



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

EZASENEWTOWN CHC

Tel 031 5109800 Fax: 031 5101101

Volume1, issue 5

Newsletter Date : September /February 2016

BREASTFEEDING WEEK 01-07 AUGUST 2015

The International Breastfeeding Week (1st to 7th August 2015) was celebrated at Newtown CHC. The theme this year was "breastfeeding and work, let's make it work!". A special event was held on Wednesday on the 5th of August 2016, at Newtown CHC admin foyer. Mothers and staff attended the event. The event was opened by Mr N.M Gumbi (Community Facilitators) with a prayer and our Nutrition Advisor Mrs N. Kubheka gave a practical presentation on the technique for breastmilk expressing and storage of breastmilk. Important points discussed were:

- How to express breastmilk
- Importance of using feeding cup
- Storage of expressed milk
- Emphasised on the issue that working and schooling mothers can breastfeed exclusively.
- She also highlighted importance of immunization
- Proper monitoring of growth of the child and early detection of malnourished or delayed milestones.

Sr K.P Sangweni spoke about PMTCT. The important points she spoke about were the following:

- Early booking during pregnancy so as to be initiated for treatment at an early stage
- Emphasized on the exclusive breastfeeding thus reduces the chances of HIV transmission
- PMTCT guidelines to allay anxiety and fears of transmission through breastfeeding
- Encouragement of disclosure of the status to the family members so as to get support and to avoid mixed feeding

Miss Xolile Khoza spoke about Types of Family planning contraceptions:

- Implanon that lasts for a period of 3 years
- Nur-sterate 200ml lasts 2 months
- Petogen 15/ml last up to 2 months and
- Oral contraceptives

All breastfeeding mothers present were given tokens of appreciation. One of the breastfeeding mothers testified about the positive results of breastfeeding.



HERITAGE DAY

The beauty of South Africa with its diversity makes ones pride flourish as a South African. This was demonstrated during heritage celebration day that was hosted by Newtown CHC on the 30th September 2015. Celebrating Heritage taught us to respect and embrace each others cultures.

The theme of the day was *“Our knowledge, our heritage: Towards the identification, promotion and preservation of south Africa’s living heritage.”* (CEO) Mrs Z.B Khumalo was the programme director for the day. The day begin with the singing of a National Anthem. Mrs C.T Gubevu with prayer and welcomed all guests. The purpose of the day was done by Sr K.P Sangweni who also spoke about the values of our culture and why we should embrace. She emphasised that culture teaches us respect, values and understanding your identity.

Mrs Z.B Khumalo entertained the crowd with cultural quizzes (iziphicwaphincwane). Maternity department sang and danced with traditional music.

Mrs M.H Baqwa was demonstrated how Xhosa tribe danced, Mrs D Ngcobo demonstrated how Sotho tribe danced.

Variety of traditional meals was served for the day. Staff were dressed in different traditional outfits.

It was a marvelous day indeed people really enjoyed them selves.



DIABETES AWARENESS

Newtown CHC embarked on a journey to educate patients about Diabetes. On the 17th November 2015. The theme of the day was “*I can prevent diabetes*”. Welcoming of the guests was done by Mrs C.T Gubevu. The programme director was Miss C.S Mjoli.

Mrs T.A Ngcobo who was doing purpose of the day highlighted the problems that cause a diabetes. Signs and symptoms then preventive measures were alluded too.

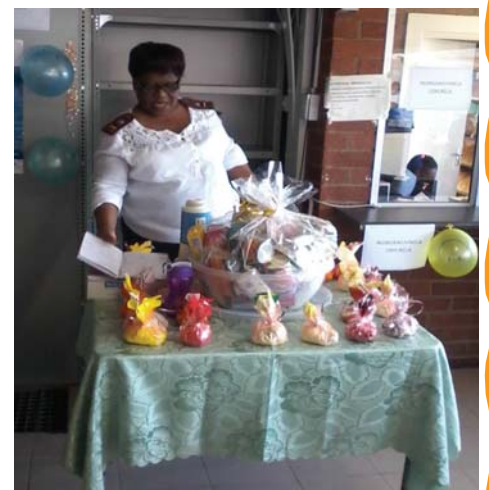
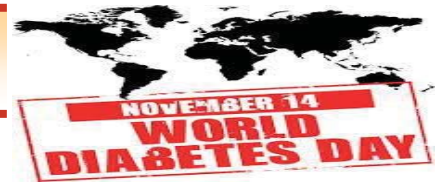
Healthy lifestyle was said to be the main preventive measure of diabetes. Complications of diabetes e.g eye problems and feet problems were highlighted and how it can be prevented. Guest speaker was one of the diabetes clients. She motivated other clients about importance of complying to medication and living the healthy.

