



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

UGU HEALTH DISTRICT
DISTRICT OFFICE

UGU

NEWS

JULY-SEPTEMBER 2023

UQOKE UKUVALA INYANGA YABESIFAZANE KWISIFUNDA UGU UNQQONGQOSHE WEZEMPILO



U Ngqongqoshe weZempilo uNkk Nomagugu Simelane Kanye no Nesinye seZikhulu seZempilo u Nkk Penny Msimango Bengena emCimbini owabe uhlelelwe abesifazane obuse hholo lomphakathi e UVongo

Abasebenzi besifazane boMnyango wezeMpilo KwaZulu-Natali bathe ukukhohlwa kancane imisebenzi yabo yansuku zonke yokuba matasa bayozitotosa ngokuhlanganyela noNgqongqoshe wabo uMhlonishwa Nomagugu Simelane ehholo lomphakathi oVongo kwisiFunda Ugu. Lokhu kwenzeka ngomhlaka 29 August 2023 lapho

abasifazane bayoyonke imikhakha bephume ngobuningi babo ku-sosoke isiFundazwe ukuyopholisa umqondo ngenyanga yabo. Inhloso ngqangi yalo mcimbi bekuwukuzoxoxa ngezinto ezimqoka ezingaqeda ukhwantalala olungakhungatha abasebenzi besifazane emsebenzini wabo wansuku zonke. Bekukhetha ukhethi ngengqephu.

Umhlonishwa uyabanzi ubunzima nezinsalelo ezibhekana nabasebenzi bezikhungo zokwelapha okuyizibhedlela nemitholampilo. Umkhakha wezokwelapha ugcelele kakhulu abesifazane abesilisa babe ingcosana. Umsebenzi onzulu wokuhlenga nokuphephisa imiphefumulo yabantu udinga ukuzinikela nokubekezela nokuyizinto laba besifazane ababhekana nazo nsuku zonke. Iya kwikhasi 2

01

UQOKE UKUVALE INYANGA YABESIFAZANE KWISIFUNDA UGU UNQGONGQOSHE WEZEMPILO

UNgqongqoshe Simelane ubonge kakhulu abasebenzi bonke bezeMpilo ngeqhaza abalibambayo eMnyangweni wokuhlenga imiphefumulo yabantu abagulayo nabalimele nsuku zonke, nathe lokhu kungaludala ukhwantalala nje kukodwa.

"Ngifisa ukuqala ngokunibonga njengabasebenzi ikakhulukazi ngeqhaza enilibambayo eMnyangweni, ikakhulu ngesikhathi se COVID-19 lapho nazidela khona amathambo nabhekana ngqo nalesi sifo. Kwakuyisikhathi esinzima owawungahamba uye emsebenzini ucishe ungabuyi. Ngibonga bonke abasebenzi bezeMpilo hhayi kuphela abahlengikazi no-Dokotela, kepha abasebenzi bezeMpilo bebonke".

UNgqongqoshe uphinde wagqunguzela abasebenzi ukuthi bangagcini nje ngokunakekela baphinde baluleke iziguli, kodwa nabo abahlole izifo baphinde baqinisekise ukuthi bayayinakekela impilo yabo.

"Yebo ninawo umsebenzi wokuthi ninakekele iziguli, kodwa kumele niqale ngani uqobo. Uma unendodakazi yakho ibukela kuwena yonke into oyenzayo. Njengakho ukuhlolola umdlavuza wesibelethe nowebele. Uma singahloli izifo, izingane zethu angeke zifunde ukuthi kumqoka kangakanani ukuhlolola izifo. Indlela esikhulisa ngayo izingane imqoka kakhulu. Bangaki nje abasebenzi bezeMpilo abashonayo ngokuthi baphethwe yi BP ize ibe phezulu ngenxa yokungahloli. Kubalulekile ukuthi sizithande, kubalulekile ukuzinakekela. Kumele sifundise izingane zethu ukuthi ngaphambi kokuthanda omunye umuntu, kumele uqale ngokuzithanda wena. Bangaki nje la abasebenzisa amakhondomu kaHulumeni? Uma singawasebenzisi thina, okusho ukuthi sinika umphakathi ulwazi kodwa thina asikwenzi. Ngamanye amazwi ngithi asizinakekele thina kuqala." kuqhuba

uNgqongqoshe. Uphinde wanxusa abasebenzi ukuba behlise ophuzweni oludakanayo ngoba luyawukhahlameza umzimba, kanti futhi luhololela ocansini olungavikelekile, nasezinqumweni ongagcina usuzisola ngazo kanjalo lufakana nasehlazweni ugcine usuwehlelwa isithunzi ngenxa yezinqumo ozithatha unganghlosile ngoba uphuzile.

