



HEALTH
KwaZulu-Natal

EZaseKhangela

August 2008, Issue 2

“Together Making a Difference”

CELEBRATING WOMEN OF KE8H

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Thursday the 28th August 2008 was the celebration of all the women in KE8H. This celebration came at the time when the Department as a whole is experiencing financial constraints; and therefore we could not do this like we use to in the previous years.

This day was a thanksgiving to the Almighty for creating such special people (women); who make life worth a living to so many people. Especially in the health sector. It was also to acknowledge their dedication and hard work; under sometime not so conducive environment. All of this was testified by a scripture reading from the book of Ruth and motivational words from Mrs Dlamini (pastor) and Mrs Ncube.

Our Nursing Manager:

Mrs Zola made emphasis on how dedicated and hard working women. This celebration came at the time where we have lost another amazing woman, Mrs Mposula. “We are celebrating her life as one of true service delivery ambassadors”, Mrs Zola said.



Programme Director: Mrs Thembi Nzama

We had Beauty Technician students from Coastal College who pampered our special ladies with manicure and pedicure. Coastal College also gave complimentary voucher for hair treatment.

Mrs Mogi Govender demonstrated different types of massages with the concentration on the Indian massage.

We also had Molly Naidoo cooking a breyani with the miracle bag.

The ladies really enjoyed this day.

(More photos on page 9)

“...let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then whenever we have an opportunity, let us work for the good of all.”
Galatians

Phenomenal Woman

“The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their working thoughts on what they should’ve done, or what they can’t do.”

Dennis Waitley

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size.
But when I start to tell them,
They think I'm telling lies.
I say it's in the reach of my arms
The span of my hips, the stride of my step,
The curl of my lips.
I'm a woman phenomenally. The phenomenal woman, that's me.
I walk into a room
Just as cool as you please,
And to a man, the fellows stand or fall down on their knees.
Then they swarm around me, A hive of honey bees.
I say, It's the fire in my eyes,
And the flash of my teeth, the swing in my waist, and the joy in my feet.
I'm a woman phenomenally. Phenomenal woman, that's me.
Men themselves have wondered what they see in me.
They try so much but they can't touch my inner mystery.
When I try to show them. They say they still can't see.
I say, It's in the arch of my back, the sun of my smile, the ride of my breasts,
the grace of my style.
I'm a woman phenomenally. Phenomenal woman, that's me.
Now you understand just why my head's not bowed.
I don't shout or jump about or have to talk real loud.
When you see me passing it ought to make you proud.
I say, It's in the click of my heels, the bend of my hair, the palm of my hand,
the need of my care,
'Cause I'm a woman phenomenally. The phenomenal woman, that's me.

Maya Angelou

Editor's corner



Miss Nontobeko Ndlela: P.R.O

This issue come at the time when we are celebrating women all over the world. The month of August reminds us how remarkable we are and that we are the people who brings

beauty in the world. I am sure that no one had ever imagine how the world would be without women.

The important thing is to recognize how special we are on our own; before someone else tells us. The day we give ourselves the credit we deserve

would be the breakthrough to many things that hinders our success as women. Let us pamper ourselves everyday of our lives not only in August or during mother's day; because we are phenomenal indeed.

Nursing College News



ORTHOPEADIC GROUP



ICU / CRITICAL CARE GROUP

"There are two kinds of people, those who do the work and those who take credit. Try to be in the first group; there is less competition there."

Indira Gandhi



PEADIATRIC GROUP



ADVANCE MIDWIFES GROUP

The 08th August was a big day for the Nursing College at KE8H; when they said farewell to group 09/2007. Learner Representative Council always take the initiative of welcoming new group and saying farewell to the outgoing one.

This group started in September 2007 and consists of specialist training in various categories e.g. orthopaedic, paediatric etc.

