



HEALTH
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NDABUZEKWAYO

UNDERSTANDING THE EAP PROGRAMME

As employees we sometimes have problems that trouble us so much that at times we fail to be productive, and this will usually affect the goal and vision of our institutions or organizations. A worker with a troubled mind would not fulfill his/her duties as expected, and seeing that the government introduced Employee Assistance Programmes in institutions to try and provide help for employees, I spoke to Miss S Govender who is our EAP practitioner with in Ndwedwe CHC to explain to us about what they have to offer. **DEFINITION** –EAP is a planned, systematic program designed to provide professional assistance to employees experiencing alcohol, drug, emotional, or personal crisis (e.g. marital, family, financial, legal) problems which interfere with their job performance. A program which has the explicit aim of improving the quality of life of all its employees and their families by providing greater support and helping to alleviate the

Prospects to assist employees' well-being whilst at the same time increasing organizational effectiveness and profitability. **STANDARDS OF EAP**-Confidential, appropriate diagnosis and timeously problems– assessment service, Referrals for appropriate diagnosis, treatment and assistance, formulation of linkages between workplace and community resources that provide such service and follow-up services for employees who use those services. **THE SUPERVISORS ROLE** - Observe declining job performance, document observable and objective signs, consult with EAP for support, information, intervene with the employee, encourage the troubled employee to access EAP (Informal referral), refer an employee when there are job performance problems (formal referral– forms available) and follow-up and re– integration, after the employee returns to work. For Further information regarding this programme, please contact the following EAP practitioners: Miss S Govender Ext 260 or Mr N Zulu Ext 268.

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PROPER HAND OVER!

Ngomhlaka 1 kuOctober 2008 isikhungo sethu iNdwedwe CHC siye samukela iMenenja entsha engu Nkk J Pillay. Kube buhlungu ukuhlukana noMnu J N Shabane okade ephethe lesisikhundla, sinethemba lokuthi

bazomphatha kahle lapho eyakhona kanti nathi siyethembisa ukuthi uNkk J Pillay uzozizwa esekhaya. Sibafisela inqubekela phambili. **uMnu J N Shabane and Mrs J Pillay.**



DIABETIC AWARENESS AT NDWEDWE



Ngenyanga ka June ku yena u 2008, ILembe Health District bebambisene nabakwa Norvo Nordisk baye bahlanganyela ndawonye baphuma umkhankaso wokuzofundisa abantu ngesifo sikashukela, kwazise ucweaningo olwenziwe lukhombisa ukuthi balingan-

iselwa ku 3 30 million wabantu emhlabeni wonke jikelele abayotholakala sebenalesisifo sikashukela ngonyaka ka 2020. Lokhu kuthiwa kuzokwenzeka uma ngabe abantu bengazinakekele ngendlela efanelekile. Nathi kwi sub-district yethu okuyi Ndwedwe lafika phela ibhasi ehholo lomphakathi, kwaphuma nesinedolo ukuzozizwela. Bangu 288 abantu abahlolwa ngalel-olanga njengoba kwakuhlolwa isifo sikashukela,

ubude, isisindo somzimba kanye namehlo. Abantu babe sebefundiswa ngokuzinakekela uma be-tholakala benesifo sikashukela kanjalo futhi kwakhuthazwa abantu ukuthi badle ukudla okunempilo baphinde bajwayele ukuvocavoca umzimba.



Nanti lelibhasi elalifikile ngakithi kuzofundiswa abantu ngesifo sikashukela.

Kwakuphume nesinedolo, lapha baxilongwa I BP.

*I tell you the truth,
if you have faith
as small as
mustard seed,
you can say to
this mountain,
“move from here
to there” and it
will move.
Matthew 17 vs
20*

SIYABONGA KONOMPILO BETHU

Kuyintokozo enkulu kimina ukuthi ngithathe lelithuba ngibone ko**NOMPILO** bethu endaweni yase Ndwedwe nabasebenza ngokuzikahla ekusizeni umphakathi wakithi. Izimenja eziphethe iminyango yonke yangaphakathi eNdwedwe CHC zithi kobongwa namaqhawe, aphiwe imiqhele, niqhubeke njalo ukusabela umangabe nibizwa kuthiwa

ayihlome kuphile abantu. Sibonga kakhulu nakuye ufacilitator uMr Makhehla Hlophe ngokusinikeza abantu abango ever ready nababizwa kanye basabele.

**Iyonake lena enye ingx-
enye yoNompilo,
begqoke inyunfomu
yabo enhle.**

Sibahle, Si-
bahle.



Ingane inikezwa iconsi lika Vitamin A.

