



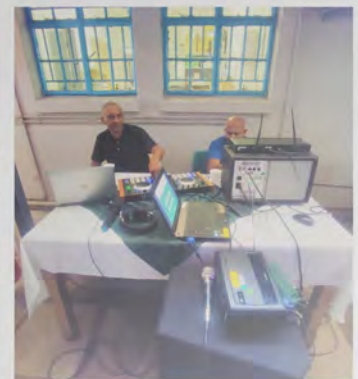
**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# TONGAAT COMMUNITY HEALTH CENTRE

# UTHONGATHI NEWS

June–December 2023

TONGAAT LEADS OTHERS FOLLOW...



*“The deepest craving of human nature is the need to be appreciated.”*  
—William James

The year-end function is the perfect time for employers (management) to express their gratitude to staff members and unite as a team to celebrate the facility’s success. It is also a fantastic method to establish a rapport with staff members and promote candid and open communication across all divisions and levels of the facility.

This facility as a whole honored all of its accomplishments, Tongaat CHC maintained its Ideal CHC platinum accreditation, performed exceptionally well in IPC audits and its netball team won the Ethekeeni District “Siyabakhumbula” tournament amongst other achievements. The sense of community that permeates the team as each person dresses up for the exciting day at the awards ceremony.

This was the opportunity for the facility to review the year and consider the highs and lows experienced. Evaluating the goals that were accomplished and the ones that were not, and planning strategies to fulfil the unmet objectives.

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# GOODBYE 2023!



Mrs. R Singh awarding the Data Capturers



Dr. S Bhimsan awarding the rehab team



Mr. P Mnguni awarding the Chronic stream team



Mr. T.I Ngcobo awarding the cleaning staff

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# WORLD AIDS DAY

Every year on December 1st, the world marks World AIDS day, an occasion for all communities to come together in the battle against HIV, offer support to those who are living with the virus, and honor those who have lost their lives to the disease.

The year 2023 theme was “World AIDS day 35: Remember and Commit.” This yearly event serves as a reminder of the global fight to abolish HIV-related stigma and acts as a call to action to work towards the day when HIV poses no threat to public health (HIV.gov).

Tongaat CHC celebrated this day as a reminder to the patients at TCHC and the community at large that HIV/TB care is available for everyone.



Ms. Lwanele Ndevu the Programme Director for the day thanking the patient for participation.



Sr. Shangase speaking about the importance of medicine adherence and PREP.

WORLD AIDS DAY  
DECEMBER 1



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# 16 DAYS OF ACTIVISM...

Every year, from November 25 (International Day for No Violence Against Women) to December 10 (International Human Rights Day) marks the commemoration of 16 Days of Activism against Gender based violence. The International Day for persons with disabilities (3 December) and World AIDS day (1 December) are two more significant memorial days that are celebrated yearly within this 16 day period. The year 2023 marked the 25th anniversary of the 16 Days of Activism for No violence against Women and Children campaign, started in South Africa. The goal of the 16 days campaign is to bring attention to the terrible effects that gender-based violence and femicide (GBVF) have on our society's social fabric as well as women and children.

The theme emphasizes how critical it is to have a multi-faceted, all-encompassing strategy to combat GBVF. The sub-theme aims to overcome obstacles that South African women encounter while attempting to access safe water and sanitation.

Together with the Ethekewini municipality Tongaat Sizakala Centre and Tongaat SAPS, Tongaat CHC commemorated the day. Numerous topics were discussed that day during the dialogue and service promotion by social workers, psychologist and police officers in an effort to stop the spread of GBVF.

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# 16 DAYS IN PICTURES



Cllr D Munien checking her vitals during the campaign.



Psychology Counsellor N Govinder interacting with the community



Social worker—Thandi from Childline handing out pamphlets during the dialogue.



TCHC social worker—Miss Queen Majozi interacting with the community during the dialogue.



# NUTRITION WEEK



We rarely pause to consider the effects that the foods we eat on a daily basis have on our physical and mental health in these hectic, difficult times. Every meal and beverage we consume each day has an impact on how we feel, affecting everything from our productivity at work to our general well-being. The high rates of overweight and obesity in South Africa, along with the frequency of diseases linked to nutrition, such as Type 2 diabetes, indicate the urgent need for us to start eating healthier.

Every department at TCHC participated in a competition, headed by nutritionist Miss Z Mkhize, to celebrate Nutrition Week by showcasing nutritious and well-balanced breakfast, lunch, dinner, and snacks. Everyone was much helped by this competition to remember how important it is to eat well and to keep a healthy weight. Miss Mkhize has been instrumental in helping the staff and patients at the facility lead healthier lifestyles. This was also demonstrated during the Biggest Loser competition, when employees went above and above to follow the prescribed diet and the nutritionist's advice.

