



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

SUNDUMBILI CHC

SUNDUMBILI NEWS

01 July—30 November 2017

HEALTH & WELLNESS

INDEX

- 1. Open Day Page 02
- 2. Career Day Page 03
- 3. Health Promotion Page 03
- 4. Wellness day Page 04
- 5. Heritage day Page 05
- 6. Choral music Page 07
- 7. Healthy lifestyle Page 08
- 8. Shoes Handover Page 09



Sir. Receiving a wheelchair from the DUT students during the Health & Wellness event that was held on the 6/09/2017.

More on page 4



HERITAGE MONTH—PAGE 5



ISITHEBE OPEN DAY— PAGE2
READ MORE ON PAGE 03



WLLNESS DAY
READ MORE ON PAGE 04

ISTHEBE OPEN DAY

On the 10th August 2017, Thursday, Isithebe clinic hosted an Open day for the community of Isithebe and surroundings which was held in the reception waiting area. The purpose of this day was to market the facility's services to the community, the procedures the employees have to follow on daily basis and also to get immediate feedback from the community on issues affecting



Cllr. Gwala of ward 16 addressing the community and the members of the committee behind him.



Mr LH Mhlongo -Social worker

them. Stakeholders who attended the open day were Mr Mpungose from Moral Regeneration, ward 16 councilor Mr Gwala, Mr LH Mhlongo Department of Health-Mandeni Sub-District, Isithebe clinic employees and the members of the clinic committee.

Sr Nxele the Operational Manager of the facility explained the staff allocation for the facility, reasons for staff shortages and colour coded foot-prints meanings that leads to different departments. She urged them to refrain from going to the media with each and every dissatisfaction they have about the facility but rather speak to her or the PRO of the Sub-District. Mhlongo DP a professional nurse who works at maternity encouraged the community about reading and familiarizing themselves with what is written on the road-to-health card. She continued to educate them about the importance of immunizations and encouraged them to adhere to the return dates written on the immunization card. She also encouraged exclusive breastfeeding for the first 6months after giving birth.

Educational talks were conveyed from other employees about TB, HIV, CCMD and MMC. Cllr Gwala addressed the community and encouraged them to voice out their issues and complaints and any opinions they might have rather than rioting and vandalizing government departments and also addressed the issue of running water in the clinic, he said he will make sure that the water tank delivers clean water for the facility until the issue of running water in the facility is attended to.

The day was a huge success and the community got the chance to interact with the speakers for the day and ask questions. Appreciation goes to all the stakeholder who were present on the day and the rest of the Isithebe community for attending and participating.



DP Mhlongo

CAREER DAY AT LINDAYIPHI PRIMARY



**Sir. SH Khumalo— CNP
school health team**

On the 14 August 2017 Sundumbili CHC were invited to be part of the above mentioned at Lindayiphi Primary School. The career day was organized by the school with the aim of equipping the learners with career choices while still at a tender age.

Sir Khumalo's speech was about encouraging children to take career choices on clinical spheres. He told them that nurses, doctors etc. are regarded as scarce skills because children regard those courses as difficult courses. He informed them on the grades that they are

supposed to get on their matric year to be able to qualify for clinical career choices.

Mrs S. Ngwane marketed the Department of Health's bursaries, the aim was for the kids to know that they don't have to come from the rich background to be able to study but that the government has means of paying for their fees should they pass satisfactorily. Entertainment from the kids made the day fun and enjoyable



Mrs S. Ngwane—HRD

HEALTHY PROMOTION DAY

On the 30 August 2017, Isithebe clinic hosted the community of isithebe area in collaboration with the representative from Department of agriculture to motivate and encourage the community of Isithebe to have vegetable gardens in their homes.

Sir Ncalane addressed the audience about leading a healthy lifestyle. He encouraged the community to use ploughing as another form of exercising, and consuming those vegetables will help them maintain a healthy lifestyle.

It was a very informative day and the community appreciated the information conveyed that day, and the vegetables as a token of appreciation.

The representative from Department of agriculture also encouraged the one-home-one-garden exercise for everyone to be able to add vegetables on their meals. He also taught them how to fertilize the soil for their vegetable to grow well.



Sir Ncalane addressing the audience



Crops that were grown in the garden were given to some community members as a token

WELLNES DAY



LEFT: Employees demonstrating breast cancer checks

RIGHT: Sir Sandile Dube (Occ. Health) receiving a wheelchair from DUT students for one of his patient.