VITAMIN A CAMPAIGN

As a directive from National, Ndwedwe CHC embarked on a Vitamin A campaign from 8 –20 September 2008. Our dedicated staff went out to the community to immunize kids for Vitamin A. Mobilization was successfully done and this could be seen by a very

high number of parents who brought their kids for Vitamin A at identified points. I'm also proud to say that Ndwedwe Sub-District came out 1st for the 1st round in March as we went over the targeted number under the iLembe Health District. **6-11 months = 2, 115 and 12-59**

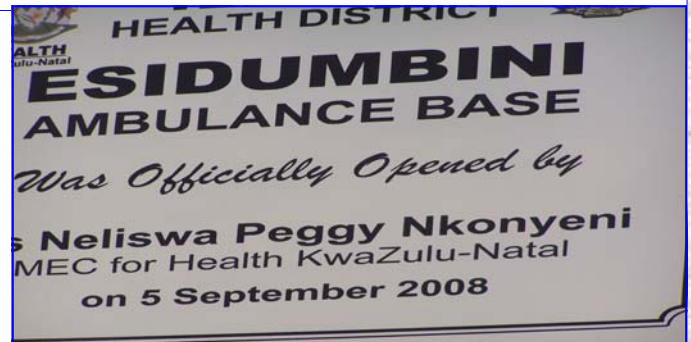
months= 15,972. I know we can even double this number in the second round. A big thank you to all staff members who were part of the campaign.

SIYABONGA!!

OPENNING OF EMRS BASE AT ESIDUMBINI

Kwakukuhle kudeleli ngomhlaka 5 kuMandulo 2008 ngesikhathi unggqongqoshe wezempilo kwisifundazwe salapha kwaZulu Natal uNkz Neliswa Peggy Nkonyeni, evula ngokusemthethweni indawo yokusebenzela abosizo oluphuthumayo (EMRS base) endaweni engaphansi kwaMasipala wase Ndwedwe eSidumbini. Umphakathi wawuphume ngobuningi bawo ukuzozibonela ngesikhathi kuvulwa lesisikhungo, nabasho ngokukhulu ukuziqhenya ukuthi bajabule kakhulu njengoba bengeke besalinda isikhathi eside uma bebize iAmbulance. Izikhulu zikaMasipala, Inkosi yendawo uMapholoba babekhona nabo ukuzozibonela ngo see, kuvulwa isikhungo samaAmbulance kuleyandawo. Uzokhum-bula ukuthi izikhungo zamaAmbulance akujwayelekile ukuba zibe sezindaweni zasemakhaya kodwa kungokokuqala ngqa esifundazweni sakwaZulu Natal ukuthi kuvulwe isikhungo esiseqophelweni eliphezulu endaweni yasemakhaya. Inkosi uNgcobo yabonga yanconcoza kuNgqongqoshe ngokuletha loluhlobo losizo endaweni yayo, yabe isikhuthaza abantu abasha ukuthi bazijwayeze ukuvo-cavoca umziba ngokudlala imidlalo eyahlukahlukene. IMeya uMnu Kubheka naye wazwakalisa ukun-

coma okukhulu ngentuthuko eyayilethwe nguNgqongqoshe endaweni engaphansi kukaMasipala awuphethe waseNdwedwe. Imenenja yeLembe Health District uNkz S. Dube naye wayekhona ehambisana noMnu Larsen wakhona phela kwezamaAmbulance.



Yiwona lombhala owawuvulwa iNkosi uMapholoba kanye noNgqongqoshe obhalwe embhalweni.



Lapha kungesikhathi uNgqongqoshe uNks Peggy Nkonyeni efika endaweni yaseSidumbini ezishaye zonke ziphelele ehambisana neDistrict Manager uNkz S.Dube.



Ithimba lakwa EMRS kanye noNgqongqoshe kanye noMnu Larsen ophethe kwaEMRS ngaphansi kweLembe Health District.



Inkosi yendawo uNdabezitha uNgcobo ebambisene noNgqongqoshe, sebevula ngokusemthethweni sona lesisikhungo sabamaAmbulance.



Izinkumbi zabantu ezazihambele lomcimbi, lapha zazilale ngesikhathi izikhulumu zethula izinkulumo zazo.

PUBLIC SERVICE BURSARY MARKETING PROJECT

Report by Miss S Mvuyana –PHRO

As HRD component, we embarked on a project of marketing Public Service Bursaries for 2009. Masiza Magwaza, Wanda Ndingila and myself visited schools around Ndwedwe area. We are very passionate about developing young people and that's why we assisted in their educational development.

We presented bursaries, distributed forms and encouraged young people to apply and to work hard during their exams to obtain outstanding results. We also encouraged them to choose careers very carefully and to study for something that would help them to help their families and their communities.

