



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Sundumbili Community Health Centre

SUNDUMBILI NEWS

July to October 2018

“TOGETHER WE CAN ROCK THE WORLD” SAYS THE WOMEN OF SUNDUMBILI



INDEX

PAGE

- Women’s day celebrations 2
- Breastfeeding awareness 3
- Open Day 4
- Oral Health day 5
- Outreach corner 6
- Wellness page 7
- Health & safety corner 8
- Obesity awareness day 9
- Celebratory pics 10

It was a colourful, joyous, uplifting and motivational day for women employees at Sundumbili CHC on the 8/08/2018.

[More on page 2](#)



WOMEN'S DAY CELEBRATION



Indeed when You strike a woman, you strike a rock. **“One woman can make a difference but together we can rock the world”** was the theme for 2019 women’s day celebration.

On the 08th August 2018 Sundumbili CHC chose this day to host women from the CHC and satellite PHC’s in the Sub-District to motivate and encourage unity amongst women.

It was a fun and mostly informative day for all women who attended. They looked gorgeous in their colourful headwraps and black dresses. Women supporting one another was emphasized as the sign that shows unity at work and even at local communities.

Women were regarded as the most innovative, creative, strong willed, ambitious, caring and much more.

“Power”! to all the women who contributed in making this day a success and hopefully it can be a growing annual event...



Left: Mrs Hlengy Mnyandu.



Right: Miss Ntomby Msimango handing a token of appreciation to Mrs Mabaso Nursing Manager.

Bellow: short educational drama by Mafuthi Khuzwayo—HR Officer & Mr Hlela— Quality Assurance Manager.



BREASTFEEDING AWARENESS



During the Breastfeeding Awareness walk on the streets of Sundumbili Township



**Sr. FF Mkhwanazi
Maternity OM
During her address**

It was a rainy day on the 10th August 2018 but it could not stop maternity employees from their breastfeeding awareness walk on the streets of Sun-

dumbili Township as well as in the premises. The purpose of the event was to create an awareness and also to encourage women to breastfeed. “Even if you don’t have money to buy fancy things but God gave you breasts with milk that has all the nutrients that are needed by a growing baby” said Mrs Sangweni during her opening prayer session.

Mrs Mabaso—Nursing Manager said she takes this day as the day of revival to remind women to breastfeed. “ Women should not formula feed their infants because it doesn’t have all the nutrients needed by the infant” she said.

Sr Mkhwanazi encouraged all women to go back to the roots and do what was done in the ancient times and breastfeed their infants as it saves money and marriages “since you will not always ask for money from your husbands” and everyone laughed.

It was a very informative and fun day . Nutritionist Mrs Mafako reminded the audience of the advantages of breastfeeding and also encouraged men/husbands/boyfriends to accompany women to the clinic for ANC visits and also assist them when they are breastfeeding.

Ayanda Khazi taught the audience how to take care of the children’s gums and milk-teeth “ Breastfeeding helps the child’s jaws and teeth to develop well” she said.

Sir Dlangisa encouraged women to breastfeed regardless of her HIV status. He also informed the audience about the test-and-treat campaign, that the same day you found out you’re pregnant is the same day you test for HIV and if tested positive you receive medication same day. Encouraged women to exclusively breastfeed for full 6months then after they can add small nutritious meals.

Appreciation goes to the entertainers, Sundumbili choir, maternity staff & CCG’s for educational musical items and short drama and everyone who attended and participated in making the event a success.



Sundumbili choir singing breastfeeding awareness songs to entertain the audience

OPEN DAY

On the 31 August 2018 Sundumbili CHC hosted an Open Day to market the services of the facility. The main focus of the day was CCMDD to encourage adherence to the given dates and to decrease defaulter rate.

The Nutritionist Mrs Ringeta Mafako told the audience that medication alone does not revive the body but one needs nutritious food. Nutritious foods are not expensive one needs to own a vegetable garden. The spread of diseases is sometimes caused by the type of food we consume like junk food. She advice the audience to utilize nutritional services and make use of the nutritional advisors at the PHC level.



Ringeta Mafako –Nutritionist during her talk

The social worker Ms Zama Nzuza explained different stages of her department’s services and how patients are referred to her department. She also mentioned that they also trace defaulters and also trace reasons behind defaulting.

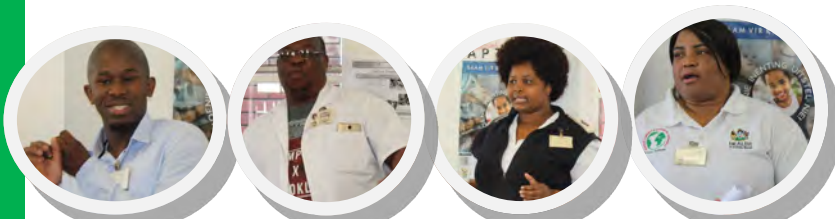
The Dental therapist Mr G Nzama explained reasons behind hypertension screening “ the main reason we do hypertension screening is to prevent excessive bleeding” he said. He also marketed other dental services and requirements that patients should adhere to.