The hospital C.E.O Mr Bhekiswayo mentioned that this event came at the time when there are celebrations of women all over the world. He acknowledged the role played by women in the

cially in the nursing field. This according to his speech is because women are known to be the carers and the most patient people and even if a woman is not trained as a nurse; it is within her to care. Mr Bhekiswayo thanked the management of the college; saying that even though they are teaching but they leave lectures and assist the hospital whenever there's a crises. He was also appreciative of the relationship that the college and the hospital have. He concluded by wishing all the students that have completed their course everything of the best in their career. The day ended with a well prepared



Welcome Note from Hospital CEO: Mr Bhekiswayo



Outgoing LRC from L-R: T Vilakazi, DT Mkhize, AM Shelembe, E Simons and P Bhengu

"If you desire an hour's happiness, take a nap. If you desire a day's happiness, go fishing. If you desire a month's happiness, get married. If you desire a year's happiness, inherit a fortune. If you desire a lifetime's happiness, help someone else."

Chinese proverb

“Everyone thinks of changing the world but no one thinks of changing herself”



Hospital C.E.O: Mr Bhekiswayo

The above wise words were said by Mrs Adelaide Tambo in 1988, at the Diaspora Women of the World Conference, in Sweden. In our country, the uHuru achieved in 1994 ushered in a democratic order with guaranteed basic human rights and the promotion of gender equality. Women in our country continue to break new grounds in many spheres of life. Conversely, many women are still trapped in the quagmire of unemployment, poverty, disease reasons and abuse; they feel like nothing changed since 1994.

As you celebrate your month, you need also to reach out and extend a hand of comradeship to those who are not as fortunate as you, in rural areas, slums, ghettos and corners of our city streets.

Do not forget those women and children from foreign countries who not so long ago were the victims of barbaric xenophobic attacks. They too are human beings created in the image of the Lord.

So change as Mrs Tambo said has to start with you before one expect others to change. If you remain in your cocoon expecting change to come knocking in your door without you making an effort to reach out, you are the slave of your own making. Remember that not all closed doors are locked. A song by Dolly Parton says “ the way I see, if you want the rainbow, you’ve got put up with the rain.”

To all women employees at **KE8H**, find time from your busy schedule to celebrate and enjoy your month. We value, love you and inspired by your resilient and dedication to the service of our people.



“ When in self-doubt, take a moment and envision your life as you would want it to be. Then consider how you and only you could make it even better.”

Unknown

“To have resentment is like drinking poison hoping that your enemy will die.”

Nelson R Mandela

Ziqhenye ngomsebenzi wakho

Ujengoba siphetha uNcwaba nokuyinyanga egxile ekubalulekeni kwa-bantu besifazane; ngikhulumisane nomama uPunky Gamede osebenza njenge-cleaner kulesisibhedlela saseKhangela.



Umam'uPunky Gamede emsebenzini wakhe aziqhenyayo ngawo.

Umama uGamede waqala ukusebenza kulesisibhedlela ngo-1982 kuZibandlela kuze kube namuhla. Ngaleso sikhathi kwa-kubanjwa irandi lentela emholweni wabo. Engxoxweni engibe nayo nomama uGamede ukubeke kwacaca ukuthi yena isitifiketi sakhe i-mop Futhi uyaziqhenya ngalokho. Ikakhulukazi njengoba kuyiso lesitifiketi esamenza wakwazi ukufundisa amadodakazi akhe amathathu naseyizi-fundiswa; ngenxa yalomsebenzi wakhe.

Akugcizelela kakhulu inhlonipho. Akusho lutho ukuthi umuntu mncane kangakanani ngeminyaka, kodwa uma eyisiniya kubalulekile ukuthi umnike inhlonipho emfan- ele. Kodwa nakho lokhu akusho ukuthi

labantu abancane noma bengamasiniya abangabe besabahlonipha abantu abadala. Noma ngabe umuntu wenza hlobo luni lomsebenzi uma elingana nomzali wakho uwuye umzali wakho; ngakho-ke kufanele umphathe ngendlela ophatha ngayo owakho umzali. “Kodwa ngeke siqhathanise kakhulu ngoba abantu bakhuliswe ngezindlela ezingefani, kanti futhi nasekhaya izingane azifani.”

Ssikhathi samanje nesakudala

“Into engingayisho nje ukuthi ngaleyamin-yaka abantu babe wuhlonipha umsebenzi, kanti futhi wawuthuka kabi uma ubizelwa ehhovisi lomphathi; wawuzibuza uziphendula ukuthi engabe ngenzeni; nangesikhathi ngithola ucingo lokuthi ucela ukukhuluma nami ngithukile,” kusho umama uGamede.

