



# Mashon' Engashon

THANKING YOU FOR YOUR EFFORTS IN  
MAKING THINGS HAPPEN

## Editors Note

*Zethu Ndwandwe—Acting Public Relation's officer*

**O**n behalf of St Francis extended management, I am really proud to see that budget constraints encountered by the department has not hindered this institution's ability to make things happen. I would like to thank all staff members for their commitment in ensuring that service delivery is sustained.

Many thanks to all of you for your efforts and labours (often doing too much, with too little

time and not enough people) and I appreciate your attitudes as you work here.

The cleanliness of the institutional building has been noticed by several visitors. We have received many compliments regarding excellent service, but the people involved really deserve the thanks.

In this issue, we highlight Mental Health Awareness , 67 minutes of Mandela, Women's day celebration and other staff related issues.



### Remember:

- W** – Work together
- ✓** – involve everybody
- N** – Never give up
- Ⓜ** - Keep up the good standard of work



St Francis hospital sports team

# Mental health awareness



Community members



St Francis staff members



MC for the day: Mr. D.S Mahlaba

# Mental health awareness continues



H Ismael listening to what the old lady has to say



Young people listening to speakers of the day



Guest Speaker: Mrs. M.B. Buthelezi

*Be Kind: Little Acts,  
Big Impacts;  
Make someone happy*



# Other services offered during mental health awareness



B.P. Check-ups



Nurses providing health care to patients



HIV counseling and testing done. Miss s. Ntombela.

## Taking services to people

**G**overnment is encouraging health care workers to take services to people. Mental health awareness was held at Plaza—town where people go to buy groceries, window shop and have fun. It is recommended that people should get tested or checked while doing shopping. At least once a month services should be taken to people so that people get to know whether they are sick or not. These services should be under one roof—one stop shop, where you test for HIV, diabetes and BP.

Our friendly staff did just that to people at Plaza and people were happy to be tested.

# ENTERTAINMENT ON THE DAY



Iqembu lengoma lenza elidume liqhuqhumbela lixhensa ngokusuku.



Umkhulu engazibekile phanzi naye ejayiva ekhombisa ukuthi kuguga othandayo



Iqembu lomculo wokholo lenza ezibukwayo



UDJ enza adume ngazo



Ikwya yase St Francis hospital ijabulisa izihlwele ngosuku lokugubha nokwazisa ngezifo zengqondo.



# WHAT IS MENTAL HEALTH AWARENESS ALL ABOUT

# M

ental ill people are still members of our community. As the month of August has started and is Mental health month then St Francis hospital decided to go to Plaza to educate people on mental illnesses. In celebration of mental health month we have fun while educating people. It's a mandate from the department of health that when we visit communities all services should be rendered to the community. St Francis did just that as you can see that BP check ups, diabetes, and HIV counseling and testing were done on the day of event.

Mrs. M.B. Buthelezi district mental health co-ordinator was the guest speaker on the day.

She emphasized on the importance of caring and not discriminating our mental ill people. They are people like us they need to be taken care of, time of removing mental ill people from the community is long gone, we should care, love protect and encourage them to take treatment to avoid relapse. On the 02.07.2013 our mental health team visited Zululand FM also to educate people on mental illnesses.

Mrs. M.B Buthelezi emphasized on the importance of visiting schools to educate learners on mental illnesses and drug induced hallucination. These days there is a lot of occurrences of suicide in teens, pregnancy as a result of alcohol, drugs and home made drug WHONGA.

Elderly people need to be taken care of loved and protected most of our elderly people suffer from Alzheimer's and Dementia. It's very important that people with dementia are treated with respect. It is important to remember that a person with dementia is still a unique and valuable human being, despite their illness. T

When a person with dementia finds that their mental abilities are declining, they often feel vulnerable and in need of reassurance and support. The people closest to them - including their carers, health and social care professionals, friends and family - need to do everything they can to help the person to retain their sense of identity and feelings of self-worth.

## Helping the person feel valued

The person with dementia needs to feel respected and valued for who they are now, as well as for who they were in the past. There are many things that the people around them can do to help, including:

- trying to be flexible and tolerant
- making time to listen, have regular chats, and enjoy being with the person
- showing affection in a way they both feel comfortable with
- finding things to do together, like creating a life history book.

## Respecting cultural values

Make sure you explain the person's cultural or religious background, and any rules and customs, to anyone from a different background so that they can behave accordingly. These may include:

- respectful forms of address
- what they can eat
- religious observances, such as prayer and festivals
- particular clothing or jewellery that the person (or those in their presence) should or should not wear
- any forms of touch or gestures that are considered disrespectful
- ways of undressing
- ways of dressing the hair
- how the person washes or uses the toilet.

## Acting with courtesy

Many people with dementia have a fragile sense of self-worth; it's especially important that people continue to treat them with courtesy, however advanced their dementia.

