



health

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Health
PROVINCE OF KWAZULU-NATAL

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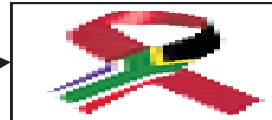


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ISIGULI ESINOLWAZI SELAPHEKA KALULA

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PATIENT'S NEWSLETTER



Amazwi omphathi sibhedlela sase St.Apollinaris



Mrs LV Sakyiamah
Chief Executive Officer

Siyawemukela umphakathi waseNgweninamaphethelo njengesibhedlela sase St. Apollinaris. Ngithatha lelithuba ukubonga umphakathi wonke ngokusebenzisa isibhedlela namaklilini wawo kusukela unyaka uqala kuze kube manje.

Ngifisa ukwazisa wonke umphakathi ukuthi kunomkhankaso wokukala izingane ezingaphansi kweminyaka eyisihlanu zizelwe. Lokhu kusiza ukuthi umnyango wezempilo usheshe ungenelele uma kubonakala kunezingane ezingakhuli ngen- dlela efanele. Lokhu kusiza futhi ukuthi kunciphise izingane ezingaphansi kweminyaka eyisihlanu ezishonayo. Ngakho ngiyacela futhi nginxusa wonke umuntu

ohlala noma onakekela ingane abantwana emakhaya. Uma ufuna ulwazi aqiniseke ukuthi iyakalwa njen- goba eyaleliwe ekilini kakhulu. Ngiyacela futhi ukuthi siseben- zisane kakhulu nonompilo bethu ngoba ibona abangamehlo nezinyawo zomnyango. Lapho kukhona lelithimba labahlengika- zi elihambela imizi (Family Health Team) ngiyaxusa futhi ukuthi sisebenzisane kakhulu nalo.

Sekukuningi osekukhulunyiwe mayelana nokuthi bonke abasifazane bayacelwa ukuthi basheshe baqale ukuhamba ikilini uma umuntu esezisola (pregnant). Ngiyacela ukuthi kungapheli amaviki angaphansi kwamashumi amabili (20 weeks) ungayanga emtholaphilo uma wedlulwe inyanga. Lokhu kusiza ukuthi wena mama wengane nengane esesiswini isheshe inakekeleke. Siyazi futhi siyaliqonda isiko, kodwa ngenxa yokwanda kwezifo kubalulekile ukuthi usheshe uqale ukuya emtholampilo.

Sinendawo esibhedlela lapha okuhlala laba abalindele ukubeletha. Siyacela niyisebenzise lendawo yenzelwe nina ukuze sivikele ukuthi omama bagcine betholele

Libonakala lenyuka kakhulu izinga labantu abasishiya emhlabeni ngenxa yezifo ezin- gathathelani. Ngiyanicela mphakathi wakithi sizihlolele izifo ezinjengomdlavuzay ngabe owabantu besilisa noma owabe- sifazane, ushukela kanye nomfutho wegazi (BP). Lokhu kusiza ukuthi umuntu asheshe athole usizo isifo singakahambi kakhulu.

Ngithanda ukubonga onompilo bethu abasisizayo ekuvikeleni izifo ngokusifun- disa. Ngakho ngiyacela mphakathi sibase- benzise. Ngiyafisa futhi ukubonga la- mathimba abahlengikazi ahambela empha- kathini (Family Health Team) iqhaza abalibambile kuze kube manje. Ngibonge bonke abasebenzi bezempilo abasemtholampilo kanye nasesibhedlela ngomsebenzi omuhle abawenzile kuze ku- be manje.

Sengathi ningaba noKhisimuzi omuhle kanye nonyaka omusha omuhle.

May God bless you in abundance. Merry X- Mas and Happy New Year. Hoping to see you in the next year 2016 God willing

Umkhankaso wokugqugquzela ukuncelisa abantwana ubisi lwebele

Njengoba sonke sazi ukuthi inyanga kaNcwaba eyokugqugquzela ukuncelwa kobisi lwebele, nathi njengoMtholampilo wase Malenge sibambe iqhaza elikhulu ukufundisa ngawo lomkhankaso. Mhla ziyisikhombisa kuNcwaba sihlalanyele nomphakathi wezindawo ezakhele umtholampilo walapha eMalenge ukuze sifundisane ngokubaluleka kokuncelisa umntwana ubisi lwebele.