Nezinye izikhulumi bezishiyelana inkundla ngaphambi kokuba kukhulume okaMagutshwa, kanti nazo bezisho ngazwi linye ukuthi kubalulekile ukuba sesimweni esikahle ngokomqondo ukuze kube lula ukubhekana nezinseselele zansuku zonke abesifazane ababhekana nazo kwimisebenzi yabo yansuku zonke emnyangweni wezempilo.

Njengoba inqgophu ibihamba phambili kulomcimbi kanjalo nobukhazikhazi kanye nezibiliboco bekuyinqgikithi yosuku. Isihlabani somculo uMondli Ngcobo wodumo lweKoza Kuse ujabulise abasebenzi kulomcimbi sakhapha onke amanoni aso, kwadansa onke umuntu kwashiyelwana inkundla.

Amukela izihambeli kulomcimbi umphathi siFunda Ugu kuMnyango weZempilo uNkk Linda Dlamini ukuqinisekisele ukuthi abesifazane bazokuthokozela ukuba semcimbinini beshaywa umoya wolwandle, wabakhulula ukuba bazizwe besekhaya kanti uthe nangonyaka ozayo umnyango wamukelekile ukuletha umcimbi ofuze lo kwisiFunda.

Abesifazane basoGwini bebephume ngobuningi babo nabo uzothamela lomcimbi obukhethekile njengoba bebephuma kuzozonke izikhungo okuyizibhedlela kanye nemitholampilo.

WATHINTA ABFAZI WATHINTA IMBOKODO



Abasebenzi beZempilo emcimbinini wabo e Uvongo



Umphathi uNkk Linda Dlamini amukela abesifazane

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KWAZULU-NATAL PROVINCE
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KwaZulu-Natal Department of Health



KZN Department of Health



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SIXOXA NGEZITHOMBE



UNgqongqoshe weZempilo u Nkk Nomagugu Simelane enika inkulumbo yosuku



Nksz Sphumelele Mlabo emcimbini obuhlelelwe abesifazane ngoku-khethekile



Abahlengikazi besibhedlela I Port Shepstone abahlangabeze uNgqongqoshe ngesizotha ezothamela umcimbi



Isihlabani somculo uMnu Mondli Ngcobo udedele wonke amacwecwe akhe amanadi kwashukuma ihholo



UNkk Zanele Ndwadwe kanye noNkk Thoko Ntuli nabo abasalanga ngaphandle kulomcimbi obusezingeni



Abaphathi siFunda bebhkhiphe eyokugcina inqephu kulomcimbi wabesifazane bomnyango obusehholo I Uvongo



UGU HEALTH DISTRICT DIRECTOR



Mrs Linda Dlamini-Ugu Health District Director

The months of July to September 2023 have been a period of both trials and triumphs for our community. As we reflect on the health activities and natural disasters that have tested our resilience, it is equally important to celebrate the remarkable progress Ugu Health District has made towards universal health coverage and disease prevention. In the face of adversity, our collective determination to build a healthier and more secure future for all remains unshaken.

During this period, we observed several health calendar days that remind us of the importance of taking proactive steps towards safeguarding our well-being. Mandela Day (July 18) which Ugu Health District commemorated at Murchison Hospital with an initiative and acts of kindness, reinforcing our commitment to caring for our patients and making a positive impact. The district also participated in the OSS public service week and activities that sought to have an integrated approach to addressing community needs.

Observation National Immunization Awareness Month (August) emphasized the significance of immunization in preventing life-threatening diseases. Ugu District's healthcare professionals have been working tirelessly to ensure that residents have access to crucial vaccines by going out to schools to start the DT and HPV vaccination program and further rolled out COVID 19 vaccination for children under 12 years and have met targets for HPV vaccines and vaccinated 51 children for COVID 19. World Suicide Prevention Day on September 10 laid a platform mental health awareness and

suicide prevention, highlighting the need to create a safe environment for open conversations about mental health issues within our community and also for departmental employees.