- Be kind and reassuring to the person you're caring for without talking down to them.
- Never talk over their head as if they are not there - especially if you're talking about them. Include them in conversations.
- Avoid scolding or criticising them.
- Look for the meaning behind their words, even if they don't seem to be making much sense. Whatever the detail of what they are saying, the person is usually trying to communicate how they feel.
- Try to imagine how you would like to be spoken to if you were in their position.

## Respecting privacy

- Try to make sure that the person's right to privacy is respected.
- Suggest to other people that they should

always knock on the person's bedroom door before entering.

- If the person needs help with intimate personal activities, such as washing or using the toilet, do this sensitively and make sure the door is kept closed if other people are around.
- Everyone involved - including the person's friends, family members, carers, and the person with dementia themselves - reacts to the experience of dementia in their own way. Dementia means different things to different people.

Helping the person feel good about themselves

There are lots of things you can do to help the person with dementia feel good about themselves.

When you spend time with someone with dementia, it is important to take account of their abilities, interests and preferences. These may change as the dementia progresses. It's not always easy, but try to respond flexibly and sensitively.

Supporting the person to express their feelings

Dementia affects people's thinking, reasoning and memory, but the person's feelings remain intact. A person with dementia will probably be sad or upset at times. In the earlier stages, the person may want to talk about their anxieties and the problems they are experiencing.

- Try to understand how the person feels.
- Make time to offer them support, rather than ignoring them or 'jollyng them along'.
- Don't brush their worries aside, however painful they may be, or however insignificant they may seem. Listen, and show the person that you are there for the

# 67 MINUTES IN HONOUR OF NELSON MANDELA

**U**kugubha usuku lweNqalabutho enguMnu Mandela esibhedlela saseSt Francis naso asisalanga phandle. Ukulandela ezinyathelweni zalomholi kwenziwa imisebenzi enhlobonhlobo ebiza ukukhipha ephoketheni lakho ukuba usize omunye umuntu. Njengoba lomholi wenza umhlahlandlela lapha eNingizimu Ne Afrika,

Ithimba lokuqala lahamba laya esokoleni ensingumkhelwane Maliyamakhanda primary school ukuya kovakalashela abantwana abafunda ugrade R. Abantwana bafundiswa ngenhlazeko, ukungavumeli ukuthintwa ezithweni zangasese unoma ubani noma ikanjani kanye nokuthi bakhule balandele ezinyathelweni zikaMnu Mandela owathi efundile enguMmeli kodwa wancamela ukuhlala ejele iminyaka eminingi angakuthokozeli ukuhlala nomndeni wakhe ukuze lelizwe likhululeke. Ngamfuphi ukwenza usizo komunye umuntu uzikhohliwe wena futhi ungabhekenkokhelo.

Abantwana baphiwa amaworitshi, aphula kanye nezindwangu zokugeza, nemithi yokugeza amazinyo. Baphiwa lokhu okungennhla ukuze bahlazenke futhi badle ukudla okunempilo. Bafundiswa ukuthi ukudla izithelo kuzobagcina bephilile isikhathi eside. Ithimba elalihambele eMaliyamakhanda primary school kwakungu: Sr Thenjiwe Ntshayintshayi, EN Z.O Mtengu, Sir Mpilo Zulu, Mrs. N. Ntuli kanye noZethu Ndwandwe.

Abasebenzi abanye baphinde bapenda ithimba elali-Penda izindonga laliholwa u OMN N.M Ndaba (Acting Nurse Manager) owahamba naye ezinyathelweni zikaMadiba okuwukuthi uma ungumholi kumele uhole ngokwenza wena kuqali ukuze abantu babone ukuthi kuyenziwa njengoba simbona uNdaba oqhoke okuBlue ependa. Ayenabo kwaku wu Nokulunga Mnyandu, Sphelele Mbanjwa, SrL.M. Manqele, kanye no EN F.T. Zulu. Sibona imbokode izibambekele mathupha.

Kokunye okwenzeka uNkk N. Mangoale ukuhlonipha usuku lukaMandela wa hlikihla(Massage) omama abahlanza isibhedlela ngoba basebenza kanzima kanti iningi labo sebekhulile.