U Ms N.P.P Hadebe oqeqeshwe kakhulu emkhakheni wokubelethisa nokunakekelwa kwabantwana uxoxisane kabanzi namalungu omphakathi abeyingxenye yalo mcimbi. Baxoxe kabanzi ngezingqinamba ezidala ukuthi bangancelisi abantwana babo. Ubavazele inzuzo etholakala ekunceliseni ubisi lwebele kanye nokubaluleka kokubambisana kwantu abathandayo ekukhuliseni umntwana.

uNkz Khulekani Ngubo ongungoti emkhakheni wokweluleka ngendlela abantu okumele badle ngayo, uxoxisane kabanzi namalungu omphakathi. Kuwajabulisile kakhulu ukuzwa ukuthi omama abasebenzayo asikho isidingo sokukhu bakhathazeke ukuthi abantwana babo bazodlani uma bona besemsebenzini. Lapha kuvele ukuthi bangakwazi ukukhamela ubisi enkomishini ephaphile futhi ehlanzekile, bese umntwana asale encela kulona uma umama esemsebenzini.

Ngasekugcineni komcimbi senze umncintiswano wokubheka abantwana abaphile kahle kunabanye silandela lokhu: umntwana ohamba umtholampilo ngokufanele, odla ukudla ngokudingekayo futhi oncela ubisi ngokwesilisaniso esifanele.

Sibatholile ngempela abenza kahle sabe sesibapha izipho zokuthi omama babo baqhubekele phambili nokwenza kahle.

Sithanda ukudlulisa amazwi okubonga kozakwethu base Harry Gwala Health District, abasebenzi



Amalungu omphakathi ethamele umcimbi



Umama ukhombisa indlela efanele yokuncelisa .



Ukunikezelwa kwezipho komama babantwana





Usuku lwamasiko eSphamandla Clinic

Esikhathini esiphambili uma umuntu omnyama ebonakala efake ibheshu noma isidwaba, ubebukeka njengeqaba, into engafundile. Kodwa manje kubukeka izinto sezishintshile. Abantu sebeyaziqhenya ngemvunulo yabo. Umuntu ongazazi izimpande zakhe, nendabuko yakhe, ufana nenhlanzi ephila ngaphandle kwamanzi. Ezinsukwini zanamhlanje asikho isizwe esingathandi ukuqhakambisa amasiko aso. Lokhu kusenze nathi njengoMnyango weZempilo ngaphansi koMtholampilo waseSiphamandla sagubha lolusuku noMphakathi wakhona.

Lomcimbi siwenze mhlaka 23 kuMandulo 2015, lapho besiqhakambisa amasiko ahlukene. Asigcinanga lapho kodwa siphinde sathola nethuba lokufundisa uMphakathi wakithi ngezinsizakalo ezitholakala lapha emtholampilo wethu. Lomcimbi siwenze ngaphansi kwesiqubulo esthi “ **Impilo yethu izakuqala, amasiko ethu awumnotho wethu**”.

U Mama Mkabayi onguMphathi woMtholampilo wemukela izivakashi kulomcimbi futhi wazazisa ngenhloso yosuku lwamasiko, izikhathi zokusebenza koMtholampilo kanye nezinsizakalo. Lapha sihlanganisa ukuvula nokuvala koMtholampilo. Ucele amalungu oMphakathi ukuba asibekezelele ngoba abasebenzi bethu abenele ngendlela esifisa ngayo.

uNkz Buthelezi –Ndzanibe onguNompilo- wathatha lelithuba wethula ozakwabo asebenza nabo, wachaza ngeqhaza labo eMphakathini. Wathi bavakashela amakhaya, bahambisa imithi namaphilisi baphinde bavakashele nezikhungo o Phila Mntwana.

