



Singabenu “For the People”

Private Bag X 206, CREIGHTON, 3263, Tel.: (039) 833 1045

newsletter



HEALTH
KwaZulu-Natal

“...May the mighty God Bless you and your families during the festive season,..”

The Hospital Manager’s Corner

A Festive Season-Message to all our Staff Members.

love and an extra bit of caring to our Clients as we have been loved & cared for by our lord Jesus Christ.

Merry X-mas and may you have a prosperous new year!!!

Thank you,

It is that time of the year when we have to thank first our creator for protecting us throughout the year. And thank each and every one of you for working very Hard in 2006 towards achieving our Vision and Mission and also the goals that we had set in the beginning of the year.



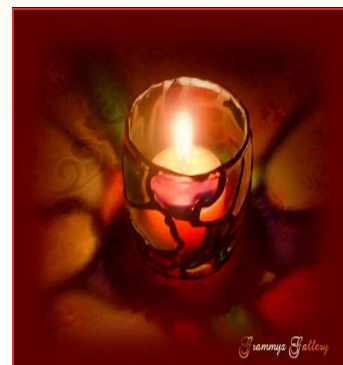
Mrs N.C Thekiso—Hospital Manager

The time to step back and reflect on our failures and achievements in order to plan for the future. But again to sit and remember the dear ones we lost during the course of the year – May their Souls rest in peace.

This year let us start on a brand new page, forget our differences and work even harder...

May the mighty God Bless you and your families during the festive season, and may we see each other when we embrace the new year 2007.

For those who are taking a rest, enjoy the festive season with your families, as for the rest of us who are remaining at work during the festive season let us show more



Tranmysa Gallery

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IMBIZO YOMPHAKATHI EYAYIBANJELWE ESIBHEDLELA I-ST. APOLLINARIS



Ngenhla: Udokotela Maseloa echaza kabanzi ngezingqinamba abahlangabezana nazo.

..”Izinhloko zezinhloko ezahlukeni esibhedlela zazikhona zonke.”

Mhla ziyisithupha kuZibandlela esibhedlela saseSt. Apollinaris samema umphakathi wonke waseCentocow namaphethelo ukuba uzohlanganyela nabaphathi besibhedlela embizweni eyabe ibanjelwe khona esibhedlela.

Izinhloko zezinhloko ezahlukeni esibhedlela zazikhona zonke ukuzokuthula izinhlelo emikhakheni eyahlukeni zaphinde zathamela Imibuzo, Imibono, kanye nezikhazazo eziphuma emphakathini.

Nebala bazibala izingqinamba abaphathi besibhedlela ngokulandelayo kwabo lezo phela eziphazamisa ukuthuthukiswa kwezinga lezempilo esibhedlela okubalwa kuzo izidingongqangi ezifana nemigwaqo engekho ezingeni elifanelekile, imishini yokukhipha imali ebizwa phecelezi (ama-ATM) kanye nezindawo zokuthenga ezisezin-

geni.

Umpathi wodokotela u-Dr M. Maseloa wakubeka kwacaca ukuthi ohlangothini loDokotela bayashoda kakhulu kanti noMphathi wamaNesi UNkz T.E Kumalo wabeka izingqinamba ezicishe zifane nezika Dokotela-Maseloa.

Kanti emkhakheni wezimali uNkk. Chamane wabeka ngezabelo zezimali waphinde wabeka ngokushoda kwesabelo zimali sanayakenye kanti uMnz. Thwala ohlangothini labasebenzi (Human Resources) wavala ngencazelo emkhakheni wakhe.



Esithombeni ngenhla: ababethamele imbizo



Ngenhla: uMnz. Gayi ophethe isiteshi sezosizo oluphuthumayo Ephendula Imibuzo eyayiphonswa ibandla lomphakathi.



Esithombeni ngenhla: Umama omele abalaphi bendabuko ebeka ngeqhaza abangaba nalo ekulapheni

Children's Stimulation Project takes shape at St. Apollinaris

If a child is to develop sufficiently, it is important that he/she is able to be stimulated through all their senses. A wide range of stimulation is needed for each child; this includes support from their family, to be loved and safe from physical and emotional harm. It is also vital that a child is given the opportunity to explore their new motor and communication skills as they continue to develop.