Amidst the challenges of health calendar days and natural disasters, it is heartening to witness the substantial progress Ugu Health District has made in the crucial areas of universal health coverage and disease prevention by extending health services to grey areas, increasing mobile facility visits, making sure that health posts are functional and Isibhedlela kubantu per LM. The expansion of healthcare facilities and outreach programs has brought essential medical services closer to underserved communities.

Emergency Preparedness was again put to a test with yet another wild fire that affected Masinenge informal settlement resulting in loss of life. Our district has invested in improving emergency response and preparedness measures, ensuring that we are better equipped to handle natural disasters such as winter storms, drought, and bushfires

In the face of adversity, our community has shown incredible resilience, compassion, and a commitment to a healthier future. We are determined to continue the journey towards universal health coverage and effective disease prevention interventions. This progress not only secures a better quality of life for us but also builds a foundation for generations to come. Efforts being made do not exclude healthcare workers as beneficiaries. We held district games to encourage workers to keep active and healthy look out for the story inside this newsletter. The district is also excited about the recognition received by Dr N Mzimela, Internationally. See the story on page 10.

As we move forward, let us carry this momentum into the coming months. It is crucial that we remain vigilant and proactive, ensuring that health and disease prevention remain top priorities for Ugu District. Together, we can work towards a future where every resident has access to quality healthcare and where preventable diseases become a thing of the past.

The road may be long, but our determination is unwavering. We are building a Ugu District where health is a universal right, and our shared well-being is a collective endeavor.

“Stay resilient, stay committed, and let us continue to make progress together”

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KWAZULU-NATAL PROVINCE
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KwaZulu-Natal Department of Health



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UGU HEALTH DISTRICT MANAGEMENT SPENT 67 MINUTES AT MURCHISON CHILDREN'S WARD



67 minutes of Mandela day



Gifts for Murchison children from ugu Management



Mothers were happy to receive the gifts



Ward Operational Manager was also happy for her children

Each individual has the power to transform the world and can make an impact in their own way. The call to dedicate 67 minutes to helping others symbolises the 67 years Nelson Mandela devoted to South Africa's political struggle, representing a lifetime of service. He has given 67 years of his life fighting for the rights of humanity. On the 18th of July every year people are encourage to spend time helping others.

For 2023 Ugu Health District Management Team decided to spend time with children admitted at Murchison Hospital. All Managers from all Ugu facilities were present on this day. Children on this day were given different types gifts, some to use while admitted at the hospital and others

when they are at home.

On this day individuals and organisations do different activities assisting others especially the needy, it is encouraging to see people coming together helping others. Murchison Hospital Management were very happy with the initiative, mothers of children admitted at the hospital were happy to accept gifts for their children

The theme for 2023: **“The Legacy Lives on Through You: Climate, Food and Solidarity”**



UGU HEALTH DISTRICT FACILITIES LEGISLATURE VISIT



The KwaZulu Natal Legislature conducted follow-up Health Functionality Monitoring Programme visits to Ugu Health District institutions on 16-17 August 2023. During these visits health facilities are identified for members of Legislature Health Portfolio Committee to pay a visit and provide an oversight in terms of the functionality.

Amongst the facilities that were visited during 2023 oversight visit is Weza Clinic in Umuziwabantu Municipality, Thembalesizwe and Shelly Beach Clinics in Ray Nkonyeni Municipality and Mfundo Arnold Lushaba CHC in Umzumbe Municipality. During the visit the District Director is having the responsibility of leading the members and the management present and also give the insight on how health services are being provided. The clients are also engaged by members as they are interested in knowing they are still happy to utilize health facilities.

Health Portfolio Committee have to scrutinize

departmental budget, expenditure and service-delivery performance in order to ensure that the lives of the citizens of the province are improved. They also look at complaints received from the community as they are interested in making sure that staff attitude is always right towards the clients. Infrastructural issues are also important to them as Ugu District is having ex Municipal Clinics which needs attention.

During the visit the District Director Mrs Linda Dlamini had to present the performance of the district to members and all the CEOs had to present for their sub-district. The visit was a success and the district was commended for performing well even if they were areas identified by members that needs more attention and to be looked at for better performance.

