

NDABUZEKWAYO

ISSUE 4

JAN/MARCH 2009



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FROM THE CEO'S DESK MRS J PILLAY

On the threshold of 2009, we at Ndwedwe CHC need to uphold and maintain the confidence and desire to strive for excellence in the Health Care arena. In these trying times, when the world economy is at its lowest, and people are fighting for survival, we should remain composed and not compromise the quality of health care.

Although the financial future seems bleak, we need to muster our creativity and be disciplined in the execution of finances. Let us as Health care providers, go beyond the call and deliver according to our mandates.

To our District Manager and the team, we appreciate the support and care in 2008, and are confident of your continued support in 2009. To my colleagues at the CHC, let us continue to love each other and cherish moments we share, so that our love can overflow to the people we serve. **God Bless and let this goodwill prevail in 2009.**

“When one person does a great deal, little is accomplished. However, when everyone does a little, great things are accomplished.”



Mrs Jessica Pillay Ndwedwe Community Health Center's Manager.

ACCREDITATION FOR NDWEDWE CHC



Working together as a team really does bear good products. The long working hours and sacrifices made by the Accreditation Team really proved to be worth it as Ndwedwe CHC ARV Clinic was accredited to be a fully functional ARV site with its Pharmacy and staff. We are very proud of this achievement as this means growth and proper service for the people of Ndwedwe. The Team from National visited us on the 17th of December 2008, where they looked at our paper work as well as the ARV Clinic site to see if we were ready to be accredited, after the presentation they were happy with the available resources and they accredited us as an ARV roll out site.



Accreditation team (staff and local stakeholders).

We would like to thank Montobello Hospital who has helped us with the ARV programme, Ark for providing us with park homes and man power, CHC management for support as well as all staff members who contributed to wards us being accredited. As much as we are excited about being accredited this equally means that we have to work twice as hard to make sure that people of Ndwedwe are able to easily access what is entitled to them. Management would like to thank the whole CHC team that worked hard and congratulates them on such a big achievement. A big thank you also goes out to all the local CBO's,

NGO's as well as traditional healers that worked very close with the CHC in terms of referring patients to us and vice versa. The committee also came up with the new name for the ARV Clinic - **SINQOBILE CLINIC**.



Accreditation Team celebrating Victory.



Staff members from ARK– Mr ZC Gumede Pharmacist, Mrs Z.W Ndlovu PN, Miss N.N Gumede Data Capturer and DR E.K Mthembu who together with our staff members work hand in hand against the spread of HIV/AIDS.



Two park homes donated by Ark to be used for consultations with ARV patients.

PROMOTING HEALTHY LIFESTYLES

Human beings are very often products of our environments. Whatever habits we are surrounded with are what we usually pick up as kids. Our parents set the standard for us as kids at an early age when it comes to our nutritional habits. If people had more knowledge about nutrition and how to lead a healthy lifestyle we wouldn't have the problem we have today, with obesity starting already at the age of 5 in our society. Knowledge is power and to have the power to make the right choices based upon your knowledge is what makes the difference in people's lives. **Remember you are in charge of your own health.**



HEALTHY LIFESTYLE TIPS

- **Exercise regularly.** Even a short walk each day can help. The more activity you do the healthier you will be. The healthier you are the better you will sleep.
- **Eat a balanced diet.** As with exercise, a healthy diet will help you achieve a healthy sleep pattern. In particular, avoid heavy meals late at night.
- **Minimize caffeine intake** (and ideally avoid after about 4.00 p.m). As well as coffee, this includes tea, most soft drinks and chocolate.
- **Avoid excessive alcohol.** Although most people find alcohol helps them to get off to sleep, it usually contributes to night-time waking. If you want an evening drink instead of alcohol or coffee, try alternatives such as warm milk (which can be sweetened with honey or drinking chocolate), or any of the large range of herbal teas now available.
- **Address other issues in your life.** If you have problems at work, problems with your partner, or anything that might cause you to feel stressed or worried, sorting them out will help you sleep. If you are depressed or anxious, seek professional help. **Remember, there are effective solutions for these problems.**



HOW ACTIVE AM I ?



	YES/ NO
Do you walk rather than drive for a short journey?	
Do you walk the dog or go for a short walk in the evening or weekends?	
Do you take the stairs rather than the lift?	
Do you do any activities that make you sweat e.g housework, dancing, washing the car or gardening?	
When you take the bus, do you get off a stop early and walk the rest?	
If you have answered "NO" to most of the questions, there's a good chance you would benefit from being more physically active.	

