



MEC COMMITS TO HIS MAJESTY TO CIRCUMCISE 1 MILLION MEN BY APRIL

PAGE
04



MEC DHLOMO URGES MOTHERS TO ATTEND ANTENATAL CLINICS TO KEEP THEMSELVES AND THEIR BABIES HEALTHY

PAGE
6-7

MEC DHLOMO ASSURES ONGOING SUPPORT FOR FAMILIES OF FALLEN MEDICAL STUDENTS WHO DEMISED IN CUBA

PAGE
8-9

UTHUKELA TOP 6 LEARNERS MAKE DISTRICT PROUD

PAGE
10

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health
Department:
Health
PROVINCE OF KWAZULU-NATAL

2018

CALENDAR



A long and healthy life for all South Africans

Dr Sibongiseni Dhlomo
MEC for Health

January uMasingana

S	M	T	W	T	F	S
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February uNhlolanja

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March uNdasa

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April uMbasa

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June uNhlanguana

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July uNtulikazi

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August uNcwaba

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September uMandulo

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October uMfumfu

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November uLwezi

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December uZibandlela

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Medical Male Circumcision
Assessing King Goodwill
Zwelinzima's vision



Engaging interest to
expunge HIV through
WINART programme



Fighting the stigma of
illegal abortions
in the province



Bringing chronic
medication closer to the
people through CCMD



PUBLIC HOLIDAYS

1 January	New Year's Day	18 June	Youth Day
11 March	Human Rights Day	1 August	Labour Worker's Day
30 March	Good Friday	24 September	Heritage Day
27 April	Family Day	10 December	Day of Reconciliation
27 April	Freedom Day	17 December	Public Holiday
30 April	Easter Monday	22 December	Christmas Day
01 May	Workers' Day	26 December	Day of Goodwill

SCHOOL HOLIDAYS

Eastern Cape, KwaZulu-Natal, Northern Cape, Western Cape, Free State, Gauteng, Limpopo, Mpumalanga & North West:	
First Term	17 January - 28 March
Second Term	18 April - 22 June
Third Term	17 July - 28 September
Fourth Term	08 October - 12 December

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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

PATIENT RIGHTS

1

IT IS YOUR RIGHT TO BE RESPECTED EVERY PATIENT HAS THE RIGHT TO:

A healthy and safe environment

Participation in decision-making regarding his/ her treatment

Access to health care

Knowledge of one's health insurance / medical aid scheme

A choice of health services

Be treated by a named and qualified health care provider

Confidentiality and privacy

Informed consent to assist in their decision making

Refusal of treatment

Be referred for a second opinion

Continuity of care

Complain about health services

2

PATIENT AND FAMILY RESPONSIBILITIES

To provide accurate information pertaining the health of the patient

To ensure the patient follows the medical recommendations given

To respect other patients, visitors and health employees

To understand that other patients and their families might need more attention than them

To inform the health facility on a patient's information such as their address and contact details

To ensure payment is made for the services

3

The Department of Health urges patients and their families who have visited public health facilities and have not been serviced in a satisfactory manner to return to that health facility and file a complaint with the public relations officer (PRO), the CEO or operations manager.

If you are still not satisfied, contact the KZN Health ombudsman, Mboneni Bhekiswayo, by writing to him at: 330 Langalibalele Street, Pietermaritzburg 3201 or email him on; mboneni.bhekiswayo@kznhealth.gov.za

or call him on **033 395 3275.**

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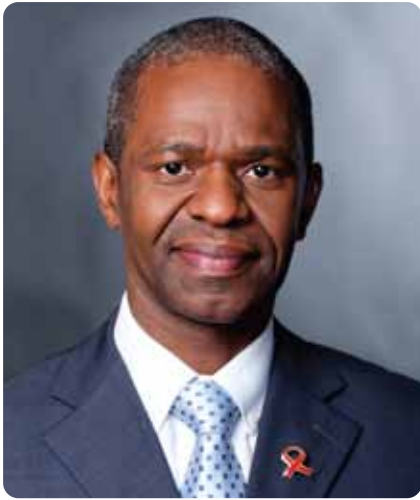
4

If calling from a cellphone, you can call the number and ask to be called back.

5

THE DEPARTMENT OF HEALTH ALSO HAS A 24 HOUR CALL CENTER.
DIAL 0800 005 133





MESSAGE FROM THE KZN HEALTH MEC

Dr SM Dhlomo



First and foremost, I wish to thank all the staff members who spent their festive season fulfilling their mandate to serve the public. The Department of Health would not be able to function without you. It is my wish that those who served with diligence and commitment would continue this year and raise the bar even higher in their work ethic.