With the support of the children's ward staff at St. Apollinaris hospital, the Occupational Therapist (Denique Theunissen) has been able to initiate a new stimulation project on the 3rd to the 7th of July 2006 which would assist in treating the children while admitted in the hospital.

The stimulation project entails activities which are painted on the floor which children can enjoy without a specific individual to play with them, especially over weekends. The motivation for this project is that the Occupational Therapy department is closed on weekends, which leaves the children with an unstructured and dull weekend.

Whilst the Occupational Therapist uses these activities to stimulate play and other developmental areas within the children, the activities can also be used by

the children during free play.

These activities were painted by 2 artistic grade 11 girls, Holly Rowe and Nicky Saulez from Petermarizburg Girls High, as well as Debbie Rowe (Dental Hygienist) and Denique Theunissen (Occupational Therapist) in the children's ward.

The activities include: 1. A town with roads which can be used by the children when playing with their cars, 2. a Hopscotch which also encourages counting from one to ten, and 3. a snakes and ladders board which is called "Stars and Worms". The alphabet as well as the numbers 1-10 was painted on the wall for school related activities. Other activities will be added to the veranda floor of the Children's Ward during the course of this year.

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other programmes running within the children's ward include a general stimulation group,



"The stimulation project entails activities which are painted on the floor which children can enjoy without a specific individual to play with them, especially over weekends"



educational videos and a care giver education programme which focuses on encouraging mothers to stimulate their children through play and communication.

The programme also includes educational topics such as normal developmental milestones, nutrition, TB, Aids, and how to handle crisis situations such as choking, burns and diarrhea.

Article written by:
Denique Theunissen



Mhla ziyisikhombisa kuNovemba isibhedlela senza ucwaningo kumakhasimende aso ngezikhathi ezilindwayo uma kudingeka usizo (Waiting Times) kanye nobude besikhathi lapho besizwa khona (Service Times).

Mhla kwenziwa ucwaningo kwalethwa amapheshana lapho wonke amakhasimende ethu okwakuthi uma lapho engena esangweni sicele ukuthi alithathe bese kugcwaliswa isikhathi kusuka efika esibhedlela aze ahambe.

Imiphumela yocwaningo

Lolucwaningo lwenziwa kumakhasimende angu 260, afika ukuzofuna usizo mhla ziyisikhombisa kuNovemba. Kulawo mapheshana akhishwa ngamapheshana angu-237 abuya. Okusho ukuthi Kukhona amapheshana angazange abuye ngenxa yezizathu ezahlukene.

Ucwaningo lwathola lokhu okulandelayo:-

- Amakhasimende alinda kakhulu ezikhathini zasekuseni,

nangezikhathi zetiye kanye nedina.

- Abantu abalinda kakhulu yilabo abasuke belalele ngapha esibhedlela nalabo abavuka izintatha belinde odokotela abafika ngehora lesishi-yagalombili.
- Ukuntuleka kwabasebenzi bemikhakha eyahlukene Isibonelo; odokotela, onesi, osokhemisi kanye nabathwebuli zithombe (Radiographers) kunothelela omkhulu kulokhu.

- Okunye futhi ukweqa amazinga ezimpilo okwenziwa amakhasimende ethu. Okusho ukuthi amakhasimende ethu awayihambi imitholampilo eyakhelene nayo lokhu okungaba nemiphumela emibi ngoba kungaholela ekutheni ivalwe imitholampilo engabi namakhasimende anele. Kanti ngaphandle kwalokho, lokhu kubeka ingcindezi kubasebenzi besibhedlela ngoba kuza amakhasimende angaphezu kwamandla abo

kanti kuthi labo abasemitholampilo bangabi namakhasimede, (okusho ukunyuka kwejoka esibhedlela).

- Amakhasimende kumele alusebenzise uhlelo lokudlulisa (referral system). Okungukuthi, kumele azi ukuthi ngaphambi kokuthi uye esibhedlela kumele uqale emtholampilo bese kuba uNesi emtholampilo okutshela ukuthi dlulela kudokotela esibhedlela.

