



IMPILO ENGCONO

NEWS

Information for better health ...

SEPTEMBER SPECIAL EDITION 2025

DISTRICT FACILITIES

WOMEN'S MONTH CELEBRATIONS

DIFFERENT HEALTH FACILITIES IN UMGUNGUNDLOVU DISTRICT CELEBRATED WOMEN'S MONTH IN DIFFERENT WAYS, BRINGING JOY AND SUPPORT

This special newsletter edition specifically focuses on all women's month activities that happened throughout the Month of August. These activities happened in all hospitals within the uMgungundlovu District. They were organized by Women in the Workplace forum members from these facilities.

The work and dedication towards these events displayed how the forum members are committed to their duties and in empowering every woman within their jurisdiction. Enjoy as you read what each facility did and how each event unfolded.

First, we will start with the main event that was organized by the District Women's in the workplace forum, which included all facilities. Enjoy the picture galleries as well.



Members of the Women in the Workplace Forums from the District and different facilities worked tirelessly to make the event a success

Page 2-4: The uMgungundlovu District women's month commemoration was organized collaboratively with representatives from facilities.

FEATURED IN THIS ISSUE

Page 9: Appelsbosch Hospital held its event on 27 August, bringing fun and empowerment

Page 5: Richmond District Hospital held its commemoration event after a long break, and female employees came looking stunning

Page 6: Eastboom CHC celebrated theirs on the 8th of August, where women empowerment was the core of topics, including awareness on Gender Based Violence.

Page 7: On 20 August, Fort Napier Hospital said, "You strike a woman, you strike rock during their event

Page 8: Elegance was in the air during Bruntville CHC's event

Page 10: Doris Goodwin Hospital held their Doek on fleek or phinifa event on the 27th

Page 11: Townhill Hospital focused on physical fitness and health. Attendees were educated that moving your body is essential, especially when you are above the age of 40.

Page 12: uMgungundlovu District Office closed the celebration with a bang, where the theme was fun by the pool.

Page 13: Address & gratitude from the Chairperson of the District Women in the Workplace Forum

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ALL FACILITIES WITHIN THE DISTRICT GATHERED TO CELEBRATE WOMEN'S MONTH IN A PICNIC SETTING, THE DAY WAS FUN

On 15 August 2025, uMgungundlovu Health District's Women's Month commemoration was a joyful and empowering gathering, set against a beautiful picnic theme filled with laughter, learning and inspiration.

The day was organised by the District Women in the Workplace Forum, working with chairpersons of the same forums from various health facilities within the district. This event was the first of its kind in the district, and it brought colleagues together through fun and engaging games such as Musical Chairs, Guess the Chips Challenge, and the Egg-on-Spoon Race, reminding us of the power of teamwork, playfulness, and sisterhood.

Beyond the fun, the event carried powerful messages through thought-provoking speeches on:

- **Mental Health** – prioritising self-care and well-being by Dr Nokuthula Dlamini, Director for Employee Health & Wellness at the KZN Department of Health
- **Financial Empowerment** – building resilience through smart money management and self-



Different facilities came in prepared with their picnic items and decorations, a true display of togetherness and teamwork. Doris Goodwin hospital took first place with their well-coordinated picnic display

reliance

- **Overcoming Obstacles as Women** – embracing strength and courage in the face of challenges by Sr Zanele Mkhize. She is a nurse from Northdale Hospital and has faced many obstacles in her life, including the sad demise of her young child, multiple life-threatening diseases, a severe car accident, and multiple operations and surgeries. Most importantly, she mentioned how her faith saved her because she knew God would never forsake her.

- **Diversity Management at the Workplace** – Ms Nonhlanhla Mthiyane from the KZN Department of Health, Diversity Management section, mentioned that creating inclusive spaces where all voices are valued is of utmost importance, and we must all aim to achieve it at our facilities.

Sr Anashne Chinaboo recited an encouraging poem, and there was an icebreaker where a few staff members had to mention their childhood celebrity crush.

All facilities were serious about their picnic setting. Although the competition was tough, Doris

ALL FACILITIES WITHIN THE DISTRICT GATHERED TO CELEBRATE WOMEN'S MONTH IN A PICNIC SETTING, THE DAY WAS FUN



Pic 1– 4: The picnic displays were amazing, staff members from all facilities of all categories enjoyed having fun under the sun .

Pic 5: Doris Goodwin Hospital team enjoying their win for “facility with the best picnic decoration”

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THE RICHMOND HOSPITAL WOMEN REMINDED EACH OTHER TO *fix another woman's crown*

Richmond Hospital celebrated their Women's Month Commemoration on 08 August 2025. The event was beautifully coordinated under the guidance of the Programme Director, Mrs. Sthembile Buthelezi.

