not noticeable.

On the first day of term, still with the cast under his shirt, he found himself assigned to the toughest student in school.

Walking confidently into the rowdy classroom, he opened the window as widely as he could and busied himself with desk work.

When a strong breeze made his tie flap, he took the desk stapler and stapled the tie to his chest.

He had no discipline problems with any of his student that term

## RECEIP

### SPICY PORK CHOPS

2tablespoon (30ml) curry powder

2tablespoons (30g) ground coriander

1/2 teaspoon (2ml) salt

3 garlic cloves, crushed

4 large pork chop

3 teaspoons (45ml) fresh parsley, chopped

4 tablespoons ( 60ml) oil

Fresh lemon juice to taste

**Method:** Mix the curry powder, coriander, salt and garlic and sprinkle evenly over both sides of the pork chops. Rub well to work the spices into the meat.

Arrange the chops in a single layer in an oven-proof dish and sprinkle with oil. Leave to marinate for 20 minutes. Turn once. Grill the chops under a hot oven grill or cover coals until cooked to your liking ( it takes about 6-8 minutes per side) Drizzle with fresh lemon juice and serve with a bean salad and potato salad.

# SUCCESSFUL TB BLITZ AT MSUNDUZI CLINIC



## TB DOOR TO DOOR CAMPAIGN AT NTSWONGWENI



## PHOTO SNIPPETS DURING STRATEGIC PLANNING—GROUP DISCUSSIONS



## SNIPPETS DURING MENTAL ILLHEALTH SPOTRS DAY

