



# INDABAYETHU

## FROM THE C.E.O's DESK!

What's Inside!

1-2 C.E.O's Desk

3. World AIDS DAY

4. Quality Day

5. Cerebral Palsy X-Mas Party

6. Ward 6&8

7. Jonson & Jonson Healthy Baby

8. School Event

9. Contact Details



**THE CHIEF EXECUTIVE OFFICER  
MR. D.D DUMISA**

The foregoing year was characterized by many challenges, main being shortage of staff and cumbersome ways of acquiring services. The burden of HIV/Aids and TB prevalence are still leaving remarkable dent to our staff and the community. The commitment shown by our staff given and the environment was fantastic and hoping that they will show the same this year. Our destination is that of offering full package of Regional Service although we understand that the absence of District Hospital compels us to offer District Hospital packages. We will continue developing Regional Services with resources at our disposal given the challenge of shortage of specialists and residential accommodation. A long and healthy life for all uThukela Districts people will be the main outcome that we will be focusing on with the following outputs :

- ◆ Increasing life expectancy



- ◆ Decreasing maternal and child mortality
- ◆ Combating HIV and Aids and decreasing the burden of diseases from tuberculosis
- ◆ Strengthening Health System Effectiveness

Key strategies to achieve the outcome are as follows:

- ◆ Overhaul Health services
- ◆ Reduce mortality and morbidity due to communicable diseases & non communicable conditions and illness.
- ◆ Strengthen intersect oral collaboration

Ten point plan will also guide our efforts:

Critical positions i.e. Management, Clinical and administrative posts will be filled to achieve the outcome. Late last year we acquired our ophthalmology microscope after a wait for more than five years. This year we will offer TOP services and we plan to at least have a year proper nursery. We aim to strengthen PHC and focus on preventive than curative services. HCT campaigns is still our priority. We will take part in flagship Programme to fight the poverty at our disposal “Make me look like Hospital” project is still our priority. Internal and external inspections will ensure our quality service. Community leaders and members of the community will still assist us to ensure quality through their complaints and suggestions. Hospital Board and clinic committees will still assist the district to offer the quality service. Each official is employed to benefit not management as perceived but rather the patient which is on loss. By being employed ,we are all bond to do all in one power to save lives of our community.



**‘Meet the Chief Executive Officer in Action’**



# World Aids Day

**I**t's a universal struggle to fight against HIV and AIDS on the 1st of December .

As massive troops of the Ladysmith Provincial Hospital staff and patients led by Sthembiso Vezi of Nehawu with songs down the buildings of the hospital that give hope to many sick patients on world aids day took away pain and sorrow and many were strengthened and left in joy by the words of divine. This was a reminder of that we miss and love all those who passed on through this disease. Unity is strength, it is stronger than still friends, its love that could never be compared shown by Ladysmith Provincial Hospital staff to the sick and needy.



**OUR DEDICATED STAFF WERE LEADING THE PROCEEDINGS!**



**Keep those lights up!**



**Babize bonke sizoyi thwalisana ngeke isixake sibumbene!**



**Put a little oil in the lamp so it can shine bright and for many to see!**



## Open or quality day you call it!

**M**any were called for the celebration of the quality day and to be honored for their hard work at the Ladysmith Provincial Hospital for the long service awards, these were of 30 and 20 years of dedicated service to the institution. The long service awards made many people to have an insight and to the recipients see how acknowledged they are and that this is what happens to people who go an extra mile with their work. One could tell that these people were called to be where they are and it's not about careers. To the sponsors of the event, a big thank u from the hospital.



Never give up, it's only the beginning!



The Ladysmith Provincial Hospital C.E.O giving a warm welcome to the guests



The District Manager Mrs. M.T Zulu awarding a 20 year certificate of dedicated service.



# Cerebral Palsy X-Mas Party



**T**he Rehabilitation Department hosted a Christmas Party on the 15th December 2010, for children with CP and their caregivers. This party was meant to improve the morale of the caregivers, as living with a child with disabilities is extreme demanding. The Rehabilitation Department wanted to recognize these Women for their dedication and perseverance in caring for these CP children.

There were several kind hearted ladies that contributed to this day a success.

- \* Diana Schoeman
- \* Mariske Dedekind
- \* Liezl Block
- \* Dreikie Gerber

The mothers and Rehabilitation staff would like to thank the Sponsors for their contribution.





