



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Phoenix Community Health Centre

July to September 2019



SAY NO TO WOMEN AND CHILD ABUSE



Phoenix CHC Women's forum in action

On the 6th of September 2019, Phoenix Community Health Centre Women's forum had a march with placards in the patients waiting areas to create an awareness to patients and community about the violence against women and children. Talks were delivered in various waiting areas to inform patients about the scourge of femicide. The Women's forum chairperson (Ms. P Masinga) thanked all the women's forum members who participated and supported the march.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



Heritage Day Celebration

Read more pg2-3



Open day celebration

Pg4-5



Mandela Day (67 minutes) and breast feeding awareness

Pg 6-7

HERITAGE DAY CELEBRATION



Staff celebrating heritage day

On the 27th of September 2019 the institution celebrated the Heritage Day. The aim of the function was to embrace and honour the rich cultural history as well as cultural diversity. The programme directors were Ms. M. Naidoo and Mr. Phewa. Welcoming and the purpose of the day was conducted by Mr. M.A Ndlovu (Deputy Manager Nursing) who highlighted the significance of cultural history which led to the celebration of Heritage Day. Guests were invited and there were various relevant topics that were shared to our staff members. Staff attended the event were also entertained with music and dance. Staff with different cultural background came together to celebrate diversity in their traditional attire. We thank all staff and the stakeholders for supporting this function.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

HERITAGE DAY CELEBRATION (PHOTO GALLERY)



Staff choir entertaining the audience



Ms. Michelle guest speaker



Traditional Food



"A rich cultural heritage depends on the ability of people to maintain their distinctiveness and unique identities".



OPEN DAY EVENT

On the 30 August 2019 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 both (internal and external stakeholders) and making them aware of what to expect when they visit the institution. (CEO) Dr. Badripersad welcomed all the patients in the main waiting area and informed them about the importance of open day and requested them to visit different stalls to get more information regarding the institution. Mr. Bhoopal(Clinic committee chairperson) and other clinic committee members were judging the best performing stalls. The best stalls were awarded with medals and trophies.

DEPARTMENTS THAT WON THE COMPETITION



2nd place General Clinic.

Congratulations to all the winners.



Fifth Place safety ,IPC and Waste Management.



1st place baby clinic ,nutrition and family planning.



3rd place Pharmacy.



Forth place Dental department.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

PHOTO GALLERY FOR OPEN DAY EVENT



CCG's and Social Workers department



HR department



Pharmacy department



Mental health department



Match



Mother & Child Health and Nutrition



General Clinic



Card Office department



IPC, Health and Safety



HAST department



Dental department Decor



Dental Department

MANDELA DAY—67 MINUTES

In honor of TATA Madiba (Mandela day - 67 minute) ,on the 18th of July 2019, Men's forum from Phoenix Community Health Centre dedicated their day by visiting Mr. Mbambo (patient). The aim was to hand-over food parcels to needy homes as part of 67 minutes. Mr. Mbambo is residing in Bhambayi area and he was identified by our CCG from the clinic when they were doing home visits. He was then referred to the PCHC for further management . Men's forum came together and decided to assist Mr. Mbambo by buying groceries. Chairperson from the men's forum wish to place on record by thanking all forum members that contributed to make this initiative achievable and further stated , he wishes that this initiative be ongoing.



Men's forum seen handing over the grocery to Mr. Mbambo one of our patients on Mandela Day (67 minutes)

BREAST FEEDING AWARENESS DAY

- On the 17/08/2019 the institution hosted the breastfeeding awareness day. The programme was driven by Mr. M. Phewa and the prayer was conducted by Mr. Mfazwe. Welcoming and purpose of the day was conducted by (Matron) P.N. Ngcobo and Vote of thanks by Sr. C. Ngcece.

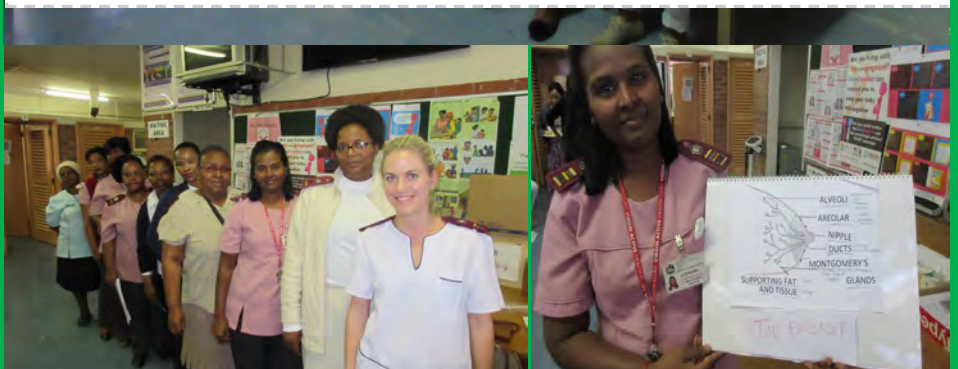
Important topics that were discussed were as follows :

- HIV/AIDS and breastfeeding .
- Benefits of breastfeeding : Mrs. V. Pillay (Nutritionist).
- Questions and Answers session was also conducted.