The day began with a warm and welcoming address by the Acting Chief Executive Officer, Dr Bulelani Gebashe who expressed heartfelt gratitude to everyone in attendance and acknowledged their presence and support. One of the event's highlights was an

inspiring motivational speech by Mrs. Nonjabulo, which left the audience deeply moved.

The Chief Dietician, who is currently studying to become a Lactation Consultant, also shared valuable insights on health and well-being, emphasizing the importance of self-care among women.

Adding a touch of artistry to the programme, Pamela December captivated the audience and moved everyone with emotions

with her powerful poem titled "*uMama ubeyiqhawe*" (My Mom Was a Hero).

As the event drew to a close, Mrs. Z. Koloane, the Monitoring and Evaluation Manager delivered a reflective and empowering message on the concept of "*Fixing Another Woman's Crown*", reminding everyone of the importance of uplifting one another as women.

The event was not only inspirational and empowering but also filled with laughter, and sisterhood — truly a memorable celebration of women at Richmond Hospital.



All attendees looked radiant in various shades of pink, symbolizing unity and femininity.

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EASTBOOM CHC CELEBRATED WOMEN'S MONTH

"Put your health, finances and safety first"

The ladies of Eastboom Community Health Centre (CHC) proudly celebrated Women's Day on 8 August 2025.

Dressed beautifully in denim and white, the ladies radiated confidence and solidarity. The event created a safe and reflective space for meaningful discussions on issues affecting women in their daily lives.

A representative from the South African Police Services (SAPS) delivered a powerful talk on Gender- Based Violence (GBV). The message was clear — GBV affects people of all backgrounds, and no one should remain silent.

Everyone was encouraged to speak out, seek help, and take action against abuse.

Leona from ILORA gave an insightful presentation on understanding sexuality. She emphasized that sexuality is complex, shaped by both biological and cultural factors, and should be approached with understanding and respect. The programme also included a session on financial planning, guiding participants on effective money management and budgeting. The Guest speakers Phili and Lioni inspired the audience with testimonials as women's rights activists, sharing

experiences of resilience and empowerment. Representatives from uThingo and uMsunduzi municipality were also in attendance. Mr. Zuma from uThingo spoke passionately about equity in the workplace, encouraging continuous advocacy for fair treatment and inclusivity. Meanwhile, the nursing team actively led a mass Pap smear recruitment drive, inviting community members to participate in cervical cancer screening throughout the day. The event finished with attendees feeling motivated, informed, and refreshed; having enjoyed a joyful break from their daily work routines.



Some of the attendees indulging in information from the invited speakers

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FORT NAPIER HOSPITAL CELEBRATES WOMEN'S DAY IN STYLE



Women from Fort Napier Hospital looked beautiful in their bright –coloured outfits

Fort Napier Hospital proudly hosted its own celebration on 20 August 2025 at the hospital's hall.

The programme directors, guided the day's proceedings with enthusiasm and grace. The CEO, Ms. F.N. Mokwena, officially opened the event and shared the purpose of the celebration, highlighting the importance of women's well-being and empowerment.

Guest speaker Ms. Nonhlanhla Sibisi from Old Mutual delivered an insightful talk on financial literacy, focusing on the value of Stokvels in empowering women financially.

The event also featured Exhibitors, who showcased their impactful initiatives such as *I Love Boobies* and the *Spine & Neck Clinic*.

Adding a vibrant touch to the programme, Sr. Sthoko Bhengu, Vice Chairperson of the hospital's Women's Forum, led entertaining activities that kept the audience engaged and uplifted. The guest speakers were warmly welcomed by Ms. Hlengiwe Dube, Chairperson of the Women's Forum, who emphasized unity and sisterhood among women.

Dr. N. Tsibiyane shared a comprehensive message on the importance of women's overall health, which was followed by lively music and fun games that created a relaxed and joyful atmosphere.

Renowned poet and author Ms. Luleka Mhlanzi captivated the audience with her heartfelt words of encouragement, comfort, and empowerment. The Women's Pledge was led by Ms. Sindi Khuzwayo, Treasurer of the Women's Forum, as a powerful reminder of solidarity and commitment among women.

The day concluded with heartfelt gratitude from Ms. S.P. Ndlovu, the HR Manager, who extended appreciation to everyone who contributed to making the event a memorable success.

It was truly a day filled with inspiration, learning, and celebration — honouring the strength and spirit of women at Fort Napier Hospital.

