



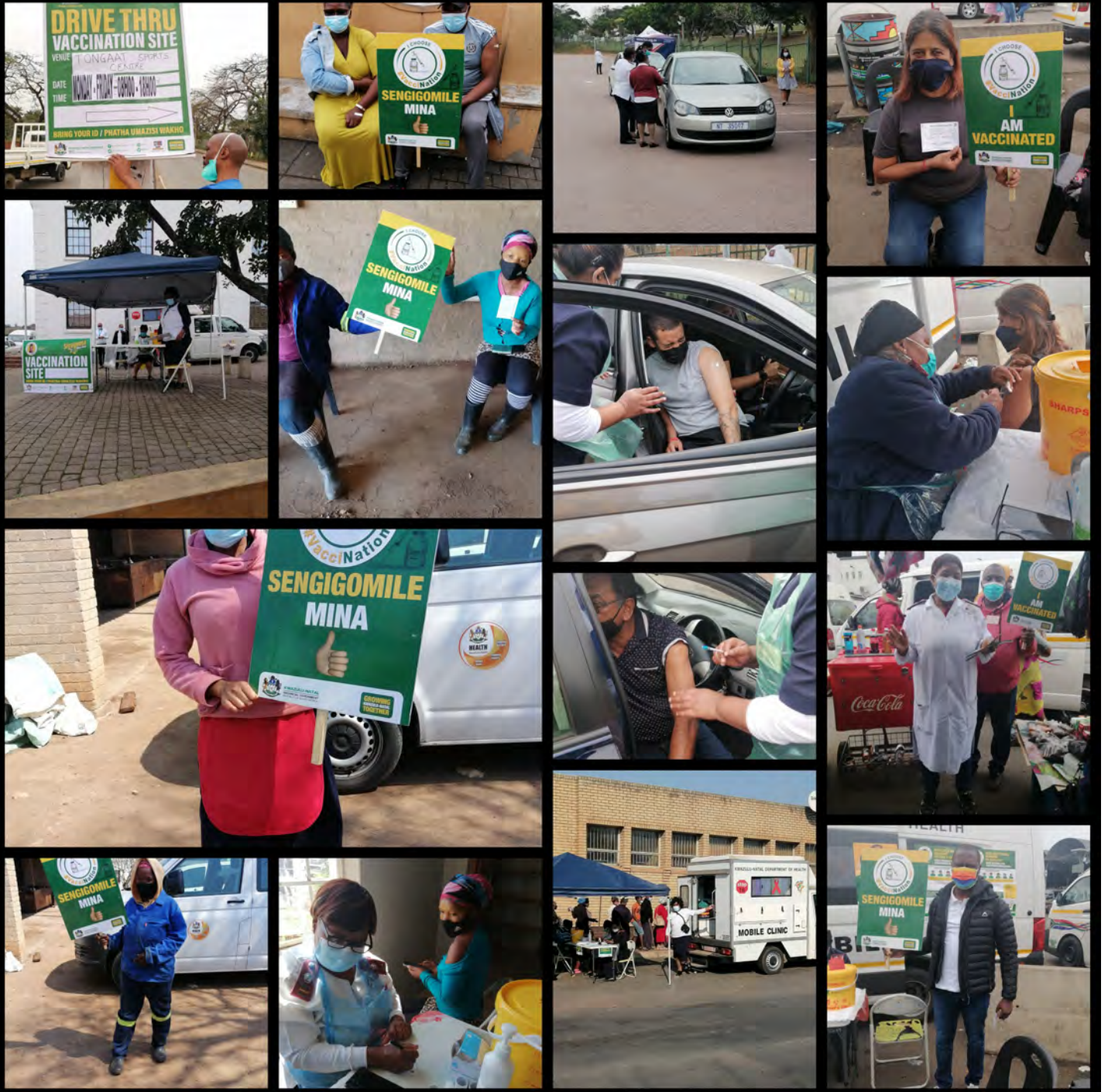
KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

TONGAAT COMMUNITY HEALTH CENTRE

UTHONGATHI NEWS

THIRD QUARTER

TONGAAT LEADS OTHERS FOLLOW...



01



The President has called on all leaders in South Africa to intensify their support for the Covid-19 vaccination programme by getting behind the Vooma Vaccination Weekends. The first one was held from 1-3 October 2021 and all leaders across South Africa were urged to encourage those they lead to get vaccinated. The belief was that people will come forward to be vaccinated if they hear the message from people they trust, who can reassure them and take away some of their anxieties and provide them with factual information.

“Vooma” is a South Africanism derived from the Afrikaans word “woema” meaning ‘energy and speed’. It also resembles the Nguni word “vuma” meaning ‘agree’. This is what the aim of VOO-MA weekend was, to achieve: Agreement to move with energy and speed to ensure that 70% of adults are vaccinated by Christmas.