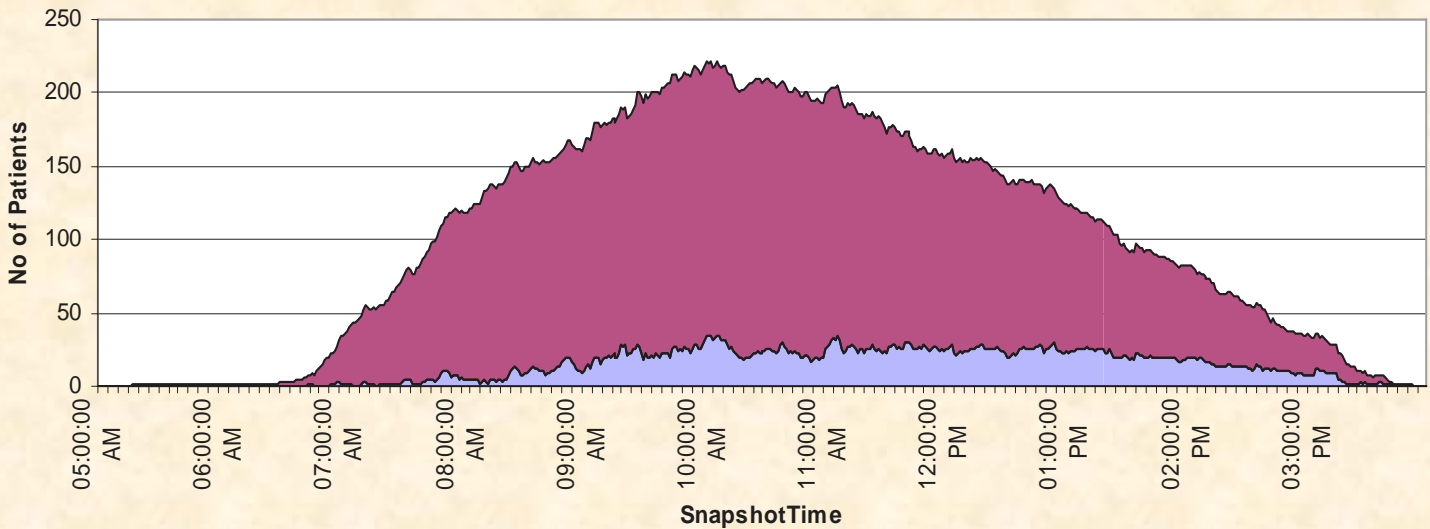
Ukuphetha nje, lolucwaningo olube yimpumelelo kuzothi abaphathi bezempilo bahlale phansi balucubungule bese beza nezisombululo (Action Plans).

Lolucwaningo lwenziwe abantwana besikole esakhele lendawo i-Centocow High School ukuba lube yimpumelelo kanti abaphathi besibhedlela bathanda ukubonga othisha kanye nabo abantwana abasizile ocwaningweni.

Imiphumela yocwaningo

Drop Page Fields Here

St Apollinaris Hosp : St Apollinaris Hosp Snapshot of Patients Waiting and those Receiving a Service at any Point in Time



Data

No of Patients Receiving a Service No of Patients Waiting for a Service

SnapshotTime

Ukugcotshwa kweqembu lokusekelana (Support Group)

Mhla ziyisikhombisa kuSeptemba nyakenye kwagcotshwa iqembu lokusekelana phecelezi i-Support Group. Ngalelilanga kwakukhona uSonhlalakahle kanye nomeluleki wezokudla ukuzo nikeza amazwi ethemba kanye nokugcizelela ngokubaluleka kokudla okunezakhamzimba.

Izitshalo ezimibala ehlukene kanye nezithelo kwaba izinto ezigcizelelwayo ekutheni abantu bazidle ukuqinisa amasosha omzimba.

Liliqembu lazipha igama lokuthi liyiSiyaphila Support Group kanti liya likhula nsukuzonke.



Esithombeni ngenhla kusuka ngakwesokusinxele UMnz. Gumede (Mentor), Unkz. Kumalo ophethe amanesi, Unkz. Njobe ophethe imitholampilo kanye noSonhlalakahle uNkz Philile Dladla ekhuluma ne-Siyaphila Support Group.

