



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

ILEMBE DISTRICT



ILEMBE

NEWS

July-Sept 2024

Vision: "Optimal health for all persons in Ilembe District"

UMKHANKASO WOKUKHUTHAZA UKUNCELISA UBISI LWEBELE



Left: Dr Lesenyeho Ramokone : Manager Medical Services from GJGM and Dietetics team

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UMKHANKASO WOKUKHUTHAZA UKUNCCELISA UBISI LWEBELE

Mhla zingu 7 kuNcwaba 2024, umphakathi wase Tete namaphethelo ube nenhlanhla yokuthola izinsiza kusebenza zasesibhedlela emphakathini wabo obizwa ngesibhedlela kubantu. Inhliso yosuku kwakunguku qwashisa umphakathi ngokubaluleka kokuncelisa ubisi lwebele kanye nezinsiza kusebenza i.e. Vital signs checks, MCHW services, MCHW services (umama nomntwana), Dental checks (kuhlolwa amazinyo), social services (osonhlalakahle), Dieticians (osomsoco), Medical officers (odokotela), Acute services (abagulayo) nokunye nokunye

Umpakathi ubuphume ngobuningi bawo ukuzothamela uphinde usebenzise izinsiza kusebenza ezazikhona ngalolosuku. Ukhansela wewadi uCllr. Fakazi naye wayeyingxeny yalolusuku. Unksz. Mbali Zungu wakhuluma kabanzi ngobaluleka kokudla ngendlela efanele nomangabe awuncelisi, kodwa ukuqguqguzele kakhulu kwabancelisayo ukuthi badle ngokwanele nangendlela efanele. Owakubalula kakhulu ukuthi abancelisayo badinga ukwesekwa, basizwe ngeminye imisebenzi yasendlini ukuze babe nesikhathi esanele sokuncelisa umntwana.

Kuningi okwafundwa ngakho ngokubambisana nomnyango wamaphoyisa, kwakukhona no Sgt. Khumalo owayeqhamuka ophikweni lwamaphoyisa. Waqwashisa ngokuthi emaphoyiseni akubikwa kuphela amacala obugebengu, kodwa bakhona nabo bamukela imibiko ngokuhlukumezeka okwahlukahlukene, wakhapha nenombolo efonelwayo ukubika noma ufike emaphoyiseni.

Kwakukhona noNompilo bamawadi asendaweni, benza isiqephu esiqwashisa ngakho ukubaluleka kokuncelisa. Kukhokonke okwenziwa, kwabe sekuba nesikhathi semibuzo nezimpendulo. Kubobonke abomphakathi ababephendula leyomibuzo babethola izipho ezinhle ezazifike nabasemaphoyiseni.

Usomsoco uMnu. Siphosethu Mthembu ukhulume ngezithiyo ezivimba ukuthi omama bezingane bengancelisi ubisi lwebele. Ubalule ukuthi abanye abakwazi ukuncelisa ngenxa yokungasekwa emakhaya abakuwo. Ukuvezile ukuthi azondlekile kahle izingane ezingalunceli ubisi lwebele kepha encela ubisi lwebele yondleka ngokuphelele.

Umpakathi uluthakasele kakhulu lolusuku nezinsiza kusebenza ababelethelwe zona.



Umpakathi uthamele izinkulomo



Nutritional advisor nomama ocela ubisi lwebele kuphela



Unksz Mbali
Zungu : Acting
MCWH
Coordinator

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HERITAGE DAY COMMEMORATION AT GROUTVILLE CLINIC

Groutville Clinic in Ilembe District under KwaDukuza sub-district conducted its heritage day commemoration on 27 September 2024 within the facility's premises.

The event aimed to promote unity, understanding, and appreciation of diverse cultural backgrounds within the workplace. Celebrating the diverse cultural heritage of the workforce, encourage employees to share their cultural traditions, customs, and practices, foster a sense of unity and shared identity among colleagues and enhancing employee engagement was highlighted by different speakers during the event.

The celebration featured traditional attires cultural performances and speeches. A traditional meals were served during the event. This contributed to a vibrant and inclusive atmosphere, enhancing staff morale and collaboration.

In addition to the cultural celebration, the facility Operational Manager: Sister Mpanza took the opportunity to recognize, honour and appreciate all staff members by awarding them with certificates of appreciation. All employees received a certificate and a medal acknowledging their hard work, dedication, and contribution to the clinic's operations.

The event was well-received by the staff, and their positive feedback indicates that such activities are valuable in promoting team cohesion and cultural awareness. Sister Mpanza conveyed her heartfelt gratitude and appreciation to all staff for working together as a team despite their cultural differences. The PHC Manager: Sister Roshnee Bhagwandin shared the same sentiment with Sr. Mpanza and she believe that recognizing the staff's efforts will further motivate them to maintain their high performance.



Staff in attendance



Standing is Sr. Roshnee Bhagwandin delivering speech



Deputy Manger: Mr Peter Makhani handing over certificate of appreciation

Sister Mpanza and her sponsors from Sanlam



The event was also attended and supported by the sub district management team who appreciated Sr. Z. Mpanza for going an extra mile in ensuring that the event becomes a success.

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HERITAGE DAY IN PICTURES



Staff members celebrating heritage day and award ceremony.

Well done to coordinators!



DISTRICT HEALTH AND WELLNESS DAY

ILembe Health District conducted its Health and Wellness event (Sports Day) on 4 October 2024 at Stanger High School Sports Ground. All health facilities under I Lembe District attended to participate in different codes like soccer, netball, aerobics, tug of war, chess, 100m fun run etc.

Engaging employees in health and wellness activities yields a multitude of advantages for both individual participants and the organization as a whole. These benefits manifest physically, mentally, and socially, creating a comprehensive improvement in workplace dynamics and productivity.

The benefits for participating in the health and wellness activities like soccer, netball, volleyball, basketball, aerobics, and indigenous games promotes cardiovascular fitness, strength, flexibility, and overall physical health. Employees are likely to experience a decrease in health issues such as obesity, chronic diseases, and fatigue. It also reduce stress levels, anxiety, and symptoms of depression. The release of endorphins during exercise creates a natural mood boost, leading to improved mental clarity and better emotional health. The team sports and group activities foster camaraderie and social interaction among employees. These interactions can help build stronger team dynamics, enhance communication, and improve relationships within the workplace, contributing to a positive work culture.

Participation in wellness activities can lead to higher job satisfaction as employees feel valued and supported by the organization. The opportunity to play and collaborate outside of traditional work tasks enhances their attachment to the company. It also provide avenues for employees to develop teamwork, leadership, and communication skills, further enriching their professional capabilities.

In return, participating in sports activities enhance productivity because healthier employees tend to be more productive. The physical and mental health improvements from regular activity contribute to better focus, higher energy levels, and fewer sick days, leading to a more efficient workforce. All employees are encouraged to participate in the health and wellness activities.

Results are as follows:

Soccer: Ndwedwe CHC obtained position 1 and General Justice Gizenga Mpanza hospital obtained position 2

Netball: General Justice Gizenga Mpanza Hospital obtained position 1 and Sundumbili CHC position 2.

In summation, the mutual benefits of employee participation in health and wellness activities are clear. Employees enjoy improved physical and mental health, enriched social connections, and greater job satisfaction.



Ndwedwe CHC Soccer team



GJGM netball team representatives receiving their trophy and medals



Sundumbili CHC team walked away with position 2 trophy

ACKNOWLEDGEMENTS

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