



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

UGU HEALTH DISTRICT

DISTRICT OFFICE

UGU

NEWS

JANUARY-MARCH 2025

WORLD TB DAY IN UGU DISTRICT

“YES, YOU AND I CAN END TB”



Minister of Health, Dr Aron Moetswaledi, Deputy President Mr Paul Mashatile and KZN Premier Mr Thami Ntuli

Deputy President Mr Paul Mashatile, National Department of Health, Provincial Department of Health, National and Provincial Cabinet, and all other stakeholders joint together in Ugu District to commemorate World TB Day, on 24 March 2025. Minister of Health, Dr Aron Moetswaledi and KZN Premier Mr Thami Ntuli also attended this event.

Theme for 2025: **YES, YOU AND I CAN END TB**

TB continues to devastate millions globally, inflicting severe health, social, and economic consequences. The month of March is designed to build public awareness about this global epidemic. TB is curable and preventable, this is why communities are urged to quickly visit their nearest health facilities to get tested soon after identifying symptoms. During this event which was held at Gamalakhe Sport and Leisure, principals started with

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DEPUTY PRESIDENT COMMEMORATED WORLD TB DAY IN UGU DISTRICT



Deputy President Mr Paul Mashatile and KZN Premier Mr Thami Ntuli during home visits

door to door, where they visited houses in Gama-lakhe Location accompanied by clinicians, TB screening was also conducted during these visits.

Giving his keynote address Deputy President, Mr Paul Mashatile told the communities that, TB day is both a reminder of the challenges the world is facing and a call to action. South Africa bears one of the highest TB burdens in the world, but also stand on the threshold of real. He continued to say, March is also a Human Rights Month, during this month, South Africans were reminded of where the country comes from, and the prize paid for freedom. In March, the country should also reflect on the progress made in the fight against TB and HIV-related stigma and discrimination, but not forgetting that this disease continue to claim many lives.

"In South Africa, in 2023, around 270 000 people were diagnosed with TB, and tragically, 56 000 lives were lost, which translates to 153 people every day.

TB knows no boundaries, it affects people across all communities, but the burden falls most heavily on the poor and vulnerable. Furthermore, in 2023, an estimated 58 000 people with TB were not diagnosed. These are our mothers, fathers, brothers, and sisters, people who deserves care and dignity. We must reach them. TB is not just a medical issue; it is a human rights issue. Every person, regardless of their background, deserves access to life-saving treatment." Said Mashatile

All stakeholders in Ugu District put an effort during the preparation for the success of this event which attracted every one across the country,

TOGETHER WE CAN DO MORE



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PHOTO GALLERY

NATIONAL WORLD TB DAY



Leadership visiting houses at Gamalakhe Township during World TB Day in March



KZN MEC for Health directing the programme



Home visits at Gamalakhe Township



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KUXOXISWANE NABELAPHI BENDABUKO NGOSUKU OLWANDULELA OLWESIFO SOFUBA



Abelaphi bendabuko belalele inkulumo ka Ngqongqoshe

UNgqongqoshe weZempilo KwaZulu Natal uNkk No-magugu Simelane ube nomhlangano nabelaphi bendabuko ehlo lomphakathi eGamalakhe I ZG ngomhlaka 23 March 2025 ukuzoxoxisana nabo ngezindlela zokusebenzisana ekuzameni ukulwisana nesifo sofuba. Lokhu kwenzeka nje elakuleleli belithe njo osukwini lango mhlaka 24 March 2025 njengoba bekunomgubho wokukhulumbula labo abahaqekile kanye nabathintekile mayelana nesifo sofuba noku-gujwa minyaka yonke.

Lomhlangano ube impumelo enkulu njengoba uhanjelwe abaholi abahlukahlukene okubalwa nama-Khosi ezindawo ezahlukahlukene kanjalo no Dokotela u Sibongineni Dhlomo noyilunga lePhalamende kuzwelonke ohola ithimba elibhekelele ezempilo.

Kuzokhumbuleka ukuthi uMnyango weZempilo



U Ngqongqoshe weZempilo uNksz N Simelane

KwaZulu Natal ukuthatha njengokubaluleke kakhulu ukubesebenzisa nabelaphi bendabuko futhi wenza isiqiniseko sokuthi imihlangano enjengalena iyabanjwa ngaso sonke isikhathi ukuze njalo kuhlezi kusungulwa amaqhinga amasha okuthi umphakathi ungasizakala kanjani ekwelashweni, futhi iziphi izindlela ezingasetshenziwa ekutheni abelaphi bakwazi ukubona uma sekumele kungenelele ezempilo ukuze iziguli zabo zelapheke ngokupheleleyo.