The Acute department came out 3rd; pharmacy department were 2nd, and the human resources department emerged victorious among the contestants. A well-balanced lunch, appropriate portion sizes, a diversity of foods, presentation, and display were all competition requirements. There was a wide selection of delicious meals prepared by the HR department for breakfast, lunch, and dinner.

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# PHOTO GALLERY- NUTRITION WEEK



HR department receiving their prize for position 1.



Presentation from Outreach services



2nd prize to the Pharmacy department



HR during the presentation with the Nutritionist





# HERITAGE DAY



On September 24, Heritage Day recognizes and appreciates the diversity of our country's cultures. On this day, South Africans commemorate the cultural legacies of the various ethnic groups that comprise the country's population. This year, Tongaat CHC was fortunate to have a guest speaker who focused on the concept of "Ubuntu" in addition to the various cultures that exist in South Africa. The word "Ubuntu" might mean different things to different people. Ubuntu is the expression of "I am what I am because of who we all are," which simply means "having humanity toward the next person." Upon closely examining the description of Ubuntu, it becomes evident that the term Ubuntu does not discriminate based on race or color.

Mrs. Jali—Guest speaker

The guest speaker, Mrs. Jali, went into further detail regarding Ubuntu in the public sector and brought up the Batho Pele principles, which serve as guidelines for treating patients in a healthcare context. She also emphasized to every employee how crucial it is that we respect one another before we can treat patients with dignity.



Staff members attentively listening to Mrs. Jali



MCWH staff performing



# WOMEN'S DAY



and gender equality to this day.

August is recognized as Women's Month in South Africa, and August 9th is National Women's Day on that day every year. On National Women's Day, we honor women's tenacity, fortitude, and contributions to our nation and society. As a component of Women's Month in South Africa, National Women's Day offers a chance to honor the generations of women whose battles set the groundwork for the advancements made in women's emancipation

Tongaat CHC events committee members

National Women's Day is a public holiday in South Africa that honors the 1956 march of about 20,000 women to the Un-



Mr. D Govender and Miss L Ndevu the programme directors for the day

ion Buildings in Pretoria to protest the country's pass laws, which required South Africans classified as "black" under The Population Registration Act to carry an internal passport, or pass. These laws were used to manage migrant labor, maintain population segregation, and control urbanization during the apartheid era. The petition had over 100,000 signatures.

The CEO, Dr. S. Bhimsan, gave a speech on this day that inspired the women, saying that nothing is impossible for them. She talked about the amazing job that South African women have done, dispelling the myth that they are just good for keeping houses warm and highlighting their achievements in the corporate sector. She emphasized—

making reference to the new film "Barbie Girl"—that women are strong, courageous, and capable of achieving everything they set their minds to. All of the guests



# OPEN DAY IN PICTURES



MCWH Team displaying their services



REHAB Team



Pharmacy Team



The best stall judges interacting with Miss Gumede—WMO at her stall.

**"Two monologues do not make a dialogue." — Jeff Daly**



# TCHC WELLNESS PAGE

As part of encouraging staff wellness, Tongaat CHC initiated a biggest loser challenge for staff members keen to lose weight and keep fit. This challenge commenced on the 1st May 2023.

Members were weighed every second week and tips on what to eat are religiously shared with participants.

Participants are encouraged to exercise privately (at home) however there is an in-house class of aerobics every Monday to Thursday from 15h00 to 15h30.

This has been an exciting initiative which participants are happy about and encourage each other on a daily basis. Not only did the team discover the biggest losers but they also discovered the biggest gainers.

The biggest loser competition was won by Miss Zamalanga Langa from Patient Admissions, who lost a whopping 6 kgs during the course of the competition. Congratulations to Zamalanga and all the participants who took the initiative to get healthier for their own gain.

**"Happiness is the new rich. Inner peace is a new success. Health is new *wealth*. Kindness is the new cool." – Anonymous.**



# BIGGEST LOSER/GAINER 23'



Biggest loser Top 5 with the organisers.



Second runner-up Nurse Mhlongo

Winner—Miss Z Langa



# “SIYABAKHUMBULA” WINNERS



Tongaat CHC Netball Team



After the trophy ceremony



**“The more difficult the victory, the greater the happiness in winning.”**



# ORAL HEALTH & FIRE DRILL



Miss Yolanda Mwelase interacting with the learners from Golden Steps special school



Mr. Khawula speaking to staff at the assembly point

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