Ukwengezwa kwezindlu Zokusebenzela

Ngokwanda kwezid-
ingo kanye nokun-
tuleka kwamagumbi
okusebenzela isib-
hedlela sacela usizo
ngomahambanendl-
wana (Park homes).
Kwenzeka lokhu
phela ngoba iThem-
beni Kiliniki isi-
nenkinga yokumin-
yana ngenxa yoku-
shoda kwendawo.

kade isetshenziswa
iThembeni iKiliniki
isizosetshenziswa
njengamahhovisi
abo-Infection Control
Manager, Quality As-
surance Manager,
Health & Safety Offi-

cer, Occupational
Health and Safety Of-
ficer kanye no-EAP
asebeqalile ukuse-
benza sikhuluma nje.
Kanti lendawo isi-
bizwa nge Wellness
Centre.



.."Lama Park
homes afikile abe
yisisombululo
sesikhashana ."

LamaPark homes
afikile abe yisisombu-
lulo sesikhashana
ukuze kutholakale
indawo eyanele yo-
kukhoselisa amakha-
simende avakashela
iThembeni iKiliniki,
kanti futhi nekilini
lokugoma Izingane
nayo ibinaleyo
nkinga esombululwe
ukufika kwalaboma-
hambanendlwana.



ngenhla: amagumbi amasha okusebenzela

Lezizindlu zinkudl-
wana ngobubanzi
kanti futhi zinama-
gumbi acishe afinye-
lele kwinani esilidin-
gayo. Lapha sibala
namagunjana okuse-
benzela uSonhla-
lakahle kanye namak-
hansela aseCrisis
Centre. Indawo ebi-



**Esithombeni ngenhla: Amagumbi ekilini i-
Thembeni ngaphambi kokuthuthela kumahhovisi
amasha osekuyi Wellness Centre.**



“ZIBOPHEZELE, GCINA ISETHEMBIŞO”

Zazizinye kuZibandlela lapho umnyango wezem-pilo wawuphume iqhina wehla wenyuka izintaba namagquma bephokophele emakhaya kubantu abagulayo futhi abangakwazi ukuzisiza. Lokhu Kwenziwa njengoba kwakuwusuku lapho umhlaba wonke wawugubha usuku lokuqwashisa, nokunakekela labo abaphila nalabo abahaqwe yisifo sika-gawulayo negciwane laso (HIV/AIDS) kanti futhi kwakukhunjulwa nalabo abadlula emhlabeni ngezifo ezihlobene nalesisifo.

eSisonke Health District kanti abanye ngonompilo abavela eZandleni Zothando kanye nasemphakathini okwakuyibo abahola indlela njengoba kwakuyibo ababenolwazi lwezakhamuzi ezinamalungu emndeni ogulayo.

Inhloso yokuvakashela lemindeneni kwakuwukuyosiza lapho bedinga khona usizo nokuyohlola ukuthi

Onompilo babanakekela ngokuyikho na obagulayo. Aban- ingi abagulayo abahanjelwa Onompilo bakhombisa ukwelulama, babonakala be- sezimweni ezithem- bisayo. Nabo futhi bakubonga kakhulu ukuthi banikezwe Onompilo nanxa bedinga ukuya em- tholampilo ukuyox- olongwa oDokotela.



**“Inhloso
yokuvakashela
lemindeneni
kwakuwukuyosiza
lapho bedinga
khona usizo...”**



Ngenhla: Ithimba linqamula izinkalo libheke emizini lapho kukhona abagulayo

Amalungu esibhedlela i-St. Apollinaris avakashela umphakathi owakhelene nalesibhedlela namaphethelo bebambisene nesikhungo esilwa nalolubhubhane Izandla Zothando. Abebekhona kulomkhankaso kwakungamalungu esibhedlela Unkz. Njobe, Mnz. Bhengu Unkz. Mancu kanye noNkk. Khwela ovela



Esithombeni ngenhla: Yilo ithimba elalivakashela emakhaya abagulayo.



Esithombeni ngaphesheya: Ithimba lisebenza

Ukugujwa Kosuku lokuqwashisa ngesifo sofuba (TB Awareness Day)

Mhla ziwu-22 kuNovemba 2006 umphakathi wonke wase-Centocow namaphethelo wamenywa emcimbini wokuguba nokuqwashisa ngesifo sofuba okanye sephepha i-TB. Nembala amalungu omphakathi atheleka ngobuningi bawo kanti zazikhona nezazi ngalesisifo ezivela ezikhungweni ezahlukene. Zasina zadedelana ngamazwi okuqwashisa kanti futhi agqugquzela ukuba abantu uma besola izimpawu ezifana nokujuluka, ukukhwehlela isikhathi esingaphezulu kwamasono amabili okanye ukukhwehlela igazi, kanye nokwehla emzimbeni.

