



## EZISEMATHENI

WOZA UZOTHAMELA IZINDABA EZIMNANDI ZASEMBO-SIDE

## NEWS

JULY-SEPT 2025

### WARM GREETINGS BY THE CEO



**Dr. P.C Mchunu**  
Acting CEO/Medical manager

**D**ear valued colleagues, partners, and friends, I am thrilled to welcome you to the Mbongolwane newsletter. I am excited to share our latest news, insights and updates with you. Our goal is to keep you informed about what's new and upcoming at Mbongolwane Hospital and to also provide you with valuable information that will help you stay ahead with your hospital. In this newsletter we will be covering a range of topics, including hospital updates, our events, awareness's. we will also be featuring stories from our team members highlighting the their achievements and experiences. Mbongolwane Hospital has achieved a huge milestones over the past years and still going!!!!

Our goal is to create a platform where we can share our knowledge, expertise, and passion with you and to build a community of like-minded individuals who share our values and vision. At Mbongolwane Hospital we are committed to provide quality health care to the community of Oyaya and its surroundings. We are committed to providing integrated, coordinated, comprehensive and sustainable health services within the available resources on PHC approach within the District Health System. We value your feedback and would love to hear from you. If you have any questions, comments or suggestions please do not hesitate to reach out to us. We are always looking for ways to improve our service and we would appreciate your input. We look forward to staying in touch and sharing this journey with you.



**MENS CONFERENCE EVENT**

ON PAGE: 04



**BREASTFEEDING AWARENESS WEEK**

ON PAGE: 02-03



**PHARMACY MONTH 2025**

ON PAGE: 08



# WORLD BREASTFEEDING WEEK



A GROUP OF MOTHERS FROM MATERNITY WARD

**B**reastfeeding week at the institution was celebrated on 4th of August 2025 at maternity ward in the nursery section. The event was organized by the institutional Dietitians. Health talks were done on importance of breastfeeding. The Department of Health 2025 theme was “Prioritize breastfeeding and create sustainable support systems”. The facilitators of breastfeeding event were MRS F.J Mthembu, the Dietitians, MS P.P Gumede (Mbongolwane senior Dietitian), and MR DK Makgatholela community Dietitian.

The target audience included patients admitted in nursery, antenatal care (ANC) and postnatal care (PNC) wards. Kangaroo Mother care (KMC) was encouraged especially to babies admitted in nursery with low birth weight. Messages of support were given to mothers of babies admitted in nursery especially those admitted for weight gain. Women were encouraged to practice KMC and to do breastfeeding.

Nursery mothers received continuous support from healthcare workers and relatives at the hospital, which had a significant impact on their babies’ progress—from very low birth weight to reaching the Kangaroo Mother Care (KMC) stage. Continued support at home and within the community was strongly encouraged to prioritise breastfeeding and to build a sustainable support system across all levels, from hospital to community. Family members were encouraged to provide consistent support and dedicate time to breastfeeding mothers to promote successful breastfeeding. Partners were also encouraged to be actively involved at home and to offer emotional support, helping to prevent stress that may negatively affect breast milk production. This included promoting breastfeeding as a whole and extending these messages to community leaders, including local kings and chiefs, to reinforce the importance of

breastfeeding at all levels of society.

Health talks were provided on the importance of breastfeeding, exclusive breastfeeding, and breastfeeding on demand. Emphasis was placed on correct positioning, recognising hunger cues, understanding breastmilk contents, and the safe expression and storage of breastmilk. Cup feeding was also highlighted as the preferred method for expressed milk. Continuous support at home and within the community was strongly encouraged.

The 2025 World Breastfeeding Week theme, ‘*Prioritizing Breastfeeding and Creating Sustainable Support Systems*,’ is a call to action for governments and communities to develop long-term, comprehensive frameworks that support breastfeeding. The theme highlights the critical need for equitable systems that empower mothers and families and ensure that breastfeeding support is accessible, consistent, and sustainable support environment in homes, workplaces, healthcare settings, the ultimate goal is foster lasting support for breastfeeding, recognizing it as a cornerstone of life long health and wellbeing for both mothers and children.



# PHOTO GALLERY



03



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# MEN'S CONFERENCE EVENT

**O**n the 24th of July 2025, Mbongolwane Hospital hosted the Men's Conference, a significant event aimed at empowering men and promoting positive masculinity. The conference was held in the main boardroom, and the programme was expertly directed by Mr. N.M. Ntuli and Mr. M.M. Zenda. Mr. T.M. Mpungose delivered the welcoming address. The importance and relevance of the event was explained for both hospital male staff and the broader community as the event provided a valuable platform for men to reflect on their roles and responsibilities.

The event featured several speakers. Mr. L.M.P. Makhaye from Old Mutual stressed the importance of men prioritising their health and well-being, including the need for regular health check-ups. Mr. M. Magwaza from SAPS spoke about the role of men as positive role models and addressed the negative impact of toxic masculinity on society. Representatives from LIFELINE, Mr. S. Mpanza and Mr. M. Mduna, provided guidance on managing stress and mental health, underscoring the importance of them seeking help when necessary.

