



IMPILO ENGCONO

NEWS

JULY–SEPTEMBER 2022

Information for better health ...

WOMEN OF UMGUNGUNDLOVU DISTRICT WERE SPOILT DURING A WOMEN’S MONTH COMMEMORATION

Beauty and elegance showered the offices of uMgungundlovu District on the 30th of August 2022 when female staff members celebrated Women’s month.

All attending ladies interacted and socialized with one another. Words of encouragement for all age groups came from different ladies who are from different sectors and have experience in business, life, beauty, fitness, health, and other sectors. Fun, dance, music, and games were a huge part of the event; keeping guests entertained. All attendants received goodie bags with gifts. “Wathint` abafazi, wathint` imbokodo!” : You strike a woman, you strike a rock!



Beauty and elegance during this year’s Women’s Month celebration

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INSIDE THIS ISSUE ...



The local Chief of kwaMpumuzi area led a youth focused event to fight against social ills: Deputy Minister for Department of Health, Dr S Dhlomo encouraged health facilities to place young clinicians at

service stations for youth in order to make it easy for young people to come to facilities and access health care.



This year’s Public Service Week was dedicated to servicing the community.

A team organized a public feedback meeting to gather views on how government services are operating in the local area. Areas of improvement were identified.

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THE WOMEN OF UMGUNGUNDLOVU GOT SPOILT DURING A HIGH TEA THEMED WOMEN'S MONTH EVENT

South Africa celebrates National Women's Day annually on 9 August to commemorate the bravery of approximately 20 000 women. These women marched in the year 1956 to the Union Buildings in Pretoria as a united front, irrespective of race or class differences. They went against a system that promoted patriarchy and oppressed women. The march was against the legislation of pass laws for both men and women. Freedom and achievement that women of today still enjoy.

On 30th August 2022, the women of uMgungundlovu District commemorated this day. The spirit of strong, beautiful, independent, powerful, beloved, and resilient women was celebrated during the event which took the theme of a High Tea. Looking elegant, and smart and wearing their beautiful outfits and jewelry, whilst donning their hats, all female staff members of the district office felt special on this particular day.

Another visitor was Ms H Khwela who works for the provincial department of health under the Staff Wellness Programme. She came to encourage women to grab the opportunities that are out there and not allow anybody to violate or abuse them. All the attending ladies were spoilt with a variety of gift vouchers, discount vouchers, and small gifts suitable for women.

The event's purpose was to inform all women that they should be celebrating and uplifting all fellow women instead of bringing each other down. Women were reminded of the crucial role that they play in our country and also in our society. Without strong women, society and families would fall apart.

Younger women were encouraged to take the wisdom and advice of older women who have been through life and know better.

Although the event was a bit formal, it did not stop the ladies from playing fun games and from sharing and enjoying the dance floor. Winners for each game won special gifts.

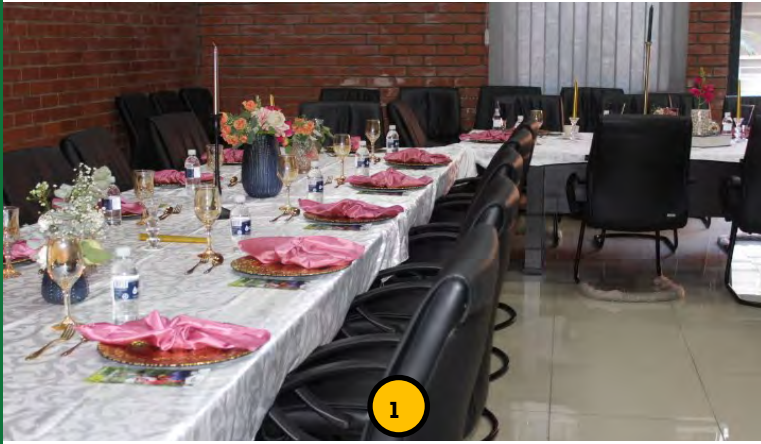
Different guests came to give words of encouragement and words of hope. Amongst the guests of the day were Ms. N Njilo, owner of a Female only Gym called FemActive in Pietermaritzburg, Dr. Y Mncube, owner of a health clinic focused on women's health and beauty where you can get all female health-related screening, you can also spoil yourself with a massage, nails, make-up etc.



The High Tea themed event was well-attended by all categories of female staff members



WOMEN'S MONTH COMMEMORATION – PICTURE GALLERY



Pic 1: Classy table décor & Pic 5: Table with gifts for winners and all special guests

Pic 2: Ms P Vilakazi got a chance to have her eyebrows done by Mobella Beauty Spa representative

Pic 3: Programme director, Ms Nokwai Simelane handing over a gift to Bathobile Makhathini after she won a game called "What's in my bag"

Pic 4: Mrs Zanele Msibi playing a game called "A minute to thread it". The event was all about having fun

Pic 6: One of the winners receiving a prize from Miss Tyler Stuart

Pic 7: Ms Lotty Hutchinson handing over a gift to our special guest Dr. Y Mncube after she highlighted the importance of cancer



LOCAL CHIEF LEADS THE COMMUNITY IN A FIGHT AGAINST SOCIAL ILLS AT MPUMUZA AREA

The Mpumuza tribal authority led by uMntwana NW Zondi (son of chief Nsikayezwe Zondi who has retired from the chieftaincy due to ill health and old age) launched a drug awareness campaign to rebuke the wide usage of drugs. A habit that is killing the youth and future of South Africa.