On the 15 August 2023 Legislature Members had a community consultative meeting at Umkholombe Hall for NHI Bill which was also a success. Number of people including health care workers attended the meeting and were happy to be informed about the progress



UGU HEALTH DISTRICT WELLNESS AND SPORTS DAY



A successful wellness and sport day for Ugu Health District employees

Ugu Health District successfully hosted sports, wellness, work and play health promotion for all health facilities in the district. This event was on the 25th of August 2023 at Scottsburg Country Club, where all categories of employees gathered together for different sports codes which includes: Soccer, Netball, Tag Of War, Umlabalaba, Volley Ball, Pool, Egg And Spoon Race, Sack Race, 10KM Race, etc.

Welcoming employees in this gathering the District Director, Mrs Linda Dlamini appreciated the organisers of the event saying it was a very good idea that they planned the event as employees have so many things to deal with in their every day duties which include the trauma they face when they are delivering the service. She said it is very important that they take care of themselves first before they go to work and face the clients which is their daily duties. She also commented on challenges the department faced during Covid-19 times where many lives of employees were lost which was very traumatic. " Even during those times you continued to push. You never complaint, until now you are pushing and provide the level of care that is up to a standard our clients with less." continued Mrs Dlamini. The District Director and the CEOs of the hospitals participated in different codes which was very exciting to employees, being on the ground with their superiors. This was very encouraging as everyone wanted to excel in what ever they were doing.

The day started with aerobics where everyone participated before they all went to their different area. The District Office staff also made sure that they do the same, as they had their own teams and made sure that they take home some trophies. On this day coordinating team for the district also took an opportunity to select the teams for the district to participate during the provincial games which usually take place after all the district have hosted their local events. During the provincial events all the districts gather together for work and play. Sponsors who came with different tokens for employees were also happy to be part of the beautiful day, Ugu Health District Sport Department also sponsored the event.

It was very exciting to see employees receiving trophies as they were awarded according to their win. Senior Managers made sure that they spend their time until the end of the event as they had the responsibility to give out trophies and medals to winning teams.



UGU HEALTH DISTRICT WELLNESS AND SPORTS DAY PHOTO GALLERY



District Director Mrs Linda Dlamini



Everyone was engaged in aerobics



Soccer on the move



Netball team on the move



Winning netball team



Umlabalala



UGU HEALTH DISTRICT IDEAL CLINIC RESULT FOR Q2

Sub-district	Facility	Yes	No	Score	Category
Ray Nkonyeni	Bhobhoyi Clinic	207	24	90	Platinum
Ray Nkonyeni	Bhomela Clinic	187	45	81	Platinum
Ray Nkonyeni	Braemer Clinic	188	39	83	Platinum
Ray Nkonyeni	Gamalakhe CHC	245	32	88	Platinum
Ray Nkonyeni	Gcilima Clinic	202	31	87	Platinum
Ray Nkonyeni	Izingolweni Clinic	209	29	88	Platinum
Ray Nkonyeni	KwaMbunde Clinic	213	21	91	Platinum
Ray Nkonyeni	Ludimala Clinic	188	41	82	Platinum
Ray Nkonyeni	Madlala Clinic	218	12	95	Platinum
Ray Nkonyeni	Marburg Clinic	219	15	94	Platinum
Ray Nkonyeni	Margate Clinic	201	31	87	Platinum
Ray Nkonyeni	Mthimude Clinic	216	17	93	Platinum
Ray Nkonyeni	Mvutshini Clinic (HC)	181	47	79	Platinum
Ray Nkonyeni	Ntabeni Clinic	195	41	83	Platinum
Ray Nkonyeni	P Shepstone Clinic	219	12	95	Platinum
Ray Nkonyeni	Port Edward Clinic	185	46	80	Gold
Ray Nkonyeni	Shelly Beach Clinic	160	68	70	Gold
Ray Nkonyeni	Southport Clinic	223	10	96	Platinum
Ray Nkonyeni	Thembalesizwe Clinic	195	37	84	Platinum
Ray Nkonyeni	Thonjeni Clinic	199	34	85	Gold
Ray Nkonyeni	Umtentweni Clinic	216	9	96	Platinum
Umdoni	Dlangezwa Clinic	200	26	88	Platinum
Umdoni	Dududu Clinic	222	12	95	Platinum
Umdoni	GJ Crooke's Gateway	207	25	89	Platinum
Umdoni	Mgangeni Clinic	217	16	93	Platinum
Umdoni	Pennington Clinic	177	46	79	Gold
Umdoni	Philani Clinic	227	10	96	Platinum
Umdoni	Scottburgh Clinic	198	37	84	Platinum
Umdoni	Umzinto Clinic	226	3	99	Platinum
Umuziwabantu	Elim Clinic	206	23	90	Platinum
Umuziwabantu	Harding Clinic	213	18	92	Platinum
Umuziwabantu	KwaJali Clinic	212	19	92	Platinum
Umuziwabantu	Mbonwa Clinic	192	34	85	Platinum
Umuziwabantu	Mbotho Clinic	218	17	93	Platinum
Umuziwabantu	Meadow Sweet Clinic	212	18	92	Platinum
Umuziwabantu	Pisgah Clinic	212	20	91	Platinum