Pastor J.S. Ntuli delivered a powerful word of God, inspiring attendees and reinforcing spiritual growth. The importance of education was addressed by Mr. N.M. Mhlongo, who delivered a compelling speech on why men should prioritize education, emphasising that 'education is the key to unlocking opportunities'. Dr. T. Gumede shared insights on men's health. These events were designed to foster leadership, strengthen community ties, and deepen faith. The ministries involved aim to create a safe and supportive space where men can openly discuss matters that are important to them spiritually.

The goals of men's conferences in the workplace are to empower men by promoting mental and physical health, redefining positive masculinity, and fostering professional development as well as community engagement. These objectives are achieved through discussions on topics such as stress management, substance abuse, and gender-based violence. The event concluded with closing remarks from Mr. M. Nzuza. Overall, the conference was a resounding success, providing a valuable platform for men to come together and openly discuss issues that affect them.

***A STRONG MAN IS THE ONE WHO KNOWS HIS WEAKNESSES  
AND WORKS ON TURNING THEM INTO STRENGTH\*\*\*\****



04



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# OSUNGULWENI BREASTFEEDING WEEK

**B**reastfeeding is celebrated annually on the first week of August by the department of health. This event aims at encouraging mothers to breastfeeding exclusively for the first six months of child's life and continue up to two years for as long as it is not medically contra indicated. This has been identified as an intervention that can play a major role in preventing malnutrition in children less than five years of age. Osungulweni Clinic is amongst facilities with a high number of children with malnutrition therefore this awareness campaign was crucial so as to try and prevent this. As the departmental initiative, Integrated Multistakeholder Health Promotion Strategy was used in planning for this awareness event. All the external stakeholders arrived in time at 09h00 sharp. It was a nice sunny day and the community attendance was satisfactory. Department of health stakeholders from Mbongolwane Hospital also came to attend. The event started in time as per planning, there were no hiccups. Different speakers from both Public and private departments conveyed messages of support and education to the community as follows: The programme was directed by Mrs.H.N Mhlongo .Opening prayer was led by Sir N. Mhlongo (Acting DMN) ,Welcoming remarks and welcoming of guests done by Sr. C.S Zikhali (OMN) Osungulweni Clinic, Purpose of the Day was done by Ms. P.Gumede (Sub-district Dietitian), Breastfeeding Presentation was done by Ms. T.T Nzuzwa (Osungulweni Clinic Nutrition advisor) , HIV and Breastfeeding was done by Sister D.E Ntuli (Osungulweni Clinic CNP), Malnutrition in children by Sister D.E Ntuli, Malnutrition statistics by P.Gumede (Sub-district dietitian), Parenting and child neglect was done by DSD Social Worker, Gender Based Violence was done by Rainbow Circle Social worker, Victim Empowerment was done by DSD Social Worker, Presentation on Crime was done by Captain Ndlela from Mbongolwane SAPS, Vote of Thanks was done by Sir V.H Zikhali (PHC Manager), Closing Prayer was by Sr. C.P Dlamini (Osungulweni Clinic PN)



05



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# WOMEN'S CONFERENCE



I AM A WOMAN

**O**n 20 August 2025, our institution celebrated Women's Day with a powerful event aimed at recognizing the contribution of women and promoting gender equality. The event was a huge success, bringing together colleagues from different departments to share their experiences and insights. Keynote Speaker was Mrs. S.H Mfeka. She shared inspiring stories of resilience and empowerment, highlighting the importance of women's roles in driving change. A dynamic panel of women leaders discussed the challenges they faced and offered advice to younger generations.

Interactive sessions focused on topics like financial literacy, self-care, and leadership skills. Awards Ceremony: We honored outstanding women [Male ward] in our organization for their exceptional contributions. The event fostered a sense of community and appreciation for the hard work and dedication of women in our organization. Feedback from attendees was overwhelmingly positive, with many expressing their gratitude for the opportunity to connect and learn.

The Women's Day celebration was a resounding success, highlighting the importance of empowering women and promoting gender equality. Special thanks to the organizing committee for their hard work and creativity in making this event a memorable one.

## Recommendations for Future Events

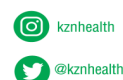
- Continue to host events that promote women's empowerment and gender equality.
- Encourage more staff participation in future events.