Owayeysikhulumi sosuku Unkz. Osei, ovela eSisonke Health District wagcizelela ukuba abantu bavame ukuthi uma behleli emagumbini amancane bavule amafasitela ukuze kushintshane umoya kuthi noma Kukhona osenaso isifo angabatheleli abanye anabo endlini. Wathi futhi abantu abazijwayeze ukuthi babe nokuthile ethunjini ukuze kuthi noma Kukhona amagciwane alesisifo kube aqinile amasosha omzimba. Nezinkondlo ezimayelana nalesisifo zazikhona kanye nemidlalo yeshashalazi. Kanti kuthe kungaphela zonke izinkulumo ezazithulwa izihambeli ezahlukene, kwase kunikwa ithuba abathameli ukuba baphendule Imibuzo okwathi lapho abaphendule kahle baklonyeliswa ngezikhathi ezinemibhalo eqwashisa kakhulukazi labo abalashwa naso lesifo. Umyalezo owawukulezi zikhipha wawuthi, "Thatha amaphilisi akho izinyanga eziyisithupha". Kanti zazikhona nezigujana sikajusi ezinemibhalo ngalesisifo.

Kwakukhona neqembu elalinandisa ngomculo wokholo i-Lovers of Peace edabuka khona la e-Centocow. Kanti kwakungabuzwa ukuthi izithameli zalolusuku zazithokozile kubonakala emifanekesweni yezithombe lapho kwasinwa kwadedelwana ngendlamu. Owayengakwazi kuphela ongazange asine. Kanti njengenjwayelo usuku lavalwa ngomkhuleko.



Ngenhla: omunye wezithameli zosuku ephendula Imibuzo evela kuzikhulumani zosuku



Ngenhla: Isithameli simukela isipho sesikibha esinomyalezo wokuqwashisa ngesifo se-TB

Ngaphesheya: Kwakusinwa kudedelwana ngendlamu.



Umvuzo emva kokusebenza ngokuzikhandla

Kwakukuhle kudelile mhla ziyisithupha kuDecemba nyakenye, lapho kwakukonyeliswa khona abasebenzi abawukhuthalele umsebenzi wabo bebambisene nozakwabo emikhakhani eyahlukene. Injabulo yayibhalwe ebusweni kubasebenzi besibhedlela lapho abanye bozakwabo bethola izicucu zokusebenza ngokuzinikela.

Lomcimbi wokuklonyeliswa kwa-basebenzi wawubanjelwe e-Lecture Hall ngezikhathi zakusihlwa lapho bonke abasebenzi babephume ngothi lwabo ukuzothamela kulomcimbi. Okunguye owayeklomelisa abasebenzi kwakunguye umphathisibhedlela UNkz. Thekiso. Kubalulekile ukuba abasebenzi bakhonjiswe ukuthi ukukhuthala nokusebenza ngokuzinikela kwabo kuyabonakala ukuze baqhubeke njalo. Lokhu yikho okuyokwenza

isikhungo sethu sihlezi sivuna izithelo ezinhle.

Nakuba zikhona izingqinamba kulesisibhedlela ikakhulukazi ukushoda kwabasebenzi abaqeqeshwe emikhakhane ethile, Kodwa isibhedlela siyakwazi ukugcuisa amakhasimende aso. Kuwo lowomcimbi kwaklonyeliswa namagumbi okulala kuwo iziguli kanyenemikhakha eyahlukene khona lapha esibhedlela. Igumbi lokulala elahamba phambili iWard 7. Umcimbi wahamba kahle futhi wabayimpumelelo, phela kwakungeke kube umcimbi kungekho ukudla. Kwakukhona isidlo sakusihlwa. Cha uyancomeka umsebenzi walapha ekhaya.



Ngenhla: UNkz. Matebese emukela umklomelo weWodi lakhe.



Ngenhla: UNkz. Khumalo ethula inhloso yokusuku.

Umcimbi wokuvalalisa uDokotela osehlale iminyaka engaphezu kweshumi nambili.