We are very excited about 2018, as it has been declared the Year of Nelson Mandela. Many will remember that Nelson Mandela not only played a pivotal role in the attainment of freedom in our beautiful country, but he was also a major advocate of universal access to healthcare for the people of this country, particularly women and children.

The Mandela theme will also be a great platform for us to showcase, on an ongoing basis, the many strides that we have made to make KwaZulu-Natal a better place as far as public healthcare is concerned. We will elaborate on this in due course.

Having just emerged from the December holidays, which are a time of indulging in festivities, the start of a new year presents a good opportunity for us to press the restart button, and set new goals in various areas of life.

It's a chance to abandon bad old habits, and begin a new journey with fresh ideas on how to be the best we can be and how to avoid mistakes of the past.

It is important for communities to start getting used to physical training as a means to curb obesity which are a risk factor for Non-Communicable Diseases [NCDs]. Being overweight and obese has serious health consequences. Raised body mass index (BMI) is a major risk factor for NCDs such as cardiovascular disease, hypertension, stroke, type 2 diabetes and numerous cancers, including colorectal, kidney and oesophageal cancer. These NCDs not only cause premature mortality, but also long-term morbidity. But when people engage in physical exercise, they delay the onset of these diseases. Some even reduce the treatment they use, because their bodies and systems get rejuvenated. In turn, Government saves a lot of money when people don't get sick. In fact, physical exercise can be regarded as preventative medicine. We therefore wish to reiterate our call for people to change their behavior and embrace a healthy lifestyle.

In the immortal words of Mahatma Gandhi: "Be the change you wish to see in the world."

All the best for 2018!

Dr Sjongiseni Dhlomo





MESSAGE FROM THE ACTING HEAD: HEALTH

Dr M Gumedde



I wish to convey my very warm greetings to all employees of the KZN Department of Health and say Happy New Year. We are delighted to have you back in 2018.

Despite the challenges that we might have, I trust that we're all coming back with a renewed sense of energy and are eager to work harder to make the new year a success. The vision to "achieve optimal health for all people of KwaZulu-Natal" and the goal to strengthen health systems demands of all of us to spare no effort in discharging our responsibilities in order to ultimately have the good, healthy population that we all envisage.

I also wish to thank all employees of the Department who worked over the festive season, which is usually the busiest period for us. Thank you for availing yourselves at such a critical time

when people of this nation and our international visitors needed you the most.

I wish to remind you that we are in the 4th quarter of our financial year 2017/2018. It is time for us to wind our business and take stock of the progress that we have made, as well as the achievements that we have garnered. Where we may have fallen short, we need to double our efforts to achieve our set targets so that we can ultimately improve service delivery.

Keep well and stay blessed. Happy 2018!!!

Dr Muzo Gumedde



KZN HEALTH MEC, DR SIBONGISENI DHLOMO COMMITTS TO HIS MAJESTY TO CIRCUMCISE MORE THAN 1 MILLION MEN BY APRIL



MEC Dhlomo made this undertaking recently, during the Homecoming ceremony for Initiates (Ulwaluko) who had undergone traditional circumcision rites at the Harry Gwala district during the summer holidays.

The homecoming ceremony was attended by Isilo Samabandla Onke His Majesty King Goodwill Zwelithini; Inkosi Chiliza, the Chair of House of Traditional Leaders; COGTA MEC – Ms Nomsa Dube Ncube; MEC for Arts, Culture, Sport and Recreation – Ms Bongzi Sithole Moloi; MEC for Social Development – Ms Weziwe Thusi and the Traditional Surgeon – Mr Khomo,

amongst others. MEC Dhlomo also used the opportunity to brief Isilo on the progress made ever since His Majesty made His clarion call in 2010 to have all men in the Kingdom circumcised. He explained that initially there were concerns that Harry Gwala district appeared to be lagging behind in terms of the uptake of circumcision compared to other districts, saying: ‘This concern led to a conscious decision to investigate the reasons for the poor uptake and to also market and popularise the programme in this community. Indeed, what came out was the fact that there was circumcision taking place within the Kokstad community

and that it was done in the traditional way as part of an initiation process for all the males. We then got to interface with the Indlondlo and Traditional Leadership in the area and were appraised that initiation is a broader concept than just Medical Male Circumcision that to this community it also focuses on the moral regeneration aimed at transforming an individual from boyhood to manhood. We also learnt that the transition from boyhood to manhood is a responsibility not only of the individual but also the family, the community leadership (traditional, religious, political) and all significant others.’