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UGU HEALTH DISTRICT IDEAL CLINIC RESULT FOR Q2

Umuziwabantu LM	Santombe Clinic	195	33	86	Platinum
Umuziwabantu LM	St Andrew's Gateway	196	30	87	Platinum
Umuziwabantu LM	Weza Clinic	196	30	87	Platinum
Umuziwabantu LM	Xhamini Clinic	202	26	89	Platinum
Umzumbe LM	Assisi Clinic	214	22	91	Platinum
Umzumbe LM	Baphumile Clinic	217	19	92	Platinum
Umzumbe LM	Gqayinyanga Clinic	228	7	97	Platinum
Umzumbe LM	Khayelihle Clinic	212	18	92	Platinum
Umzumbe LM	Mabheleni Clinic	187	51	79	Silver
Umzumbe LM	Mgayi Clinic	199	36	79	Gold
Umzumbe LM	Morrison's Post Clinic	225	11	95	Platinum
Umzumbe LM	Ndelu Clinic	212	24	90	Platinum
Umzumbe LM	Nhlalwane Clinic	212	23	90	Platinum
Umzumbe LM	Ntimbankulu Clinic	219	15	94	Platinum
Umzumbe LM	Phungashe Clinic	206	30	87	Platinum
Umzumbe LM	St Faith's Clinic	214	21	91	Platinum
Umzumbe LM	Turton CHC	251	23	92	Platinum
Ugu District Performance		10994	1384	90	

THE UNBREAKABLE SOULS: A BEACON OF HOPE IN MENTAL HEALTH ADVOCACY

Dr Ntokozo Mzimela, a passionate Pathologist and Microbiologist also known as The Bug DR from Durban, South Africa, has dedicated her life to improving mental health awareness and access to care, especially among African communities. Her profound journey as a health advocate and philanthropist started with her own experience battling depression at a young age. Faced with the lack of available resources and affordable care, she founded the organization called Unbreakable Souls, striving to provide free counselling and support to those in need.

Unbreakable Souls was created with an unwavering belief that mental health should not discriminate and that no person should be denied access to the care they deserve. Driven by this vision, Dr Ntokozo Mzimela's organization has made significant strides in creating a safe space for individuals battling mental health issues and raising awareness about infectious diseases. One of the key initiatives pioneered by Unbreakable Souls is the Hospital of Dialogues, an innovative approach to managing mental illness. Dr Ntokozo Mzimela's exceptional work has

garnered recognition and numerous nominations, showcasing the impact of her initiatives on the community. Nominations such as the Frontline Hero 2020, Voice of the Year 2022, Medical Specialist of the Year 2022, and 50 Most Memorable Women Awards demonstrate that her innovative methods and compassionate advocacy have not gone unnoticed.

In light of Dr Ntokozo Mzimela's relentless efforts to champion mental health awareness and diminishing the stigma surrounding it, she is a deserving candidate for the Zenith Global Health Award in the Mental Health category. Through her organization, Unbreakable Souls, she has created a significant impact, providing individuals with free counselling, fostering dialogue, and raising understanding about infectious diseases.

