



# WE ARE THE CHAMPIONS OF 2023

*Access to the health services you need, when and where you need them, without financial hardship*



**NDH SOCCER TEAM PRESENT TROPHY TO EXCO MEMBERS.**

Picture by: Henry Dlamini



# WE ARE THE CHAMPIONS OF 2023

By: Henry Dlamini

Northdale hospital soccer team claimed a victory over Harry Gwala hospital soccer team during a nail biting final in the District Tournament games organized by UMgungundlovu Health District.

All facilities falling under UMgungundlovu participated in the tournament including district office and Head office!

This was a two day tournament which took place at UMngeni sport ground on the 19<sup>th</sup> and 20<sup>th</sup> of October 2023. On these two days, amongst others, Soccer, Netball, Indigenous games such as Umlabalaba, tug of war etc were played. In his opening address, District Human Resource Manager uBab' Mthethwa emphasized the importance of employees participating in these games.

Mr Mthethwa mentioned that these games are part of wellness and that they played a vital role in releasing stress in employees. He mentioned that the most critical part of these games is to ensure that wellbeing of employees is promoted.

The wellness program is designed to bring relief to employees and reduce pressures that can overwhelm employees at work.

The district HR manager concluded by urging employees to invite more participants for 2024 district tournament games.

In soccer, Northdale hospital team went to quarter finals and defeated Head Office for semi-finals. In semi-final the team claimed a win over Grey's Hospital team and went head to head with Harry Gwala soccer team where Northdale hospital team made history and became Champions of the District.

Northdale hospital is proud of our team!!



Photo by: Henry Dlamini

**NDH SOCCER TEAM CELEBRATING THEIR VICTORY**



# 16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE



Photo by: Sthandiwe Ngcongco - PR Intern

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The 16 Days of activism against Gender Based Violence is a movement dedicated to create awareness about the harmful effects abuse has on women and children. This campaign advocates for the elimination of abuse of woman and children. On the 21st of November 2023, Northdale District Hospital launched 16 Days of activism and pledged solidarity against such abuse and violence and in humanity as a whole.

The hospital organized a march, that included stakeholders such as South African Police Services (SAPS), Lifeline organisation, National Prosecuting Authority (NPA) and Capital Hills Estate.

The march aimed to highlight the role of multi-sectorial disciplinary approach in fighting gender based violence. This program gave an opportunity for each stakeholder to explain its role in managing abuse cases and demonstrating the critical role of each stakeholder has in providing care and to showcase available resources that are in place to support abuse survivors.



During the march, Sister Maharaj indicated that it is very crucial that victims of abuse report the incident immediately to the nearest Police Station or Crisis Centres while tangible evidence is still there. Sexual assault cases have to be reported within 72 hours of occurrence in order to allow for forensic evidence to be collected and post exposure prophylaxis to be dispensed if eligible.

Ms Nobukhosi Xulu - Chief Executive Officer for Northdale District hospital, said "We are all responsible for reporting woman and child sexual abuse". She indicated that Northdale District Hospital as an institution is committed to no violence against humanity. She asked everyone not to look away from any witnessed abuse.

Community is encouraged to be responsible and report abuse to the following hotlines:

Domestic violence Helpline (0800 150 150),

SAPS (10111),

Child line (116).

Picture by: Sthandiwe Ngcongco - PR Intern



**Sister Annie Sirvaman**

Picture by: Sthandiwe Ngcongco - PR Intern



**NDH CEO Ms Nobukhosi Xulu with Social Worker Ms Mthobisi Mlaba**



Picture by: Sthandiwe Ngcongco - PR Intern

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# BAPHUME NGOTHI LWABO BEYOTHOLA USIZO LWEZEMPILO MAHALA.