BAGCWALE IZITALADI BELWA NOKUHLUKUNYEZWA KWABE-SIFAZANE NEZINGANE OGWINI



Sekuyinto ejwayelekile ukuthi kuvele imibiko ezi-nhlakeni ezehlukene kanjalo nasemiphakathini emayelana nokuhlukumezeka kwabantu besifazane kanye nezingane. Lokhu akujwayeleki futhi kuyinto engeyinhle njengoba imiphakathi ihlezi ithukile, Yingakho ke uNdunankulu KwaZulu Natal uMnu Thami Ntuli kanye noNgqongqoshe weZenhlahalakahle uNkk Nonhlanhla Shinga behimbisana neminye iminyango kahulumeni begcwale izitaladi edolobheni I Port Shepstone ngenyanga ka March 2025 ukuze kukhuzwe lomhlola. Umphakathi ubuphume ngobuningi bawo ukuhlanganyela kule mashi. Abaholi bathi ngeke kulunge kulundwe lezizinsuku ezibekiwe eziyi-16 ezi-ba ngasekupheleni konyaka, kodwa kuzomele kube into yazo zonke izinsuku ukulwa nalesisihlava.

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UGU HEALTH DISTRICT DIRECTOR CORNER



Mrs Linda Dlamini Ugu Health District Director

As we look back on the last quarter of 2024/25, Ugu Health District reflects with pride and purpose on the work we do as a team. This period has been marked by meaningful engagement, critical oversight, and impactful service delivery, all anchored in our unwavering commitment to improving the health and well-being of our communities. I wouldn't shy away to the fact that this quarter started with a bit of a jet leg from the December holidays. The dreaded term for this term was G77/G88, this term was sure to send any administrative manager into panic mode but we strived through this period.

The district actively participated in other critical Health Calendar events during this quarter, including:

- Cervical Cancer Awareness: Educational drives and screening campaigns were conducted in both facility and community settings to raise awareness and improve early detection rates among women.

- Healthy Lifestyles Awareness: Community outreach focused on promoting physical activity, healthy diets, mental wellness, and reducing substance abuse—key elements in preventing non-communicable diseases.

- Sexual and Reproductive Health Awareness Week: Targeted interventions were carried out, especially among young people, to increase access to contraception, STI screening, and adolescent-friendly services.

- Human Rights Day (21 March): As part of this observance, the district emphasized the right to health through community dialogues and access-to-care initiatives in underserved areas.

These initiatives reflect our holistic approach to health—recognizing that prevention, education, and equitable access are as crucial as clinical care. They also show our deepening partnerships with community leaders, NGOs, and civil society, who play a pivotal role in extending our reach and amplifying our message.

The biggest highlight of this quarter was undoubtedly hosting the World TB Day commemoration on 24 March, under the global theme “Yes! We Can End TB.” Ugu District had the honour of being the national host for this significant event, bringing together provincial and national leaders, civil society, and health partners. The day included extensive community screening activities, health education campaigns, and mobile clinic outreach services. The strong turnout and active participation reflect the community's growing role in TB prevention, early detection, and treatment adherence. The event was preceded by multiple build up events specially focusing in schools where a multitude of community members were reached.

Shortly after this flagship event, we welcomed the National Health Portfolio Committee, who conducted oversight visits at Gamalakhe Community Health Centre (CHC) and the Park Rynie Forensic Mortuary. These visits provided valuable opportunities to highlight the district's achievements, address infrastructure challenges, and advocate for continued support from national stakeholders. The Committee's engagement with facility managers and frontline staff underscored the importance of transparency, accountability, and continuous improvement in service delivery. A matter of deep concern this quarter has been the withdrawal of American funding from certain NGOs that work in close partnership with government in the delivery of public health programmes—particularly in TB, HIV/AIDS, and community-based services. This development poses a serious threat to the continuity of some critical health services, especially for vulnerable and hard-to-reach populations. As the Ugu health sector, we acknowledge the potential impact this may have, and we are committed to fostering renewed collaboration across all sectors—both governmental and non-governmental—to ensure that no person is left without care or support.

As we move into the next quarter, we remain inspired by the dedication of our health professionals and the resilience of our communities. Together, we continue to strengthen our district's health system, striving for excellence, equity, and compassion in all we do.