Unsumpa owayephethe ngaleyamin-yaka wayekhuthaza ukuthi abantu abasebenzise izitem-bisi ukuze behlale bephilile. “Ngeke nje uqhudelane nami,

eChesterville ngezinyawo ngizofika la emsebenzini.” kuqhuba umam’Gamede.

Kwathi uma sekuphethe abantu abaNsundu kwaba lula ikakhulukazi ukuxhumana njengoba kwakufanele kubekhona umuntu ohumushayo uma ukhuluma ulimi lwakho, manje akasadingeki umhumushi, uzikhulumela isiZulu sakho nabaphathi.

Enye into ebalulekile egcizelelwe umama uGamede ukuthi abantu abaqashwa manje baqhakambisa ukuthi bona baqhashelwa muphi umsebenzi, bakhohlwe ukuthi noma ngabe umuphi umsebenzi abawenzayo uthinta isiguli. Ngakho-ke akusho ukuthi uma kushoda abantu abazofunza iziguli, ngeke wasiza wena ngoba awuqashelwanga lokho. Uma usebenza esibhedlela ungumhlengi-kazi, noma ngabe awuqashelwanga bona ngoba yonke into oyenzayo ithinta ukuthuthukiswa noma ukuhlenga izimpilo zabantu. Yilo leliphuzu athi kumele kugcizelelwe kulona, ikakhulukazi kubo bonke abantu

“Indlela eya empumelelweni ayihanjwa ngekheshi, ihanjwa ngezitebhiso”

Thank you



The Superintendent
King Edward VIII Hospital
The department of Hematology

The Superintendent/ Manager,

RE: LETTER OF APPRECIATION

After my husband was diagnosed with Hodgkin's disease we were referred to King Edward Hospital for chemo therapy.

We would like you to know that through our difficult times, the support that we received, and the manner that we were treated by your staff was really fantastic.

It is with great gratitude and appreciation that we thank you for your caring, patient attitude towards us.

There are so many people that we would like to thank for what was done for us but we do not know all the names but they know who they are. Keep up the good work its people like you who make the difference. Just because they care.

GOD BLESS

Mrs. M. M. SofuKeine



"Keep your fears to yourself, but share your courage with others." Robert Louis Stevenson

03b7k2005
Dear staff of Ward 54^A
Night and Day staff.
Thank you'll for the hospitality. my stay here was great. The love and respect you'll gave me mean't the world to me.
Thank you for ^{be} tolerable. you guys rock. Just when I thought nobody has love for nursing anymore you all proved me wrong. Thank you'll once again and God Bless all the staff of ward 54^A.
you'll help speed up my recovery and thanks for looking after me.
Thank you!
Desiree Palmer



RESIGNATIONS

Naidoo P Phlebotomist	Mgobhozi TP Staff Nurse	Mthimkhulu M Finance Clerk
Zitha D PMO	Ndlovu M Staff Nurse	Ntshingila N Prof Nurse
Naicker M Chief Physiotherapist	Ganesh P Staff Nurse	Ntloko AT Prof Nurse
Nganwa PJK Doctor	Mchunu ME Clerk	
Nxaba DT Prof Nurse		
Langa MD EN		
M Mohammed Registrar		

Transfers

Govender P Registrar	Mtshali SNB Prof Nurse	Singh Doctor
Nair A Prof Nurse	Mqadi VB Auxiliary Service Officer	Mthethwa RN Prof Nurse
Zibane KM N/Assistant	Rattan B Registrar	

May these souls rest in peace

Nxumalo GS Clinical Orderly	Mbeje N.S Stores Assistant	Mposula NN Deputy Nursing Manager
Mhlongo SE ENA	Dlamini SG Prof Nurse	

PEACE PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace;
 where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 and where there is sadness, joy.

Grant that I may not so much seek to be consoled as to console;
 to be understood as to understand;
 to be loved as to love;
 for it is in giving that we receive;
 It is in pardoning that we are pardoned.
 And it is in dying that we are born to eternal life.

