



September-  
2005

# Sisonke

*We're in this together!*

**Volume 3**

The official Newsletter for the staff of Northdale Hospital

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## WHAT AN ACHIEVEMENT!

Whether big or small I think an achievement should be celebrated. Women's month is about women and their issues either they affect them positive or negative. How about sharing a remarkable change to one of our staff that have achieved a lot in her life.



'I just want to thank Northdale Hospital matrons and sisters for giving me a chance and believing in me', says ENA, Mrs GZ Mncwango. She started working as a GA in 2000 with no idea that one day she will be saving people's lives.



When she was studying she said there were times when she thought it was better for her to quit because of the hard work and fear, but because of the support also from her husband and children she worked hard and she was happy with the results.

Congratulations Mrs Mncwango, this is really encouraging.

## WOMEN'S DAY CELEBRATION



Women empowerment was the issue of the day in the celebration of National Women's day on the 12th of August at Northdale Hospital. Speakers nourished the celebration with information and motivation.

*Pictured are, Pastor Mkhize, Mrs Du Preez(Nursing Manager)Ms Maphumulo, Mrs Thusi and Ms Hilton.*

"Ingabe bonke abantu besifazane bathuthukile, abantu besifazane abasemakhaya ingabe bethuthukile na?", umbuzo lona owawuvela ku Ms M Hilton, oyi-Executive Legal Manager kwa Transnet. She pointed out the gap of

women executives in the workplace and that a lot still need to be done. Mrs T Maphumulo said that women need to support each other because whatever women do either it is negative or positive it affect all of them.

A beautiful performance by the student of the University of KwaZulu-Natal left everyone looking for solution on violence against women. Can you leave your job and be a stay home mom because your partner or husband beats you or he just control every move you make?, that was the moral of the drama.



What would you do if you find yourself in a challenging situation, in your dedicated job and you really want to give the best you can? Should you quit because you can't handle the situation, just leave it as it is or try harder because you want to be proud of yourself?

One may say he/she can look back at what really need to be corrected and start afresh, or make sure that something like that wont happen again. This will be the result of the perseverance and the goal to be the best.

There are times when you need to look at what you have achieved and give thanks to yourself and those who helped you. This might be the reason of your faith in something or someone just believed in you.

What does good management mean to you, is it being managed by experienced people? The results will be good performance but only if you work as a dedicated team. In this way, you will be recognized because it shows that you are still on the right track and need to give more.

Well, this is our third Sisonke Newsletter and I promise you that you will enjoy each page. I will like to thank all the contributors and just to remind you that I am still waiting for your input because this is all about us, NDH staff members.

Wishing all our Hindu & Tamil staff members a happy Diwali.

Editor

*It's your newsletter, tell us what you think. Write a letter to the Editor and have it published.*

*You can e-mail your letter to h043093@dohho.kzntl.gov.za or just drop it off at Registry or the PRO's office.*

*To discuss any ideas for the newsletter call the editor on extension 9048.*

I BELIEVE



I BELIEVE

That our background and circumstances may have influenced who we are, but we are responsible for who we become.

I BELIEVE

That no matter how good friends are, they are going to hurt you every once in a while and you must forgive them for that.

I BELIEVE

That just because someone does not love you the way you want them to, does not mean they do not love you with all they have.

I BELIEVE

That true friendship continues to grow even over the long distance, some goes for true love.

I BELIEVE

That no matter how bad your heart is broken, the world does not stop for your grief.

I BELIEVE

That just because two people argue, it does not mean they don't love each other, and just because they do not argue, I do not mean they do.

I BELIEVE

That you should be so eager to find out a secret, but it could change your life forever.

I BELIEVE

That two people can look at the exact same thing and see something totally different.

I BELIEVE

That people who don't even know you, can change your life in a matter of hours.

by: Ncamsile Khanyase

**USUKU LOKUBUNGAZA IMFUNDO YABADALA**

Belumnandi usuku lwangezi 01 September lapho abasebenzi baka-hulumeni bebungaza usuku lwemfundo yabadala (ABET). Abanye babasebenzi basesibhedlela i-Northdale abangabafundi ka ABET babeyingxenye yalo mbungazo futhi baluthokozele kakhulu lolu suku.