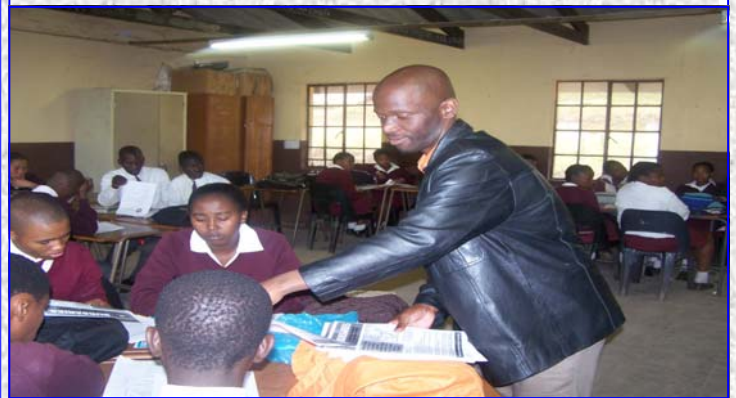
We will like to extend our gratitude to our Managers for support, Principals and learners for giving us an opportunity to present 2009 bursaries.



Abafundi baseSondoda High School emva kokunikezwa ulwazi ngemihlomulo yokufunda.



Matric Class of 2008 from Lihlithemba High



Mr Masiza Magwaza issuing the bursaries forms to students of High School.



Mabayana High School girls, excited about the bursaries.



Ms Sthe Mvuyana explaining to students about the bursaries.



uThishomkhulu wase naye wayekhona elalele.

ACHIEVERS @ NDWEDWE CHC

Imfundo ngempela ayik-hulelwa, ngoba phela nabazi kakhulu bayasho bathi, "umuntu ufunda aze afe". Angithathe lelithuba ngihalalisele bonke ozakwethu okuthe kulonyaka baphumelela ezifundweni zabo ekade bezenza, ngisho futhi ukuthi sinethemba lokuthi lokhu abakuzuzile bazokusebenzisa ekuthuthukiseni isikhungo sethu somphakathi ukuze sikwazi ukusiza umphakathi ngezininga eliseqophelweni eliphezulu. Isilungu sithi "there is only one corner of the universe you can be certain of improving, and that's your own self."

Well done to the following people who have done themselves and us very proud.

Mrs A D Khuluse PHC, Mrs N M Khuluse PHC, Mrs N R Nxumalo PHC, Mrs N D Hlongwa PHC, Mr T S Dlela PHC, Mr R Z Mkhabela PHC, Mrs M Z Ngcobo Mid-

wifery, Mrs S M Mngoma—EN.



Mrs Smangele Mngoma passed with flying colors and now she is an Enrolled Nurse.

Siyabakhuthaza nabanye ukuthi bakuthande ukufunda ngoba lokho kuyakusiza ekutheni ukhulise ulwazi lwakho emkhakheni osebenza kuwona, futhi kukwenza ukuthi ube ngumuntu oba nothando lokusebenza kanjalo futhi ichallenge awuyisabi kodwa ubhekana nayo ngqo emahlweni futhi uyingqobe ngolwazi osuke usunalo. **Sifisela nabanye ozakwethu abasazobhala ukuthi babhale kahle, bazinikeze isikhathi sokutadisha. GOOD LUCK!!!!!!**



Yilona leli ithimba labadlali beNetball, nengibone kufanele ukuba ngilifake kulengosi, lezizingane zaseNdwedwe CHC ziyalidlala ibhola obuza iSundimbili CHC iyazi ingakuxoxela. Mantombazane well done for taking the District League, it really shows that hard work and team spirit can take a developing team to such greater heights. A big thank you to our coach Mr Mdu Mthiya who put a great effort in training sessions and sharing his advance netball knowledge with us. Siyaya eStanger for District Tournament, please bandla asifundise abadlali bethu ukungalwi egraundini and act like barbarians.



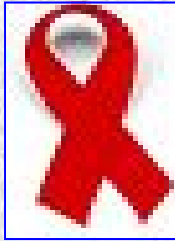
Wenzangani wemfo kaDinangwe, kanti ubamba intombi enhle kanje? Ngizwa kuthiwa akazange ageze uSir Mkhabela njengoba ayexhawule uNgqongqoshe wezeMpilo KwaZulu Natal uNksz Peggy Nkonyeni kanti ngizwa kuthiwa nakwi wallet yakhe kukhona le-sisithombe kanti neName tag yakhe isinamakhanda amabili, kahle ngolaka mfo, uKhisimuzi ufika kanye ngonyaka.



Lapha kungesikhathi abasebenzi base Ndwedwe CHC befundiswa ngeBatho Pele kanjalo nokuye okulindleke kubona ngesikhathi besemsebenzini. Lolusuku lwaluhlelwe iHR department kanye nePRO yesikhungo. Uyambona nawe u Samke Ngcobo (wezibuko) wayesethe njo ephepheni elaliphethe konke nge Batho Pele.

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Attention all staff members

A staff satisfaction survey will be conducted on the 31st of October 2008. This is done to monitor and assess staff in various units to see how best the department can retain and maintain staff until retirement.

A waiting time survey will also be conducted on 22 October 2008. We humbly request your co-operation on the above surveys. For more information please contact PRO Miss S Mzila on Ext 267.