TO BE CONTINUED ON PAGE 5>>>

Dhlomo says this realisation made the Department to forge partnership with the Traditional committee where it was agreed that:

- The Department, through EG Usher Memorial Hospital, will participate in the initiation process by providing services such as HIV Counselling and Testing to the initiates that would be going for initiation.
- The hospital would also sterilize the pre-packed equipment (traditionally used and other surgical sundries), that are used during the initiation.
- The hospital would also allocate male nurses that focus on infection prevention and control as well as observe initiates throughout the process.

Indeed, the cooperation has produced remarkable results with MEC Dhlomo reporting that:

- A total of 1820 initiates have been safely circumcised through the Indlondlo Traditional Circumcision since 2011
- A total of 41 276 MMC have been performed in Harry Gwala District

He also gave an account that an overall total of 935 141 circumcisions have since been performed in the Kingdom since 2010; with no single death and amputation recorded.

In welcoming the initiates; MEC Dhlomo reiterated that Medical Male Circumcision does indeed reduce the risk of men acquiring HIV infection by 60 percent. In the same vein, he emphasised that this protective effort against HIV is only partial, that the medical male circumcision is an additional preventive measure and is not a substitute for other proven HIV prevention methods. He appealed on the youth to hold steadfast on all the teachings that they received from both the elders and their peers during the initiation and ensure that they remain HIV negative for the rest of their lives by religiously holding on to the following:

- Delay primary sexual debut
- Do not get involved in the reckless practice of having multiple partners
- Promote the correct and consistent use of condoms
- Refrain from alcohol and substance abuse, and
- Respect and protect women

Lastly, he thanked Mr Khomo for his role as the Traditional Surgeon for all the success that is being witnessed in the performance of circumcision initiatives taking place in the Greater Kokstad Regions.



MEC DHLOMO URGES MOTHERS TO ATTEND ANTENATAL CLINICS TO KEEP THEMSELVES AND THEIR BABIES HEALTHY



Dr Gumedu and MEC Dhlomo hand over gifts to Sindi Tshabalala from Clare Estate, who named her Christmas Day Baby Luminathi (Uthando).

KWAZULU-NATAL Health MEC Dr Sibongiseni Dhlomo has reiterated the call that all pregnant mothers should attend antenatal clinics according to schedule, to ensure early detection of any potential health risks for themselves and their unborn babies.

MEC Dhlomo made this call when he visited King Edward VIII and Edendale hospitals on Christmas and New Year's Day respectively.

In the true spirit of giving, on both occasions MEC Dhlomo handed over gifts - including baby clothes, nappies and blankets - to the new mothers and their babies.

MEC Dhlomo expressed concern, however, that one of the mothers who gave birth to a Christmas Day baby had never attended an antenatal clinic, and had therefore not been booked to deliver. "That is not a good story to tell because in this province we want to make sure that

mothers deliver healthy babies. [Not attending antenatal clinics] makes the delivery very risky. Antenatal clinics should be a non-negotiable, because when we know your condition as a mother, when we detect any challenges early, even if you are HIV positive we can guarantee your safety and that of your baby," said MEC Dhlomo.

Meanwhile, the MEC expressed concern that two of the mothers who gave birth on New Year's Day were just 14 years old.

TO BE CONTINUED ON PAGE 7 >>>

Also among the province's youngest New Year's Day mothers were two 15 year-olds, one 16 year-old and three 17 year-olds.

"We wish to emphasise that there is no bonus for a teenager to fall pregnant. When someone who is aged under 18 falls pregnant, it poses a risk to the life of both the mother and her child. Most teenagers who fall pregnant don't go back to school. Instead they give birth to more babies. Ultimately, they lose out in life. Young people who fall pregnant too early are also not giving a bright future for the children they give birth to. They perpetuate a cycle of poverty. It's something that should not be happening."

MEC Dhlomo says that it has been established that young girls and women aged between 15-24 are at highest risk of getting infected with HIV, usually due to sexual relations with men who are much older than them. He called on young people to either abstain from sex or use Dual Protection (a combination of condoms and female contraceptive methods) in order to avoid unplanned or unwanted pregnancies.