Photo by: Henry Dlamini

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IZINKUMBI zabantu baseBaniyena ngaphansi kwesifunda uMgungundlovu, zitheleke ngobuningi bazo zizothola usizo lokwelashwa mahhala kuhlelo ISIBHEDLELA KUBANTU. Uhlelo ISIBHEDLELA KUBANTU luhanjiswe emphakathini waseBaninyena zingama 27 kuMfumu 2023.

Lolu hlelo belusingethwe yisibhedlela iNorthdale isebenzisana nomtholampilo iBaniyena engaphansi kwesibhedlela, bekukhona nezinsiza eziqhamuka kusifunda sezeMpilo uMgungundlovu.

Umpakathi ohlanganisa abantu abadala besifazane nabesilisa, izingane, abebesosokwa, yintsha, njalonjalo, bathole izinsiza zezempilo ezihlanganisa, ukuhlolwa amehlo, ukuthola izibuko zokufunda mahhala, ukuhlola umdlavuzwa esibala kuwo owebele, owesibeletho, owomshini womuntu wesilisa (Prostate), ukwelashelwa izifo ezingamahlala khona, ukunikezwa kwemigomo ezinganeni ngokuhlukana kweninyaka yazo.



Ngalolu hlelo umphakathi ukwazile ukuthola ukuhlololwa amazinyo mahhala, kwathi abantu asebekhulile abadondolozelayo bathola izinduku zokudondolozela. Umphakathi uthole nokufundiswa ngezempilo nokubaluleka kokuvakashela imitholampilo ngaso sonke isikhathi ukuyozihlola.

Uhlelo iSibhedlela Kubantu wuhlelo olwasungulwa wuNgqongqoshe wezeMpilo KwaZulu-Natal uMhlonishwa Nomagugu Simelane, ukusabalalisa usizo lwezempilo eduzane nabantu. Lolu hlelo luletha zonke izinsiza zezempilo enkundleni yezemidlalo phakathi kwemizi yabantu ukuze abafisa ukusizakala bangaze bangene ezindlekweni zokugibela ukuze bathole izinsiza zezempilo.

Lolu suku lube yimpumelola enkulu kakhulu ngoba lukwazile ukuheha lwaphinde lwasiza umphakathi olinganiselwa kwinkulungwane nangaphezulu. Ngalolu hlelo isibhedlela sinxenxe neminye iminyango kaHulumeni ukuzonikeza usizo ekubalwa kuyo uSASSA, Home Affairs, kanye nomasipala waseMkhambathini. Leminyango ibinikeza usizo emphakathini ngokuhlukana kwayo.

#AccessToHealth

#LeavingNoOneBehind

#IsibhedlelaKubantu



Photo by: Henry Dlamini

Umtholampilo wamadoda ngosuku lwesibhedlela kubantu.



Photo by: Henry Dlamini

Isibhedlela kubantu.



Photo by: Henry Dlamini

Left: OPM Sir Sithole, DNM Mr Biyela, DD. Dr Zulu, ANM Buthelezi, iNduna yesizwe uBaba uMsomi, PHC Manager Mr Zuma.





**Ubuhle base NDH**



**Izinsizwa**

Heritage day 2024

Northdale hospital has a culturally diverse workforce where all employees unite together to ensure service delivery.

The hospital honored the countries diverse heritage in the work environment by celebrating heritage day on 26 September 2023.

The theme was “Celebrating our cultural diversity in a democratic South Africa”. Employees were permitted to wear their traditional attire to show their unique cultural identities and so celebrate the diverse heritage that makes our country special.

The institution used this day to promote spirit of unity amongst employees. The display of various vibrant cultural attires, the different foods presented from each culture was enjoyed by all and made this day a success. During the program, employees also had an opportunity to talk to colleagues about their own culture, the way they do things and what makes it unique.

When Mr. Luthando Mbatha (Pharmacy Manager) was addressing staff attending the event, he said “We have rich and varied cultural heritage which has profound power to help build our nation. As Northdale hospital we are singing from the same hymn book, we say phambili with unity in diversity. Our differences have brought us even closer together, we are nurturing the culture of understanding one another’s heritage in the spirit of celebrating shared culture rather than focusing on cultural divisions”.

