



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

**UMKHANYAKUDE**  
HEALTH DISTRICT OFFICE

**SIKHANYAKUDE**

**NEWS**

STAY INFORMED

DECEMBER 2023

**MR BHEKI FAKUDE IS THE ACTING  
DIRECTOR FOR UMKHANYAKUDE HEALTH DISTRICT**



**U**mkhanyakude Health District introduces Mr BP Fakude as the new Acting District Director as from 1st October 2023.

This change in management comes after the departure of Ms MP Themba at the end of September 2023 for her much deserved retirement.

Mr Fakude is not new in the district, he has been serving as Deputy Director: Clinical & Programmes and has been instrumental in the operations of the district in the past years.

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# PREVENT HEAT RELATED ILLNESSES THIS SUMMER!



**Be cautious and Observant!**  
Keep an eye out for signs of heat illness.

During the recent heatwave, Umkhanyakude experienced extremely hot days, below are some of the tips to face the heat.

If you think you, your child, partner, family member, colleague or community member is suffering from heat related illness, get medical help.

Always check and give care children, pregnant women, the elderly, the disabled and persons with comorbidities, they are most vulnerable to heat.

Seek emergency medical attention at your nearest health facility or call an ambulance immediately on worse case scenarios.

Look out for regular weather updates from all media platforms.

Avoid heavy physical work or activities during peak hours of extreme hot days

Cool yourself under the shade, when walking outside wear a hat or cap or use an umbrella to cover yourself from sun rays.

Protect your eyes and shade glasses, apply sunscreen to exposed area of the skin.

Wear minimal bright light clothing that reflect the sun.

Store your food, medicines at recommended temperature away from direct sunlight

Prior to load shedding or water shedding, store enough water in clean containers in a cool dry place away from the sun.

## TIPS TO BE SUN SMART



**STAY IN  
THE SHADE**

**COVER UP**

**WEAR SUNGLASSES  
WITH 100% UV  
PROTECTION**



**WEAR A BROAD  
BRIM HAT**

**USE SUNSCREEN**

**DRINK MORE WATER**





# Teenage Pregnancy Awareness

Stakeholders gathered to come up with strategies to fight teenage pregnancy

The scourge of teenage pregnancy continues to present itself in our communities, hence uMkhanyakude Health District with various stakeholders such as Izinduna, Councilors, parents, civil society, non-governmental organizations etc held a Teenage Pregnancy Dialogue on 26 October 2023 at Hlalanathi community hall under Jozini Local Municipality.

The main purpose of this annual engagement is to collectively fight the plaque of teenage pregnancy through dialogue where all stakeholders (including teenagers themselves) are given an opportunity to ventilate what might be root causes for this elephant in the room and possibly develop possible solutions.

The role of department of health and its intervention include: enabling youth friendly services in our facilities such as welcoming and non-judgmental attitude and also introducing contraceptives for teenagers; and empowering with health promotional information so that they take decisions with their lives.



Acting District Director Mr BP Fakude



Teenage Pregnancy Dialogue session





# Stakeholder Engagement Session

Partnership with business sector to support health programmes

Umkhanyakude Health District held a stakeholder engagement session with Old Mutual. It was noted that staff members in health facilities also need other important services such as financial education and advice on their financial affairs.

Old Mutual has always provided financial services to Umkhanyakude Health District Hospital and clinics; furthermore they also supported the Healthy Lifestyle Programme through sponsorship with items like: trophies, kits and trophies. Even during the Umkhanyakude Health District Service Excellence Awards held on 6th September 2023, they provided support.

Both organization affirmed that indeed the relationship is mutual and is benefitting both, and highly contribute to staff wellness.



Umkhanyakude Health District & Old Mutual management teams



Human Resource and Public Relations staff during stakeholder engagement meeting





# Umkhanyakude held District Service Excellence Awards

It was a glamorous occasion in a much anticipated Umkhanyakude Health District Service Excellence Awards; attendants clad in best of their outfits.

However the mood of anxiety and excitement engulfed the attendants; they were like a cat on hot bricks in anticipation of the award results. It was a healthy competition where all facilities under Umkhanyakude were awarded greatly in respective indicators.

The mood in the end was that of excitement and pride. Chairperson of Local House of Amakhosi in Umkhanyakude Inkosi Gumede yakwaSqakatha expressed excitement and encouraged health workers to continue doing essential work to the people of Umkhanyakude.



CEOs: Mrs T.R. Sibisi (Mseleni Hospital), Mr S.P.N. Mkhwanazi (Hlabisa Hospital), Mr M.I. Mathe (Bethesda Hospital), Dr S.B. Vumase (Manguzi Hospital), Dr B. Mung'omba (Mosvold Hospital) & Mrs D.S. Mkhwanazi (Othobothini CHC) were in an exciting competition contesting awards on key indicators.

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# Staff celebrations as they scooped awards



Celebrations as district hospitals received awards





# Doek themed women's celebration

Clad in colourful doeks and black attires, women gathered to celebrate!



**W**omen gathered to celebrate themselves in August 2023. Among other things was to share tips on of empowerment on various aspects of their lives e.g family matters, financial management, behaviour in working environment, education etc.

During their gathering, women also got a chance to bid their farewell to former district director Ms MP Themba.





# A lifelong dedication to the service of others

**Former District Director Ms Makhosazana Princess Themba exited the service for her much deserved retirement in September 2023 after 45 years.**

A former commander of war against diseases in Umkhanyakude bowed out!

For years, she had been in the crossfire of a relentless attack of diseases in the district and emerged victorious with her troops of healthcare workers across the district.

From a painful siege of HIV/AIDS when antiretroviral treatment had not been rolled-out; to a cruel malaria that riddled the northern part of the province not leaving Umkhanyakude behind; until recent unforgiving Covid-19 that hit everyone by a great shock.

Ms Makhosazana Themba withstood the rainy & windy days in the district and steered the ship of health services to the safer shores.

A mighty captain of health services in Umkhanyakude has called it a day. An unspeakable legacy, endurance & dedication over the years is for everyone to remember. What a journey well travelled.





# Healthy Lifestyle Programme



**D**uring the 2023 annual healthy lifestyle programme which is sponsored by Old Mutual, the greatest winners were: Othobothini CHC Soccer & Bethesda Netball teams. Both teams walked away with new kits, medals and trophies respectively.





# ACKNOWLEDGEMENTS

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ACTING DISTRICT DIRECTOR  
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MS NOMAGUGU SIMELANE, MEC FOR HEALTH

**YOU CAN PREVENT  
HIV INFECTION  
THROUGH**

# Prep



**Remember:**

You need to take PEP within  
72 hours (3 days) of being  
exposed to HIV for it to  
work!



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