# WARDS 6 & 8

THESE ARE OUR PAEDIATRIC WARDS RENOVATED BY BOXER AND CROSSROAD INTERNATIONAL. BUKA NJE INJABULO ESEBUSWENI BALABOMUNTUZA. WE APPRECIATE WHAT CROSSROAD HAS DONE TOGETHER WITH BOXER AND ASK FOR OTHER COMPANIES TO SHOW THIS GESTURE.



PICTURE 1: HAPPY FACES WITH NEW TOYS AND FURNITURE

PICTURE 2: NURSING STAFF OF WARD 6 SHOWING THEIR APPRECIATION TO MALCOM AND ZWA.

PICTURE 3: HAPPY NURSING STAFF AND MOTHERS OF WARD 8

PICTURE 4: WHO CAN SAY THESE ANGELS ARE NOT WELL IF THEY ARE PLAYING LIKE THIS WITH MALCOM AND ZWA





## JONSON & JONSON HEALTHY BABY

# W

ho said if you are breastfeeding awukho emgangathweni. That's what these Health Workers are stressing to the mothers, that there is nothing that beats mother's milk. It has benefits also: it's healthy, no time consuming, clean, warm and it creates an everlasting bond between the mother and the child. Bekukuhle kudelile yikho –ke nje ukuthi besingeke siwine sonke but all the mothers who were there deserves a medal. Sithi nje Halala to the Ladysmith Health Workers as well as Community Health workers Ladysmith Municipality swept most of the Hampers. Well done!.

### Tips from the editor :

#### Tips to increase milk production:

1. Drink plenty of water.
2. Don't start a diet yet instead increase in intake of healthy food such as fruits and vegetables.
3. Eat a lot of beans, nuts and grains.
4. Try to pump your breast milk every 1.5 hours after you breastfed your baby and stored your pumped breast milk in the freezer.

#### Things to avoid when breastfeeding

1. Alcohol
2. Chocolate
3. Caffeine (Coffee)
4. Illegal Drugs
5. Smoking



Winning Babies



Uyajika lomhlengi



The judges



Igezwa kanjena-ke ingane



Izicukuthwane



Ladysmith Hospital Choir

# SCHOOL EVENTS

## “TYABONAKALA IMISEBENZI KA SCHOOL NURSE”

**W**ELL DONE SISTER BUTHELEZI MOST OF THE SCHOOLS ARE HEALTH PROMOTING SCHOOLS, THIS IS THE EXAMPLE THAT IF DIFFERENT GOVERNMENT DEPARTMENTS UNITE THEY CAN ACHIEVE. MORE PHAMBILI NGOBUMBANO! PHAMBILI HALAHA INGCEBOYESIZWE HALALA FOR BEING HEALTH PROMOTING SCHOOL AND ECO SCHOOL. SADLA SAZE SAYIBUKA INYAMA



DUMISA NAWA AWUMNCINYANE, THEY ACHIEVED POSITION 2 ON ESSAY WRITING OVERALL THE DISTRICTS. WELL DONE GUYS YOU MADE OUR DISTRICT PROUD. LABA ABANYE ABAFUNDI ABABEBAMBE IQHAZA KULOMQHUDELWANE, SINEKHONO NGEMPELA LESISIKOLE, KUYACULWA, KUYASIMNWA

YIWO AMABHUNGU NAMATSHITSHI ASE MBANGO SECONDARY SCHOOL LAPHO KWA-KUKHETHWA U-MISS S'DUDLA KANYE NO MR SDUDLA KANYE NOWAPHUMELELA ISIBILI O THUKELA DISTRICT EKUBHALWENI KWA MA ESSAY. UBANI OWATHI UMA WONDLEKILE AWUMUHLE PHELA INTOMBI YAKWA ZULU YINHLE NGAMACURVES NANGE FULLER FIGURE KUBONAKALE NJE UKTHI KUYASTHWA LA IPHUMA KHONA

### DUMISA HIGH SCHOOL

### UMBANGO HIGH SCHOOL





**CONTACT DETAILS:**  
**LADYSMITH PROVINCIAL HOSPITAL**  
**P/BAG X9928**  
**LADYSMITH, 3370**



**036 637 2111**



**036 637 6457**

**P.R.O.'S OFFICE :EXT.395**

