



# APPELSBOSCH

# NEWS

GROWING KWAZULU-NATAL TOGETHER

OCTOBER 2024

## PHARMACY MONTH ACTIVITIES AT APPELSBOSCH



**Mr Ndlovu giving the overview of the Pharmacy month and Matron Sokhela giving the voice of thanks to the audience**

Pharmacy Month forms part of the official Health calendar. The PSSA joins the National Department of Health (NDoH), South African Pharmacy Council (SAPC) and Independent Community Pharmacy Association (ICPA) to bring a unified message – this is who we are, this is what we do, this is what the consumer of our services can expect. Appelsbosch Hospital made sure that it celebrate pharmacy month under the theme for "Let's Talk About Vaccines". Local schools were visited as a part of educational process to teach children about medication. Pharmacy Month is rational medicine use intervention and is scheduled on the health Awareness calendar for the month of Sep-

tember every year. A new theme is developed and utilized every year with the aim to strengthening the message of the previous Pharmacy Month campaigns. Pharmacy Month aim to raise patient awareness on the vital role pharmacists and pharmacy support personnel can play in the community's healthcare and to improve communication between patients and pharmacists and pharmacy support personnel. Pharmacists can play an important role in actively promoting vaccination, raising awareness and educating the population about the health, social and humanistic benefits of vaccines, including gains in quality of life.

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# PHARMACY MONTH PHOTOS



# GLOBAL HAND WASHING EVENT



Sr. J. S. Hlathwayo doing a presentation during the inter departmental hand washing competition.

Global Hand washing Day is an annual global advocacy day dedicated to increasing awareness and understanding about the importance of hand washing with soap as an effective and affordable way to prevent diseases. It is an opportunity to design, test, and replicate creative ways to encourage people to wash their hands with soap at critical times.

Since the first Global Hand washing Day in 2008, when over 120 million children around the world washed their hands with soap in more than 70 countries, community and national leaders have used Global Hand washing Day to spread the word about hand washing,

built sinks and tippy taps, and have demonstrated the simplicity and value of clean hands.

In 2024 Appelsbosch Hospital event was designed to have educational and demonstrational interdepartmental completion which was won by HAST TEAM. This day was designed to foster and support a global and local culture of hand washing with soap and raise awareness about the benefits of hand washing with soap. Marking this important day also serves as a call for all South Africans to wash hands regularly especially after using the toilet, changing baby nappies, handling waste and before preparing food.

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# GLOBAL HAND WASHING EVENT 2024



OPD department gave it all to make the competition tough for other competitors. (Top)  
Sr. H. Pillay (IPPC) with the departmental winning team (HAST) doing the demonstration (below)



# BREAST FEEDING AWARENESS INITIATIVE



Sister N. Mbotshwa addressing the audience on breastfeeding advantages

Appelsbosch hospital hosted a breast feeding event targeting Gateway clinic clients. On this day there were educational talks. *The theme for 2024 is Closing the gap: Breastfeeding support for all.*

The campaign was to celebrate breastfeeding mums in all their diversity, throughout their breastfeeding journeys, while showcasing the ways families, societies, communities and health workers can have the back of every breastfeeding mum. Breastfeeding is one of the most effective ways to ensure child health and survival.

The well experienced and newly breast feeding mothers were sharing their journey, the bad and the good in their experiences. Joining us on this event was the Community Health workers, facilitators and Community Care Givers who work around the area of Appelsbosch. This platform was also used to strengthen service delivery to all preg-

nant women and mothers by strengthening the link between supports within the hospital to that is offered at community level by encouraging all health workers to make a difference in supporting, encouraging and promoting breastfeeding messages in all corners, may it be at work or out in the community. Inappropriate marketing of breast-milk substitutes continues to undermine efforts to improve breastfeeding rates and duration worldwide. Under nutrition is associated with 45% of child deaths.

Infant and young child feeding is a key area to improve child survival and promote healthy growth and development. The first 2 years of a child's life are particularly important, as optimal nutrition during this period lowers morbidity and mortality, reduces the risk of chronic disease, and fosters better development overall.

The speakers emphasized on how these points relate to breastfeeding and infant and young child feeding and they firmly anchor breastfeeding as a key component of sustainable development.



WABA | WORLD BREASTFEEDING WEEK 2024



# WOMANS DAY AT APPELSBOSCH HOSPITAL



Matron G. M. Sokhela doing the purpose of the day and staff members who attended the event

Every year, in August, South Africa celebrates Women's Month, to pay tribute to the more than 20 000 women who marched to the Union Buildings on 9 August 1956, in protest against the extension of Pass Laws to women.

This year's Women's Month commemoration held under the theme: "Celebrating 30 Years of Democracy Towards Women's Development" marks the 68th anniversary of the historic march.

During Women's month we celebrate women as active agents of change and social transformation. The commemoration also allows us to take stock of achievements and the challenges that remain while mobilising support for the further development of women.

The month coincides with the country's commemoration of 30 Years of Freedom and Democracy, making this year's Women's Month an important juncture for collective reflection on how we have empowered and advanced the rights of women in our democratic journey.