Kuthe kamuva kancane kosuku lokuklomelisa abasebenzi abazikhandlayo saba nosuku lokuvalalisa uDkt. Bull osesebenze kulesisikhundla iminyaka cishe engaphezu kweshumi nambili.

Lomcimbi owawuthanyelwe izikhulu zesibhedlela kanye ngabasebenzi wabe ubandakanya lomsebenzi kanye nozakwabo okokugcina futhi yilapho wonke umsebenzi wakwanzi ukuzisholo yena amazwi okugcina ngaphampi kokuba ahambe loDokotela.



Ngenhla: UDokotela Bull esika ikhekhe lokuvalalisa.

Imibuzo kanye nemibono esuselwa kumabhokisi ezikhalazo (Suggestion boxes)

Cha njengokusho kwethu ephephabhukwini eledlule ukuthi eminye yemibono yenu izoshicilelwa lapha ikakhulukazi leyo ethinta iningi noma evela kubantu abangadalulanga imininingwane yabo. Kepha siyathanda ukugqugquzela ukuthi abantu bazijwayeze ukubhala yonke imininingwane yabo ukuze kube lula ukuthi sikwazi ukubaphendula. Kunombuzo okanye umbono ovele koyedwa wamakhasimende ethu kanye lelikhasimende lithi:

“Kungani kungabi khona abamele izinyunyane uma kweziwa ama-interviews”? Impendulo kulokho ukuthi lo-mnyango kahulumeni awunawo umthetho okuvumelayo lokho.



Siyanimukela

Abaphathi besibhedlela iSt. Apollinaris bathanda ukwamukela bonke abasebenzi abasha.

Emhlanganweni woku-mukela bonke abasha emasontweni adlule. Bathe wonke umuntu omusha akazizwe esekhaya. Kanti kulabo abasha singabala oDokotela, amaNesi, omaBhalane kanye nabanye abasemikhakheni eyahlukene.

Yize noma singabagagulile ngamagama abo kodwa sithanda ukuthi bazi ukuthi bamukelekile kanti futhi sibafisela inhlalo enhle.

Esithombeni ngenzansi UNkz. Thobeka Manci ophothula izifundo zakhe emkhakheni wezokuxhumanisa (Public Relations Management). Kanti lentokazi isizana nomxhumanisi wesibhedlela nomphakathi UMnz. Thobani Ngcobo nayo-ke siyayemukela.



Ngenhla: UNkz. Thobeka Manci oyi-Public Relations Trainee

Laduuuma!

Ngaphesheya esithombeni yibo abafana beqembu esidla ngalo la ekhaya. Ngikusho nje lokhu sinendebe esayithola kuma-District tournament lapho salala isibili eSisonke District. Ubukhali baleliqembu akubuzwa phela sesijikelezile. Kuthe unyaka usuzophela savakashelwa isibhedlela sase-Clairwood. Cha, iqembu lakhona lalibukhali nalo kodwa-ke kwasho ukuthi zindala zombili. Lona-ke salibhaxabula ngamagoli ayisithupha kwelilodwa.

Kanti futhi namhla sivakashele esibhedlela i-King George kwaba yiso leso. Sadlala nabafundela ubongikazi e-Micheal Mas kanye nesibhedlela uqobo sase-King George. Ubani obengathinta ibhola lethu?



Ngenhla: abafana bethu esidla ngabo

imizwilili

Leli iqembu leimizwilili besemcintiswaneni eThekwini emva kokugala kuma area competition eGreys. Kulomnc11intiswano sathatha isibili kwi-prescribed song kanye nakwi-choice song. Okusho ukuthi zimbili izindebe esabuya nazo kulomncintiswano.

Kanti futhi nakumncintiswano wesifundazwe saphinda sona leso, Saphuma isibili kwi-choice song kanti kwathi kwi-prescribed song salala isihlanu. Lokho okusho ukuthi saphinde sabuya nendebe. Konke lokhu kwenzeka ngokuzimisela kweqembu kanti nokuzibophezela kuka-Conductor uMnz. Khuluse. Ngaphandle kuka-Conductor uKhuluse ngabe asikho ndawo yingakho-ke sithanda ukudlulisa ukubonga okukhulu kwiqembu lethu kanye no-Conductor walo ngokuthatha isibhedlela sethu ukusisa ezingeni elikulo.



Ngenhla: amalungu echoir esemcintiswaneni eGreyville eThekwini