



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

NGWELEZANA TERTIARY HOSPITAL

“Our patients, our priority”

NGWELEZANA NEWS HUB

NEWS

JULY–SEP 2022

WOMEN'S DAY COMMEMORATION



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WOMEN'S DAY COMMEMORATION



LADIES SHOWING OFF THEIR OUTFITS DURING WOMEN'S DAY CELEBRATION

Women's Day marks the anniversary of the great women's march of 1956, where women marched to the Union Buildings to protest against the carrying of pass books.

On 9th of August 1956, 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.

Ngwelezana Hospital hosted a prestigious event on the 25th of August 2022 in commemoration of women's day.

This was an astonishing day to honor the stupendous deeds of women across Ngwelezana hospital workforce with the message of the day *"building back better for women's resilience"*.

The event was blessed by the presence of lady Pastor Mtshali who gave spiritual revival. Words of motivation were presented by lady Pastor Ngonyama.

Women are the pillars of families, they are faced with many challenges in life. Dr Douglas gave psychological support and tips on how to overcome the stress that women face on their daily lives.

Cake decoration demonstration was done by Tjips & Tjoklits cakes and the lucky winner took the decorated cake home. Ladies were pampered with foot massages and facial makeups sponsored by Modish ladies .

Many talents were discovered as we witnessed a fashion show that was organized by a staff member who is a fashion designer.

Special gratitude was forwarded to the sponsors who made the day possible as well as events committee who organized such a prestigious event.

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PHOTO GALLERY



Ladies during the Women's day celebration.



Models preparing to enter the stage.



Lucky draw winners pampered with foot massage.



Luck draw winners pampered with facial make up.



Tjips & Tjoklits cakes teaching ladies how to



Mrs. CNN Mkhwanazi & Mrs . N Ntengenyane giving a token of





ROUND TABLE DISCUSSIONS ON WOMEN EMPOWERMENT

Ngwelezana Hospital Thuthuzela care center in line with uMhlathuze Local Victim Empowerment Forum hosted a round table discussion on women empowerment on the 31st of August 2022 at Ngwelezana Hall.

The activities aim to empower women during the commemoration of women’s month. The event began with the opening remarks from Mrs. CNN Mkhwanazi Acting CEO of Ngwelezana Tertiary Hospital and progressed with commission where community members were sharing solidly about the challenges they are facing within the community and turn - around solutions that can be done to assist in raising awareness on those challenges.

Different service providers were part of the event for purpose of marketing, sharing information and empowering the target market about available opportunities within the community that they are in.

Stakeholder that were part of the event were ChildLine KZN, Lifeline Zululand, Amangwe Village (Child Protection), Siyathuthuka Welfare Organization, uMhlathuze Municipality (Ward Councilor), South African Police Services, Department of Health, National Prosecuting Authority, Department of Agriculture, Department of Justice and Department of Social Development.

Community members were encouraged to utilize the services rendered by Thuthuzela care center.



Ladies preparing the round table presentation.



Group 1 presentation during the commissions.



Mrs. CNN Mkhwanazi during 1KZN TV interview.



CASUAL DAY 2022



Casual day is a national initiative run by the National Council of and for Persons with Disabilities to raise awareness of the potential of persons with disabilities and the barriers that they face.

Occupational Therapy department hosted a Casual day on the 2nd of September 2022, raising awareness for persons with Disabilities. The theme for this year's Casual Day was #ICelebrateSA as after a few years of darkness, lights of positivity are starting to shine through.

Mr. Sibiya who works as a Switchboard supervisor was the guest speaker of the day. He spoke about the challenges faced by disabled person and gave tips on appropriate ways to include disable person in our daily life.

Mr Sibiya is a prominent figure in the disability community and is an advocate for inclusion and promoting accessibility for persons with disabilities.

After the talk, staff members did a walk of celebration around the hospital using different mobility devices to gain some insight into the struggles our patients face every day. Songs of positivity supporting disabled community were echoed through the walls of Ngwelezana and the energy was enjoyed by all.

Overall the health awareness was a success as over R3000 was raised for the National Council of and for Disabilities. Hospital management would like to thank all those who were involved and participated in the event and urge staff to promote accessibility and inclusion of persons with disabilities.



Staff members during Casual day event.



Occ Therapy team and Mr. Sibiya (Guest Speaker).



Staff members during the walk of celebration using





WORLD BREAST FEEDING WEEK



Dietetics team during breast feeding week commemoration at Mandlanzini Clinic.

Ngwelezana Hospital celebrated World Breastfeeding Week (WBW) 2022 by hosting an event to create awareness at Mandlanzini Clinic. The theme for this year's WBW was **“Step Up For Breastfeeding. Educate and Support.”** The local community care givers (CCG's) , Leaners from Lizwi High School as well as pregnant and breastfeeding mothers were invited to take part in the event.

Activities included educating pregnant and breastfeeding women on the support structures in the community to support breastfeeding, the importance of exclusive breastfeeding, how to express and store breast milk. CCG's were in -served on how to use a breast model to demonstrate breastfeeding to their community.

A competition was held amongst the High School Leaners, where each group had to build their own breast model and give a presentation regarding breastfeeding. A prize was given to the winners.

A big thank you to all the staff at Ngwelezana hospital that supported Dietetics Department to raise funds, by purchasing popcorn.

The funds enabled the team to purchase the materials to make the breast models and the prizes.

The event was blessed by the presence of Ronel Sorgenfrei; KZN Head Office Dietitian .

The event was a great success and everyone was very participative and involved in all the activities.



QOQOQO DOOR TO DOOR CAMPAIGN

Qoqoqo door to door program is an initiative that was introduced by our honorable MEC for Health Ms Nomagugu Simelane. The main aim of the program is to take the hospital services to the community, attend to all social ills encountered by the people of KZN.