Tongaat CHC opened its vaccination doors from through out the whole week leading to the VOO-MA weekend and did an outreach program in the CBD area at the Sizakala Centre.



PHOTO GALLERY



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NUTRITION WEEK

EAT MORE VEGETABLES AND FRUITS EVERYDAY ...

The campaign objective of Nutrition Week 2021 was to increase consumption of vegetables and fruit among South Africans, particularly those most at risk of undernutrition and non-communicable diseases (NCDs).

Tongaat CHC joined the campaign to raise awareness on the importance of eating fruits and vegetables on a daily basis. Emphasis was made that it is also easy to have your own small garden to plant vegetables.

Different departments in the facility designed posters and created a display at their entrances. The campaign targeted both staff and patients; talks were done in waiting areas and some patients received free fruits and vegetables from the departments.

Research conducted showed that South Africans aged 15 years and older eat well below the recommended 400g, i.e. five portions of vegetables and fruit per day at 226g per day for females, and 235g per day for males. Studies among adolescents and children younger than 15 years also show that vegetable and fruit consumption is inadequate.

The key messages for 2021 are:

- Eating more vegetables and fruit every day can help reduce the risk for obesity and can help prevent diseases such as diabetes, heart disease, high blood pressure and certain types of cancer
- Eat more vegetables and fruit, i.e. at least

three portions of vegetables and two portions of fruit

- Choose vegetable and fruit snacks as part of a healthy eating plan
- Vegetables and fruit are important for the growth, development and health of infants and young children
- Growing vegetables and fruit is possible. It can be an affordable and sustainable way to increase dietary diversity and improve health outcomes



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DISPLAY BY THE CHRONIC TEAM



DISPLAY BY THE ACUTE TEAM



POSTER BY THE REHAB TEAM



PRIZE GIVE AWAY FROM MISS MKHIZE (NUTRITIONIST) TO THE NUMBER 1 DEPARTMENT— OM NGCOBO -ACUTE DEPARTMENT



CHW FOOD DRIVE

Reaching one household at a time



Mr Mvimbi handing over food parcels to a community member at Frasers

Mr. Mvimbi with the recipient of the food parcel at Frasers.

Tongaat CHC community health workers embarked on a food drive on the 2nd September 2021. This initiative was aimed at giving back to the community especially the less privileged.

The day was a joyous day as it was evident that the community is grateful for “Christmas in September”. A lot of households were able to put food on the table all thanks to the hard work and dedication of the health care workers.

Speaking to Mr. Mvimbi, he was adamant that such an initiative is just a start into “ploughing back to the community” of Tongaat. Frasers falls under ward 62, which is a ward that is serviced by Tongaat CHC.

Even though there are a lot of wards or areas to cover, one household will be reached at a time.

Over 50 food parcels were distributed with numerous grocery items including maize meal, rice, canned food and other items.

If you refuse to listen to the cry of the poor, your own cry for help will not be heard. (Proverbs 21:13)



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VACCINATION

COVID-19 VACCINATION IS BEING DONE AT THE FOLLOWING AREAS

1 TONGAAT SPORTS CENTRE—MONDAY TO SATURDAY

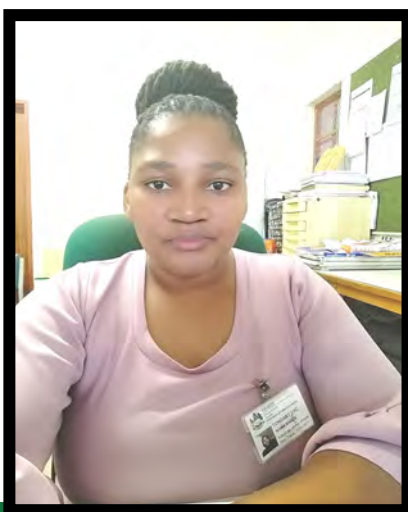
2 TONGAAT CHC—NEXT TO MATERNITY WAITING AREA - MONDAY TO FRIDAY.

Everyone who is 12 years and above is welcomed.

Not registered? No worries we will assist.

ACKNOWLEDGEMENTS

EDITORIAL TEAM / DETAILS



NOMMA KHOZA—PUBLIC RELATIONS OFFICER

Let us continue to follow the below steps:

- ⇒ Get vaccinated
- ⇒ Maintain a social distance.
- ⇒ Meet outdoors or in a space with good ventilation.
- ⇒ Avoid crowds and gatherings.
- ⇒ Wear a mask
- ⇒ Wash your hands
- ⇒ Sick? Stay home.

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