Ngakolunye uhlangothi uMnz Sihlezane ongusihlalo wekomidi lomtholampilo, ugqugquzele ubudlelwano phakathi koMtholampilo nalungu omphakathi.

uNkz Nomvula Mnguni osebenza njengomsizi wasemaphilisini (Pharmacy Assistant) ufundise ngokubaluleka kokuthatha amaphilisi ngendlela. Kufanele futhu abekwe endaweni ephephile, akufanele sinanelane ngamaphilisi, uma esekuphelela Kuhle ubonane nabahlengikazi emtholampilo oseduze nawe ukuze bakweluleke babheke nesimo sakho sempilo.

uNkz Mbanjwa ugqugquzele abesifazane abakhulelwe ukuba bavakashele imitholampilo yabo kusenesikhathi, lapha waphinda wukhahlela ngezinyawo zombili ukusetshenziswa kwezihlambezo. Manje siphila esikhathini esinezifo eziningi, lokhu kwenza kube ingozi enkulu ukusetshenziswa kwezihlambezo, Kufanele umuntu abonane nabahlengikazi noma odokotela uma kukhona afisa ukwelulekwa ngakho. “**Phansi ngezihlambezo**”

uNkz LV Sakyiamah –uMphathi sibhedlela sase St Apollinaris ukhuze umkhuba wokuganiswa kwabantwana abancane, abafanele ukuba sesikoleni kodwa uthole ukuba sebhenduke abafazi.

uMs T.E Kumalo uMphathi wabahlengikazi ubonge bonke abenze lomcimbi waba impumelelo, wabafisela impilo ende.



Amalungu omphakathi esina ingoma



U Nkz LV Sakyiama uMphathi Sibhedlela esika elijikayo.

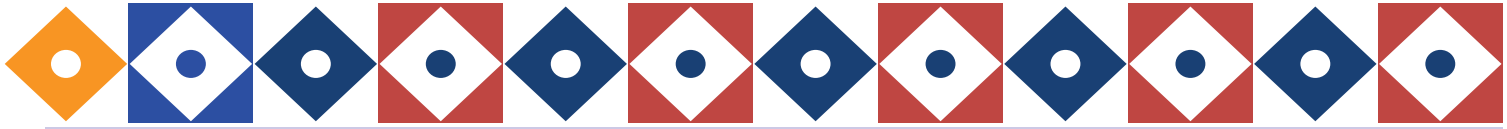


Abasebenzi boMnyango bethamele umcimbi



Abaphathi beshintshana ngojeke wamahewu.





Zazi Camp e Donnybrook

Abadala bathi IsiZulu asitolikwa “ZAZI” leli igama lesiNguni eliqondile elichaza ukuba umuntu azazi ukuthi ungubani. Lona lisuselwa kumkhankaso kaHulumeni kaZwelonke, oqondiswe eNtsheni yakithi ukuba izazi ukuthi ifunani empilweni, ingobani. Lapha kukhulunywa nabantu abasha ikakhulukazi abesifazane, ukuba babe nolwazi, Amandla okuzenzela, ukuzethemba nokubambisana ku-kho konke abakwenzayo.

NjengoMnyango onakekelayo siyiSibhedlela sase St Apollinaris sisabelile kwikhwelo likaHulumeni. Mhlaka 06-08 KuMfumu 2015, sihlalane ukufundisa abantu abasha ngendlela yokuziphatha naleminyango kahulumeni elandelayo : Pholela Health Community Centre, Ingwe Local Municipality, Department of Social Development, Education, South African Police Services, EMRS, Harry Gwala District Health nakwa Beyond Zero.

Lomkhankaso waba impumelelo enkulu, wawenzelwe endaweni yase Donnybrook : Kevelaer sisebenzisa izakhiwo zakhona. Sasiwuqondise kubantu abasha abaphakathi kweminyaka engu 16-24, abesilisa nabesifazane, abasafunda isikole. Lomkhankaso wawuhanjelwe abantwana abaqhamuka ezikoleni ezakhele imikhandlu emibili: owakwa Sani nowaseNgweni.

Inhloso enkulu kwakuwufundisa abantwana ngokubaluleka kwendlela eyamukelekile yokuziphatha, ukulwa nokusetshenziswa kwezidakamizwa entsheni, ukukhulelwa kwabantwana, ukubaluleka kokuzivikela uma uya ocansini noma singakugquzeli ukuba abantwana bazihlanganise nezindaba zocansi.

uNkzs Sebenzile Shezi -usitshela ngenhloso yosuku lomkhankaso, kanye nokusungulwa komkhankaso waloluhlobo. Ukhulume kabanzi egqugquzela abantu abasha ukuba bangazihlanganisi nezindaba zocansi.