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"WE WANT NO BABIES BORN HIV POSITIVE"



Zama Ntuli, Ugu Health District PMTCT Manager



Bonga Ndlovu, MCWH Manager

The "first 1000 days" refers to the period from conception until a child's second birthday, this is a crucial time for establishing a strong foundation for lifelong health and development. In the context of vertical transmission, it highlights the importance of interventions to prevent mother-to-child transmission of infections, particularly HIV, during pregnancy.

Making sure that Ugu District pregnant mothers and women from the age of 16 years to 49 are being educated, Mother and Child Women's Health Team conducted awareness events in different clinics for health education. Many topics were discussed as the team were joined by many other programme managers from the district.

According to the clinicians this is a time when the baby's brain, body and immune system grow and develop significantly. 1000 days is equal to two years, which starts from the first day of pregnancy to the age of two years of the baby and it is the critical period of intervention for preventing the developmental stunting of infants and small children that would continue to affect them negatively for the rest of their lives. **There are three crucial stages in the first 1000 days: pregnancy, infancy and toddlerhood.**

Speaking to women attended these awareness events from different health facilities in Ugu, Mr Bonga Ndlovu, responsible for MCWH emphasised that, it is important for every pregnant woman to prioritize themselves for their own well-being. Understanding that, what's good for her is also good for the baby. This means focusing on a healthy lifestyle, including a balanced diet, regular exercise, and prenatal vitamins, while avoiding harmful substances like alcohol, drugs, and smoking. He also encouraged them not to miss their appointments with their health care

providers/clinics, making sure that they attend all their antenatal clinics as prescribed, to ensure that both mother and baby are healthy.

Facilities that were visited for these awareness events are, Mfundo Arnold Lushaba CHC in Umzumbe Municipality, Mbunde Clinic in Ray Nkonyeni Municipality and Umzinto Clinic at Umdoni Municipality.

Zama Ntuli responsible for PMTCT, educated women on the importance of taking chronic medication when one is pregnant emphasising on ART treatment. "We are having the problem of mothers who are transmitting HIV to their unborn babies, because of non-compliance in taking their treatment. This causes a harm to our children, we are still having this problem and we will continue to fight until we have zero babies born HIV positive. If you tested negative please make sure that you take your PrEP accordingly as it is provided by clinics. Make it a norm that you come to the clinic with your partner so that you will be on same page and make sure that you support each other throughout these 1000 days. Said Ms Ntuli.

These awareness's were successful and the team will continue to visit other areas and clinics making sure that most of communities are being given the information.



Photo Gallery:1000 DAYS



Okuhle Cele PRO at MAL CHC



Sineziwe Tenza GJ Crookes PRO



Nosipho Madlala educating clients



Programme Director at Umzinto Clinic



Silungile Mteki giving her talk at Umzinto Clinic



Tembakazi Shezi giving welcoming note

HEALTH EDUCATION HELPS TO PREVENT



Ms Simangele Mthembu uGu Health District IPC Manager conducting health education at Assis Clinic



HAND, FOOT AND MOUTH DISEASE (HFMD)

WHAT IT IS:

Hand, foot and mouth disease is a viral infectious disease. It causes blisters or sores in or around the mouth, and on the hands, feet and other body parts of the body. It is not linked to the foot-and-mouth disease that affects animals.



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HAND, FOOT AND MOUTH DISEASE (HFMD)

WHO IS AT RISK:

Hand, foot and mouth disease is common in infant and children. But it can also affect adolescents and occasionally adults.

HOW IT IS PREVENTED:

- Avoid contact with an infected person
- Keep your hands clean and ensure children wash their hands often
- Cover
- Avoid touching eyes, nose and mouth
- Avoid sharing household items
- Clean and disinfect frequently touched surfaces and objects
- Keep children home from school/daycare if they present symptoms



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HAND, FOOT AND MOUTH DISEASE (HFMD)

HOW IT SPREADS:

- 1 Fluid from blisters
- 2 Coughs and sneezes
- 3 Stool/faeces
- 4 Contaminated surfaces and objects



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HEALTH SCREENING IS CRUCIAL FOR EARLY DISEASE DETECTION



Ugu Health District Office hosted health screening day for all District Office Employees and other sister departments. This also attracted other stakeholders, who took part on this event. Health screenings are crucial for early disease detection, allowing for timely interventions and potentially preventing serious health issues. They help individuals understand their health risks and make informed decisions about their well-being. Regular screenings can also play a vital role in maintaining a healthy lifestyle.

Health services were provided on this day and the turn-up was very good as many employees wanted to check their health status. The importance of physical exercise was also emphasised on this day

and aerobics took part.