Harry Gwala Stadium was very small to accommodate the numbers of government workers who were singing and giving the praise for this important day. Different colour code was used to identify which department or district workers were coming from.



***Ngemumva kusuka kwesokunx-  
ele, u Ms Khoni Dlomo, Shireen  
Naidoo, George Chetty, Dasrath  
Bridg, ngaphambili, u Thabsile  
Nene, Seetha Singh, kanye no  
Miriam Badrudeen. Osesikokeleni  
uBasithile Dlamini***

**BREASTFEEDING OPEN DAY**

“I didn't know that”, “Hawu beningakwazi lokho’, this was an expression from soon-to-be mothers and the new mothers who attended the open day for Breastfeeding week at ANC.

Umphakathi wazisiwe futhi watshengiswa ngomdlalo weshashalazi ukubaluleka kobisi lebele. Izindlela zokonga nokuhlazeka izona ebezicizelwa kakhulu.

There was a question and answer session where the community got some explanation on the importance of breast milk. Some goodies were won by participants.



**KANGAROO MOTHER CARE**



I-Kangaroo Mother Care ihamba phambili uma ingane izalwe kungakafiki isikhathi. Le ndlela yokunakekela isiza kakhulu ngoba kuba nobudlelwano obukhulu kubazali kanye nengane. Ingane ithola ukufudumala kahle emzimbeni womzali, isisindo siyakhuphuka kanti futhi kulula ukuncelisa. “Umzali wengane uyakwazi ukwenza eminye imisebenzi yasendlini njengokupheka kepha ungalokothi uye endlini yangase nengane” umlayezo obuvela kumhlengikazi u Rees no Mthembu.



***Bathola imiklomo emva kwemibuzo***



***On the left,*** a patient shares her experience about the Kangaroo Mother Care. Her baby was born weighing 1,4 kg and now she weighs 1,6 kg. She recommends Kangaroo Mother Care to other mothers ‘I am so happy that my daughter is fine because I have been doing the Kangaroo Mother Care and it really helped her’.



***Ayekhona bo namanandi!***

### **KUYISIPOHO UKUNIKELA NGEGAZI**

Kuyisipho kanti futhi kubalulekile ukunikezela ngegazi. Ngomhlaka 15 July 2005 saba nethuba lokuvakashelwa abakwa SANBS esibhedlela sethu iNorthdale. Babezothekelisa igazi futhi badlulise umlayezo wokubaluleka kokunikela ngegazi. Labo abangakaze bacabange ngalokhu bathola ulwazi olujulile kanye nethuba lokuchazeleka.

“You or a member of your family may need blood transfusion one day. You will expect to receive safe blood— therefore others too have an equal right to know that the blood they are given is safe”, SANBS.

Please just give a thought about blood donation, it is really a right thing to do.



**SANBS Toll free: 0800119031**



*On the left*, some staff members doing the right thing.

*On the right*, is Professional Nurse Nazeema Lanie-Wynne who took few minutes of her time to participate on the day. "To ensure that I could fulfill my holistic approach as a nurse as well as a Christian in saving a life whether known to me or not", this was her reason to volunteer.



### **USIZO LWAMAHHALA NGEZIKHATHI ZONKE !**

UMnyango weZempilo kwaZulu-Natal usungule inombolo yamahhala esebenza izikhathi zonke ukuze umphakathi usizakale ekunikezeleni usizo kanye nezimo eziphuthumayo.

Make use of this toll free number for reporting emergency matters or fraud in the Health Department. What you have to do as a reader of *Sisonke newsletter* advice family and friends that free service is available.

**Talk to us. We are LISTENING. 24 Hours Toll Free.**

**0800 00 5133**



**KWAZULU-NATAL  
DEPARTMENT OF HEALTH**

**WELCOME TO NDH**



From left, (PN) Ms J Ogle, (PN) Ms R Somaroo, (SPN) Ms MVZ Dlamini, (PN) Ms P Haffejee, (PN) Ms NK Gasa, seated are, (PN) Ms NT Zuma and (PN) Ms BN Msiko. We also welcome Mr V Khuzwayo a Senior Administration Clerk.