Although the weather was cold and drizzling, it did not stop the participants from engaging in a 2-kilometer drug awareness march from Kwa Mpumuza tribal court to Blackburn sports field. The march was led by uMntwana NW Zondi and Deputy Minister of Health, Dr. Sibongiseni Dhlomo. The youth in attendance included Reed maidens and local scholars who marched, sang, and chanted slogans carrying plug cards with encouraging messages.

At the second session, the deputy chairperson of UMgungundlovu local house of traditional leaders uMntwana K.S Zondi thanked the dedication displayed by the community and all the stakeholders when he

asked for support in fighting the spread of drug usage. He emphasized that everyone needs to play a role in fighting against the usage of drugs. The community should not leave it up to the police and rehab centers only.

Introduced by the Umgungundlovu District Mayor, Cllr M Zuma, the Deputy Minister of Transport, Ms S Chikunga encouraged the youth to stay away from drugs. She emphasized that young adults should only focus on education and empowering themselves, saying the government and community are available to continue supporting youth. Ms Chikunga mentioned that the Department of transport has already started with programmes focusing on the youth like funding studies and career

empowerment. They fund their higher-education studies, industry related training within the transport sector. The Deputy Minister also mentioned that a list of youth names from the Mpumuza area had been submitted. The youth applied for funding, then the department pays for tuition, sponsors accommodation as well as stipends to buy food during the period of study and training. Health Deputy Minister, Dr Sibongiseni Dhlomo ended the event with a keynote address where he spoke against the social ills including drugs, alcohol, crime, weapons, underage sex, unprotected sex, unplanned pregnancy, teenage pregnancy, sexual relations with adults (sugar daddy or sugar mama relationships) and usage of weapons. The Deputy Minister mentioned all the help that is available for those who require it. "Different sectors, NGOs, and government departments are available for help, you must not suffer alone," said Dr Dhlomo. The signing of a declaration and pledge by all stakeholders took place at the end of the event.



Deputy Minister for Health, Dr S Dhlomo with a student from the local school during the awareness march



PUBLIC SERVICE MONTH, DEDICATED TO CLEAN-UP GOVERNMENT SERVICES TOWARDS CITIZENS

The 1st to 30th of September 2022 marked Public Service Month in South Africa. Public Service Month (PSM) is an integrated strategic national event in the calendar of the Department of Public Service and Administration.

The PSM initiative is a reminder of what it means to serve the public. It also aims to scrutinize the impact that the government has, especially around issues of service delivery. As part of the commemoration, public servants are expected to: Roll up their sleeves and make efforts to improve their service delivery points; visit government service delivery points/facilities

like schools, hospitals, municipalities, police stations, and courts, consult with citizens, intervene in the delivery of services and getting things done; remove the red-tape in the delivery of services; ensure proper and effective systems and infrastructure, and encourage the proper utilisation of resources. uMgungundlovu District dedicated the week of 26th until 30th September 2022 to visit various public facilities as part of the PSM initiative. During a period of 5 days, Different task team members were allocated different duties and facilities. During the visits, monitoring tools specific to the services provided at that chosen facility were created and utilized.

uMsunduzi Municipality visited different facilities, amongst them were public schools, public clinics and hospitals, local Operation Sukuma Sakhe buildings and projects, Municipality buildings where services to customers are rendered, and a project where the municipality has built a building to help and accommodate young, local and upcoming entrepreneurs. The building is located in Imbali township, it is called Imbali Youth Enterprise Park. The PSM has helped many public services get more attention and assistance when they felt neglected. It highlights the issues that they face as a facility and the issues faced by the public who are their clients.



Pic 1: The team visited uMsunduzi Municipality's Ward 33 to check its functionality

Pic 2: After interactions with the young and developing entrepreneurs, the team ordered lunch at the Imbali Youth Enterprise Park

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KWAZULU-NATAL PROVINCE
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HERITAGE DAY, A DAY TO CELEBRATE AND RECOGNISE THE VARIOUS CULTURES

South Africa celebrates and recognizes the various, beautiful cultures of the nation in what is termed Heritage Day, taking place annually on 24th September. The day recognizes and celebrates the cultural wealth of the nation. During the day South Africans celebrate by remembering the cultural heritage of the many cultures that make up the population of South Africa. uMgungundlovu District also celebrated the day on Friday, 23rd September where all staff members were encouraged to

wear attires and clothing that represented their cultures. Although there was no specific event, staff members looked beautiful in their attires. Components and departments also organized traditional food to bring and share amongst one another. The day was joyful.



Different cultures displayed their heritage and beauty during the recent commemoration of the Heritage Day



LAUNCH OF UMGUNGUNDOLOVU WOMEN'S FORUM

The KwaZulu Natal Department of Health Employee Wellness Component launched the uMgungundlovu District's Women's Forum on 26 July 2022. The aim for this launch is to support women in the workplace.