Cervical screening was promoted and the first 20 patients screened received tokens of appreciation e.g face clothes and bath soaps.

Sr N.M Jali spoke on the benefits of a healthy diet. There was a role play done by community care givers about diabetes.

Sr S.S Khumalo educated patients about eye care. She stated that people should look after their eyes since diabetes affect eye sight. She stated that people should do eye testing regularly once you have diabetes.

Motivational speaker of the day was one of our chronics patient who testified on a healthy diet and encouraged other patients to comply on their medication accordingly. Refreshments were served .



WORLD AIDS DAY

**Towards an HIV-Free Generation:
RISE. ACT.PROTECT." ZERO**

11th December 2015 saw another milestone towards achieving HIV/Aids free generation in Newtown CHC. Staff and patients came in numbers to honour the ceremony (World Aids Day). The event took place at patient Administration foyer during working day.

Our Social worker highlighted sexual abuse that is prevalent in our family settings. She emphasised on breaking the silence about those fathers and uncles who are abusive to children and taking advantage of being bread winners. She encouraged parents to look after their children and protect them.

The speaker of the day was one of our patients on ARV's who strongly motivated other clients about the importance of adherence to ART's. She told them the state in which she was before she started taking ART's and how medication helped her to live a positive life most clients were highly motivated by her speech.



The day was a huge success with the involvement of all categories of staff . We'd like to thank all our sponsors for their continuous support.

CHILDREN'S CHRISTMAS PARTY

On the 11th December 2015 Newtown CHC Hosted a children's Christmas party . The party was offered for children that utilise our ARV clinic. We usually host this event for these children every year. Our purpose is to express our love for them, instill hope and encourage them to leave a life as normal as possible.

Sr E.S Mkhwanazi opened an event with prayer and welcomed all members present. The day was full of entertainment such as jumping castle, dancing, singing and poetry. Variety of meals were served.

Amongst the gifts given to children were party packs distributed according to their age group. It was a beautiful and exciting day, all children together with their care givers enjoyed themselves to the fullest.

Sponsors and Health Promotion team were acknowledged.

STI/CONDOM WEEK

Newtown CHC celebrated Healthy lifestyle awareness and reproductive health day on the 10th of February 2016 at the patient administration foyer.

Opening and welcoming was done by Mrs M. H Baqwa. Purpose of the day was done by Sr T.A Ngcobo who emphasised that STI Condom Week should be celebrated because people lack knowledge and they should be educated about STI/Condom and Healthy lifestyle. Sr S. Dlamini spoke about early booking when you are pregnant, she stated that it assist you to know your status very early and it prevent your child from being infected by diseases.

Sir F. Mjekevu emphasised that most STI 's can be cured . He mentioned symptoms of STI 's and how can you prevent yourself from being infected .

People were empowered with the following topics to assist them to lead a health lifestyle i.e

- Precaution of STI's and condom usage (there was a demonstration on how to put a condom)
- Importance of early booking for Antenatal clinic and PMTCT
- Family planning methods

Teenagers were advised to make use of our Youth Center in order to be motivated and to have a vision of a positive future for themselves.

Mr B. Ngcobo demonstrated to the patients how to insert a condom . He mentioned that there are 2 types of condoms i.e female condom and male condom. He also stated condom prevents you from getting STI and unwanted pregnancy.

Nutrition Adviser gave advice on Healthy Diet during pregnancy and emphasised the importance of eating a balanced diet.

Patients were given some fruits e.g apples and bananas. It was a wonderful day .