WOMEN'S DAY CELEBRATION IN BRUNTVILLE CHC

"Bold, Beautiful, Unstoppable"

The Bruntville Community Health Centre celebrated Women's Day on the 20th of August 2025. The event took place within the institution at the Pharmacy waiting area, which was beautifully transformed to fit the day's theme.

The venue and décor created a nostalgic atmosphere — a journey through time. The soft hum of vinyl records welcomed guests, setting a vintage mood before live music filled the room. The ladies looked stunning in their vintage-style outfits, each embracing the theme in their own way while honoring the rich history of fashion.

The celebration was excellently organized by the facility's Health and Wellness Committee. Among the highlights of the day, there was a talk by Ms. Phamela Nxumalo, a Social Worker from SAPS, who addressed the critical topic of Gender-Based Violence (GBV). She emphasized recognizing early warning signs of abuse and guided women on where and how to report such cases.



Bruntville CHC celebrated women's month in style and elegance

The programme also featured Ms. Ziyanda Dlamini from Capital Legacy, who shared valuable insights on financial education, particularly on drafting wills and planning for the future.

Another inspiring moment came from Ms. Gugu Zuma, a former teacher turned entrepreneur, who spoke passionately about women empowerment — encouraging women to love themselves, pursue their dreams, prioritize self-care, and above all, trust in God.

The event was graced by Ms. Sindi Ngwenya, Deputy Director from KZN Department of Health, who encouraged women to build sisterhood and support one another.

The day was filled with laughter, learning, and inspiration — a true celebration of womanhood. It was indeed a great success and a memorable occasion for all who attended.

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WOMEN'S DAY CELEBRATION IN APPLESBOSCH HOSPITAL

"Strong Women, Strong World"



Where there is happiness, there is laugh, good food, and bright colours; all these were present at Appelsbosch Hospital's women's day commemoration

On August 27th, 2025, Applesbosch Hospital proudly joined the nation in celebrating Women's Day — a day dedicated to honoring the resilience, strength, and achievements of women.

The hospital's event aimed to promote gender equality, appreciate women's contributions, and foster a supportive community among staff.

Inspiring female healthcare professionals took to the stage to share their personal stories, motivating attendees to pursue their passions and overcome life's challenges.

Sr. Mbotshwa facilitated an insightful dialogue on Gender-Based Violence (GBV), while a special guest, Rev. N.P. Mhlongo

— an educator at Nqolayolwazi School— delivered an empowering message about self-love and women's dignity within a biblical context.

Participants also enjoyed a variety of games designed to promote both physical and mental well-being. The activities encouraged camaraderie and

strengthened bonds among women across departments.

The event was a resounding success, thanks to the enthusiasm and active participation of all staff and guests. Applesbosch Hospital looks forward to continuing its commitment to promoting women's empowerment, health, and unity within the community.

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EMBRACE YOUR AFRICAN CULTURE AT DORIS GOODWIN'S DOEK ON FLEEK COMMEMORATION

On the 27th of August 2025, Doris Goodwin Hospital celebrated Women's Day in style, and what a wonderful day it was!

The hosts were both humbled and honored by the presence of guests from the District and Head Office. Inspiring talks throughout the day empowered, encouraged, and motivated every woman in attendance in unique and meaningful ways.

The ladies were encouraged to wear a doek, denim and white tops or a phinifa. Both the *Doek* (headwrap) and phinifa (a relaxed dress usually worn by elderly Zulu women when relaxed at home or busy with chores).

The ladies looked stunning and true to the culture of African Women. The modern day phinifa is no longer a house chore outfit, ladies wear it with pride to events, town and other outside activities.

The celebration was filled with singing, motivational speeches, dancing, and delicious meals, making it a truly memorable experience.

The *Doris Goodwin event* was more than just a gathering—it was a celebration of womanhood, style, and empowerment.

The event aimed to unite, celebrate, support, and uplift women. It was marked by motivational talks, laughter, fun,

and exciting giveaways, leaving everyone inspired and energized.

Dr Nokuthula Dlamini, Director for Employee Health & Wellness at the KZN Department of Health reminded the women who were attending to embrace their natural beauty “look at the mirror and admire your belly, your stretchmarks, your cellulite, all your perfect imperfections; these are part of normal life and your life story”. “You don’t have to look perfect, you are a normal person who goes through normal stages of life” she concluded. Her words were a reminder for the women to not let media, especially social media bully them into seeking perfect bodies.