# ZIXOXWA NGEZITHOMBE



Staff members painting the wall



Omuntuza bedla izithelo



Omuntuza kanye noThisha nezivakashi zabo



Abantwana behlezi neziphozo zabo



Abantwana bephendula imibuzo



L.M. Manqele, T.F. Zulu and PS Mbanjwa



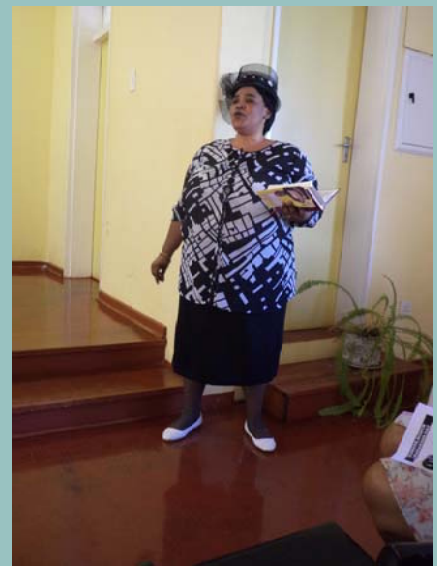
## ST FRANCIS IGUBHA USUKU LWABESIFAZANE



Mrs. Z. Buthelezi, Mrs. M.B. Linda, Mrs. M.T Dlamini, Miss M.P. Sithole and Mrs. N. Ntuli bevunule benconsa ngosuku lwabesifazane.

“uMrs. N.N. Mangoale wayeshaye ezikaNokusho, kazi wayegqokeni uNokusho weMangoale”

Wathinta abafazi wantitha imbokodo



Mrs. N.N. Mangoale, efunda izwi lenkosi

# IZIKHULUMI ZOSUKU LWABESIFAZANE



Mrs. L.P Msimango



Sr TS Mpotshane



Mrs. M.B. Linda



Miss Saneh Myeni



Miss M.P. Sithole

Ǝ

kuqaleni esinxeleleni : Nkk L.P. Msimango senior social worker exwayisa abasifazane ukuthi bangathuli uma bebona ukuthi bayahlukunyezwa. Efundisa futhi nangokuthi ungabona kanjani ukuthi uyahlukunyezwa. Kwesiphakathi uSr TS Mpotshane efundisa ngesifo somdlavuzi kumakhosikazi, umdlavuzi wesibeltho kanye nowebele. Nokuthi bangazihlola kanjani emakhaya.

U Nkk M.B.Linda oyibambamholi kwezakwandabazabathu naye wayethula inkulumo.

Unksz Saneh Myeni ekhuluma ngokubambisana phakathi kuka mama nendodakazi yakhe. Okunguthi omama kumele bayeke ukuthi baphathe noma bakhulise izingane zabo ngendlela bona abakhuliswa ngayo ngoba lokho kuyabaxabanisa.

Nksz M.P. Sithole finance manager—ehlomisa abesifazane ngokonga imali. Nokungathengi izinto ngoba bezibona kodwa ukuthenga ngoba udinga. Wabeka futhi ukuthi kuhle ukuthi umuntu angachezuki ehlelweni lwakhe lwenyanga (monthly budget)



Staff members listening to speakers





## Staff members wearing new white uniform



Operational managers in their new white uniform.

From left: Sr M.T. Dlamini, Sr J.M Dlamini and Sr N.M Ndaba—Acting nurse manager



Sr Francis hospital nursing staff in their new white uniform.



They look good in their white uniform reminding me of the good old days where all nurses wore white. Hoping that new uniform will make them to be pure and white inside & outside.

# HUMAN RESOURCE MANAGEMENT

*To the retired staff we wish them well and long life.*

*To those who got promoted may God sustain them in their new endeavors .*

*To those that came to join us whether on transfer basis or promotion we welcome them.*

## Retired staff members

- ◆ Sr L.L. Nkosi
- ◆ Mrs S.L. Zulu
- ◆ Mrs. G.N. Dlamini
- ◆ Staff nurse Batjie
- ◆ Mrs. E L. Khumalo
- ◆ Mrs. Z.R Sibiya

## Interns

Miss Z. Buthelezi—HR  
INTERN

## Transfers

- ◆ Miss S. N Myeni

## Promotions

- ◆ Miss D.T Khumalo—  
Systems manager
- ◆ Mrs. M.P Msane -  
Ceza hospital.

## Human Resource development

### Advance midwifery

- ◆ Sr N.B. Mbatha
- ◆ Sr N. Hlatshwayo

### Bridging from enrolled nurse to prof nurse

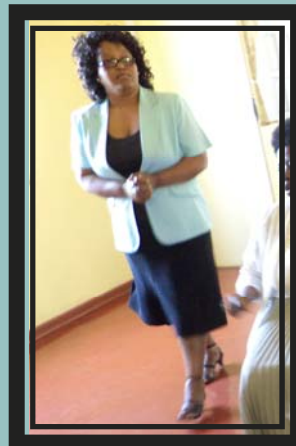
- ◆ J.C. Dlamini
- ◆ V.V Mathabela
- ◆ T. Masuku

### Trained in midwifery awaiting results

- ◆ L. Manqele
- ◆ L.M. Masondo

### Enrollment for professional nurses

- ◆ Mathabela B.
- ◆ Zungu S.P
- ◆ Buthelezi S.G.
- ◆ Mbuyisa T.O.
- ◆ Dladla N.



Miss D.T Khumalo—  
Systems manager



Miss Z. Buthelezi—HR Intern



Miss Saneh Myeni—WMO