06



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# WOMEN'S DAY PHOTO GALLERY



***I AM BEAUTIFUL! I AM STRONG! I AM SMART! I AM TALENTED! I AM POWERFUL! I AM ENOUGH! I AM BRAVE! I AM UNIQUE!!***

07



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# PHARMACY MONTH



**P**harmacy Month was celebrated in September under the theme 'Think health think Pharmacy, One Profession many roles'. The Mbongolwane Hospital Pharmacy team organized a series of impactful activities aimed at educating the community, promoting the pharmacy profession and strengthening collaboration among healthcare disciplines. The month was filled with enthusiasm, team work and meaningful engagement with both patients and learners. The pharmacy day celebration was held at Mbongolwane Hospital Pharmacy on 19th Sept. We had activities on the day which were; Educational games to promote awareness about medication safety and rational medicine use, distribution of health snacks and giveaway gifts to patients collecting their medication and interactive discussions with patients on the role of pharmacists in healthcare. The event fostered positive engagement between pharmacy staff and patients, reinforcing the importance of medication adherence and safe use of medicines. The pharmacy team also conducted career expos at Mafunda High School and Mavumengwane

High School. The Aim was to educate learners about various career paths in pharmacy and the broader healthcare sector. On 1 October 2025, the pharmacy team was invited as guest speakers at Mbongolwane Primary School for their career day event. The team delivered motivational talks and shared insights about the importance of choosing careers in healthcare. Learners showed great interest and participated actively in discussions. Pharmacy month 2025 was a great success, highlighting the critical role pharmacist play in patient care and health promotion. The activities strengthened community relations, enhanced patient education, and inspired the next generation of healthcare professionals. The Mbongolwane Hospital Pharmacy team is looking forward to more impactful engagements in the future. The pharmacy team acknowledged the following; the hospital management for their support, all pharmacy team for their team spirit, other hospital units and community members for participating in the event and the learners for their enthusiasm during the career outreach.





# HERITAGE DAY EVENT

**O**n the 1st of October 2025 our hospital celebrated Heritage day with a vibrant event showcasing the diverse cultures and traditions in South Africa. The event was a huge success, bringing together colleagues from different sections to share this day through their traditional attires, food, music and dance. We also had a theme which was UDWENDWE known as umshado wesizulu; we had a play which was based in this theme, everything was well planned at it best. Traditional attire was proudly worn by colleagues showcasing UZULU diversity. A potluck style lunch featured various dishes, we also had Umqombothi. We had traditional music and dance. The event fostered a sense of unity and the appreciation for the diverse cultures within our workplace. Feedback from attendees was overwhelmingly positive, with many expressing their enjoyment of the food, music and activities. The heritage day event was a resounding success, highlighting the importance of embracing and celebrating our cultural diversity. Special thanks to the Organizing committee for their hard work and creativity in making this event a memorable one.



*Our Bride and Groom for the Day*





# HERITAGE DAY PHOTO GALLERY



10



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# HERITAGE DAY PHOTO GALLERY





# SOCIAL MEDIA COMPLIMENTS



Sitharhh Samarh EX ► UMGOSI  
WASEMBONGOLWANE

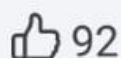
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mbongolwane hospital ngithi njer  
akengibonge uDoctor Hlongwane kanye  
nama nurse ase female bayisindisile impilo  
yami kunzima sengilahle nethemba mina  
inkosi uNyazi LweZulu lunibusise



92

49 comments



92



49



# A

Heartfelt Thank You to  
Our Amazing Doctor And  
Female Ward team!!

Your dedication, compassion, and  
expertise are the heartbeat of our  
hospital. Thank you for going  
above and beyond to provide  
exceptional care to our patients.  
Your hard work and commitment  
to excellence do not go unnoticed.  
Keep shining and making a  
difference in the lives of those  
around you! A big shout out to  
everyone who work tireless with  
kindness to make difference to our  
hospital.

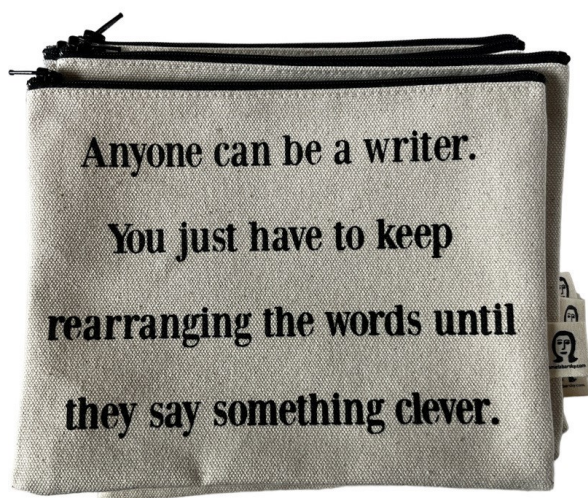
## CALLING ALL STAFF!!!

# A

re you passionate about sharing your experience and stories from your department? Our newsletter is open to contributions from all staff members. Whether you are a seasoned writer or just want to give it a try, we welcome your stories, articles and ideas. Share your achievements, challenges, and successes with the rest of the organization. Inspire and connect with your colleagues through our newsletter. If you're interested in becoming a writer or have a story to share, please reach out to us. We can't wait to hear from you!

**Submit your stories to: [PRO Intern: PRO.mbongolwane@kznhealth.gov.za]**

Let's make our newsletter a platform for everyone to shine! We want to hear from you



BE MOTIVATED



12



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# ACKNOWLEDGEMENTS



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