Giving a health education during the health screening day, Mrs Nonduduzo Ndlovu told employees that it is important to regular do health screening as it helps to early detects if you have problems. She also mention the issue of healthy diet as it assist in health living.

District Director, Mrs Linda Dlamini appreciated all attended and encouraged them to continue doing the right thing in making sure that their body and mind is always stable taking into consideration that they are public servants and at the same time they need to take care of their children and families.

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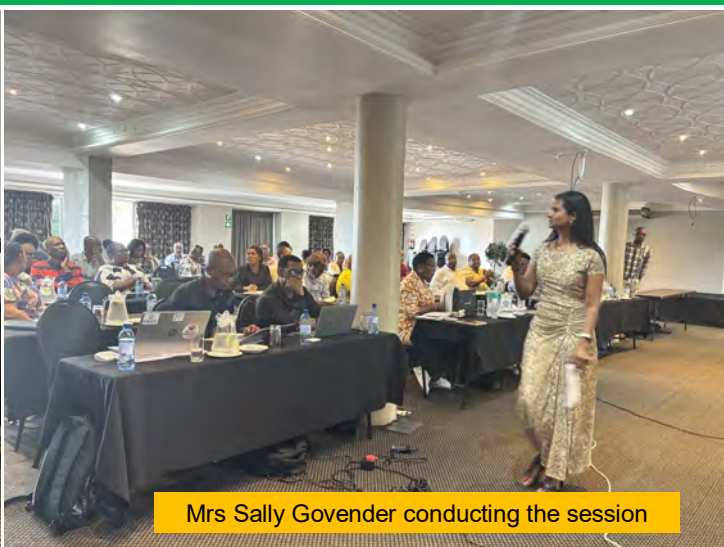
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UGU HEALTH DISTRICT HOSTED DISTRICT HEALTH PLANNING SESSION AT MARGATE HOTEL.

Ugu Health District Director Mrs Linda Dlamini and her Management Team got the opportunity to hand over certificates for compliance to facilities that were assessed by Office of Health Standard Compliance and got their status. Fortunately for Ugu all facilities assessed got the status Mrs Dlamini congratulated all these facilities and encouraged those who are going to be assessed going forward.



Mrs Linda Dlamini Ugu Health District Director



Mrs Sally Govender conducting the session



GJ Crookes Hospital



Mfundo Arnold Lushaba CHC



Murchison Hospital



St Andrews Hospital

OVERSIGHT VISIT BY NATIONAL HEALTH PORTFOLIO COMMITTEE IN UGU HEALTH FACILITIES



Walk-about at Gamalakhe CHC



Dr Sibongiseni Dhlomo



Walk-about at Parkryne FPS

National Health Portfolio Committee led by Dr Sibongiseni Dhlomo spent time with Ugu Health District Management for oversight visit on 25 March 2025, a day after World TB Day which was held at Gamalakhe Sport and Leisure. Two facilities were targeted in Ugu and that was Gamalakhe CHC and Parkryne Forensic and Pathology Services.

National Health Portfolio Committee is responsible for overseeing the Department of Health and various related statutory entities. It plays a crucial role in monitoring their financial and non-financial performance, processing and passing legislation, and facilitating public participation in parliamentary matters concerning health. The committee also conducts oversight functions, including facility inspections and engaging with stakeholders to understand the realities of healthcare delivery.

During these visits responsible managers led by the District Director, Mrs Linda Dlamini had to do the presentation to the committee giving the overview on how these facilities including the district are operating, they also got the opportunity to present challenges the department is facing as it is also the responsibility of the committee to give advice and also do recommendations.

Their responsibility is to make sure that proper service is being delivered to the community as they also do public participating, where they consult communities in different aspects.

MEC for Health Ms Nomagugu Simelane also attended these visits, she got an opportunity to welcome the committee members on their first day of visit at Gamalakhe CHC and she was able to respond on some questions that were asked by members related to health service delivery.

This visit was also a success and the members got the opportunity to do walk about in both facilities that were visited in Ugu Health District.



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UGU HEALTH DISTRICT NHI WORKSHOP FOR CONTRACTING UNITS FOR PRIMARY HEALTH CARE (CUPS) CONDUCTED BY JAPANESE AND NATIONAL DEPARTMENT OF HEALTH



Every South African, permanent resident, refugee and prisoner will be able to register for NHI. All children born and living in South Africa will qualify for NHI. Everyone else will qualify for treatment for emergencies and diseases that can cause outbreaks.

ACKNOWLEDGEMENTS

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