



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

2016–2017

# Phoenix NEWS

## CHRISTMAS MESSAGE FROM THE CEO

Christmas is a good time to think about all you have to be grateful for.

Our staff at Phoenix CHC is what comes to my mind.

On behalf of all senior management, I want to convey our message of sincere gratitude to you, for your selfless dedication to quality patient care, perseverance and hard work.

May you enjoy golden moments with your family.

May God walk with you at all times, protect you and your family throughout the festive season, until we meet again in the New Year.



Dr. N. Vabaza  
(CEO)

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**FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE**



Meet our New DMN  
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World Aids Day Celebration  
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Early Christmas party at (Siyaphila Clinic)  
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## MEET OUR NEW DEPUTY MANAGER NURSING



MR M.A. NDLOVU  
DEPUTY MANGAER NURSING

We welcome you  
and hope that you  
will enjoy your  
stay with us!!!

**PRO:** Please tell us about yourself ?

Born and bred in South Africa. Grew up from a Christian family. Completed my matric in 1989. Only son of Mr and Mrs Ndlovu” amongst 2 sisters, “not a spoil brat” but a little bit naughty. “Love soccer. Kaiser’s chiefs family is my second home. Love to meet funny people and enjoy the good company. Studying was my passion, but age is catching up with me now Enjoy travelling around the world. Country that I have travelled so far is Brussel, Scotland, Switzerland. Italy (horrible) France, Kenya and England. Enjoy gardening and taking my dogs for a walk, but they were stolen recently. Love my family and watching television

**PRO:** Please take us through your employment background or career path, including your previous employment?

I completed my diploma In Nursing at King Edward the VIII) in 1998. Worked at King Edward hospital for 5 month. Immigrated to united Kingdom ( England) for 11 years In Uk I worked in renal unit specializing in kidney transplant, then joined Wormwood Scrub Medium B high Security Prison (for prisoners sentenced for life ) as a Substance Misuse and Use nurse,. In 2000 joined Thames Valley University at Ealing in Uk to pursue my career in Bachelor’s Degree in Substance Abuse. Returned back to prison services and continued working in drug unit in 2002. Then I joined Wandsworth Medium C Prison which is more of paedophilia and sex offenders Prison continuing specializing on Drug addict., There after I was seconded to Colebrook Detention Centre, base in Heathrow Airport where I worked as Lead Emergency Practitioner dealing with Medical emergencie in a Detention Centre.Persued my career again at Westminster University to study Trauma. After completion I returned back into practice. In 2008 joined Murchison hospital In Port Shepstone as Operational Manager where we sanctioned MDR unit.2011 joined Greys Hospital as ANM night duty, later appointed as ANM (M & E ) at Clairwood hospital, 2015 was appointed as Deputy Manager Nursing at usher memorial hospital the rest is history, here I am at Phoenix CHC.

## The 7 types of people that I associate myself with

### **The kind-hearted friend**

This type of person who is willing to offer me anything from kind words to their network list to even some financial aid for me to go ahead and pursue my dreams

### **The diehard optimist**

When I am overwhelmed with challenges and obstacles I need this kind of person to help me see the positive angle from where I am standing

### **The devil's advocate**

As much as I need someone who is willing to dream with me and make such dreams seem effortless I also need the devil's advocate. The devil advocate is one who looks at a goal logically and critically and identifies any weakness in it. Yes this may not be a pleasurable role to anyone, as they say the truth is always hurting. However I need a person around me since they will help me to identify the thorns in the roses

### **The inspiration figure**

What separates this role from that of the mentor is that the inspirational figure could be more of the role model rather than one who simply guides me through the hurdles of success. The inspirational figure can be distant from me, but they are solid in deed and character. Yet they will serve as the ideal model for me to follow

### **The loyalist**

The loyalist sees me for my strengths and is the full-time supporter of my cause. They want me to succeed and to them I can do no wrong on this journey to reach my goals. They have my back at any hour and I would go to great lengths to help them succeed. They may not be consistent in my life but when I need them they would always come to the party

### **The side kick**

This is more like a companion, a buddy, a full-time supporter of my cause. They are there for me, not simply because they are loyal, but because they have skills that I can also tap from. They are astute and make opportunities happen