ANC department would like to thank all the mother's who participated in making the programme a success.



Mrs. V. Naidoo (Nutritional Advisor) addressing the patients



Staff from ANC department.

PHOTO GALLERY FOR MANDELA DAY –67 MINUTES



Make every day a



Mandela Day

OTHER MANDELA DAY ACTIVITIES



UMhlanga Hospital staff -Akeso



Sportsmen Warehouse staff



Other stakeholders that also joined us was Umhlanga Hospital –Akeso and Sportsmen Warehouse who provided sandwiches and juices to patients. We would also like to thank them in using their 67 minutes Mandela Day in conjunction with Phoenix Community Health Centre.



Akeso staff serving patients



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

BREAST CANCER AWARENESS

What is breast cancer self examination?

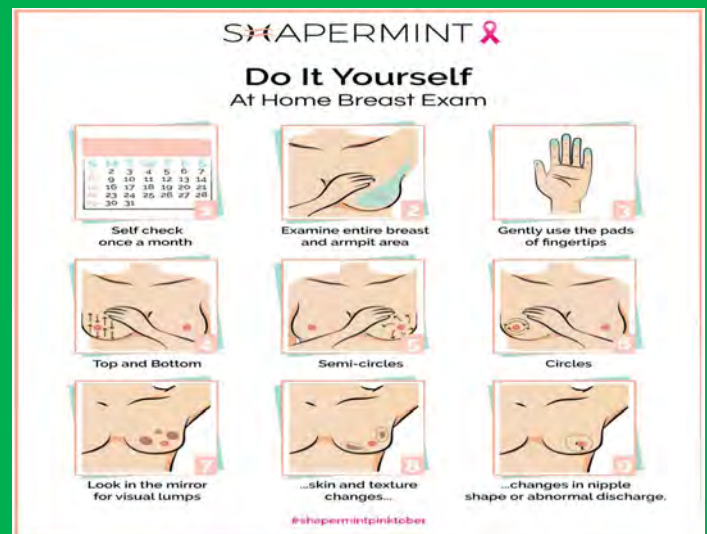
A **breast self-exam** for **breast awareness** is an inspection of your **breasts** that you do on your own. Though most **breast** changes are detected during a **self-examination** , some changes may signal something serious, such as **breast cancer** .

How do you perform a breast self-examination.

- **Remove all your clothes above the waist and lie down.**
- **Use the pads of your three middle fingers, not your finger tips. Use the middle fingers of your left hand to check your right breast.**
- **Use three different levels of pressure to feel of your breast tissues**

Early warning signs of breast cancer

- **Skin changes, such as swelling, redness or other visible differences in one or both breast.**
- **Skin irritation or dimpling**
- **Nipple discharge**
- **Lump or mass in the breast**
- **Breast or nipple pain**
- **Nipple or breast appears red ,scaly or thickened**



MEN'S FORUM BID FAREWELL PARTY TO MR. NGCOBO (ARTISAN FOREMAN)



On the 31 July 2019 as it was men's month . Men's forum bid a farewell to Mr.B.R .Ngcobo (Artisan foreman) who also played a vital role in the forum as a committee member. Mr. B.R. Ngcobo motivated and supported young men on how to conduct themselves . Men's forum chairperson and the team wish to thank him for being part of the forum and wish him well on his new endeavor.

WOMEN'S DAY FORUM CELEBRATION

On the 23 of August 2019 PCHC celebrated women's forum launch which was led by Ms. S. Sixishe(EAP).

The event took place at the Phoenix Community Health Centre (hall), the opening prayer was done by Mrs. Ndela. The purpose of the event was to encourage, empower one another, to glorify and appreciate ourselves and also to celebrates our achievements. We were welcomed by Mrs. Masinga who is the chairperson of the women's forum. There were activities that were done whereby woman



PCHC Women's' Forums

were showcasing their talents by dancing and poetry session was led by Mrs. M.Z Ngubane who was the guest speaker of the day. She spoke about her life changing journey as to how she grew up, as well as how she started her new business. There were lot of sentiments that were expressed about the power of women and poems that were directed towards them. The CEO further added as to how we can help and support one another within the institution. The was closing prayer was led by Mrs.S.Shusha.

PHOTO GALLERY—WOMENS DAY



Ms. S. Sixishe (EAP) Programme director



Mrs. P. Masinga (Chairperson) seen welcoming staff during the programme



Staff enjoying their meals

