



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Ugu Health District Official Newsletter

UGU NEWS

NO 41 BISSET STREET PORT SHEPSTONE

VOLUME NO 1

ISSUE NO 11

STAY INFORMED

SEPTEMBER 2018

100 YEARS OF ALBERTINA SISULU, WOMAN OF FORTITUDE: WOMEN UNITED IN MOVING SOUTH AFRICA FORWARD



Ugu District Women's Month Celebration which was held at Umdoni Municipality, Umzinto Town Hall on the 5th of September 2018

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Ukhozi FM Health Awareness



Official Opening of GJ Crookes



Ugu District Office Women's Day

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

UGU DISTRICT WOMEN'S MONTH CELEBRATION



Women participating in 2km walk at Umdoni Municipality creating an awareness against gender based violence

On the 04th of September 2018 women of Ugu District gathered at Umzinto Town Hall in Umdoni local Municipality to celebrate women's month. The theme of the day was 100 years of Albertina Sisulu: Women of Fortitude - Women United in Moving South Africa Forward. The aim of this event was to create awareness women's health issues, to encourage women about the benefits of maintaining a healthy lifestyle and to encourage women's empowerment.

This day which started with an awareness walk was a great success and over 700 women including political leaders attended the event. All Mayors from four local Municipalities in Ugu which are Ray Nkonyeni, Umdoni, Umuziwabantu and Umzumbe gave messages of support during the event. Women were encouraged to support each other in good and bad times and also learn to appreciate themselves. It was also mentioned that women of today must be united especially in raising responsible men in boy children, and that will benefit the nation in the future.

Ugu Health District Director Mrs N.C Mkhize gave a talk on reproductive health and cancer. She covered signs and symptoms of breast and cervical cancer. She encouraged women to seek health intervention immediately should they suspect anything. "Self examination for breast and regular pap smear to detect cervical cancer are important Health interventions available, once such cancers are identified women are encouraged to visit the nearest clinics." said Mrs Mkhize. She also encouraged the adherence to HIV treatment so as to suppress the virus and also

encouraged women to visit the clinics for testing. Those who test negative must make sure that they maintain the status. IEC material was distributed to all women who attended the event. Health services which includes HIV testing, TB screening, Pap Smear, Breast cancer screening were done. Male and female condoms were also distributed.

Ms N Dlamini who is a rape victim shared her story with all women who attended the event where she encouraged all women to stand up for themselves in fighting abuse. She also edge parents to listen to their children if they report any thing related to abuse.

Delivering keynote address Honorable H Dlamini who is a member of legislature mentioned that the President of the country announced that 2018 is the year to celebrate life of Albertina Sisulu who is one of the most important leaders of anti-Apartheid resistance in South Africa. "Women of today must stand up and fight for their rights. Women of 1956 took the initiative and stood up for themselves, the question is what are the women of 2018 doing for themselves?" said Honorable Dlamini

All leadership and women attended the event joined in candle lighting which was led by Mrs L.C Shozi from Covenant Fellowship Church International.



PHOTO GALLERY—WOMEN'S MONTH



Candle lighting



Awareness walk



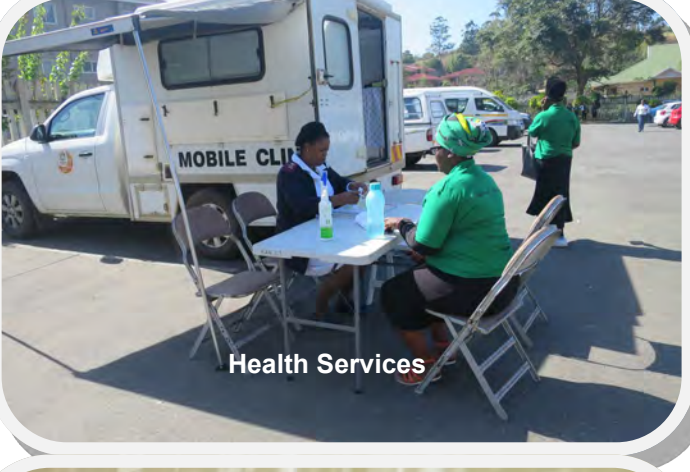
Health Services



Health Talk by Mrs N. Mkhize C



Candle lighting



Health Services



Food parcels for the community



Women in Leadership

KUVULWE NGOKUSEMTHETHWENI I GJ CROOCKES HOSPITAL



MEC for Health Dr SM Dhloomo at GJ Crookes

Ibhilidi likanokusho elivulwe ngokusemthethweni esibhedlela I GJ Crookes kuMasipala Umdoni lizosiza umphakathi wakulendawo nezindawo eziwakhele ukunika usizo lweZempilo olusezingengeni eliphezulu. Lokhu kushiwo Ungqongqoshe weZempilo u Dr S.M. Dhlomo ngenkathi kuvulwa lesisibhedlela ngokusemthethweni. Imali elinganiselwa ku 165 million wamarandi esetshenziswe ukwakha lelibhilidi kuhlanganisa nezindlu zokuhlala zabasebenzi.

“Lesisibhedlela sakhwiwe endaweni efanele futhi siyisakhiwo esidingekayo emphakathini njengoba sisemgaqweni onguthela wayeka u N2. Ziningi kakhulu izingozi ezenzekayo kulomgwaqo, siyasiza kakhulu ukwehlisa umthamo wezimo eziphuthumayo ezibhedlela I Prince Mshiyeni nase Port Shepstone.” kusho uNgqongqoshe. Ube esenxenxa abasebenzi beZempilo ukuba banike usizo ngezinhliyo ezinhle nezimhlophe ukuze abantu bagculiseke futhi basinde. Unxenxe umphakathi ukuba uyeke ukwenza izinto ezizobeka impilo engcupheni ezifana nokudla izidakimizwa, ugwayi kanye notshwala. Uthe uma usebenzisa lokhu izinsuku zakho zokuphila ziyafinqeka.



Mrs N C Mkhize directing the program

Kulolusuku lomcimbi obusendaweni yaseMalangeni kuphinde kwaba nohlelo lokugqoguzela ukuphatha kahle kwamazinyo kubantu abadala nasezinganeni ezincane ezisemazingeni aphantsi esikole. Lomcimbi ubuhlelwe isibhedlela I GJ Crookes kanye nesiFunda Ugu kuMnyango weZempilo. Inhloso yalomcimbi bekuwukufundisa izingane ezisizincane kanye nabantu abadala ukubaluleka kokuphatha kahle amazinyo kanjalo nokuwahlanza ukuze ahlale esesimweni esikahle. Izikole ezakhele indawo yaseMalangeni bezimanyiwe kulomcimbi. Othisha nabafundi baphume ngobuningi babo ukuzothamela umcimbi, abafundi baphinde banandisa ngomculo kanye nomdanso.



Award from MEC for Health Dr SM Dhloomo

Ekhuluma ngokunakekelwa kwamazinyo u Ngqongqoshe weZempilo u Dr S.M. Dhlomo uthe kuyinto enhle ukuthi abantwana banakekekele amazinyo abo besebancane ukuze angabahluphi esikhathini esizayo. Uggugquzele ukuhlanzwa nokuxujwa kwamazinyo ngasonke isikhathi.



MEC for Health Dr SM Dhloomo acknowledging school children

Ungqongqoshe ube esenikezela ngemithi yokuxubha nezixubho zakwa-Colgate, njengoba nabakwa Colgate befake isandla kulomcimbi.



KUVALELISWE U NKK CELE NGOLWAMASIKO



U Nkk J Tobo no Nkk B Cele

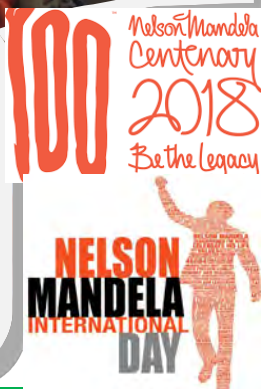


Inggqephu yesintu

Inyanga kaMandulo yinyanga yamagugu lapho wonke umuntu ezigqaja noma ekhumbula invelaphi namasiko akhe. Abasebenzi behhovisi loMnyango weZempilo balugubhe mhlaziyi 27 ku Mandulo 2018 usuku lwamagugu esintu. Abasebenzi bebevunulile bebahle kungekho ofuna ukubeka abamasiko akhe ezingeni eliphansi, uzibonela nje ukuthi bayaziqhenya ngemvelaphi yabo.

Kulomcimbi bekukhona izinhlanga ezahlukene okubalwa kuzo amaXhosa, amaZulu nabomdabu wase Ndiya. Ukudla obekudliwa kulomcimbi bekuhlukahlukene kwanelisa zonke izizwe ebezikhona, kuzibonakalela ukuthi yiyo impela inyanga yamasiko. Bekungewona umcimbi wamasiko kuphela kepha ubuhlanganiswe no kuvaleliswa kuka Nkk Babongile Cele osesebenze iminyaka eminingi kululeli hhovisi. Unkk Cele osethatha umhlalaphansi ubonge kakhulu abasebenzi ngendlela abameseke ngayo ngesikhathi sokusebenza kwakhe waphinda wabonga nokwesekwa ezikhathini ezinzima adlule kuzo. U Nkk Cele uchaze lelihhovisi njengek-haya lakhe lesibili ayohlale elikhumbula njalo. Abasebenzi bakuleli hhovisi bamfisele okuhle kodwa empilweni lokhu kufakazelwe nayizipho eziningi azamukele ngalolusuku lwakhe.

KUVAKASHELWE EKHAYA LABADALA



Mhlaka 25 kuNtulikazi uMnyango weZempilo uvakashele ikhaya labadala Umusawenkosi, lapho kuhlalakhona abantu abakhubazekile nasebekhulile ngehloso yokulula isandla iphinde isize nangezinhlaka zeZempilo. Loluhlelo oluholwa ngu Nkk N Maphitshi lufike kwezwakala ngoba ububona injabulo ibhalwe ebusweni kubo bonke abavakashelwe. Kunikelwe ngokudla kanye nokunye okuhlukahlukene nokubona ithimba labahlengikazi eliqhamuka eGamalakhe CHC.

Loluhlelo beluhanjelwe isekela mphathi wehhovisi leZempilo Nkk P Fica oyichaze njengento ebalulekile ukubuyisela emphakathini nokusiza abaswele, uqhube wathi yize bematasa nomsebenzi kodwa ngeke baphuthwe ithuba lokubona umsebenzi omuhle owenziwe uNkk Cele osethathe umhlalaphansi kanye no Nkz Maphitshi emphakathini. Nosizo lweZempilo belukhona ngalolusuku. Umphathi walesikhungo udlulise ukubonga ngokwesekwa uMnyango weZempilo. Abasebenzi bebephume ngobuningi babo ukuyoseka lolusuku olwaziwa ngeMandela Day

USUKU LWAMAGUGU ESINTU OGWINI



THE DISTRICT RECENTLY CONFIRMED DEATHS FROM RABIES—RABIES REALLY KILLS



Rabies is starting to become a serious issue within the community of Ugu. On the 20th of September Ms Mlambo visited the Gamalakhe area where the recent rabies incident that saw men losing their lives took place .

Department of Health together with Agriculture, Municipality and SPCA decided to visit this place to educate the community about rabies. The awareness started at the community hall, it then proceeded to Inhlasana Primary School, people were told to report vulnerable and aggressive pets to SPCA, and Immediately seek for medical attention in the nearest Health facility should they be the victim of being aggressively attacked by any pets.

SPCA also reminded everyone that they need to ensure that their pets are kept in secure properties or have form of identification and most importantly are vaccinated annually including rabies. It was said that rabies is a viral disease that cause inflammation of the brain in human. It is spread when an infected animal scratches or bites another animal or human.

PREVENTING INFECTION IN HUMANS AND PETS

- ◆ *Get your pets vaccinated*
- ◆ *Don't handle wild animals*
- ◆ *Supervise your pets when they're outdoor*
- ◆ *Reduce the stray population in your neighborhood*
- ◆ *Be careful when you're abroad*

DEALING WITH A POTENTIAL INFECTION

- ◆ *Get immediate medical attention if you are bitten*
- ◆ *Treat the wound in the meantime*
- ◆ *Go to the Hospital and get a proper shots*



UKHOZI FM VISITED UGU TAXI RANKS



Port Edward Taxi Rank



Port Shepstone Taxi



Turton Taxi Rank



Umzinto Taxi Rank

On the 24th to 29th of July 2018 Ukhozi FM traffic reporter Mr Ayanda Msweli visited four taxi ranks within the Ugu District which is Umzinto, Port Edward, Port shepstone and Turton. The purpose of the visit was to create a road safety and health awareness to the community who is using taxis on a daily basis , The theme of the awareness was **“Phepha, Thembeka, Zivikele”**.

Department of Health played major role in this activity as different professionals was giving health talks and engaging with the communities in different ranks. Mr Msweli was the one who was leading the programme that had a decent turn out in every taxi rank he visited. He highly spoke about keeping the body healthy whenever a person is on the road and always obey the rules of the road to decrease unnecessary road accidents. Mobile Clinics were available for everyone who wanted check their HIV status, high blood pressure, etc or even get advice from the nurses. Men were advised to avoid multiple partners and get circumcised for them to be safe all the

time “Once you get it done, it doesn't mean that you should start having sex without a condom. You must use a condom every time you are with your partner, this will help both of you in preventing unplanned pregnancies and STIs.” said Mr Msweli. He then demonstrated to people how to use a condom. Most of health professionals who were giving health talk were emphasizing on the importance of taking treatment according to doctor or nurses order. Communities were also advised those who are HIV positive must understand that the virus does not kill anymore but it is just a carelessness of people who are not taking treatment accordingly. One of the nurses made an example that if a person is not taking your treatment it's makes no different from a person who does not wear a sit belt.

Mr Msweli check the cleanness of the ranks, availability of the toilet, condom distribution, condition of food which selling at the rank and availability of bins. Msweli confirmed that he will make sure that condoms are always available in every rank.

HAPPY RETIREMENT MRS SHAZI AND MRS MTSHALI



Mrs L M Mtshali and Mrs Z B Shazi



Mrs Z Ndwandwe handing over the gift



Ms M Mbokazi handing over the gift

On the 20th of July 2018, Ugu Health District Office organized a farewell for Mrs L M Mtshali and Mrs Z B Shazi who retired this year. Their colleagues were having mixed emotions as it was very sad for them that they will no longer work with them, but at the same time congratulating as they will be starting their new exciting lives. Mrs Shazi was working as an Officer in SCM section and Mrs Mtshali was working as General Orderly. Their service with the department is very long as it is more than 20 years for both of them. Both Mrs Mtshali and Mrs Shazi were very pleased by a high standard send off, organized by the colleagues. During their speech they both thanked their colleagues and supervisors for the good time they had while working with the department.

“BEST WISHES FOR AN AWESOME RETIREMENT. KEEP WELL AND BE YOUR OWN BOSS”

BEHAVIOR FOR CLINICAL AND NON-CLINICAL STAFF AT TURTON COMMUNITY HEALTH CENTRE WILL NEVER BE THE SAME AFTER PROFESSIONAL ETHICS LAUNCH



Nurses at Turton CHC



Mrs Khumalo at Turton CHC



Mrs Dhaja at Turton CHC

On the 12th of September 2018 Turton CHC hosted a Professional Ethics Launch for Nurses. The purpose of this launch was to uplift the standard of behavior, discipline on clinical or non clinical. Most of nurses at Turton attended the launch other institutions were also invited.

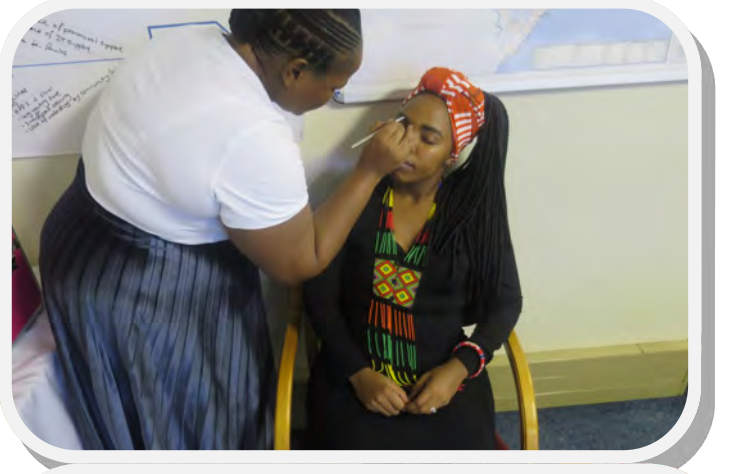
Mrs Dhaja, Assistant Nursing Manager for Turton CHC when delivering her speech, she defined ethics as doing right or wrong thing, she also mentioned the values of the Department of Health which is loyalty and honesty. She share on how nurses should be trustworthy to the patient in order to build a positive relationship and deliver excellent service. She continued by saying nurses should speak up and not being scared of doctors because that can put a patient's life at risk. "Punctuality is the most important and serious issue within the department. Most of staff members comes to work very late and they take that very lightly. Late coming is really not accepted, it is a very bad behavior, it can even put patients at risk." Said Mrs Dhaja.

This launch was graced by the presence of the Deputy Nursing Manager for Gamalakhe CHC Mrs T.M.M. Ntuli who is also a Chairperson for Professional Ethics in Ugu District. Mrs Ntuli also gave a motivational speech to nurses. She said the best thing an employee can do, is to do a right thing, and the worse thing can an employee do, is nothing. Mrs Ntuli emphasized the importance of loving and respecting the patients. "You must make patients feel comfortable whenever you are around them, make sure that you keep confidentiality because all their trust is in you" Said Mrs Ntuli

Turton CHC has appointed the Professional Ethics Committee for the institution, this committee was also introduced during this day. Committee members committed in working together in making sure that ethics and attitudes of all staff members are observed going forward.



“WOMEN MUST LEARN TO PUT THEMSELVES FIRST” WOMEN’S DAY FOR UGU HEALTH DISTRICT OFFICE



August is the where woman’s month is celebrated but due to tight schedule Ugu Health District Office decided to celebrate it on the 7th of September 2018. The dress code was simple black and a doek and the event was well attendant by the District Office ladies who looked confident and proud to be a women. This event is to empower and educate women on things related to them. Things that were discussed during the event includes the tips that were shared by the invited guests, examples on how to keep the beauty of a woman, how to do nails beautiful etc. Mrs J Tobo gave a health talk and allowed women to ask questions. Mrs L C Shoji who was an invited guest speaker spoke about different issues which will empower all women. She said there is nothing more important for a women other than taking care of their families.



INHLASANA PRIMARY IS NOW A HEALTH PROMOTING SCHOOL

Inhlasana Primary School in Ugu district has recently received Health Promotion status from the Department of Health. The event of giving a status to this school which is now promoting health was held at the school premises on the 2nd of August 2018 in Umzumbe Municipality. Mrs Mavis Munsami, Manager for Health Promotion in Ugu Health District explains that there is a very long journey to be taken which includes several assessments from different departments for a school to be accredited as a health promoting school.

Community, different departments, teachers and learners from different schools attended the event which was organized by the Department of Education and the Department of Health. Giving her speech for the day Mrs Gloria Rasi, Provincial Manager for Health Promotion uploaded Inhlasana for receiving the status, acknowledging School Health Teams for their good work. "It is very important to work together as sister departments so as to achieve common goal. Well done to all the departments who contributed to this initiative, this place is now having a Health Promoting School because of you." said Mrs Rasi.

She gave health education on prostate cancer and other diseases. Certificate signed by the MEC for Health



Dr S.M. Dhlomo was handed over to the School Principal and the School Governing Board. The plaque



ACKNOWLEDGEMENTS



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