MEC DHLOMO ASSURES ONGOING SUPPORT FOR **FAMILIES OF FALLEN MEDICAL STUDENTS WHO DEMISED IN CUBA**



Sihle Cebo Makhaye's Funeral-Umkhanyakude District

JUST seven months from now, the humble Makhaye homestead at Manguzi would have erupted in excitement at their son's homecoming, along with *262 other students from KZN who are due to return after five years of medical studies in Cuba.

Sihle Cebo Makhaye, 23, a straight-A student, would have been left with just 18 months' experiential training in South Africa before graduating as a doctor, making his poverty-stricken family and poor rural community proud.

For those who knew Cebo, becoming a doctor would have been a natural

progression for the "wonderkind", whose top academic achievements always belay his poor origins.

Despite coming from a poor home, Cebo's academic exploits had already long earned him two bursaries, including one in high school, and another from the local Tembe kingship, with which he enrolled at the University of KwaZulu-Natal before his enrolment into the Cuban programme. He had endeared himself to the local community, learners (he regularly held motivational talks at his former school) and educators – including one who once gave him a blank cheque to buy himself clothes at a major retail store

before going to Cuba to study for the first time in 2012.

"We always knew that he would make it in life in a big way. He was just incredibly intelligent. You only had to teach him something once, and it would be in his head," said Mr Zakhele Zwane, Makhaye's former teacher at Hambisanani High school. Mrs Chrstine Mthembu, from Malangabi Primary school, said: "There was never any doubt that Cebo would go a long way in life. As a teacher, you could not really go around bragging that you had helped him perform well. He had it in him. He was academically gifted. We were looking forward to him becoming a doctor." But it was not to be.

TO BE CONTINUED ON PAGE 9>>>

Cebo, a fifth year medical student, and his friend, fourth year student Sibusiso Thanks Ngeleka, drowned in a swimming pool in Havana, Cuba on the night of 02 December 2017. Their mortal remains were repatriated to South Africa nearly two weeks due to processes that had to be followed. At an emotion-charged funeral on the premises of his homestead, Cebo was remembered as an incredibly talented perfectionist who excelled in all that he did, whether it was playing tops, reprising Christiano Ronaldo's football skills from TV, or in his academic studies. He had a knack for mathematics and physical science. Mayor Cllr Mthethwa, who knew Cebo personally, said he hopes that youth from Umhlabuyalingana will use Cebo's story as an inspiration get themselves an education. "We thank the Government for having given a student from this area an opportunity to uplift his family and himself. We know that there is a shortage of doctors in our country, like in other parts of the world. In Cebo, we had

pinned many hopes. Now that he has left us, the question is, how many doctors will emerge from this community? We might never be able to produce another doctor. But we do hope that Cebo's life story will encourage others to get up and go and study..."

Speaking at the funeral, an emotional MEC Dhloomo said: "We know that some people are against this Cuban programme, particularly the political opposition. But we will protect it, because of the huge impact that it has. By giving an opportunity to children who are academically bright, but come from poor families, this programme is making a big difference in our country. It is helping us to alleviate the shortage of doctors while breaking the chain of poverty for many families. These children who have passed away would never have had a fighting chance to study medicine because they come from poor families."

"We are here to give support to the Makhaye family, just like we did with the Ngeleka family. As a Department, we are hurting. But our pain can never be greater than theirs. We have our chaplain and religious leaders among us. We will make sure that they give continuous support to both families, because a sudden and unexpected death can be particularly difficult to deal with."

Since its inception in 1996, the Nelson Mandela Fidel Castro Medical training programme has enabled South Africa to begin to address the shortage of doctors in the country by sending young aspirant doctors from poor communities for medical training in Cuban universities, while also recruiting some Cuban doctors to local shores. There are currently 2885 South African medical students in Cuba in various levels of study. No fewer than 590 doctors have already qualified from the training programme, while 98 students are doing their final year in South African medical schools.



Sibusiso Thanks Ngeleka's Funeral-Ugu District

UTHUKELA TOP 6 LEARNERS MAKE DISTRICT PROUD

The Director of Uthukela Health District Dr Thandeka Zulu has congratulated six local pupils who matriculated with flying colours, while urging them to focus on their studies and make full use of their bursaries. The learners achieved exceptional results and were awarded bursaries by Mr Peter Paul Ngwenya, iGagasi FM founder and member of the Funda Bursary Fund.

Dr Zulu, who is also a district Chairperson of Operation Sukuma Sakhe, attended the event, held at the Department of Education's district offices recently.

She thanked Mr Ngwenya and all other sponsors who are making these children's dreams become a reality.