Ngwelezana Hospital Primary Health Care (PHC) services visited the disadvantaged community of Macekane on the 21st of July 2022.

During Qoqoqo , all PHC package of services were rendered to the community i.e attending to Minor Aliments , Screening for Non Communicable Diseases, TB& HIV screenings.

Community welcomed about the program and thanked Ngwelezana Hospital for choosing them. Macekane community normally receives health care services through Mobile services.



PHC team during Qoqoqo program



TB BLITZ

Ngwelezana Hospital supported by King Cetshwayo (KCD) TB tracer teams hosted a successful TB blitz at Mzingwenya reserve Esikhawini on the 18-22 July 2022.

According to statistics, Mzingwenya reserve is reported to be one of the areas that have an alarming number of TB cases reported. The team was not only focusing on TB, but they also did the following programs: HIV/AIDS testing , Tracing TB &HIV/AIDS defaulters, attending to social ills and health challenges.

The Blitz was supported by Ngwelezana Hospital Social Work Department , Department of Social Development , Home Affairs and Primary Health Care services.





KIDNEY AWARENESS

National kidney awareness week is celebrated in the first week of September every year. It is a global campaign that aims to raise awareness of the importance our kidneys to our overall of health. It also aim to reduce the impact of kidney diseases and associated health problems.

Ngwelezana hospital visited Icora FM on the 6 September 2022 to give kidney awareness to the vast community of Northern KwaZulu Natal. The presentations were done by Dr Nyawo who works at Internal Medicine Department.

Dr. Nyawo spoke about amongst other things; common causes of kidney diseases , how to manage chronic diseases and how can the public help a person with kidney failure .



Dr Nyawo giving Kidney awareness at Icora



PAP SMEAR DRIVE



Mrs. CNN Mkhwanazi leading Ngwelezana team and Melomed team during the cancer awareness drive.

awareness month .Melomed Private hospital offered PAP smears to all women employees free of charge. PAP smear drive was done on the 26 August 2022.

The drive was a success as we witness the influx of women employees coming to get the service.

Melomed Private hospital visited Ngwelezana hospital to conduct cancer awareness outreach program as a build up event to Cancer

Women were encouraged to do PAP smear regularly as it helps to detect cervical cancer early. Early detection leads to better chances of beating the disease.





HERITAGE DAY COMMEMORATION

Month of September is recognized as Heritage Month. Heritage Day recognizes and celebrates the cultural wealth of our nation. South Africans celebrate the day by remembering the cultural heritage of the many cultures that make up the population of South Africa.

Ngwelezana Tertiary Hospital commemorated heritage day on the 23 September 2022. Ngwelezana hospital is known to have staff members who reflect our rainbow nation and each and every culture represented by the facility was celebrated.

Our staff members simulated uMemulo (Coming of age and initiation of the girl child into women hood in Zulu Culture). Different traditional dishes were served during the event.

Special gratitude was forwarded Supply Chain and Maintenance team for ensuring that the prestigious event is successful as they play the leading role in Memulo simulation.



Staff during uMemulo simulation.



Mrs. CNN Mkwanazi –CEO gifting a staff member (Echoma).



Maintenance team singing praise songs.



Ms Xulu gifted by other staff members .





HEALTHY LIFE STYLE & WELLNESS DAY

Most of the staff members focus more on their work and forget to take care of their bodies and living a healthy life style.

Wellness days are the most valuable tools for improving mental health and wellbeing of the employee in the workplace . *A healthy mind in a healthy body equals to a productive employee.*

Promotion of healthy living to employees is the responsibility of all managers as mandated by the legislation and policies.

Ngwelezana hospital hosted a successful wellness day on the 28 July 2022 at Nursing home sports ground.

The day started with aerobics as a warm up before doing 5 km fun walk. Health talks on different topics were done and the games began. Medals were handed over as token of appreciation for all attendees. Three lucky draw winners received gifts powered by the dietetics department.

Special gratitude goes to our sponsors ; Old mutual for offering health screenings , Gems for bring fruits and Senzelo physiotherapist for facilitating physical activities, KCD Sport and Recreations for facilitating indigenous games.



Ngwelezana Hospital staff during wellness day .



Staff during 5 km walk.



Staff playing chess during the wellness day.



NGWELEZANA HOSPITAL DOMINATED KCD SPORT DAY

King Cetshwayo District hosted a successful sport day on the 10th September 2022 at Richards bay Sport Complex.

Ngwelezana Tartary Hospital dominated KCD sport day as we witnessed Ngwelezana Ladies netball team winning the championship and taking the 1st prize home.

Ngwelezana Male soccer team lost in the finals as they were knocked off by Eshowe District Hospital on penalty shoot out.

Mr. Mncube (Ngwelezana hospital Chess representative) won the 1st price beating all the hospital who participated on chess sport code.

Ngwelezana Hospital management was very proud of the achievement obtained by the teams during KCD sports day.



Ngwelezana Hospital Netball team receiving championship.



Ngwelezana hospital ladies preparing for the game.



Mr. Mncube during his chess game.



Soccer team receiving second price accolade .

ACKNOWLEDGEMENTS



Mr S.E Buthelezi
WRITER — PRO



Mr. A Mdunge
PHOTOGRAPHER — PRO



Mrs CNN Mkhwanazi
EDITOR — ACEO



Mrs N. Ntenganyane
EDITOR — RADIOGRAPHER



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

CONTACT DETAILS

Physical Address: Thanduyise
Road

Ngwelezana township

Empangeni

3880

SWITCH BOARD:
035 901 7000

FAX NUMBER:
035 795 1684

Email address :
pro.ngwelezana@kznhealth.gov.za



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