## **PRO: What are the toxic personalities that you don't associate with**

### **The hater**

Meet the relentless complainer, the person who perpetually sees the negative in everything. The hater complains about the world, blames others for her/his lack of success and criticizes the brave ones who try to achieve something of value. Negativity is contagious, so the danger with these people is that she/he will expect you to keep his misery company

### **The green-eyed monster**

A friend or a colleague who is envious won't celebrate your victories or support your dreams. He/she covets the life you are aspiring to create, in large part because he/she doesn't believe in his/her own ability to achieve the same success

### **The flake**

This personality type routinely backs out of commitment and expects you to accommodate her/his ever-changing schedule and whims. Your time is valuable, but the flake doesn't respect that notion

### **The guilty Tripper**

Here's the problem with guilt: you can dream when someone makes you feel guilty for desiring better. You can't capture value when you have learned to feel guilty for asking to be paid with your worth. If you are like me, you are still trying to resolve some of the guilt learned from childhood or other past experience. At times I found it difficult to focus on myself because I was too busy accepting the guilt others were placing on me. Do your best to identify and distance yourself from people who make you feel guilty. This one is hard, because it's often family members engaging in this behaviour

## **4. PRO: What you want to tell the readers:**

If you have great people around you, they will take you higher than your dreams will. Leaders are never self-made. Those closest to you determine your level of success, so choosing the right companions as partners in pursuit of your vision is an important decision. My advice is to surround yourself with talented people who will challenge you, help you grow and inspire you to maximize your potential. Surround yourself with those who won't compete with you, but will instead revel in your success and somehow see you as a reflection of their own possibilities

Stop watering things that were never meant to grow in your life. Water what works, what is good, what is right. Stop playing around with those dead bones and stuff you can't fix, it's over...leave it alone! You are coming into a season of greatness. If you water what's alive and divine, you will see harvest like you've never seen before. Stop wasting water on dead issues, **dead relationships, dead people a dead past**. No matter how you must water concrete, you can't grow a garden. There is nothing I'm any more passionate about than **empowering the next generation**.



# WORLD AIDS CELEBRATION



Official listening to the presentation

On the 01 December 2017 Phoenix CHC celebrated World Aids Day in collaboration with COGTA and EThekweni Municipality at Rydal vale Sports ground . Officials from the MEC's office and all principals from other relevant departments visited the institution for short briefing of the program of the day. Dr. N. Vabaza (Phoenix CHC—CEO) gave an overview of the current status of the ARV at the facility. After the presentation the entourage departed to ARV department walkabout. The MEC and the entourage departed to Phoenix taxi rank to distribute condoms and pamphlets, from there they proceeded to Rydal vale sports ground for the official program.



Official during walkabout in ARV department



1 DEC 17 **WORLD AIDS DAY**  
LET OUR ACTIONS COUNT

**THEME:**

*"It is my right to know my status; Prevention is my responsibility"*

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

# EARLY CHRISTMAS PARTY AT SIYAPHILA CLINIC AND BABY CLINIC



Calpol organization seen entertaining the children

On the 02 and 06 of December 2017 Siyaphila Clinic and Baby clinic gave a Christmas party for the kids. . The aim of the program was showing gratitude , love and care to the mothers and children affected by HIV.

The kids were entertained by various guests and they also demonstrated various games. .

Photo gallery taken on the 02 December 2017 (Siyaphila clinic)



Photo gallery taken on the 06 December 2017 (Baby clinic )





**MATERNITY DEPARTMENT RECEIVING CHRISTMAS AND NEW YEARS LAYETTE (GIFTS FOR NEW BORN) DONATED BY PHOENIX CHILD WELFARE AND WOMENS GROUP**



Thank you Phoenix Women's forum for your support !!!

Phoenix Child Welfare Women's group and staff from Phoenix CHC

Matron Saro Govender (Assistant Nursing Manager –Maternal, Child and Women's Health) and Sr. G.C. Ngcece (Operational Manager—Labour ward) were present to receive gifts that were donated.