Mrs Lotty Hutchinson, District Manager who oversees Occupational Health, Employee Health and Wellness plus the Occupational Safety Programme was addressing the audience at Doris Goodwin



TOWNHILL HOSPITAL FOCUSED ON WOMEN'S HEALTH AND WELLBEING



Pic 1: Beautiful ladies during a relaxing walk in nature



Pic 2: Chairperson of the Townhill Women's Forum with one participant

Pic 3: Some of the members during a Zumba exercise session



Townhill Hospital commemorated Women's Month on the 28th of August 2025, honoring the vital role of women in society.

The day began on an energetic note with a one-hour Zumba session led by professional instructor "Zumba by Rose." Zumba, a fun and high-energy workout, encourages participants to stay active while enjoying themselves, making it an exciting

way to exercise.

Following the session, Dr. Ramanan delivered an insightful talk on women's health, focusing on menopause and wellness. She emphasised that menopause is part of women as they get older, it is helpful to learn more about, be prepared and take better health of yourself as your body goes through extreme changes.

The program continued with a refreshing nature walk around the hospital grounds. Spending time outdoors allowed the attendees to take a break from the usual office environment. The combination of sunlight and fresh air uplifted spirits, making it a truly enjoyable and rejuvenating experience.

Healthy snacks were enjoyed after the event, a reminder to choose a healthy diet over processed food.

UMGUNGUNDLOVU DISTRICT OFFICE WOMEN'S COMMEMORATION

A braai by the pool



Pic 1: The ladies from the District Office were glad to have the event outside of the office environment. Everyone was free to bring their swim-suits and enjoy a braai by the pool

Pic 2-3: Enjoying various games



On 29 August 2025, at the eMfuleni bed & breakfast; the uMgungundlovu District Office closed Women's Month with a bang!

Women from the office came together to celebrate under the fun theme, **"Braai by the Pool."**

The outing provided a refreshing break from the usual work routine and work environment. The day was filled with games, inspiring speeches, a braai, and a variety of delicious food.

The attendees participated in various fun games which were organised as group activities. The blue team won the overall competition, as they won most of the games. Winners were presented with prizes. Educational talks on cybersecurity were included as it has been noticed that women are an easy target for online criminals, scammers and bank fraudsters.

Guests also brought along their swimwear, and those who wished

to take a dip in the pool were free to do so. Throughout the event, the ladies were encouraged to continue their excellent work and uphold unity.

This celebration showcased a wonderful diversity of themes and topics, all aimed at empowering and uplifting women.

All in all, the group enjoyed a braai, a staple in South African cuisine with outdoor activities.

ADDRESS AND WORDS OF GRATITUDE FROM THE CHAIRPERSON OF THE DISTRICT WOMEN IN THE WORKPLACE FORUM—MRS T.P NZAMA

I would like to thank everyone who participated in the district-wide events to commemorate the importance, strength, resilience, and brilliance of women in every space they occupy.

It was not easy for all organisers to plan these events and activities. This is due to the unavailability of funds and the non-existent official budget. The organizers relied on contributions and donations.

Background and purpose of the Women in the Workplace forum

The official uMgungundlovu District Women in the Workplace forum was formed on 28 September 2023. This forum is for the district as a whole. Health facilities (hospitals and CHCs) within the district are also supposed to have these forums in place. Out of 9 hospitals, 7 hospitals have these forums in place, and out of 3 CHCs, 2 have these forums in place.

The women's forums are established in terms of the National Gender Equality Strategic Framework issued by the DPSA and the Gender Equality Bill. Their functions are to ensure workplace implementation of the National

Gender Equality Framework as guided by the women in leadership forum. They must also identify, address, and report areas of concern that may arise during the implementation of the National Gender Equality Framework. They must see to it that issues facing women in the workplace are cascaded to stakeholders. Also, the forum must establish communication of the eight principles for promoting women's empowerment and Gender equality to all stakeholders. These principles are, namely: Transformation for non-sexism, Establishing a policy environment, Meeting equity targets, Creating an enabling environment, Gender mainstreaming, Empowerment, Providing adequate resources, and Accountability, monitoring, and evaluation.

The district forum should oversee that all facilities within the district have formed women in the workplace forums and that these are functional. Facilities must be helped to establish and launch the forums, if they don't have.



Mrs Thandeka Nzama
Chairperson: Women in the Workplace Forum
uMgungundlovu Health District

The district forum reports regularly to the Provincial forum. All forums (district and facilities) must work with their Human Resources component, as they are part of the Employee Health & Wellness Programme.

As a forum, there is still a lot of space to improve for the District Forum, which I'm Chairing. This was the first forum of its kind in the district, and there are still teething problems.

I want to send my sincere gratitude to the district forum members and facility forum members who made time and resources available for these events, even taking from their own pockets, concludes Mrs Nzama.

ACKNOWLEDGEMENTS

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