



**KWAZULU-NATAL PROVINCE**  
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# Itshelejuba District Hospital

## ITSHELEJUBA NEWS

**STAY INFORMED**

**JULY—SEPTEMBER 2025**

Itshelejuba Hospital hosted a men's forum event along with Prince Nhlanganiso Zulu at Ntshangase Traditional Authority to talk about challenges that men are faced with on a daily basis especially in their sexual life and health. The health services were there for men to do check-ups. The event was to assist men to speak freely and learned about issues that they are faced with in community and in their households. Dr Zulu gave health education on prostate cancer, Mrs TM Vilakazi (CEO) encouraged men to utilise their nearest facilities, Prince Nhlanganiso Zulu educated men on how to be a real man that community can trust, depend on. The event was successful



Galaxy S24 Ultra

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## MEN'S HEALTH PROMOTION GALLERY



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Galaxy S24 Ultra



Galaxy S24 Ultra



Galaxy S24 Ultra



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## MANDELA DAY– 67 MINUTES

Isibhedlela iTshelejuba siholwa uMphathi sibhedlela uMrs TM Vilakazi kanye noMnyango wezokuthuthukiswa kwezenhlalakahle (DSD) bachithe imizuzu engamashumi ayisithupha nesikhombisa endaweni yaseManyandeni nomndeni wakwa Ndlangamandla njengenxenye yomkhankaso wokufinyelela emphakathini. Ngesikhathi sokuvakasha abasebenzi kanye nosonhlalakahle besibhedlela banikele ngezinto ezahlukene ezihlanganisa izingubo zokulala, nemibhede, nezingubo zokugqoka kanye namaphasela okudla.

Lena indlela ebonisa ukuzibophezela kwesibhedlela kanye nomnyango wezokuthuthukiswa kwezenhlalakahle ekunakekeleni



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# MANDELA DAY GALLERY



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## WELLNESS WEEK AT ITSHELEJUBA HOSPITAL

The Itshelejuba Hospital recently wrapped up a vibrant and inspiring wellness week, dedicated to promoting physical health, mental well-being, and team spirit among staff.

The week was filled with activities that brought joy, connection, and a shared sense of purpose, here is the recap of the week's memorable moments: staff prayer, where the staff gathered together at Chapel to have corporate prayer, motivate each other and shared a word of God. The staff came together to set intentions. Seek strength and foster a spirit of gratitude.

Day two brought movement and excitement as staff participated in fun walk and followed by health education by our dietician who encouraged staff to eat healthy and importance of exercising your body in order to have a healthy life. Closed with lively aerobics session.

Midweek the staff welcomed a guest speaker from department of justice who taught staff about different types of marriage contracts and their advantages and disadvantages of them as well as divorce. There was some friendly games volleyball, marathon run, netball and soccer. Staff showcased their skills and sportsmanship. To close the week, the hospital returned to its spiritual roots with a



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## WELLNESS WEEK GALLERY



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Galaxy S24 Ultra





## BREASTFEEDING AT GATEWAY CLINIC

iGateway Clinic ibambe ngempumelelo usuku lokufundisa abesifazane ngokubaluleka kokuncelisa umntwana ubisi lwebele. Ubisi lwebele lunempilo, lunomsoco, lwakha izicubu zomzimba emntwaneni, futhi luqinisa amathambo.

Abasebenzi bezempilo bebhukuluma ngokudedelana ukufundisa ngokubaluleka kwebisi lwebele. Ingane ekhululiswe ngobisi lwebele ayisheshi ukuhlaseleka izifo, ngisho umqondo wayo uyahlakanipha. ukukhombisa indlela efanele yokuncelisa nezinye izindlela

Ziningi izindlela ongazisebenzisa uma ungumuntu osebenzayo kanti unomntwana osancela ibele. Njengokuthi uma uwumama osebenzayo uyakwazi ukushiya ukhamele ubisi enkomishini ehlanzekile ingane isale incela ubisi lwebele. Ukuncelisa kubalulekile ngoba kwakha ubuhlobo obunqinile phakathi kwamama nengane,



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# BREASTFEEDING GALLERY



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## MEN'S HEALTH PROMOTION AT SIBIYA TRADITIONAL AUTHORITY

Isibhedlela Itshelejuba besihlele imbizo yabobonke abantu besilisa basendaweni yase Khiphunyawo ngaphansi kobukhosi bakwa Sibiyi. inhloso yalembizo ukuzokhumbuza bonke abantu besilisa bakulendawo ngeqhaza abanalo emphakathini nasemakhaya. Loluhlelo luhlose ukululeka abantu besilisa kulokhu okulandelayo: izifo ezahlukene ezithinta amadoda ngqo okungaba ingcindezi yengqondo, ukuwohloka komqondo (dementia), umdlavuza wendlala yesinye, isifo sikashukela, umfutho wegazi nokunye. Babe sebekhuthazwa ukuba bajwayele ukuwuvakashela umtholampilo. Baxwayiswa futhi ngokuhlukunyezwa kwabesifazane



