



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**SUNDUMBILI CHC**

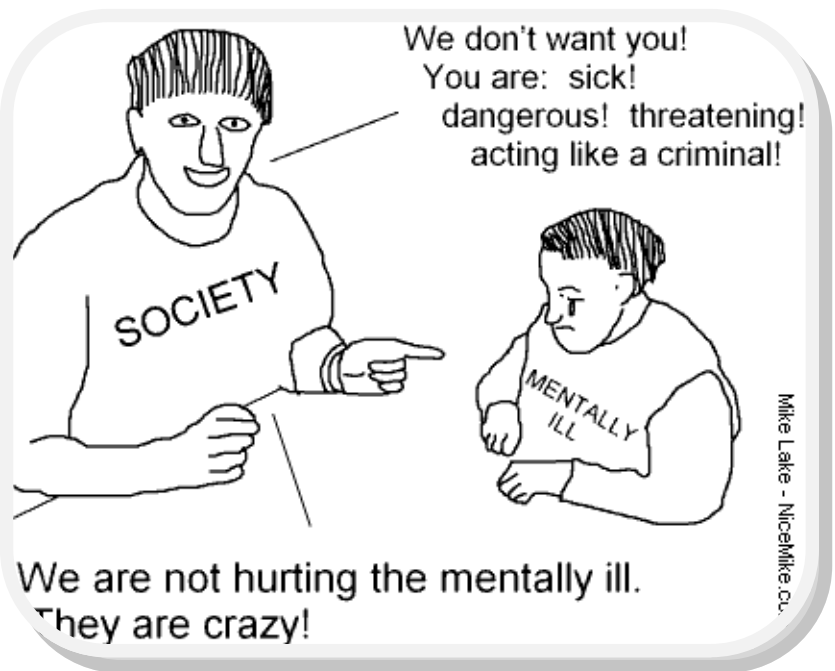
# SUNDUMBILI

# NEWS

June—December 2016

## MENTAL ILLNESS AWARENESS AT ISITHEBE

**T**he image on the right entails the mentality of the society towards the mentally ill people. The awareness that was held at Isithebe clinic focused on eliminating the stigma, and educating the community about the mentally ill persons. They focused on where to get help should you have a family member who is mentally ill and what type of assistance other government departments have for the families. Read more on page: 06



**BREASTFEEDING AWARENESS AT MACAMBINI CLINIC: PAGE 05**

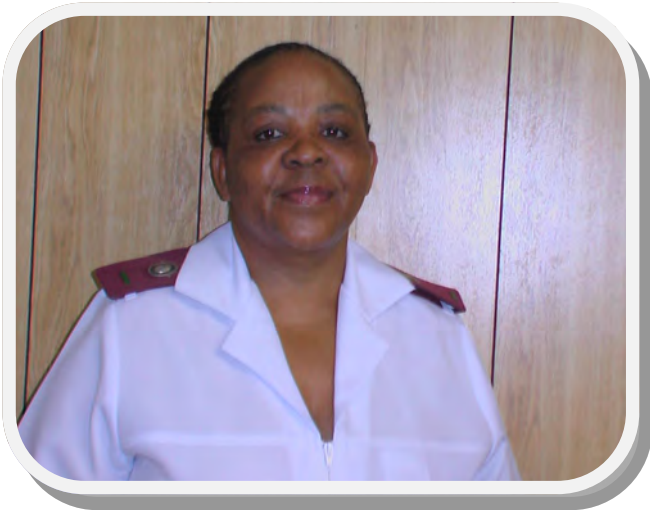


**MANDENI SUB-DISTRICT MEN'S FORUM LAUNCH: PAGE 07**



**MRS SINDANE AS THE GUEST SPEAKER AT THE SERVICE EXCELLENCE AWARDS: PAGE: 09**

## HAND WASHING CAMPAIGN



**M**andeni Sub-District vouches to the fact that clean hands saves lives and therefore hand hygiene can never be overemphasized.

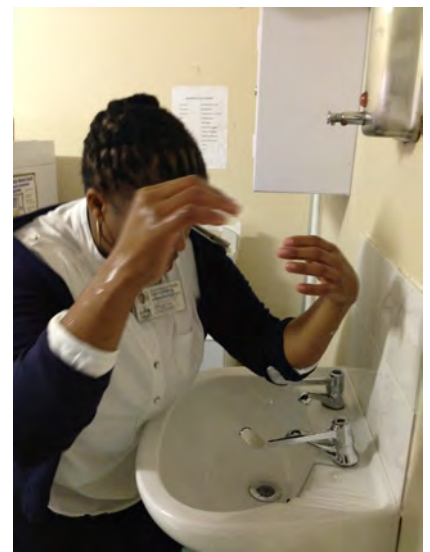
From April to June 2016 hand washing campaign was carried out throughout the Sub-District.

The purpose of the campaign was to encourage hand hygiene, whereby clinical and non-clinical staff demonstrated

how to wash one's hands correctly.

We encourage everybody from clinical, non-clinical and the community to ensure that they strive to keep their hands clean all the times.

Together we can stop the spread of germs and reduce infections.