While Bonga Shange (18) will be pursuing a career in Accounting and Mukela Nhlangothi (17) will be studying Astronomy and Astrophysics, four of these learners - Simphiwe Xaba (17), Sanele Ndlela (18), Truelove Ngwenya (17) and Thandiwe Dlamini (17) - will be studying towards a degree in Medicine this year.

The bursary will cover:

- Tuition fees
- Accommodation Fees;
- Books and other Stationery; and
- Transport for those that would be accommodated outside the University.

In her message of support, Dr Zulu thanked the learners for their hard work and Mr Ngwenya and Funda Bursary Fund for funding top achievers from Uthukela deep rural schools.

"Some of these children are from single parent families. We are very proud of them for managing to achieve what they have. We are also thankful to



the four who are pursuing Medicine, a scarce skill in the department." She encouraged students to go to university and raise the flag of Uthukela high, and urged them to focus on their studies so that they can graduate and come back to serve the community of Uthukela.

She issued a strong warning against social ills, namely substance abuse, teenage pregnancy, HIV/ AIDS and STIs, which can derail a young person from achieving their dreams.

ETHICS TALK

“Ethics – the values an organization demonstrates in its goals, policies, and practices – are the heart of any workplace culture. And, the quality of experience in an organization depends on the quality of the culture. Whether we are employees, customers, or clients, a positive culture enlivens our experience of a firm – and a negative culture diminishes it.” *(Steven D. Olson Shaping an Ethical Workplace Culture SHRM Foundation 2014 EPG Report)*

When we think about workplace ethics, the first thing that comes to mind is a code of conduct that influences the development of an ethical culture in the workplace. A code goes beyond what is legal for an organization and provides normative guidelines for ethical conduct. Support for ethical behaviour from top management is a critical component of fostering an ethical climate. Employees who sense that top managers act unethically quickly lose trust in those managers. The result can be to become disillusioned with the goals of the organization and question whether the corporate culture is one that is consistent with individual and personal values and beliefs.

In the context of the Department of Health KZN, the Vision, Mission and value statement together with the Patients’ Rights Charter, Batho Pele principles, Hippocratic oath and various guidelines from the Health professional council and the Public Service form the basis for the promotion of a sound ethical culture.

In a sense, the values and principles that are enshrined in these guiding documents underscore personal values and beliefs that staff members should always endeavour to apply in their daily functioning.

Some of the beliefs and practices that the Department subscribes to are:

- **Equality and equity (access to health and opportunities)**
- **Service to patients is paramount**
- **Proper use of resources in an efficient and effective manner**
- **First do no harm (patient care)**
- **Batho Pele**
- **Good Clinical Management**
- **Fair labour practice**
- **Strong management of fraud and corruption**

As a manager, always use personal integrity as a guiding principle in leading staff. This also involves a strong emphasis on doing right even when no one is looking and within the confines of what the legal and procedural parameters allow.

WHAT'S NEW

a

Serious health risks to energy drinks — Harvard study

A Harvard review on energy drinks finds their advertised short-term benefits can be outweighed by serious health risks – which include risk-seeking behaviour, mental health problems, increased blood pressure, obesity and kidney damage. The study also highlights the worrying trend of mixing energy drinks with alcohol. The authors recommend restricted sales to children and adolescents and setting evidence-based caffeine limits.

*-Medicalbrief.co.za
10/01/18*

b

“Tomatoes Keep Lung Diseases at Bay”

A study co-authored by Vanessa Garcia – Larsen of the John Hopkins Bloomberg School of Public Health, Baltimore, found that adults who ate more than two tomatoes a day had a slower rate of natural lung function decline.

-The New Age, 22/12/17



c

Bringing Health Services to Poor

A young diagnostic radiographer, Nqobile Mpinga, has lead an admirable path for the youth by providing healthcare services to the one of the small and overpopulated townships in the Eastern Cape. The youngest radiographer to own a practice offers “affordable” and “quality” X-ray services to the community.

-The New Age 01/01/18

d

Heavy drinking and smoking linked to visible ageing

A study from the National Institute of Public Health, University of Southern Denmark and Frederiksberg Hospital, Copenhagen, found that heavy drinking and smoking are linked to visible signs of physical ageing, and looking older than one's years.

-Medicalbrief.co.za 10/01/18

photogallery



HOMECOMING CEREMONY FOR INITIATES (ULWALUKO) - KOKSTAD



HOMECOMING CEREMONY FOR INITIATES (ULWALUKO) - KOKSTAD



HOMECOMING CEREMONY FOR INITIATES (ULWALUKO) - KOKSTAD



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