On the 06th September 2017 Sundumbili CHC together with 3 occupational health students, hosted a wellness day for the employees of the CHC and the CCG's. The main aim of the wellness day was to create awareness about breast-cancer and also about leading a healthy lifestyle. The event was held in the CHC's premises at an open space near maintenance department.

One of the DUT students was our own Sr. Ntokozo Buthelezi—a registered nurse for school health. Her working together with EAP and Sundumbili CHC's Occ. Health Nurse Sir Dube organized this wonderful and successful wellness event for the benefit of the employees. We had visitors from DUT inclusive of the Manager of the Department of Occ. Health and Dietetics.

Topics that were covered on the day were; the importance of eating healthy, portioning your food correctly, self examination of breasts, mental health. Sir Dube accepted a wheelchair from the Students for one of his patients who's in-need of it. One of the students demonstrated breasts self examination and after her it was time for aerobics for everyone.

After all the learning, the activities and all the fun for the day ; it was time to take a break, relax and feast on the light refreshments that were prepared for the day.

Appreciation to the organising team (DUT students, Facility's EAP Mr Khumalo, Occ. Health Nurse Sir Dube) stakeholders (Malume driving school, Capitec Bank and GEMS) and all the employees who attended for making the awareness event a huge success.



HERITAGE DAY

I nyanga ka Mandulo iyinyanga yokuqhakambisa amasiko nokuzigqaja ngemvelo yakho. Abasebenzi bomtholampilo wase Sundumbili ngokubambisana neminye imitholampilo engaphansi kwayo benze usuku lwangomhla zingamashumi amabili nambili enyangeni ka Mandulo enyakeni ka 2017 kwaba usuku lokuqhakambisa ngamasiko oluchichima injabulo.

Abafana bendlamu baseMacambini nabo baba yingxenyane yalolusuku olukhulu kangaka kubasebenzi futhi benza kwaba nenhlokomo enkulu ehholo okwakubanjelwe kulo lomcimbi okuyihholo lomphakathi waseSundumbili iSibusisiwe.

Abasebenzi babehlobe ngemvunulo bebahle beconsa, nezidlo ezinhlobonhlobo zesintu ziconsisa amathe, okokuthiba ukoma Ukhamba lwamahewu nokhamba lokwehlisa ukushisa olwalubekelwe izinsizwa lokuvutshelwe ngemithombo.

Kuyisifiso sabasebenzi ukuthi umcimbi onjena kube into eyenzeka minyaka yonke futhi ukhule minyaka yonke.

Ukubonga kubhekiswe kubobonke ababa yingxenyane yokulungiselela lolusuku ukuthi lube yimpumelelo nabo bonke abasebenzi abathintitha amaphakethe abo bahloba baba bahle ukuze lolusuku lube yintokozo.



Iqembu lendlamu lasendaweni yase Macambini



Fikile, Mbali, Lindokuhle, Thuli & Bonkosi



NDULINDE CLINIC OPEN DAY

On the 22nd September 2017, Ndulinde Clinic hosted the community of Ndulinde and surroundings during their Open day. This was the day that they used to consult with the community and market their services and let the community know about the procedures they are working under.

The main aim was for the community to know what is expected to them from when they enter the gate until they receive services that awaits them daily.

The day was a success, educational talks conveyed and a chance for the community to comment and ask questions was open after each speaker. The community interacted very well with speakers and thanked the facility for organizing such an informative session.



SIR. ZW NCALANE'S PROFILE



It is with sadness to announce the passing of Sir ZW Ncalane who worked at Isithebe clinic as a Clinical Nurse Practitioner from 2015/07/06. He was involved in a car accident over the long weekend on Sunday 24/09/2017 together with other 6 members of his family.

He worked at Prince Mshiyeni from February 2007 to October 2013, Stanger Provincial Hospital from November 2013 to March 2015 and then came to Sundumbili CHC from July 2015.

He was born on the 21 September 1983 and passed away on the 24 September 2017 aged 34 years.

The Operational Manager of Isithebe PHC Mrs GP Nxele described Ncalane as a hard worker who worked hand in hand with her, who was always punctual and very dedicated and loved his job.

