



NORTH—NEWS

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FROM THE CEO'S DESK

Mrs. Du Preez assumed duty here at Northdale Hospital on 01st of June 2011. She took over the office left vacant by Mr. Ntombela. Born and bred in Woodlands, Pietermaritzburg (a Haythorne High School Graduate), Mrs. Du Preez started her career at Northdale Hospital, at the most junior level, and returned to Northdale Hospital in 2005 as the Nursing Manager. She is back again at the most Senior level of CEO.

Mrs. Du Preez is a well established individual, who has worked within UMgungundlovu District for the past 29 years. She did her basic training as a nurse at Groote Schure Hospital in Cape Town and went on to read her post basic Courses in UKZN, the

then Technikon Natal



Mrs. F. M. Du Preez
Hospital CEO

and UNISA respectively.

Led by her passion for the preservation of family life. She has served FAMSA PMburg for the past 15 years, as the Executive Chair person, Treasurer and member of the board respectively.

Of her new appointment, Du Preez says "Northdale Hospital has many challenges but it also has great potential. It also has a proud tradi-

tion and a solid foundation which I believe can be restored. Northdale Hospital has many dedicated staff who are committed to Service Delivery and to the Patients Rights Charter.

Mrs. Du Preez comes with a wealth of experience in the health department and is looking forward to contributing to the growth and achievement of the mission and objectives of the Hospital. She can not remain silent about the warm welcome she received from the staff when she joined Northdale Hospital recently. For that she says a big "Thank You".

NGIYABONGA

HEALTH LIFESTYLE PROGRAMME

On the 18th of March 2011 the staff of Northdale Hospital enjoyed a healthy lifestyles' event.

As the hospital of choice in the city of choice it was decided that it's appropriate for our staff to practice what they preach to the patients and therefore a fun/run/walk was held.

A variety of categories of staff participated and everyone had a fun filled morning.

The Prize giving ceremony was held immediately thereafter and medals donated by the hospital board were awarded to the top runners and walkers.

Pictured here are some of the participants dressed especially for the occasion.



Mr. Scelo Thusi— of Emergency Medical Rescue Services took the first prize for the Males.



With Hlengiwe Grace CEO's Secretary are the ladies who participated in the race . You GO GIRLS



Mduduzi from Registry departments and other Male participants hitting the road.

LITERACY DAY



Our Northdale hospital Abet class attended the Literacy Day for this year, which was held at Woodburn Stadium. The purpose of the event is to encourage adult learners to continue with ABET.

Our brilliant class attended the event and came back very motivated and keen to pursue their different dreams. They also enjoyed being away from duty and had a “braai”. We’re looking forward to seeing more ABET learners next year.

HERITAGE DAY



LEFT: Sister Zondi—Infection Prevention and Control Manager wore her beautiful dress inspired by both western and African style.

Right : Thandanani and Londi both from Pharmacy were stunning in their outfits for the Day

We hoping to see more staff members dressed in the traditional outfits next year.



MANDELA DAY CELEBRATIONS



District Management , Hospital Management and other staff members after planting vegetable gardens and trees at ARV clinic.



Above: Patient receives a bunch of spinach from our dietitian. Other patients were also given vegetables as per their nutritional needs.

Right: Some of Northdale staff members who participated in planting of Vegetable gardens on Mandela Day 2011.

May God Bless all of you.....

On the 18th of July the whole of South Africa and some parts of the world celebrated Nelson Mandela's Birthday. This Diplomatic leader was born on the 18th of July 19.. He is a South African but well celebrated by the whole world. Northdale Hospital Management and staff also took this opportunity and made a difference to the lives of people serviced by the institution.

Vegetable gardens were planted on the hospital premises and it was all meant for patients needs. District Management and staff from other hospitals also took part in planting of the gardens.

It was real joyous to the staff members as they reaped the vegetables and gave to some of patients. This was a very touchy and fulfilling gesture. Well Done and keep it up Northdale staff members. Keep in mind that blessed is the hand that gives than the one that receives.



MANDELA DAY CELEBRATIONS Cont..



Children in F. Ward were taught to draw and they were very excited about the whole exercise. They will take their lovely photos home and treasure them forever. That's what I call making a difference in somebody's life.



Even the elderly people were offered soup and bread to eat while waiting to be seen by doctors.

A HELPING HAND



On the photo Northdale staff is taken with the members of the **ALI-IMDAAD FOUNDATION**. Blankets were given to the patients on the day

The **ALI-IMDAAD FOUNDATION**—gave warmth to our ARV Clients by donating blankets during the cold rainy days in Pietermaritzburg. This organisation never ceases to offer help to the Northdale Community. They give sandwiches and juice to patients every Thursday without fail.