# SOCCER UPDATE



**Top:** Department of Health's team **Right:** Sabelo Ngubane - Goal keeper of the tournament and Mpilo Cele - Player of the tournament both from Sundumbili CHC

**T**he cold and rain did not stop the Mandeni Soccer tournament that was at Nced'omhlophe sport field in Sundumbili township on Saturday the 23<sup>rd</sup> July 2016. It was the fun day in the rain with the Department of Education and other local factory teams that also participated in the tournament. Friends were made, injuries incurred and healthy lifestyle maintained all in the name of the game.

## DOH FIXTURE AND SCORE

DOH - 0 vs DOE - 1

DOH - 2 vs NAMPAK - 0

DOH - 2 vs I T B - 0

DOH - 1 vs WHIRLPOOL - 0

## SEMI FINALS

DOH - 4 vs SAPPI - 2

## FINALS

DOH - 0 vs DOE - 2



Continues on the next page.....



DOH TEAM WITH THEIR FANS CELEBRATING - 2<sup>ND</sup> RUNNER UP

### Acknowledgements

- Appreciation goes to the players who participated with determination, strong team spirit and success.
- Thekwini industrial for organizing the tournament.
- Stanger Hospital's sport coordinator organizing players to join in the team.
- Jacob Kayembe—Physio for his voluntary services.

Tournaments like these promotes healthy lifestyle & good relationship between the private industries and government departments around Mandeni Sub-District.



THE TEAM THAT PLAYED THE FINAL GAME



**F**rom the 1<sup>st</sup> to the 7<sup>th</sup> of August 2016 the world embarked on a campaign to educate and encourage women about the importance of breastfeeding.

On the 05<sup>th</sup> August 2016 Macambini Clinic situated at Macambini area in Mandeni, had the breastfeeding awareness event in the premises where they educated women about breastfeeding.

Breastfeeding mothers attended the event with their children and other patients who were in the clinics benefited from this informative and fun day. The audience interacted very well with the speakers by asking questions and demonstrating where needs be.

The CCG's had a short drama that was also educational and encouraging breastfeeding. For evaluation purposes, questions were asked to make sure the audience was paying attention and gifts were given to these who were able to answer.



**Left:** the audience listening attentively



**Left:** One of the mothers breastfeeding her daughter in demonstrating the correct positioning and latch.

**M**hla zingu 11 ku Ncwaba 2016, abasebenzi bomtholampilo wakwaSithebe behlangene nabakwa Durban Coastal Mental Health babeqoqe umphakathi wasendawe yakwaSithebe ukuzothamela izimfundiso mayelana nokunakekelwa kwabantu abakhubazeke ngokomqondo.

Abanye bezimenywa zosuku kwakungusonhlala kahle, nomphathi wakwaSASSA– emandeni ukuzofundisa umphakathi ngokuqondene nabo ukuthi ungabasebenzisa kanjani bona. Umphakathi waluthokozela lolusuku kangokuthi kwakuphume nezinduna zeNkosi Mathonsi ukuzothamela lezimfundiso nokuqwashisa.

Abasebenzi bomtholampilo baba nomdlalo weshashalazi omncane owawufundisa ngokufanele bakwenze uma benomuntu okhubazeke ngokwenqondo kanye nokungafanele bakwenze futhi nemiphumela yakhona.

Kwagcizelelwa kakhulu ukuphathwa kahle kwabakhubazeke ngokomqondo, ukunakekelwa kwabo nokuthi lutholakaphi usizo uma ogulayo esedloba. Lolusuku lwaba enkulu impumelelo.

## UKUKHUBAZEKA NGOKOMQONDO



## IZINDUNA ZAWOWONKE AMAWADI AKWASITHEBE ETHAMELE



## ABASEBENZI BOMTHOLAMPILO WAKWASITHEBE NABASEMITHINI ESUNDUMBILI CHC

Kwakunanezipho ezazitholwa ababephendule imibuzo eyayibuzwa ukuhlola ukuthi umphakathi bewulalele na kade kufundiswa. Umhlengikazi Nxumalo wabuye wafundisa ngokubaluleka kokuzivocavoca waze wafundisa nokunyakazisa umzimba abakwenza Kanye naye ngalesosikhathi.

Sidlulisa ukubonga abasebenzi bomtholampilo wakwaSithebe ngokubambisana ekufundiseni nasekuqwashiseni umphakathi kulelisonto lokuqwashisa ngemithi.

## IBA NOLWAZI NGEMITHI YAKHO

Mhla zingu 09 ku Mandulo 2016, abasebenzi bomtholampilo wakwaSithebe babeqwashisa umphakathi ngokubaluleka kokwazi imithi abayitholayo emtholampilo.

Bebambisene nabasemithini eSundumbili CHC, lolusuku lwaba impumelelo kakhulu.

Kwababefundisa ngakho, ukubaluleka kokwazi ukuthi uwenzenjani amaphilisi akho uma unga-sawaqedanga; ukwazi ukuthi ulahla kanjan izinaliti zomjovo kwabajovela isifo sikashukela; ukubaluleka kokuyazi ngamagama imithi noma amaphilisi owatholayo Kanye nokunye okuningi okuphathelene nokusetshenziswa kwemithi.