This year we also celebrate 30 years of the Women's Charter, which was established to drive equality. During Women's Month we will advance the Women's Charter for Accelerated Development that was formulated in 2021. It aims to accelerate economic reforms to unlock women's economic progress.

A number of socio-economic empowerment programmes and events will take place during the month including a trade expo, fashion show, and social dialogues.

The programme for National Women's Month will be co-ordinated by the Department of Women, Youth and Persons with Disabilities, and the Department of Sports, Arts and Culture, along with a host of government departments and various role players



# WOMANS DAY IN PHOTOS



(Top) Appelsbosch Hospital celebrating the woman's day event outside the chapel. Sr. Nondaba, Mrs. D. Z. Shabangu, Sr Magwaza ( Staff Clinic) and Matron G. M. Sakhela



#WomensMonth2024 #WomensDay2024 #WomenEconomicPower



## Women's MONTH 2024

CELEBRATING 30 YEARS OF DEMOCRACY TOWARDS WOMEN'S DEVELOPMENT

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# WORLD AIDS DAY CELEBRATION



**Sister Nzimande (OM) from Hast Department and Mr. S. E. Ngcobo from right to care addressing the importance of circumcision.**

Take the rights path: My health, my right! The world can end AIDS – if everyone's rights are protected. With human rights at the centre, with communities in the lead, the world can end AIDS as a public health threat by 2030. In this year's campaign, WHO is calling on global leaders and citizens to champion the right to health by addressing the inequalities that hinder progress in ending AIDS.

Although the WHO European Region has made progress in tackling HIV, significant challenges remain in identifying and treating cases, as well as preventing new infections in the first place.

Ending AIDS requires that we prioritize and reach everyone who is living with, at risk for or affected by HIV, including men who have sex with men, transgender people, people who inject drugs, sex workers, and people in prisons and other closed settings, as well as their partners.

The day was also graced by the presents of Umgundlovu Health Social Work Team. Appelsbosch Hospital continue to remind everyone that HIV remains an urgent health security issue that starts with listening to and centering those with HIV and expanding our partners in the response. We are stronger together, and we must sustain and accelerate our efforts to address HIV and its co-occurring conditions, such as syphilis and other sexually transmitted infections, mpox, mental health and sub-

stance use disorders, and hepatitis. The progress we have achieved thus far is a testament to the power of community action. Governments, communities, civil society, advocates, faith-based communities, and public and private organizations have all played crucial roles in our shared goal to save lives, challenge stigma and discrimination, and change the course of the HIV pandemic.

On this World AIDS Day, let us renew our commitment to united action. Let us honour the lives lost, celebrate the progress made, and work tirelessly to ensure a future free from HIV. Together, we are stronger and, together, we will succeed. We know that only by working collaboratively with communities most affected, researchers, healthcare providers, and other partners can our government be successful in ending the pandemic and ensuring a sustained response to HIV.



# WORLD AIDS DAY PHOTOS



(SPEEKERS OF THE DAY AND HAST TEAM STAFF WITH ONE OF THE EVENT SPONSORS (BELOW))



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# CRAMOND CLINIC WELLNES DAY



**SR. T. Phungula (Operational Manager) Ms. Lungi Masinga (Umshwathi Sub District Nutritionist) addressing the audience before the event**

Keeping healthy is not only a case of maintaining your fitness level, but it also pertains to one's well being physically, mentally and emotionally. Cramond Clinic and other governmental departments (stakeholders) hosted its annual wellness day which includes sporting codes like soccer, netball, egg run, tag of war and sack run. The event took place on Friday the 25th of November 2024 at Albetfalls Primary School in Cramond just outside Pietermaritzburg. The key objectives covered by the event were to encourage employees to live a more sustainable and healthier lifestyle by exercising. All employees were very enthusiastic and participated with high spirits in all the fitness activities. The event was a success as it promoted a comprehensive "Wellness" to all employees

present. Cramond Clinic and Apfelsbosch Hospital Employee Health Wellness team deserve to be commended in raising awareness to employees and taking the initiative to directly and indirectly equip and encourage employees to take an active stand in their lives. This is a tremendous gain for all departments that involved employees as it not only impacts one's job satisfaction but in an individual's personal life as well. The Cramond Clinic Wellness Day lived up to expectations – a bang of an event that was full of energy and enthusiasm. Staff also challenged themselves by taking part in playing available games on the day. This initiative has significantly transformed this annual event into a social cohesion event where staff members from different government departments were able

to easily interact without any barriers. It was amazing to see many staff members showing interest and trying fitness challenges that were generating fun and enjoyment for themselves. According to Employee Wellness Coaches, employee wellness is paramount to an organisational success. It impacts a workplace's culture, its resources and productivity and, ultimately, its bottom line. Traditionally, employees spend 40 hours or more every week at their place of work, employers are presented with a golden opportunity to boost productivity and effectiveness by offering benefits that lead to improvements in employee well-being.



# WELLNES DAY PHOTOS



*For long time, feeling overwhelmed with stress seemed to be an every day and even celebrate occurrence in the workplace. However, more people are aware that work-related stress has become an epidemic negatively impacting on service delivery.*



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