Management of Northdale Hospital extends, their heartfelt gratitude to the organisation for all the good they are doing for the community.

BREAST FEEDING WEEK

“

Breast milk is the best” was a slogan for the day, when our Maternity Ward had an event in commemoration of Breastfeeding week 2011. This event was held in the ward and was graced with the presence of pregnant women.

The purpose of the day was to create awareness and educate pregnant women on benefits of breastfeeding. Programme was well driven by the sister in charge of Ante Natal Clinic—Sister Lukhozi.

This day did not only served the purpose of educating patients, talent was also recorded as staff from different wards performed plays.

The programme also tackled the need to get tested so that mothers know when and how to breastfeed. Dietetics department gave nutritional lessons and enlightened the house on benefits of Breastfeeding. They even noted that breastfeeding reduces chances of breast cancer and that breast fed babies are able to fight diseases.



Nurse Zondi and Nurse Mkhize from P Ward performed a lovely play based on breast feeding education.

RIGHT: Sister Barath and nurse demonstrating how to boil breast milk and still maintain its nutrients.

Mothers were given a chance to ask questions to ensure that they got proper information.



Ladies from Dietetics Department giving their enlightening talk on importance of breast feeding.



BREAST FEEDING WEEK Cont..



Sister Barath and Sister Govender with one of the mothers after receiving a prize.



Sister Moyo and Khululiwe led the house when singing the Breastfeeding song which was composed by this department.



HEALTH EDUCATION DURING WOMEN'S MONTH

TOP RIGHT: Sister Msimango giving health education to patients in MOPD. The main focus was on women and their health.

Patients were given a chance to ask questions regarding female related issue. Female patients were also reminded to go and have their pap smears done in their local clinics and our Gateway Clinic.

Bottom Right: Patients listening attentively to health education given in MOPD.

Every women should have pap smear done yearly.



W O M E N S M O N T H C E L E B R A T I O N

The events committee planned a women's day celebration event. This was in commemoration of the women's month. The event was well planned and everybody had fun. The programme was well driven by Miss. Melodywho was dressed to kill. Theme of the day was funny fancy hat , this triggered hidden talent from most of female staff members—most people are indeed in a wrong profession they should be owning their own fashion brands. Our CEO Mrs. Du Preez also came in her designer hat but unfortunately she was not allowed to enter the competition, talk about discrimination.

Apart from competition and fun—productive talks and presentation were also part of the programme. Women's Organization gave out tips for home made remedies. These are made from the items that are part of our month to month groceries. Ms. Dos Santos gave an outstanding bollywood performance. Her father Mr. Stanley Dos Santos who works in F Ward was really proud of his daughter.

Ladies had more in store for the day. Virgin Active staff were also invited to give Zumba Dance free lessons to the Northdale Hospital ladies.



Above right: Mrs. F.M. Du Preez in her classy hat. **(above Left)** Ladies waiting to show case their fancy hats. The competition was very tight.

Far Left: Ms. Madonda surely loves her work, that you can tell from her idea of a fancy hat " we love creativity"

Below: Every guest was given a rose as a gift. **Below left:** Another set of ladies for the parade.



WOMEN'S MONTH CELEBRATION



From left: Sthe Mthalande, Karen Naidoo, Zanele Khanyile and the Programme Director :Melody Mhlongo posing before getting on stage for the parade.



Left: Ladies from God's Family Life Centre—Wellness Ladies demonstrating one of their home remedies.



Top Right: Sister Brown from eye clinic dancing and showcasing her hat on stage—we love the workmen's hat.



Ladies getting on with the Zumba with a lady from Virgin Active



Ms. Dos Santos doing bollywood dance. This was just perfect performance

FROM THE PRO'S DESK

Before I say anything I would like to introduce myself as Mrs. Mandisa Dlamini. I have been appointed as a Public Relations Officer for Northdale Hospital from the 01st of August 2011, so I have been with Northdale family for four months.

It is with great pleasure for us as Public Relations Department to release the very first issue of our hospital newsletter this year. This issue is just a beginning of many publications to come. We urge all staff members to contribute by giving us articles for the newsletter. On the same note we want to thank everybody that contributed to this issue. Let's make it happen— bring articles and keep "North News" going.

The issue is temporarily called North News, but we are still looking for the name from you (readers). Please do suggest names and stand a chance to win two movie tickets, popcorn and drinks.

To enter the competition simply give your suggested name for the newsletter to Public Relations Department. Give your correct name and contact details.

Please note that this competition is open to Northdale Hospital Staff only.

Competition Closing date: 01 January 2012

Name must be meaningful to both English and IsiZulu users

NORTHDALE HOSPITAL

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