## MEN'S FORUM LAUNCH



**Cutting of the cake as the sign of the official launch of the Mandeni Health Men's Forum**

**S**undumbili CHC hosted men from around Mandeni Sub-District during the launch of the Men's Forum that was held at the Crèche next to the CHC on the 07<sup>th</sup> October 2016 from 11H00am.

The purpose of the day was to launch the men's forum that is going to meet once a month to discuss the issues affecting men at home and also at work and finding solution together to be productive employees.

There various speakers were present to motivate the audience, some activities from the audience, Sundumbili Choir and the performance from the local talent known as Amantaliyane kwai-to group were also present. The day went very well; the audience interacted very well with the speakers. Amongst the speakers who were present we had Mr B Nxumalo (motivational speaker); Sir M Dumako ( Occ Health Nurse – Sundumbili CHC); Mr SW Dlamini (guest speaker – Stanger Hospital Mens Forum); Capt Mthethwa (From Sundumbili SAPS-SCS).

Motivational talks were conveyed to the audience. Mr Dumako spoke a lot about Men's health and encouraged men to make the right choices in life and be the leaders that they are expected to be. He also encouraged males to know their statuses. Capt. Mthethwa spoke about crime in the communities, abused by males to females and also abuse by females to males, also mentioned the department that is created at the SAPS for males and wished the men's forum a great success and offered his full support whenever they need it. The Guest speaker Mr. SW Dlamini fro KwaDukuza Hospital also spoke a lot about the "real men", about loving and supporting your children and also supporting one another at work to be productive employees. He also offered his support to the forum of Mandeni and said he is just a call away whenever they need him and wished them great success.



**KwaDukuza Hospital Men's Forum members with Mr Kwadukuza Hospital**

It was time to select Mr Sundumbili and Mr Dlamini said from Mr Sundumbili he expects only good behavior from him and that he should set example in the facility and outside.

Much appreciation goes to each and every employee who participated in making the launch a success. Special thanks to the speakers for the day for their motivational talks, Sundumbili choir and Amantaliyane for entertainment.



**Left: Mr LX Dlomo—2<sup>nd</sup> Prince  
Middle: Mr C Gumbi—Mr Sundu2  
Right: Mr S Xulu—1<sup>st</sup> Prince**

Congratulations to all males from Mandeni Health Sub-District for the successful launch of their forum, may it be fruitful and productive going forward.

**"THE WAY TO GET STARTED IS TO QUIT TALKING AND BEGIN DOING"**

**EN**

## MANDENI SUB-DISTRICT SERVICE EXCELLENCE AWARDS



Left: Mr Vikilahle—District Manager  
Top: Rev Ngema—Chaplain



On the 25<sup>th</sup> November 2016 there was a Quality Health day and Service excellence awards held at KwaMsindisi Anglican Church in Sundumbili township.

The purpose of the event was to encourage the improvement of service delivery by recognizing and honoring those units that performed better than the rest. Also to use those units as role models to assist others to improve their service delivery.

There were certificates of appreciation issued to each and every department as encouragement and as the token of appreciation.

Congratulations to everyone who received an award, continue to serve the citizens of Mandeni selflessly and being the best at what you do.

Despite the challenges faced, the event was a success and much appreciation to the District Manager Mr Vikilahle, Mrs Sindane and Rev Ngema for gracing us with their presence; the rest of the committee for their dedication towards organizing the event; Sundumbili CHC senior Management for their support and the rest of the employees for their dedicated work. **Just a few pictures on the right!!**





# YOUTH ON ART CHRISTMAS PARTY



**Father Christmas dancing with some of the kids**



**Top: 2016 Audience at Sibusisiwe Hall**  
**Bellow: Sundumbili CHC choir**

On the 05<sup>th</sup> December 2016, Sundumbili CHC HAST team once again hosted their annual Youth on Antiretroviral treatment's Christmas party at Sibusisiwe Hall in Mandeni. Youth from almost all the local wards estimated at ±1500, were transported to Sibusisiwe hall for this joyous event.

The purpose of the event was to encourage adherence to treatment and to eliminate the stigma amongst the youth on ART. Most of all was to have an early Christmas with them, especially those who lost their parents due to HIV/AIDS.

Besides the most informative and educational talks that were conveyed to the audience, there was fun but educational entertainment from the audience and local talent around Mandeni Sub-District.

It was indeed an early Christmas for them especially when it was time to receive the gifts.

Much appreciation to the private companies that sponsored with gifts for the youth, Department of Transport for educational entertainment, Sundumbili CHC employees, Ilembe Health District, Sundumbili CHC choir and Mandeni Municipality for their support as well.

To the Youth on ART: May the good Lord keep you safe during the holidays, until we meet again next year.



**Department of transport**



**Gifts time!!**

# ACKNOWLEDGEMENTS



**Left: Miss JT Manzi—Writer/Editor**

**Right: Miss TP Cele—Photographer**



**Dr. R. Vishnupersadh  
Editor**



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