CCMDD champion Nurse Mthiyane and Mr Mavuso the pharmacist assistant focused on the requirements from the patient who wishes to join CCMDD. Patients were encouraged to take the medication of the deceased relative back to the clinic or pharmacy for correct discarding of medication “ please do not share your medication with other relatives” pleaded Mr Mavuso.

Mr MD Ngubane the program director thanked the audience for a good behavior and attention. Mr Hlela – Quality Assurance Manager thanked everyone who participated in making the event a suc-



The ICDM hall was packed everyone listening attentive



Mr G Nzama (Dental thereapist), Mr Mavuso (pharmacist assistant), Nurse Mthiyane (CCMDD champion) & Ms Z Nzuza (Social worker)

ORAL HEALTH DAY



From Left: Mr G. Nzama (Dental Therapist), Ms Amanda Khana (from Colgate), Ms Ayanda Khazi (oral Hygienist) and Mrs S Dladla (Dental Assistant)

It was a joyful day for learners and educators of Ethel Mthiyane Special School when the Sundumbili CHC Dental Department visited the school for Oral Health Celebration which took place on the 26th September 2018. The purpose of this day was to encourage and emphasize the importance of a clean mouth to prevent gum diseases

+300 learners and educators attended the event. Ayanda Khazi gave a health talk emphasizing on brushing of teeth everyday and regular visit to the dental department. She also mentioned that in order to keep your mouth always clean one must be careful of what he/she eats.



Far Left: traditional dance.

Left: Amanda demonstrating the correct way of brushing teeth.

Right: Mrs Dladla handing over a token to the learner



There were a lot of activities which took place on that day. Poetry session that were performed were very educational. Raffle was also one of the activities which excited the learners where teachers were to pick names of the learners according to their grades to be given gift packs by Dental team. There was also dance competition and the winners were also given gift pack.

Amanda Khana from Colgate graced the event with her presence. She also added on what Ayanda has said previously on her talk about the importance of oral hygiene. Amanda demonstrated to the learners on how they should brush their teeth. She also asked them of the three 3 important things that are needed when brushing their teeth, Learners then mentioned water, toothbrush and toothpaste.

There were creative arts that were about surgery and a clinic that were made out with Colgate material. The day was a huge success and very informative. Entertainment showcased the great talent that the learners possess and it was a joyful and fun-filled day for everyone who attended.

Much appreciation to Ethel Mthiyane Special School learners and edu-

OUTREACH TEAM'S CORNER



Outreach team have been working tirelessly around Mandeni Sub-district from taxi ranks to tall plaza's fighting diseases and giving hope to the communities.

They have been distributing condoms all over Mandeni setting tables at the shopping centers, taxi ranks and FET's providing vital signs, Family planning, VCT, pregnancy test, TB screenings and other services needed by the community.

The main aim is to reduce the rate of teenage pregnancy and also encouraging people to know their status. They also provide educational talks to the public. Their determination and hardwork is the one that keeps Mandeni going.

Keep up the good work!!



KNOW YOUR HIV STATUS
the power to improve your life



EMPLOYEE WELLNESS



Employee wellness is an important factor to employees for them to stay healthy and be productive in their work environment. Sundumbili CHC became one of the participants in the wellness tournament hosted by Ilembe Health District on the 21st September 2018.

The main aim for the tournament was to select Ilembe district squad that will take part in the work & play inter-districts tournament and also to encourage wellness activities for participants.

Soccer team did not do very well this time around but the women outdone themselves when they won the finals for netball category.

Congratulations Mantombazane!!!

On the 05th October 2018 at KwaDukuza Townhall, Sundumbili choir participated at the Ilembe Health District Choral Competition and their results were as follows:

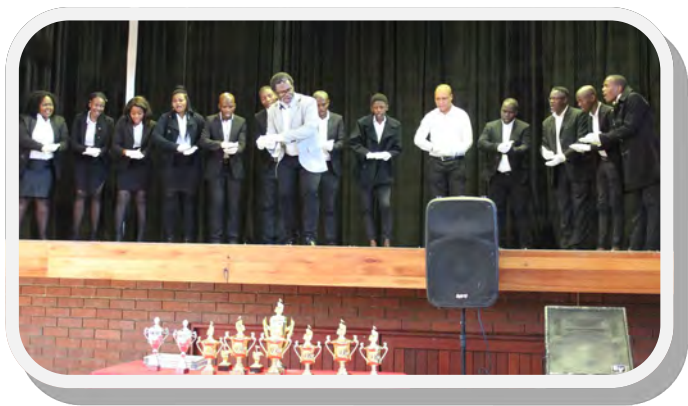
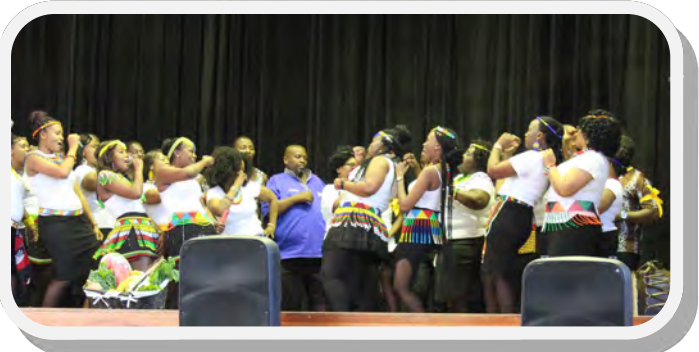
- **Western piece: Position 2**
- **African piece: Position 2**
- **Jungle item: Position 1**
- **Scathamiya: Position 1**

