



IZWI/THE VOICE

NEWS

#EMPOWERINGWOMWEN

JULY - AUGUST 2023

WOMEN'S DAY HIGH TEA



Planning team setting up

Women's Day marks the anniversary of the great women's march which took place on the 9th August 1956, where about 20 000 women marched to the Union Buildings in Pretoria to protest against legislation aimed at tightening the apartheid government's control over the movement of black women in urban areas. In celebrating this remarkable month to honor women , Ndwedwe CHC organizing committee planned and hosted a "Women's Day High Tea" event which was held on the 18th August 2023 within the facility and all departments contributed towards refreshments for the events success.

The programme had a lively atmosphere as our programme director Miss S Phakathi kept the audience entertained. The guest speaker for the day was none other than our very own Psychologist, Mrs Z. Cele. She focused on issues concerning mental health which are faced by women, she also spoke about the importance of taking care of ones self and how myths and stigma around mental health is still affecting our society.

In conclusion , it feels nice to have a day to celebrate the achievements of women. Let us recognize the significance of women in our lives and inspire them for greater future achievements, as they can contribute equally to the homes, society and the universe.



WOMEN'S DAY CELEBRATION PICTURES



HR in-service trainees setting up



Program director Ms S Phakathi



Psychologist: Mrs Z Cele (Guest Speaker)



Mrs Shozi 1st best dressed



Sr Shili as 2nd best dressed



Attendees of the event



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Open Day visit to Grade 1 from Ndwedwe J.P Primary School an educational tour to our facility.



MISS CELE OUR TOUR INSTRUCTOR LAYING THE RULES OF THE TOUR

On the 8th August the Ndwedwe J.P School visited the facility for an educational tour. The purpose for this visit was to teach the learners the importance of the different of all departments in the facility.

We firstly, went to the dental clinic where they were taught the importance of dental care and the doctor in charge Dr D Gregory demonstrated the procedure of tooth extraction, further explain the importance role they play in the community as a dental clinic. Secondly, we went to visit Mrs K. Ventekas who is our physiotherapist in the physiotherapy department, where she focused on the importance of keeping your body fit, the do's and don'ts when you have injured yourself and how to take care of yourself, she further explain their roles as the physiotherapy department.

Thirdly, we visited the X-Ray department where Mr Mazibuko who is our darkroom operator spoke about this role in the facility, he also demonstrated how the equipment's in the X-Ray department operates. Lastly, our I.P.C. Co-ordinator Sr S. Msomi taught the learner the importance of hand hygiene with demonstrational steps of washing hands, she also taught and demonstrated the cough etiquette and respiratory hygiene. The learner were thrilled to have gained this great opportunity as most of them wants to nurses and doctors in their future.

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Tour pictures



Galaxy A13

Physiotherapy department



Galaxy A13

Dental department



Galaxy A13

X-ray department



Galaxy A13

X-Ray department



Galaxy A13

Sr S. Msomi demonstrating cough etiquette



Galaxy A13

Sr S. Msomi demonstrating hand wash hygiene



WELLNESS DAY



Staff members doing Aerobics

Wellness programs encourage employees to eat healthy foods and exercise which will help in reducing the risk of long-term health illness. A wellness program can have a positive impact on the team's mental health and serve as a team building effort. On the 7th July 2023, Ndwedwe CHC events team organised a wellness day program. The program was held within the facility and all departments participated on the activities of the day.

On the day the following activities took place, a short distance walk of three kilometers from the facility to Elangeni College and back to the facility, that was followed by aerobics where all departments participated. Other sports activities were volley ball, tag of war, egg and spoon race, and sack race. There were external stakeholders on site such as Avbob, Old mutual, Funza lushaka and Metropolitan who were invited to render different services to the staff.

The Humans Resources Manager, Mr. M Khumalo applauded the organising team for organising such an event and made emphases to staff member to live a healthy life style. He encouraged staff to organize more of healthy living events. The organising team would like to thank all staff members that played a part in the organising and took part in the event . We would also like to appreciated the support of our external stakeholders. The organising team would like to stress that a healthy employee is a productive employee.

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VOLLEY BALL GAME MALES VS FEMALES.



AEROBICS EXERCISES.



FUN WALK ,SR GURUSAMY AND SR DLAMINI. ON THE LEAD.



SR THUSI WHO WAS THE MC OF THE DAY.



WINNERS OF THE EGG AND SPOON RACE.



EGG AND SPOON RACE.



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EDITORIAL TEAM



DR. O. AYENI (CEO)



MR T. DLAMINI (PRO)



MS N. NGEMA (PR-INSERVICE TRAINEE)



MS T. CELE (PR-INSERVICE TRAINEE)

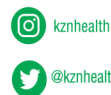


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