Matron Saro. Govender stated that they are humbled, thankful and grateful on behalf of the institution for the donation and support given by Phoenix child welfare women's group every year for the past many years.

We congratulate the deserving mothers and extend our well wishes to all of them.

**Wellness department hosted High Tea for the Choir members for winning in the district choir competition**



Phoenix CHC choir

On the 17 November 2017 The Wellness Component of HR hosted a high tea for Phoenix CHC choir for winning the district choir competition. The choir came third in the following categories :

- IsiZulu song
- English song
- Jingle

Wellness component would also like send a special thanks to (Inanda Newtown A and Inanda Newtown C) for joining the Phoenix

CHC choir . There were certificate of appreciation that were handed over to all the participants. Management and Supervisors congratulated the team on a job well done!!!

**Congratulations Phoenix CHC choir !!!!!!!**

*FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE*

# Heritage & Women's Day Celebration



29/09/2017 10:42

On the 29 September 2017 Phoenix Community Health Centre hosted Heritage and women's day events.

The purpose of the event was to showcase cultural diversity and celebrate women's month. Program director was Ms. S. Sixishe, welcoming and the purpose of the day was done Chief Executive Officer ( Dr. N. Vabaza).

We had different guests invited and they were various relevant topics that were shared with staff members.

It was nice to see people of different races coming together to celebrate diversity in their different attire.

Management and EAP (Ms. Star Sixishe thanked staff and sponsor for assisting and donating to make this event a success.



29/09/2017 11:34

Dr.N.Vabaza seen welcoming the audience



29/09/2017 12:39

Matron Ncwane sharing a poem to the audience



# Heritage & Women's day celebration photo gallery



Phoenix CHC choir



Indlamu from Brooksfarm



Ms. Anusha from Sanlam handing over a gift to Mrs. Mayeni (Guest speaker) from District Office.



Mr. J. Pillay rendering solo item



Ms.Nkule Mthembu entertaining the audience



Staff listening to the speakers attentively





# Open Day Event 2017

On the 17 February 2017 Phoenix Community Health Centre hosted an Open day Event. The purpose of this event was to showcase /market the services that are rendered in the Institution to the community to both (Internal and External stakeholders) and making them aware of what to expect when they visit the Institution. The programme started when Matron Bhogal welcomed all clients in different waiting areas informing them about the importance of open day and requested to visit different stalls to get more information regarding the Institution. We also had judges that were visiting different stalls and they decided that all the stalls should be awarded with certificates of appreciation as they all did a well job well done. Thank you to all the departments.

## PHOTO GALLERY (OPEN DAY 2017)



Family outreach, Social services and OSS



Mental health



Human Resource Management services



General Clinic



ANC And Maternity section



MMC



Pharmacy and Batho Pele team



Nutrition and Baby Clinic



Safety, IPC and Waste department



Thank you to all the department that participated and to make this day to be a success



## PREGNANCY AWARENESS WEEK

As we are all aware that February is the month celebrating the above named programme Phoenix CHC hosted this programme by doing the following:

- The 08/02/2017 there was a pluck card demonstration within the institution, aim was to encourage communities about the important of early bookings, danger sign of pregnancy, Nutrition for pregnant women and the importance of doing VCT (Voluntary Counselling testing).
- 08/02/2017 we had a social worker Mrs. R Pillay whom she gave a talk on **Foetal Alcohol Syndrome**.
- On the 09/02/2017 the programme was extended to schools creating awareness on these various topics.
- Health lifestyle and washing of hands.
- Teenage pregnancy.
- Substance abuse.

On the 14/02/2017 the celebration was held at Phoenix CHC where mothers were informed with the importance of early booking when you are pregnant.

Topics discussed were as follows:

- Importance of breast feeding
- Family planning
- Nutrition in pregnancy
- EMTCT (Elimination of Mother to Child Transmission)

Staff seen demonstrating placard creating an awareness of early booking of pregnant women.



## PHOTO GALLERY (PREGNANCY AWARENESS WEEK)





## STAFF YEAR END FUNCTION AT GHANDI PARK



## FAREWELL PARTY (MATRON H. BHOGAL)

"You have been much appreciated and highly regarded asset to this Institution. Good luck in all your ventures."



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