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## MEN'S HEALTH PROMOTION GALLERY



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## Ms K.M. RAMODIKE'S FAREWELL—SYSTEMS MANAGER



**Ms KM Ramodike  
(Systems Manager)**



**Ms TM Vilakazi (CEO) together with  
other staff members bid farewell to**

Ms Ramodike ubesesebenze isikhathi eside emnyangweni wezempilo, esebenza ngokukhulu ukuzikhandla. Uqale wasebenza eSimdlangentsha njengo Finance Officer, Wadlulela esibhedlela Itshelejuba lapho waze wathola isikhundla esiphakeme sokuba uSystems Manager nokulapho abebhekelele khona izindawo eziningi ezahlukene zokusebenza ezingaphakathi esibhedlela kanye nasema kliniki.

Uze wathatha umhlalaphansi sisahlezi kahle naye, nokujabulisayo ukuthi sihlukane kahle naye eseyophumula ekhaya, Sizomkhumbula ngamagalelo akhe emsebenzini. Simfisela impilo ende enezibusiso.



## K.M. RAMODIKE'S FAREWELL GALLERY



**All units were represented.**

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## PONGOLA CLINIC WOMEN'S DAY

Pongola clinic has celebrated their women's day in a different way this year by marching from Pongola clinic to taxi rank with the aim of encouraging women to do papsmear and other diseases that mostly affect women, other departments (Department of social development, SAPS, Department of transport) were also there to support. Health services and talks were also con-





## GALLERY



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## WOMEN'S DAY

Women's month is a time to celebrate women's achievements and the progress made towards equality, while also inspiring future generations to pursue their dreams and stand up for themselves. It emphasizes the strength, resilience, and contributions of women from all walks of life and encourages their intelligence, competence, and perseverance to be fully appreciated. Women are encouraged to learn from and support one another, celebrating their achievements and finding strength in their shared experiences.

At Itshelejuba hospital this day was celebrated in a different and beautiful way, where women gathered together to celebrate one another, spoke about issues that affected them in their all aspects of life. They were singing, dancing, took time to sit and share their experiences and challenges they faced at work, at home, in the community, even quote from the word of God. The event was successful. They enjoyed eating together after-



**Abanye babaphathi besibhedlela bebhkhona ukuqinisekisa ukuthi usuku luhamba ngendlela (TL Zuma (HR Manager), ZF Khumalo (M&E). Isikhulumi sosuku okuwu (Mrs Danke—black dress) wakugcizelela ukuthi kukho konke okwenzayo nokwenzela abanye abantu ungumuntu wesifazane ungazikhohlwa wena, ubalulekile futhi**





## WOMEN'S DAY GALLERY



# IXOXWA NGEZITHOMBE.....

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## PHARMACY WEEK



**Ms. LN NENE**  
**PHARMACY MANAGER**

Pharmacy Month is commemorated annually in September in South Africa.

The event aims to raise awareness about the vital role pharmacists and pharmacy support personnel play in the community's healthcare and improve communication between patients and pharmacists.

Each year Pharmacy Council releases a theme to strengthen the message of the campaign.

This year's theme was "Think Health, Think Pharmacy - One Profession, Many Roles," Highlighting the diverse roles pharmacists play in the healthcare environment.

Itshelejuba pharmacy team performed different activities which included going to schools to do awareness about Pharmacy profession and job opportunities, Patients satisfaction survey, assessing the patients





## PHARMACY WEEK GALLERY



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## HERITAGE DAY

Heritage day celebrates the diverse cultures, traditions, history by encouraging people to embrace and share their unique heritage as a way to unite the nation.

The day encourages people to step outside their cultural bubbles to learn about and appreciate other cultures. Celebrations often involve wearing traditional outfits, eating traditional foods, and engaging in cultural activities like music and dance.

Itshelejuba hospital celebrated heritage day in style, they were wearing different traditional outfits, looking so beautiful, took photos together, eating traditional food. The day was so successful.



# PHAMBILI NGEMBOKODO PHAMBILI!!!!!!!





## HERITAGE DAY GALLERY



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# COMPLIMENTS!!!!



**Arendiswæ Kunene**

The best doctor ever osebenza ngokuzimisela nangothando kuyona yonke into ayenzayo kwi patient .I thank God ukuthi ngisizwe umuntu onjengaye kumntana wami othe ngimteta watholakala enenkinga yesbindi kodwa ngenxa ka doctor Malinga kanye nozakwabo Dr Miljuce kuymanje uyaphila ukhula kahle futhi unkulunkulu angibusisele bona isandla sendlula ikhanda ❤️❤️



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