Uphinde wagqamisa ukubaluleka kwemfundo phambili.

Sibe nesikhulumi esivela eMnyangweni wokuthuthukiswa komphakathi (Department of Social Development) , esikhulume ngezinhlobo eziningi zokuhlukumezeka . Kungabe udlame lwasekhaya noma emphakathini esiphila kuwona. Baphinde bafundiswa ngobungozi bokusebenzisa izidakamizwa.

Kube yinjabulo yodwa ukuthola ithuba lokuba nabafundi abavela ezikhungweni zemfundo ephakame, lapha bafundise ngemikhakha eyahlukene etholakayo uma usuphothule ibanga leshumi.

uMntwana Nhlanganiso Zulu ukhulume kabanzi eyala intsha ukuba iziphathe kahle, ihlukane nemikhuba engalungile. Ubayale ngezidakamizwa, izifo ezithathelanayo, wagqugquzela imfundo phambili. Wathi esikhathini samanje kumele wonke umuntu ophilayo azazi isimo sakhe sempilo, futhi abesilisa kumele basokwe ukuze kwehliswe izinga lokutheleleka ngezifo ezifana nengculaza negciwane layo.

uMrs LV Sakyiamah –uMphathi sibhedlela wedlulisela amazwi okubonga kubo bonke ababehambele lomkhankaso, wayala abafundi ukuba baqinise ezifundweni zabo, futhi bajwayelane nezikhungo zikahulumeni ukuze bathole ulwazi lwamakhono.

UMhlonishwa Cllr N.P Luzulane iMeya yoMkhandlu waseNgweni ngokubambisa noMrs .N.P Khwela wase Harry Gwala Health District bathule umkhankaso wokuziphathi ngendlela eyamukelekile kubantwana (Behavioural Change Campaign) .

Ixoxwa ngezitho ekhasini elilandelayo



Umama uKhwela ethula umkhankaso wokuziphatha.



CLlr N.P. Luzulane—imeya iqwashisa abafundi

Z
A
Z
I



U Matron Gasa eyala abantwana

C
A
M
P



Kwesokunxele: Mnz S Ngcobo, Nkzs L.V Sakyamah - phakathi sibhedlela, kwesokudla Mnz S Mkhize



Abafundi bezikhungo zemfundo ephakeme bethekela ngolwazi lwabo emcimbini

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5



Lapha babelalele izinkulumbo ezakhayo



Wawalwa ngegiya eliphezulu umkhankaso wabafundi.



Abasebenzi bethamele umcimbi

Sigubha usuku lokuzalwa likaTata

Ukulalela ikhwelo lika Tata Nelson Mandela lokuphosa esivivaneni emphakathini esihlala kuyona, Umtholampilo wethu wase Kilmun mhlaka 21 July 2015, ugubhe lolusuku ngegiya eliphezulu.

Lapha siqala sahlanza I rank yomphakathi endaweni yase Kilmun, okubalwa nezindlu zangasese.

Sadlulela eMtholampilo nokulapho umphakathi wawuphume ngezinkani ukuzogubha lengqophamlando yosuku.

Abantu besilisa sabagunda amakhanda, intshebe nezinzipho, abesifazane bona sasibagcoba ngezimonyo ezinukisa umzimba kamnandi, sibanquma izinzipho futhi sibabheka nezifo ezahlukene, siphinde sibabhucunge imizimba.

Lokhu asikwenzanga imizuzu eyihora nesikhombisa (67) kodwa sathatha usuku lonke sizinikela ngakho konke esasikwenza.

Amalungu omphakathi sawajabulisa ngomculo nemidanso enhlobonhlobo, lapho senza khona isiqiniseko sokuba bayaluthokozela lolusuku.

Phakathi kwamalungu omphakathi kwakukhona abaholi bomphakathi okubalwa uCllr Senzo Mtolo.



Abesilisa bagundwa abakhanda



U CEO enquma izinzipho zika Cllr Mtolo



Mnz Maphumulo enckola namalungu omphakathi



U Matron Gasa enakekela izinzwani zika gogo omdala.

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