



VOLUME 1, ISSUE 1

INDABAYETHU NEWS

THE HANDING OVER OF THE NEW PHC OFFICE

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"Do not shut love out of your life by saying it is impossible to find. The quickest way to receive love is to give love.

The fastest way to lose love is to hold it too tightly".



On the 18th of June 2008, the handing over of our new Primary Health Care Offices was celebrated in style. The partnership between the Department of Health and ACHIVA Project started in 2004 when a need arose to kick start an ARV Program in the Uthukela District. BMS came up with a new project called ACHIVA (Augmented Community HIV/AIDS) Program which would serve as an umbrella body in the ARV Program. Through this partnership a lot of achievements have been accomplished and below are some of the highlights:

- ◆ Helped in starting the ARV roll out from Ladysmith

-Regional Hospital to Primary Health Care Clinics

- ◆ Provided Management training for the Hospital management and other relevant trainings for Health Workers
- ◆ Renovated an old Boiler House to Primary Health Care Administration Block amounting to about R3 600 000.
- ◆ Constructed Park homes amounting to R3.8 million for the extension of ARV Clinics and other Health related service.
- ◆ Acquired CD4 count machine for Ladysmith Hospital laboratory



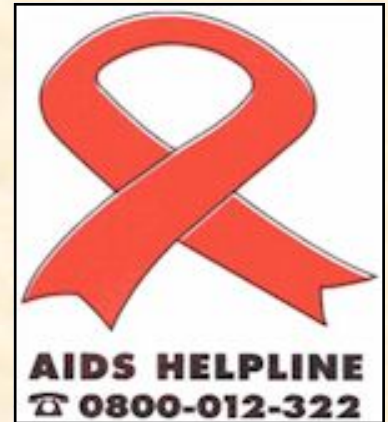
Amongst other dignitaries, there was Acting Head of Department of Health, BMS Executive members, Uthukela Health District Management and Ladysmith Regional Hospital Manage-

Kusuke kungewona umcimbi ngaphandle kwabantu abahle kanje, bevunulile bedle ezomdabu kushaywa ingoma kukikize omama. Phela nabakwa BMS Babelokhu bekuthakasele njalo ababekubona okwethu kweSintu!





BMS Chief Scientific Officer: DR Elliot Sigal and Acting Head of Department: DR Y. Mbele



“Do not take for granted the things closest to your heart.



Above: MR D.D Dumisa (Ladysmith Regional Hospital C.E.O), BMS Executives and DR E.W Nambassi

Below: The C.E.O delivered the closing remarks than it was the last Item! Food! Food! Food!

Community Mobilization Event

Nawe Zakheni C Clinic awumncinyane ngoba lonke uhlelo olwaluhambisana nokuvakasha kwezihambeli Zethu zabakwaBMS lwaphethwa khona. Yize noma amakhaza ayeshubisa umnkatsha kodwa lokho akuwuvimbanga umphakathi ukuba ubekhona ngobuningi bawo ukuzogobha usuku olwalubalulekile kakhulu. Inhloso yalomcimbi kwakuwukufundisa umphakathi ngezifo ezikhona ezifana no TB & Opportunistic Infections, Cancer Awareness and VCT and Community PMTCT. Umphakathi lapha wawufundiswa ngezindlela eziningi okubalwa kuzo, Izinkondlo, yimidlalo yeshashalazi nezinkulumo ezaziqine ngendlela yokuthi wawungeke uphume uthi awuzwanga lutho!



Izingane nazo zazingazibekile phansi ngomdlalo wazo weshashalazi!!



Kwavuka usinga lapho abafana bendlamu beqephuza besina!!

IXOXWA NGEZITHOMBE!



Nezicukuthwane nazo zazithamele uzibona ukuthi cha ziya-kuthokozela okwakwenzeka ngalolosuku!



Naye uJobe (P.R.O) WAYEYISICUKUTHWANE!

"Siyambongela Bakithi, engathi engaphinde amenywe futhi!!

EDITOR'S COMMENT!

For any Newsworthy Items & Events that you wish to share with the staff, pls! contact the P.R.O @ Ext 395



MR THABO SITHOLE (P.R.O)

Ladysmith Hospital Tracksuit is on sale! Contact the P.R.O for more information!!!

W

hen I wake up every morning I used to say, “thank God for giving me this wonderful opportunity to be counted amongst those who are lucky to be alive”. On that note I would like all of us to remember that God Love us all.