Studies are showing that a lot of women are suffering from physical, emotional, and financial abuse, especially from their male partners. The number of staff suffering from depression and mental health has also increased over the years. With the negative impact of Covid-19, it is expected that these numbers will further increase.

uMgungundlovu District now has a person who attends to gender-specific issues, she drives discussions on matters affecting both genders. Mrs. Slindile Mbongwa was introduced at the launch as the leader for gender-specific issues within the district.

After the launch that was held at the Natalia Building, KZN Health; all facilities in the district are also expected to form their own forums for women. The forums must be formal and have Terms of Reference and official appointments and agenda items. These forums can work closely with Employee Wellness Practitioners and Occupational Health Nurses. Organised Labour and at least one member of senior management who is also a female should also form part of the forum.



Pic 1: Staff members from various facilities in Mgungundlovu came out in numbers

Pic 2: Dr M.T Zulu, District Director for uMgungundlovu was also present at the launch; she was addressing the attendants

CHILD HEALTH INDABA—MAKING CHILDREN'S HEALTH A PRIORITY

The health of a child is very crucial in the child's development. From the day the child is formed in their mother's womb, they must be given all the nutrition, care, and monitoring to help them grow properly and develop all crucial organs.

On 19 August 2022, a partner to the uMgungundlovu district, Health Systems Trust (HST) sponsored a Child Health Indaba which took place over a period of two days. It focused on discussions on the roles uMgungundlovu health facilities together with the community, NGOs, and other important key stakeholders can play in improving the health of children.

COVID-19 interrupted the provision of a lot of health services, including health for children. This is because many people were afraid to go to health facilities and the department of health prioritized covid-19 more as it was an urgent pandemic.

Part of the discussions that took place included reducing infant and under-5 mortality rates, reducing malnutrition among children, reducing the proportion of infants infected with HIV, ensuring

prioritization of maternal and neonatal morbidity and mortality, reducing child injuries due to accidents or other causes, developing policies and programmes aimed at children to prevent substance abuse and for the reduction of violence and suicide, and Protecting children from all forms of violence, abuse, neglect, and exploitation.



Different speakers and managers addressed the attendants and shared their programs information and statistics so the stakeholders who were not from the Department of Health would fully understand



WORKSHOP TO HELP HEALTH CARE WORKERS BETTER UNDERSTAND THE KEY POPULATIONS

The KwaZulu Natal MEC, Ms Nomagugu Simelane has openly encouraged staff members and the community alike to welcome and embrace residents who are identified as key populations. Key populations are described as people who are at a greater risk of getting infected with HIV during sexual intercourse. These are namely the LGBTQI community (especially Transgender and men who have sex with other men), sex workers, people who inject drugs, and inmates (people who are in correctional facilities). MEC Simelane is currently busy with establishing facilities that provide services that are user-friendly for

key populations. She has launched a variety of facilities around the Province of KZN. In uMgungundlovu, City Central Clinic and East Boom CHC have been identified as facilities that can be assisted with targeting key populations. Key populations services will be piloted at both facilities. On 1 & 2 September, a 2-day workshop was held for staff members of both these facilities. Staff members were taken through information on client members who belong to the key populations. The LGBTQI (Lesbians, Gays, Bisexuals, Transgender, Quer, Intersex), & sex workers were especially

emphasized. In a nutshell, staff members were informed that these communities are here and will always be here. They must be embraced and welcomed. They do not need to be discriminated against because it is the discrimination that leads them to not want to come to health facilities. For example, a person who looks like a female can come to a facility and ask for medical male circumcision, a health service for males. A sex worker may need more supply of condoms compared to a person who does not do sex work. Going forward, all staff members will be made aware of the key populations and how their services may be different, and how to embrace them holistically. The government also still has a long way to go because facilities need toilets, documents, and resources to accommodate the community. For an example, toilets must have a way of accommodating other genders as well. The Health MEC is still going to launch both East Boom CHC and City Central clinic once most things are in place.



The facilitator ensured that the health care workers who were attending the workshop got all the information needed to realize that the key populations needs are somehow different and unique

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STROKE AWARENESS

Stroke Week is commemorated to raise awareness of the symptoms of a stroke. Everyday people die due to strokes. A stroke doesn't have to be a death sentence. It is important to recognize the signs and symptoms of a stroke. Knowing these signs will help in seeking emergency help and can improve the outcomes of the stroke. According to the website Heart & Stroke Foundation (heartfoundation.co.za). FAST is a simple way to remember the signs of a stroke and it's important to seek medical help urgently once a person feels or sees the following signs.

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call emergency medical service

EMERGENCY NUMBERS

Medical help is most important within the first few hours after a stroke: remember that time lost is brain function lost. The faster you get the affected person to a hospital, the better their chances of survival and recovery - you could even save a life! Dial 112 (if calling from a cellphone) 10177 (if calling from a landline)

ACKNOWLEDGEMENTS

uMgungundlovu District

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