St. Francis of Assisi.

*"Change does not
 necessary assure
 progress, but progress
 implacably requires
 change. Education is
 essential to change,
 for education creates
 both new wants and
 the ability to satisfy
 them."*

**Henry Steele
 Commager**

Employee Assistance Programme



EAP Practitioner:
Mrs Thembi Nzama

WHAT IS A EAP?

It is worksite based programme designed to assist in the identification and resolution of problems that may adversely affect employee job performance.

It is aiming at improving the quality of life of all employees and families in our institution by providing greater support and help them to cope with everyday life.

CONFIDENTIALITY

The EAP is a confidential service and whatever you discuss will be between you and the practitioner.

ACCESSIBILITY/ COST

Services are available to all employees regardless of their positions.

Service are free of within the department.

Referrals made within the institution. E.g. psychologist, social workers will be at no extra

cost. However, if the employee is referred externally he/she will bear the cost.

TYPES OF REFERRALS

Self-referral: an employee decides on his or her own to seek assistance from the practitioner.

Informal referral: an employee receive recommendation from colleagues, friends to seek EAP assistance.

Formal referral : It is mandatory, whereby an employee is referred by the employer or immediate supervisor due to decline in work performance. A referral form must be completed and signed by both the supervisor and the employee.

DO YOU HAVE ONE OF THESE PROBLEMS ?

- Alcohol and drug abuse.
- Depression that can lead to excessive absenteeism.

- Emotional problems.
- Interpersonal relationships.
- Family/children difficulties
- Finances/ budgeting.
- Work related stress/
- Health problems.
- Legal problems.

If you have one of the above, kindly consult the EAP Office... Ext. 3846



Press on- nothing can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Perseverance and determination alone are omnipotent. Calvin Coolidge

More Photos on Women's Day



Rani having pedicure



Nonhlanhla having her nails done



Mogi Govender demonstrating Indian massage



Sr Makhathini with a beauty therapy student



Demonstration by Mogi Govender and her colleague

Clips on Sports



KE8H ladies VS Umphumulo Hos.



KE8H Soccer players during half-time



From L-R: Nomhle Mkhandawiri, Nicko Madikizela & Slindile Cele



Mini Tournaments at Cato Manor Grounds



Mzayoni getting ready to take a penalty kick



From L-R: Xolani, Lindiwe & Vukani



Some Netball team members



Our goalkeeper Meli getting ready to save the goal



Transnet soccer team members

Mini Tournaments



KE8H Netball Team

King Edward VIII Hospital was part of Mini Tournament Games between eight institutions. Among these institutions were Murchison, Port Shepstone, R.K

Khan, Umphumulo,

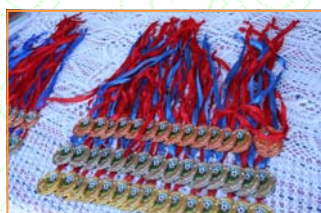
PMMHospital, Benedictine, to mention but a few.

These tournaments were organized by Prince Mshiyeni Memorial Hospital in conjunction with Old Mutual. Sport has been identified as one thing that brings people together; it's a

good platform where hospital employees

show what they are good at beside excelling in taking care of sick people.

This day ended with the after party at PMMH where everyone enjoyed themselves.



Bronze, Silver and Gold medals

KE8H took part in the tournaments organized by Spoortnet and Transnet. Among the institutions who participated are Mc Cord and Clairwood hospital. The interesting part is that the organizers also competed for trophies and medals.

Although our guys didn't win, the ladies represented by coming home with gold medals and the trophy. Well done ladies and the guys because the fact that you represented KE8H is a win on its own!



Netball Trophy won by KE8H



Mr.. From Spoortnet handing over the trophy to our netball



KE8H Soccer Team

For any Newsworthy stories Please contact:
Public Relations & Communications Department
Office No.3 Admin Block
Tel: (031) 360 3021
Fax: (031) 206 1457
nontobeko.ndlela@kznhealth.gov.za

King Edward VIII Hospital
Corner of Francois & Sydney Road, Private Bag X02
CONGELLA
4013
<http://www.kznhealth.gov.za/kingedwardhospital.htm>