Dr Ntokozo Mzimela's compassion, creativity, and unwavering dedication make her an extraordinary candidate for this prestigious award, and her recognition would undoubtedly bolster the fight for mental health care access worldwide.

Be Empowered ! Be Encouraged !

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**GROWING
KWAZULU-NATAL
TOGETHER**

INGXOXO MPIKISWANO NGOKUKHULELWA KWABANTWANA



I Meyu kwisiFunda Ugu u Cllr Z Mqadi



Dkt Thandekile Khumalo no Mnu Bonga Ndlovu

U Masipala wasoGwini ubambisene noMnyango weZempilo uzama ukulwisana nesihlava soku-khulelwa kwabantwana besebancane. Lezizinhlaka zombili zihlangane ndawonye kanye neminye in-inyango zahlela ingxoxo mpikiswano ukuze kuqhanyukwe nesisombululo sokuthi kungaliwa kan-jani nalenkinga. Abeminyango kanye noMasipala bahlale namanombazanyana kanye nabafana ukuzwa ngabo ngokungenziwa baphinda balalela

U Mnu Bonga Ndlovu kanye no Dkt Thandekile Khu-malo abasebenza ngaloluhelelo kuMnyango weZempilo kwisiFunda Ugu bethule izinombolo za-bakhulelwayo besabancane kulesiFunda nezishaqise kakhulu. Ethula inkulumo yakhe uMeyu u Cllr Z Mqadi ugcizelele ekutheni abantwana kumele babike uma benyonyobelwa obaba abadala nababizwa ngo “Sugar Daddy” ukuze baboshwe ngezenzo zabo ezin-galungile njengoba lezizenzo zidicilela ikusasa lezin-gane phansi.

MAKE ME LOOK LIKE A HOSPITAL IS NOW REVIVED IN A PROVINCE, UGU HEALTH DISTRICT SUCCESSFULLY HAD THE FIRST SURVEY IN QUARTER 2



Ugu Health District successfully conducted Make Me Look Like A Hospital Survey in all four hospitals under the district. It was a good experience to talk to clients and hear their views regarding the service they receive from health care workers and being in the hospital environment . The district appreciated the support from the Province as Mrs P Zulu from Quality unit also joined the district team during Murchison Hospital assessment.

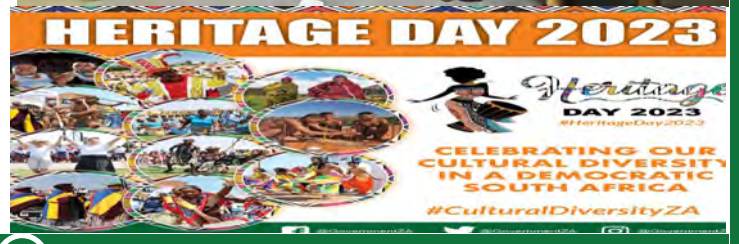
UGU HEALTH DISTRICT OFFICE STAFF MEMBERS WELCOMING SPRING ON THE FIRST DAY OF SEPTEMBER



UGU DISTRICT OFFICE HERITAGE DAY



The theme for this year's Heritage Month is **“Celebrating our cultural diversity in a democratic South Africa”**



UGU HEALTH DISTRICT STRIVING FOR THE BEST IN PERFORMING CATARACT SURGERIES

A cataract is a cloudy area in the lens of an eye, the clear part of the eye that helps to focus light. This can make a vision cloudy. Surgery is the only way to get rid of cataracts.

Ugu Health District facilities are striving for the best in making sure that cataract surgeries are performed to those communities who are eligible. About 700 people that have been done surgeries in all facilities in Ugu. Even though there are some challenges the district will lead facilities to coordinate mini campaigns and also have a work relationship with private doctors. I 2022/2023 more than 1600 surgeries were performed in Ugu.

After an operation a person may feel discomfort but the doctors assist a lot in advising clients on what to do in order to get better. Eyes are not done on the same day a month apart might be a good idea if a client have to do both eyes. This kind of a surgery is done in a hospital but clients needs to be advised before they take

decisions.

You are advised to see your health care provider if you notice the following:

- Vision loss
- Bad pain that won't go away even if you take medicine for it
- Very red eyes

About 9 out of 10 people who get cataract surgery see better afterward, but your vision might be blurry at first while your eye recovers.



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