*The biggest challenge
In losing a leader like you
Is learning how to cope up
With someone new
There is no other professional
Who can fill your shoes
Your absence is a blow
Which will leave a bad bruise...
Farewell*

USUK' OLUHLE



Usuku lwango mhla ziwu 10 enyangueni ka Mfumu 2017 kwakuwusuku lwenjabulo kubasebenzi basemtholampilo was Sundumbili . Ngalolusuku kwakuzalwa uZakhele “kati lekhwezi” Mhlango oyisithandwa sawowonke umsebenzi ngaphakathi. Abasebenzi babona kukuhle ukuthi bamjabulise njengoba naye kwakuyisifiso sakhe ukuthi enze umcimbi ngosuku lwakhe lokuzalwa, emema wonke umuntu ngosizo luka Nozipho Cele osebenza emkhakheni wezokuthutha.

U Zakhele Mhlango uyisiguli sakulo mtholampilo abuye abe ngumuntu othanda ukungena kuyoyonke okumenza abe ngothandiweyo kulesikhungo. Kwababemenyiwe kwakukhona umama wakhe Kanye nomakhelwane, abakhombisa ukuthokoza kakhulu ngokwenziwe ngabasebenzi balomtholampilo. U Zakhele ubehlanganisa iminya engamashumi amane nesishiyagalombili.



ILEMBE HEALTH DISTRICT CHORAL MUSIC COMPETITION



The above mentioned competition was held on the 20/10/2017 at KwaDukuza townhall. Sundumbili CHC was part of that competition and Sundumbili CHC's results were as follows:

- 1st positions—western piece and Jingle**
- 3rd position—African piece**

On the 23/10/2017 the choir had celebrations around the facility showing off their well deserved trophies to the employees and the patients. Good news were conveyed to management and trophies were handed over. Management congratulated the choir and thanked them for their determination and commitment to choral music and encouraged them to keep lifting the Sundumbili CHC's flag high.



ISITHEBE CLINIC WELLNESS



On the 17th October 2017 the E A P Mr BP Khumalo organized a sports day / Wellness day for Isithebe Clinic. The aim of this initiative was to reach as many employees as possible during 2017 for wellness activities.

Activities for the day were the aerobics conducted by Zama the Community Health Worker for Sundumbili CHC, followed by the netball sport activities by both females and males. It was a huge success and the employees enjoyed it. EAP's aim is to continue with this activity for all other PHC's in Mandeni Sub-district. **END.**

**THOSE WHO
THINK THEY HAVE
NO TIME FOR
HEALTHY EATING
WILL SOONER OR
LATER HAVE TO
FIND TIME
FOR ILLNESS.**



SHOES HANDOVER



INSIMU REPRESENTATIVES, SUNDUMBILI CHC HAST TEAM WITH THE CHILDREN AFTER THE HANDOVER

On the 16th November 2017, Insimu NPO that performs MMC for the Department with the assistance of department of health put a smile on 50 vulnerable children from 5 primary schools around Mandeni Sub-District by donating 50 pairs of school shoes.

With the help the Mandeni Sub-district's MMC coordinator Mr T. Msweli 5 primary schools were identified and with the assistance of their educators 10 per school were chosen for the program. The identified schools were, Mbewenhle, Ubuhle beSundumbili, Newark, Macambini and Iokothwayo primary schools. Children from the 3 schools were transported to Mbewenhle primary school and only Ubuhle besundumbili was visited separately for a handover. Fruits and still water were also given to the children to promote healthy lifestyle.

It was a jolly day indeed for the learners, some came with their parents and it was a successful program.

END.

ACKNOWLEDGEMENTS



Miss JT Manzi—PRO
Writer & Editor



Dr R. Vishnupersadh—CEO
Editor



Mr WA Sibisi—PR Inservice-trainee
Writer & Photographer



Miss NM Madela—PR Intern
Writer & Photographer



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:

A682 Msomuhle road, SUndumbili
t/ship; 4491

Postal Address:

Private Bag X6032; Mandeni 4490

Web Address:

[www.kznhealth.gov.za/sundumbil
ichc.htm](http://www.kznhealth.gov.za/sundumbil
ichc.htm)

SWITCHBOARD:

032 454 7500

FAX NUMBER:

032 454 7529

PR OFFICE NUMBER:

032 454 7519

Email Address:

June.Manzi@kznhealth.gov.za

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE