



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

uMgungundlovu Health District

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STAY INFORMED

Quarterly Published News about
uMgungundlovu Health District Office

TEAM SPIRIT DISPLAYED DURING DISTRICT'S FIRST EVER TEAM BUILDING EXERCISE



To celebrate the first ever Team-Building exercise, uMgungundlovu Health District staff members relaxed and had fun outside their offices on the 4th of December 2018. The team undertook fun activities which displayed and encouraged teamwork. **READ MORE ON PAGE 2**



**National Cancer Campaign
launched in Caluza Area**
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**World AIDS Day commemorated in iM-
pendle Sub-District**
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**Spiritual healing is supported by
the department**
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FIRST EVER TEAM BUILDING EXERCISE FOR THE DISTRICT OFFICE WAS A HUGE SUCCESS



District staff members gathered at The Botanical Gardens to participate in a Team Building activity

There are many proven benefits for team building at work, among other things experts say it boosts staff morale, it is good for networking and socialising, it is fun, motivational and encourages teamwork. The District Director, Mrs. N.M Zuma-Mkhonza wanted a day where all staff members of all categories were going to meet in an informal and free manner, interact and have fun outside office premises. The structure of the district office is in such a way that if people's programmes do not force them to work together, they end up working in their own corners. The staff members only meet during meetings and greet each other in passages. With approximately 120 employees in the office, the staff do not know each other. To make matters worse, there is no cafeteria for staff to meet during lunch and interact. Mrs Zuma-Mkhonza said she wanted the District to close the year having team spirit and this must go on in the following years. Instead of having separate "year-end" functions which are normally held per component, this year on 04 December 2018, staff members came in numbers to enjoy a team building activity which was held at the Botanical Gardens in Pietermaritzburg.

Staff enjoyed the outdoors, nature and flowers. Ms Shezi from Health Systems Trust, an NGO that works with the department was the guest of the day, she has worked at the same uMgungundlovu District Office and held many managerial positions. Ms Shezi made the members to interact and take part in challenges that encouraged teamwork and reminded everyone that nothing beats believing in God. "God is love, God is Spirit, God is powerful," said Ms. Shezi when she encouraged staff to always put God first in everything they do.

Mrs. Zuma-Mkhonza mentioned that we need to start acknowledging one another. She said everyone is expected to achieve the vision of the South African Government, the Province of KwaZulu Natal and the District together; we need to know what they are and always work towards achieving these. She mentioned that she wants to see more support for one another and working towards a common goal.

TEAM BUILDING EXERCISE FOR THE DISTRICT OFFICE

Picture Gallery



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- 1 The menu involved the South African favourite for gatherings, braai meat.
- 2 Staff members of all categories relaxed in their camp-chairs and picnic blankets while engaging with one another
- 3 A variety of fun physical activities included tug-of-war, "donkey game", and more
- 4 Then there was a "name your colleague" game which sought to find out how well staff members knew each other. Each member picked a paper with a name and had to introduce that person, their department and what they are well-known for. This was fun
- 5 The District Director Mrs. Zuma-Mkhonza cutting her birthday cake, her team organized it as a surprise since the 3rd of December was her birthday. Happy Birthday mama



SUCCESSFUL LAUNCH OF NATIONAL CANCER CAMPAIGN



Thousands of community members gathered at Caluza Sports Grounds in Edendale area to get free tests for Cervical, Breast and Prostate cancer

The month October is observed as International Cancer Awareness month. uMgungundlovu District hosted two important Cancer Awareness Campaigns during the month. On 20 October, there was a cancer campaign pre-launch at Grey's Tertiary Hospital where patients were fetched by organised transport from different areas and came for free Cervical, Breast and Prostate Cancer screening. On the 30th of October 2018 at Caluza Sports Grounds in uMsunduzi Local Municipality community members still came in numbers for the main launch of the cancer screening campaign. At the event, the South African Minister of Health Dr Aaron Motsoaledi urged the community to do early cancer screening to avoid complications later when the disease is detected. He mentioned that being diagnosed with cancer does not have to be a death sentence, if it is discovered early there is treatment available and a patient can get their life back. The main focus of the gathering was to educate and warn people about different types of Cancer and how they can avoid, detect and treat them. Dr Motsoaledi mentioned that this disease is problematic worldwide and not in South Africa only. "Cancer is not a disease that was discovered yesterday nor today, it can be complex and it spreads rapidly" said Dr Motsoaledi. There are many factors that cause cancer, namely: the way of living, smoking, or sitting next to people who smoke lack of exercising and drinking alcohol. He persuaded the community to make sure that they do regular check-ups, especially those with families or relatives who have died from cancer or have been diagnosed with cancer. Cancer is a disease that can be spread through genetics, meaning if a close member of your family has had cancer; chances of you having it are higher than a person with no family history of cancer.



People came in numbers at a Pre-launch of the campaign which was held in Grey's Hospital on 20 October.

SUCCESSFUL LAUNCH OF NATIONAL CANCER CAMPAIGN - CHECK REGULARLY FOR CANCER, TREATMENT IS AVAILABLE



Attendees engaged in a 2 kilometre walk and aerobics session to encourage the community to get moving and participate in physical exercises

TV Personality Mr Xolani Gwala is a cancer survivor and he gave his testimony on how early testing can help an individual

At the event held in Caluza Sports Grounds, Mr Xolani Gwala, a cancer survivor and a well-known television and radio personality warned the community not to stay long at home without knowing their health condition. "In September 2017, I had the flu and went to the see a doctor, after some tests I was told that I had cancer and it was in stage 4, which is a very critical condition" said Mr Gwala. The TV Personality said he had 5 operations and he doesn't know how he survived but he was grateful because he was now cancer free.

There are still many issues to overcome, particularly in the more rural parts of South Africa where access to health care is still very difficult. But overall, South Africa is definitely moving in a forward direction in the battle against cancer. Men and Women were tested for Cervical, Breast and Prostate Cancer for free. Every year, sexually active women should visit their nearest health facility for cervical cancer screening. Women and men should do proper breast self-examinations to check for cancerous lumps. If they find unusual lumps, they should visit a health facility immediately for a check-up.

WORLD AIDS DAY COMMEMORATION IN MPENDLE SUB-DISTRICT



(Left) Gogo Mhlongo from Impendle getting gardening demonstrations from a team led by Mayor of iMpendle Cllr Ndelela during a visit to check the progress on her RDP house, she was also presented with gardening tools

On Saturday the 1st of December 2018 uMgungundlovu District and all its involved stakeholders held a World AIDS Day commemoration at iMpendle Local Municipality in the Ward 4 area. World AIDS day has been celebrated on 1 December every year since the 80s worldwide. It is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection whilst mourning those who have died of the disease. Means of preventing contracting the virus and what is being done by the government to reduce new infections and take care of those who are already infected by the virus are being shared. The prevalence of the AIDS pandemic in South Africa is very high and KZN is amongst the highest provinces in the country. uMgungundlovu District has one of the highest number of people living with HIV in the province. There is more work left to be done to reduce the prevalence of the virus by the Department of Health, other Public Service, NGOs, Community Leaders and the community in the general.

On the 1st of December at Hlelolusha Community Hall, attendants were given information on subjects related to HIV/AIDS and were asked to play their part in assisting with reduction of new infections and ensuring the uptake of medication for those who are already infected. Group discussions involved categories of Youth, Men, Women and Community leadership. Regular HIV testing is recommended, especially since the government now provides medication/ARVs as soon as a person tests HIV positive. This is a positive stride towards the reduction of AIDS related deaths but a lot still needs to be done regarding new infections.

The event was conducted as an Operation Sukuma Sakhe strategy, this meant different government departments and other related organisations were part of the planning and execution. Amongst other community projects that were visited, the team visited an RDP project by department of Human Settlements which has had problems with completion, most attributed to the contractors being behind their deadline. A local catering company named Zonothobani Catering Co-operative who bakes cakes and does decoration for all occasions including weddings was also visited. The team received items and materials to assist with taking their company from the ground; In the previous year they had also received a big industrial oven to assist with bulk, quicker baking.



Local catering Cooperative received kitchen tools, dishes and groceries from the team which was led by the Mayor District Cllr Maphumulo

CHILDREN'S ADVOCACY MARCH AND LAUNCH OF NEW ROAD TO HEALTH CARD



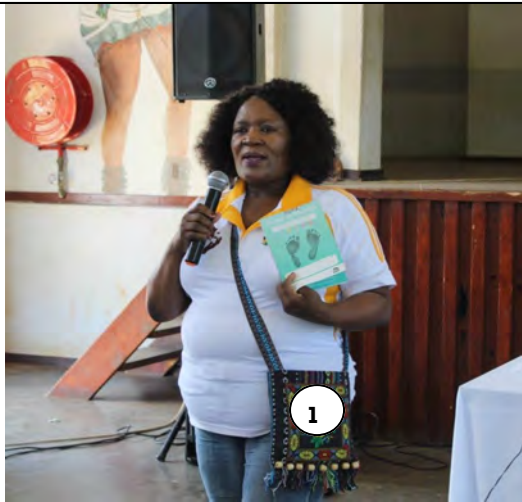
Children and community joined a safe march in Mpophomeni area which focused on children's rights

Children are among the vulnerable groups in South Africa. They need special attention from all sectors of society. They are national treasures and should be taken care of and treasured. Everyone has a role to play in the bringing up of healthy, educated, safe and socially responsible children, as they are the future of our society.

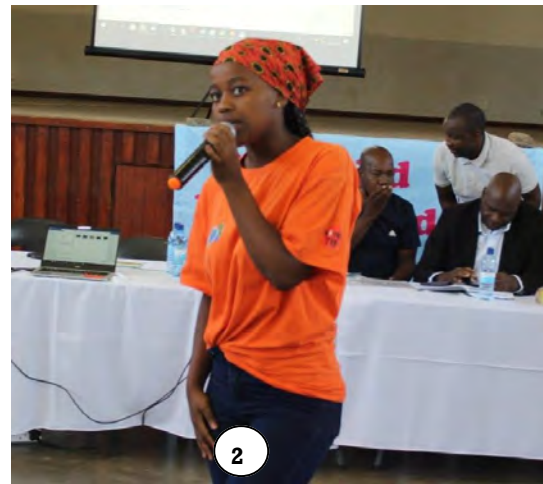
On 29 November 2018, at Mpophomeni area Ward 10 under uMngeni Local Municipality, different sectors gathered to have an awareness in relation to children's health and all associated topics. The day started with an awareness March around the Mpophomeni area where the rights of children were emphasised and elaborated, with children themselves being part of the March. After the March there was an official launch of the new road to health card. During the launch, Ms. Patricia Vilakazi who is a District Specialist Team member on Paediatrics mentioned that the Road to health card is a journey of every child, from the moment the child is in their mother's womb until 12 years of age. "Besides recording immunisations, every time your child visits a health care facility you must bring along the card even if they are ill," said Ms. Vilakazi. Ms. Vilakazi said parents must take their children to the clinic every month for weighing until they are 12 years of age to check progress in their growth, even if they are not sick or look healthy. The New Road to health card has baby development milestones that parents must look out for, there are also guidelines for certain illness symptoms like high temperature, vomiting, coughing, low appetite and more. This event was also treated as a build-up towards the World AIDS Day event which was held on the 01st of December 2018 at iMpindle Sub District. Parents and guardians were encouraged to talk to their children about anything that involves their health. Some parents and guardians, especially grandparents do not disclose to their grandchildren that they were born HIV positive. These children contracted HIV from their mothers during birth and parents have since passed away, most of the children are confused when they find out during a random HIV test that they are HIV positive, they take medication but are not told what it is for. These children are damaged when they find out in their teens, just when they are about to start dating, they have high school education to focus on or even tertiary education and they have to deal with the new shocking information about them being HIV positive.

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CHILDREN'S ADVOCACY MARCH AND LAUNCH OF NEW ROAD TO HEALTH CARD



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- 1 Ms Patricia Vilakazi informed the audience on the importance of constantly checking the health of your children from birth.
- 2 Aziwe Mkhungekwana spoke of how she found out she contracted HIV from her mother during her mom's pregnancy and how she has learned to ignore stigma and take care of her health.
- 3 Young boys giving feedback to the audience on what their group discussed when it comes to staying an HIV –free generation.
- 4 The Programme Director ensured the messages were passed on clearly