This is my first Newsletter edition since I joined Ladysmith Regional Hospital family and I must say, it was good to be back home after so many years of living and working outside my hometown, and again I would like to say thank you to my Management, the staff in general for giving me a conducive platform to work in. Like any ordinary family, we still have our own challenges and I am positive that together we'll find our common grounds that will actually makes us a collective unit. Our main focus now as Public Servants is to ensure service delivery to the community that we serve at all cost. Lastly colleagues, Christmas is around the corner please don't do anything you wouldn't do when riding a bicycle. “God Bless you”

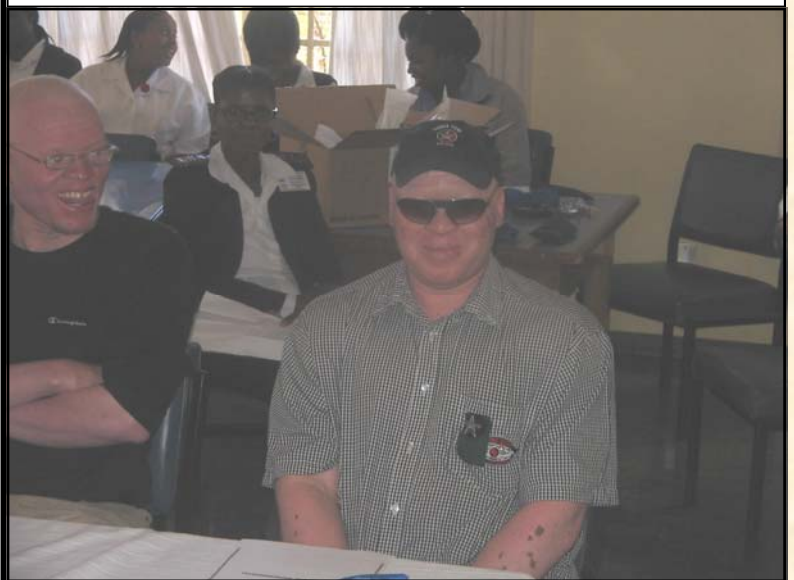
Albinism Awareness Week

On the 22 of September 2008 Ladysmith Regional Hospital celebrated Albinism Week which was scheduled for 22 -26 September. On that day patients with Albinism were done Eye and Skin Screening and also received Counseling by Social Workers. Patients were also given Sunglasses, Hats, Sun screen and Lip ice.

Sister M.E Khuzwayo from the Eye clinic encouraged all people with Albinism to visit the Hospital for follow up. Dr Sardiwalla our local Optometrist emphasized that people with Albinism should be treated equally like any other normal human being in our Society. We would like to thank people from Deaf and Blind Association for their participation in identifying people with Albinism.

Again we would like to thank the following companies and Optometrist who donated Sunglasses, DR Sardiwalla, Dr Asmal, Spec saver and Sunshine Eyewear Store.

Our appreciation also goes to all Stakeholders, Eye Clinic Staff, Hospital Board and Hospital Management not forgetting Mr. B.L Msibi(Ass: Manager, Nursing) for encouragement and support



Health Education Corner

PROMOTING HEALTHY LIFESTYLE BY PROMOTING HEALTHY EATING HABITS

The nutrition experts in South Africa have come up with Food Based Dietary Guidelines to help promote healthy eating among South Africans to address nutrition problems/challenges associated with undernutrition, overnutrition and micronutrient deficiencies. When choosing foods and planning for ourselves and our families it is important that we **try** to follow these guidelines.

1. Enjoy a variety of foods

It is important that we eat 3 meals a day, and also eat a variety of foods at these meals to ensure that we get all nutrients our bodies need.

2. Make starchy foods the basis of each meal

Starchy foods be part of a mixed meal. Starchy foods should be eaten with other foods such vegetables, fruits, dry beans, Soya meat, fish, chicken, eggs, milk or milk products to provide extra nutrients.

3. Chicken, fish, milk or eggs could be eaten daily

These are rich sources of protein, should be eaten in small amounts as they are high in fats and could increase the risk of heart diseases.

4. Eat plenty of vegetables and fruits every day

Eat at least 3-5 servings of vegetables and fruits everyday, as these are rich in vitamins and minerals

5. Eat dry beans, split peas, lentils and Soya regularly

Known as plant proteins, and also high in proteins and low in fat. Should be eaten 2-3 times a week.

6. Use sugar, salt and fat sparingly

These should be used in small amounts as excessive intake could increase the risk of chronic lifestyle diseases.

7. Be active

Being physical active helps loose weight and maintain healthy body weight, ect....

8. Drink plenty of water

Aim for at least 6-8 glasses per day. Tip: Add drops of lemon juice, mint leaves or slices of lemon in a jug/container to refresh water to water quench thirst.



Article compiled by: Ms P. Mngadi (Dietician)

Social Events



AmaZulu Football Club visited Ladysmith Hospital
As part of their social responsibility Programme



Ladysmith Hospital ABET Team was part of ABET celebration !