NDWEDWE CHC HAPPENINGS

Ekuqaleni kwalonyaka singabasebenzi base Ndwedwe CHC siye saba nedili likamkhipheni lapho kade sibungaza khona ukuqala unyaka omusha sisaphila futhi sikhuthazana ngokuthi kumele siqhubeke noku-bambisana ukuze sikwazi ukudlala indima yethu, yokuletha uthemba kulabo abasuke ezofuna usizo em-tholampilo wethu. Kwakukuhle kudelile kufinywa ngendololwane.

Asethembe ukuthi nangonyaka ka 2009 ukubambis-ana kanjalo nokubekezelelana kuzoqhubeka njalo kubasebenzi balapha ekhaya.



Staff members dishing up, kwakumnandi kudelile, inyama ingango Zulu eMakheni.



Mrs Jessica Pillay (CHC Manger) delivering a speech, thanking Save You All for making the celebration possible.



uMnu Siza Ndlovu wayezihlinzeke nangopelepele uyambona nalapha uyashona uyavumbuka.



Some of the Managers who were present on the day Mrs J Pillay and Mrs N A Nyembe.



ENHLANGAKAZI INTABA ENGCWELE 2009

Yize noma uMnyango weZempilo unezinkinga ngokwezimali, kodwa awuyekile ukuletha usizo kulabo abaludingayo. I Lembe Health District liye lathumela abasebenzi baseNdwedwe CHC kanye nabasesibhedlela iMontobello Hospital entabeni iNhlankakazi ukuyonikezela ngosizo lwezempilo kubalandeli bebandla lakwa Shembe, nabachitha isikhathi esingamasonto amabili kwinyanga kaMasingana minyaka yonke (06 - 20 January 2009). Yize noma kungafananga nokweminyaka yonke kodwa uMnyango weZempilo ukwazile ukulula isandla wakwazi ukukhipha abasebenzi kanjalo nezinsiza kusebenza ukulekelela abeBandla LamaNazaretha. Sithanda ukubonga ikomidi lebandla esihlangana nalo njalo ukuzohlela kanjalo nokubonisana ngendlela esizobambisana ngayo ngesikhathi behleli entabeni iNhlankakazi, sibonge kuMasipala omkhulu iLembe Municipality, uMasipala wendawo iNdwedwe Municipality kanjalo nabasebenzi bezempilo abazinikelayo, ngokuhambisa ezeMpilo kubantu bebandla lakwaShembe.



uMiss T S Mntambo esebenza khona le eNhlankakazi.



uMamu Cebe ekhipha imithi.



Zisuke zibuya, kusetshenzwa ngempela lekoNhlankakazi



Isuke isimbozeke kanje intaba Inhlankakazi ngamadokodo, okufihlwa kuwona amakhanda.



uMamu uSiziwe nobaba uNdlovu webandla-owayeqinisekisa ukuthi konke abaludingayo bayakuthol

ZIXOXWA NGEZITHOMBE



1. Maicy, Hlengiwe, Slie and Buyi representing the Netball team with the trophies, won by the girls for the league and district tournament. 2. Amadoda endawo, edla izidlo ezimnandi. 3. Sr Nduli, Bongi, Masindi and Mancane giving talks at OPD regarding VCT and TB. 4. Picture of one of the routes, taken by the TB team for patients on Streptomycin. 5. A play that was done, by some staff members, teaching mothers the importance of Breast Feeding. 6. Nanazi, Dolly and Smangele kwiDistrict Tournament, Niyabuthanda ubumnandi. 7. Abafana beSoccer kanyenoMrs Pillay nendebe yabo abayiwina kunzima kwiDistrict Tournament last year.

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TELEPHONE ETIQUETTE QUESTIONNAIRE

A survey on Telephone Etiquette will be done soon on every Department within our institution. Results of the survey would be discussed with Departments.

Staff members are also requested to follow the same procedure for making calls.

Last year (2008) we lost two of our dear colleagues, Miss CN Mngadi and Miss ND Dube. May their souls Rest in peace. Jeremiah 49 vs 11.

Remember your suggestions and stories are welcomed, all you need to do is submit them to me Miss S Mzila (PRO) or contact me on my extension (171).

Happy Easter Holidays !!!

Happy Easter Holidays to all staff members, reminding those who will be driving to observe the rules and arrive alive.



Call us together for life
Khomanani

Know the symptoms Get tested Get free treatment Get support Live healthily

TB can be cured...

If you take your medication for the full 6 months.

Red Ribbon Resources Centre: (011) 500 0403
AIDS Helpline: 0800 913 152
www.aidsinfo.co.za