**FAREWELL TO STAFF MEMBERS**

Ms Ashika Sunderlall– now a Principal Pharmacist at Greys Hospital, Ms Pakama Dlwati to Paulpietersburg as a Pharmacy Manager, you go girls!, and Mr Andrew Nyirenda to Manguzi as a Community Service Pharmacist.



*Left to right*, Ms Sunderlall, Ms Dlwati and Mr Nyirenda.

Good luck everyone!

**MEET OUR NEW FINANCE & SYSTEMS MANAGER**

A graduate from UNISA in B Admin with experience from different government departments as a Procurement & Finance Manager. From CJM and now Ms NP Njokwe is a Finance & Systems Manager at NDH.



When she talks she makes sure that you understand, with her down to earth appearance and soft voice . ‘My key responsibilities is to ensure proper management of resources, for example, the budget, assets, properties as well as human resource management. My challenges are that the systems that are in place be fully functioning, effectively and economically. You know I always think about money’. This woman is on the mission.

Well, when she is not only thinking about rands and cents, she enjoys reading and she is a Christian and just love people. She have two daughters.

NDH welcomes you and look forward to a dedicated team, to make a difference.

**GOOD BYE WISHES**

‘I wish those who are trying to make NDH a number one District Hospital fulfill their dream, please guys don't give up, you are about to accomplish your dreams’, Siyanda’s words of encouragement to former colleagues. Mr Mntambo was working as a Registry Clerk, and now a Communications Officer at the Department of Arts, Culture and Tourism.



*During the farewell party*

Show them what you can do, you are the best!

**OUR SYMPATHY TO YOU**

HR Manager, Ms G Cele, for the loss of the baby.,Mrs L Zondi, B Ward Clerk, beloved husband, Sister Haffajee, dearest mother-in-law, Mr Sfiso Mbambo (E Ward), Jacob Ndlovu (G Ward) and Mr MG Nkonyane (MOPD) for the loss of your loving fathers.

Akasekho uNkosazane Nokuthula Mildred Ntombela kanye no Mr Zuma, abasebenzi base Workshop.

## HEALTH PROMOTING HOSPITALS



A warm welcome by our organizers who made a great effort that the day was a learning, exploring and a beautiful experience, Sister Sooruth and Sister Pillay, from the Clinical Department.

We are not going to bore you with a lot of words, just relax and have a look on what a healthy person should do.



Yazi noma unaso yini isifo sikashukela nokuthi ungazinakekela kanjani. Vakashela emtholampilo wamazinyo futhi yazi noma awunayo yini umdlavuza wesinye, isibeletho nezindlela zokuziphatha ukuze uzivikele. Xoxela abanye ekhaya, esontweni, kwi-stokofela ukuze nabo bakwenze lokhu.



A healthy body means a healthy mind. A demonstration from Virgin Active on how you can exercise your back, as back pain is a common problem. It seems like the girls didn't wait for the other day to come, they registered to go to the gym, you go girls!



Omunye wabasebenzi ehlola iBP, (esithombeni esiphakathi) indawo lapho okwakutholakala khona usizo uma unokukhathazeka emphefumulweni, nokuphathwa kahle kobuso kwakukhangiswa bo!

**Customer Impact:** Impact means looking at the benefits we have provided for our customers both internal and external – it's how the nine principles link together to show how we have improved our overall service delivery and customer satisfaction. It is also about making sure that all our customers are aware of and exercising their rights in terms of the Batho Pele principles.

If we satisfy our clients it means we fulfill our objectives and placing NDH as the best hospital for all of us to be proud of. We do need to continuously work hard for our clients. This is how other clients feel about us.