Parents were informed that if they are afraid or don't know how to tell their kids, there is help with the department of health, NGOs, and Department of Social Development. Amongst guests on the day was Aziwe Mkhungekwana who is 19 years old and was born with the virus. She says she took ARVs without knowing what they were for, her mother was not diagnosed during pregnancy that she was HIV positive, it was only when Aziwe was sick at the age of 10 that she got diagnosed with HIV and started taking ARVs. When she discovered she went through many phases of resentment, confusion, and blame. She has since accepted her status, has disclosed it to everyone including her boyfriend who is supportive. After the programme, there was a dialogue between community members which was divided into four groups men, women of childbearing ages, older women, under 12s and 13-24 years. The groups discussed different topics surround HIV/AIDS, the health of children and more. The groups then presented their discussions to the audience, their discussions showed that people are now knowledgeable about HIV and matters affecting their health. It is just a matter of taking more responsibilities for their lives.

REMOVAL OF ILLEGAL ABORTION POSTERS FROM PIETERMARITZBURG CITY



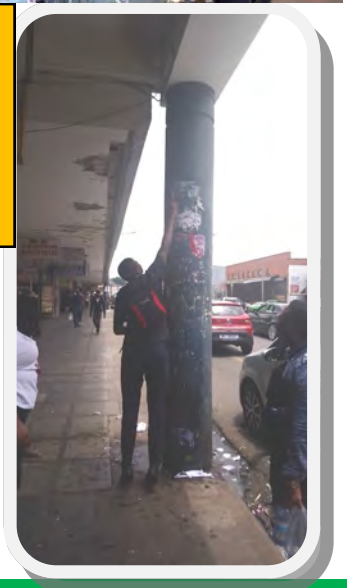
Although the sun was hot, District staff members put on their sun-screens and caps and went to the streets; removing illegal abortion posters

Illegal Termination of Pregnancy (TOP) or abortion clinics are invading the streets and community on an alarming rate. They advertise their services claiming that the services are quick, pain free and safe. In these advertisements they promise the community, especially women who are desperate to get rid of an unwanted pregnancy quickly that their services are what they have been waiting for. In honesty, they offer services that are not medically safe and that are not registered. In an effort to reduce the number of these advertisements on the streets of Pietermaritzburg, Umgungundlovu Health District staff members participated in a “clean-up” campaign. Removing these posters is vital for the district because complications from these clinics end up being a problem of the department when patients arrive at health facilities seeking medical assistance. These posters make the city look untidy, dirty and promotes illegal abortions which are unsafe. These put the lives of pregnant mothers at risk and put a strain on the department of health.

KZN Health MEC Dr S Dhlomo is a strong advocate for removal of these posters and always seeks partnership with local municipalities regarding these, he even sometimes physically participate in the removal of these posters in different towns and districts around KZN. The District has partnered with the local municipality, law must also take its cause on illegal clinics which do not have any licensing and do not meet the prescribed requirements.



uMgungundlovu District Staff members busy removing illegal abortion posters



RELIGIOUS LEADERS ARE PLAYING AN IMPORTANT ROLE IN A PATIENT'S JOURNEY TO RECOVER



Mrs N.M Zuma-Mkhonza, District Director of uMgungundlovu Health addressing a group of Religious Leaders on the policy of the department when entering a health facility.

The Department of Health understands very well that part of a person's recovery from their illness is spiritual. Most patients seek spiritual guidance in times when they have lost hope, and many times the spiritual guidance can be very helpful whether the person recovers or passes away. It is also helpful for the family members left behind if a person demises. In view of the above, the department appreciates some of the work done by Spiritual/religious leaders in the health sector. The religious community is an important stakeholder within the department. Dr S Dhlomo, KZN MEC for Health launched a programme where religious leaders would be allowed access to health facilities or hospitals when they need to give prayers or guidance to their admitted church congregants, provided prior arrangements are made.

With regards to the above, religious leaders in uMgungundlovu District gathered on the 4th of December at the District Office to be given messages from the MEC and receive tags/cards to access health facilities. Although health facilities still remain a place where the ill seek medical advice and assistance, the religious leaders are allowed entrance and visits to members of their churches, they can visit them pray for them while off-course considering the rights of other patients and staff members at health facilities. This, however, limits them from praying for everyone in the hospital or Out Patient Departments as South Africa is a democratic country and patients do not have to be subjected to other religious beliefs while seeking help. Arrangements must be made with the hospital management teams if there is an emergency and the leader needs to come outside visiting hours. Also they must respect the department's policies on safety, infection control, and more .

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