**They also got the overall winner trophy.
Congratulations to AMASUNDU AMABILII!!!**

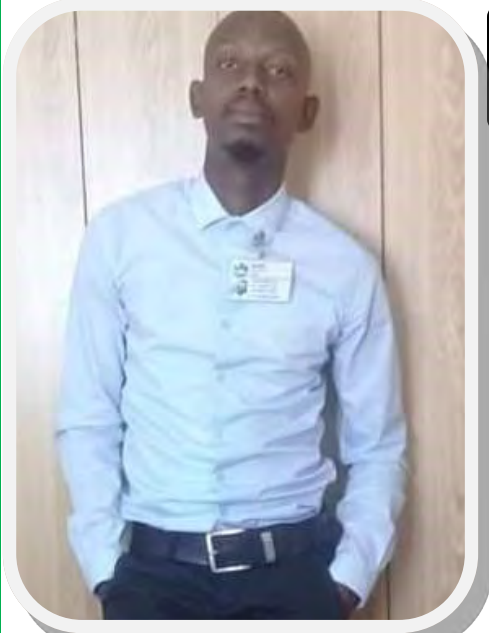


On the 07th August 2018 Sundumbili CHC's soccer team presented their hard earned trophy. They were invited to a wellness day hosted by Stanger hospital with the point of encouraging healthy lifestyle.

They played well all the way up to the finals and became the champions of the tournament. The day went very well they really enjoyed themselves and will continue maintaining this fruitful relationship with Stanger hospital.



HEALTH & SAFETY CORNER



Mr Cebo Gumbi
Health & Safety Officer

The Health and Safety Officer (Cebo Gumbi) with his team conducted a Mock Evacuation Emergency Drill in Sundumbili CHC and its satellite clinics which are Isithebe Clinic, Ndulinde Clinic, Dokodweni Clinic, Macambini Clinic, Ohwebede Clinic, Hlomendlini Clinic and Mandeni Clinic.



Emergency drill is an exercise which must be frequently practiced in order to strengthen the preparedness of staff members and clients during the emergency situation. The drill focuses on the execution of the correct evacuation procedure, understanding OHS signage and how to use firefighting equipment. There are different emergency situation which fire, explosion, floods, bomb treat etc. but during the drill OHS team staged a fire emergency situation.

Emergency siren and loud hailer were used to alert and summon staff members and clients to the assemble point. They were trained on the correct evacuation procedure and OHS signage. They were also trained on firefighting equipment usage which the emphasis was on the **PASS Principle (Pull, Aim, Squeeze & Sweep)**. At the assemble point live fire was staged and the demonstration took place on the live fire.

The Health and Safety Team thank everyone who participated and appreciate everyone's dedication on keeping Injuries On Duty (IOD) at the lowest rate, and remember during every emergency situation use your best safety device which is **"TO THINK"** and **"DO NOT**



IC".

by Mr Cebo Gumbi H & S Of-

Above: Mr J. Kayembe (physiotherapist) and Below: Mr V Hlala demonstrating the PASS principle



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ficer.

OBESITY AWARENESS DAY



The elderly group during the aerobics activity session

On

the 19 October 2018 Macambini clinic hosted the obesity awareness day to create awareness to the public and to encourage the public to lead a healthy lifestyle. Sma the nutrition advisor encouraged the audience to eat healthy food during her address. She also encouraged them to have a door sized vegetable garden in the backyard, she also pointed out gardening as the other form of exercising that the elderly and youth should look into. She stated the importance of measuring other food you're going to eat and drinking enough water.



Healthy snacks

The facility OM Ms Matandela encouraged people to walk or jog and said it helps keep the weight down and stay healthy. The aerobics instructors led two groups the other one the elderly group and the other one the youth. The audience enjoyed the activities for the day and feasted on the healthy snacks that were prepared for them.



The youth group during aerobics activity

CELEBRATORY PICS!!



Sr Sikhakhane evukwa usinga. Shaya!!



LEGEND !! ANKEL



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