-I received an excellent treatment from the Northdale Hospital. I had attended ante-natal visits at the hospital, I used to sit in the waiting area at the clinic from 5:00 am in the morning as I realised that if I wanted to be seen, I had to be there early as the clinic sees over one hundred gynea patients per day. After my dear son was delivered, I was transferred to the recovery room and he was taken to nursery. The nurses bathed me in my bed, fed me and took exceptional care of me. I understood that they could not always see to my needs first as they had over 30 ladies in the ward and there were only 3 nurses. I observed their daily routine every single day as I had to stay in hospital for 5 days. I hold them in such high regard. *(Letter shortened)*

**Mrs Fiona Gengan, Pietermaritzburg, by fax**

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-I HAVE read numerous horror letters in various newspapers about the sloppy treatment that patients receive at Northdale Hospital. I am an asthmatic suffering from emphysema and asbestos poisoning. I became seriously ill in May and was admitted to C Ward. I was filled with apprehension and did not quite know what to expect. After a week I was transferred to G Ward. I can now safely say that the stories I have read were totally misleading. I was treated with the utmost respect; the nurses were filled with com-compassion and went the extra mile to assist me. You actually have to be patient in the ward to see what goes on. To the doctors, nursing staff and even the cleaners of the C and G ward, I salute you.

**WALTER WINKLE Pietermaritzburg (by e-mail) The Witness, 01 September 2005**

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-We read with dismay newspaper reports of the shocking treatment meted out to patients in public hospitals. We feel it is only just that equal promi-nence be given to the other side of the coin. As patients at both Grey's and Northdale hospi-tals, we have nothing but praise for and warm feel-ings about the treatment we have received at both. From the moment of handing our cards to the clerks and receiving our files (no small task) to going through the various processes - blood pres-sure testing, seeing a doctor, x-rays, pre-scriptions from pharmacy - we receive helpfulness, kind-ness and courtesy. This applies to doctors, sis-ters, nurses, pharmacists and clerks. We offer them all our grateful thanks.

**R. WILMANS AND M. E. FRANCIS Pietermaritzburg, The Witness, 01 September 2005**

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-“I went to Northdale Hospital with my son because they care a lot. I was so grateful. They did a marvellous job. The doctors and the nurses attended to my son very well. To the staff at Northdale, please keep it up and may God bless you”. **HILDA MCHUNU, Pietermaritzburg. The Witness 28 July 2005.**

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-“I had cataracts removed from both my eyes at the Northdale Hospital Eye Clinic. I would like to thank Dr J. Karappian, Sister Brown, Indira Govender and staff at the clinic, also Dr Ragavjee and staff in theatre. Thank you for a job well done. God bless you all”, **Mark Nathoo, Pietermaritzburg, The Witness, 28 July 2005.**

**SPORT PROFILE**

UMnumzane Ngubane ungumabhalane wegumbi labalalisiwe e-R. Uyawuthanda kakhulu umsebenzi wakhe, ungumsubathi kanti futhi uwumuntu ohlale ephokophelela izinto ezinhle. Sike saba nengxoxo no Vumo, okuyigama aziwa ngalo, simbuza ukuthi yini ngempela emgququzelayo.

‘I started running when I was in high school and got the license in 2004. This is because I have passion and I always set goals in my life. When I am going to run I tell myself that I want to bit the last record. My best record is 2 hours 54 seconds in 42 kilometers, which I achieved at the eThekwini Marathon’. In June 2005 he was part of the Comrades Marathon where he finished 89 kilometers in 7 hours 34 minutes. Recently, he was part of The Weekend Witness Company Relay. He finished 5 kilometers in only 15 minutes.



Photo by: Maphalala



Uqale ukusebenza eNDH ngonyaka ka 2003 engumaluleki wegciwane lengculazi nesifo segculazi. ‘Ngafunda okuningi emsebenzini wami odlule kanti futhi ngiyawuthand umsebenzi esengiwenza manje. Ngiyathanda nje ukuthi ngiphakamise igama lika Sister MB Naidoo njengomuntu engiye ngibukele kuyena izibonelo ezinhle. Unobuholi obuyisimangaliso, uyakwazi ukuxhumana kahle nabantu no-kuhlela izinto’, kusho uVumo.

Hhayi bo!, nakwi Health Promotion wayengazibekile phansi!

Vumo is currently a student at the UNKZN studying Development & Local Government. We asked him whether he want to join the political world and the answer was, ‘ no, we need money, people need money’. That was brilliant because really, people should have an understanding on handling finance.



His recent mission was on the 25 September, where he finished a 50 kilometer run within 3 hours 15 minutes, from Pretoria to Johannesburg. Congratulations Vumo and keep it up.

See the funny?