By: Henry Dlamini



# Northdale Hospital Heritage Day 2023



Photo by: Henry Dlamini



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## PHARMACY MONTH

Each September, pharmaceutical profession in South Africa comes together to celebrate Pharmacy Month, a time to showcase the vital contributions of Pharmacists to Healthcare and the community.

The Theme for 2023 was ***Pharmacy United in Promoting Healthcare for Patients***, which aims to highlight the importance of the pharmacy services in aiding public access to healthcare. This is the month of promoting immunisation and educating the public on adverse drug reactions and reporting these and promoting Antimicrobial Stewardship (AMS), including Infection Prevention and Control (IPC).

Northdale District Hospital celebrated pharmacy month by embarking on a campaign throughout the month of September. The pharmacy staff engaged patients in hospital waiting areas with the intention of educating patients about importance of taking medication as per the advice of the pharmacist.

On the 28th of September 2023, NDH Pharmacy team embarked on an outreach programme to educate and encourage community to take medication. This was a door to door programme conducted at Ezinketheni area. During the campaign NDH pharmacy team worked together with Social Workers from the hospital to identify needy families and they were supported with food hampers coming from the contribution of NDH pharmacy team. The team together with the dentists of the dental department also visited Pietermaritzburg Children's Home where they donated clothes donated to the hospital and hampers to promote pharmacy outreach topics and dental health.

The Hospital remains committed to promote healthcare for our community and increase access to health care system.

By: Sthandiwe Ngcongco - PR Intern



## UNDERSTANDING CHILD WELL-BEING

Having a child is a blessing from God to every individual that becomes a parent, having a sick child is very stressful to parents. All health care professionals take an oath to take care of every child that is presented to them.

Northdale hospital has several dedicated paediatric care wards where children are admitted to when unwell. Nursery caters to the new born babies, “F Ward” is a general ward and admits children from 0 – 12 years for medical, surgical and orthopaedic illness, “E ward” admits children of the same age group for infectious illness needing isolation.

In these wards children are placed in cubicles according to their ages, diagnoses and according to their needs of care. The wards provide district level care to all children admitted and when required refers the children that require more specialized care to Greys hospital.

F ward has 36 beds and E ward 16 beds for children. Mothers are allowed to stay with their children in hospital as lodger mothers. The mother can choose not to stay with the child if the child is not breastfeeding and the condition does not necessarily warrant the presence of a mother. The presence of mothers during their children’s admission is beneficial to the child’s wellbeing and mothers are given essential health education on how to take care of their children on topics like how to give kids medication, how to bathe them if they live with a certain condition.

The hospital is working with various stakeholders to improve well-being of the children admitted in hospital. Supporting physical, psychological and emotional health can make a child recover in a shorter period of time during admission. It is this reason that the hospital through consultation with parents allow stakeholders to visit admitted children.



**Members of SANDF visited F Ward**

Picture by: Henry Dlamini

The South African National Defence Force (SANDF) recently visited F Ward to spend time with kids. Officials distributed gifts to admitted children that brought a smile and happiness to all involved. Through stakeholder engagement the hospital has improved the fenced off play area of children’s admitted in F ward. The play area has been brightened up by painting the play gym and planting a flower garden. A new car jungle gym was donated. The area allows kids to play and interact with each other and have some fun.

The hospital encourages kids to play as part of service delivery if they are able to, because it improves the cognitive, physical, social, and emotional well-being in the holistic care of children. Through playing children get a chance to learn about things happening in the world and about themselves and serves as a form of informal therapy. They can learn skills which can boost their level of thinking and learn to build relationships with other kids and also gain confidence. The hospital supports this initiative.

By: Henry Dlamini





**KWAZULU-NATAL PROVINCE**

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REPUBLIC OF SOUTH AFRICA

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