

Zakhele Primary kick TB with turbo boots



Sthembiso Ngubo poses as a mascot showcasing his soccer skills during the campaign at Zakhele Primary School in Clermont

Inside This Issue



1. TB campaign
2. A) Editorial
B) Phiva event
3. A) HOD launches Polio & Measles Campaign in Clermont
B) Up Close & Personal with the Dietitian
4. A) PR Intern in action
B) World Cup pictures
5. Miscellaneous
6. Cover page

In the fight to curb the spread of TB, the Department of Health in collaboration with the Department of Education target school children to cascade information about TB at homes and in schools. This is a national campaign headed by the Minister of Health, Dr Motsoaledi.

Zakhele Primary School recently had been in the was among the luckiest schools in the province of KwaZulu Natal when the campaigners among them, University of Stellenbosch, visited them on 27th of May .

“Children are very wise, the more you inform and educate them is the more they cascade information “, says Mrs. Mchunu (eThekweni District TB team).

the schools that were launched as a Health Promoting School after Greenbury Primary School in Phoenix. Hundreds of children were given school bags; Vuvuzela’s and T shirts. The main reason was to create attention and awareness to children so that information lingers in their minds. The campaign was strategically organized simultaneously with the FIFA World Cup thus a kick a ball theme was utilized. Organizers believe it does create a positive impact since all eyes are on the soccer WORLD Cup, kickstarting on June 11. The campaign will continue to visit schools countrywide.

TB FACT SHEET (according to WHO and KZN TB Programme)

One third of the world's population is infected with the T.B germ (Mycobacterium Tuberculosis) Left untreated, a person with active TB can infect between 10 and 15 people in a year Despite the fact that TB is curable, it kills almost 2 million people per year worldwide. South Africa is one of the 22 high-burden countries with KwaZulu-Natal as one of the provinces with a large number of TB cases 80% of victims are between 15 and 49 - the most economically productive years of their lives TB carries a direct cost to the health services and an indirect cost to the family and the community.

Zakhele Primary is one of



Page

Page

Page

Page





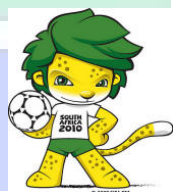
Editorial tres.

It gives us hope of the better future not only for South Africa, but the African continent which was sidelined for years. After this World Cup in South Africa, we will see positive responses in terms the world view about Africa, particularly South Africa.

Hats off to LOC (Local Organising Committee) for organizing such an event of this magnitude, the 2010 FIFA World Cup in South Africa. When many doubts were heard through media during initial stages of the planning, true South Africans had always been there to cast their support for their team and the country. To us South Africans, the hosting of this significant tournament is honour. This is more than a tournament, it is a symbol of change of perception of the world about Africa, therefore we need to celebrate together. Who would have thought that a country with a very young democracy like ours can at this stage host so many international events including summits that are continuously hosted in our International Convention Cen-

Much effort also has been put on planning in terms of disaster management at hospitals around the country. KwaDabeka CHC as well has also put together a comprehensive plan in terms of the World Cup. This in conclusion, shows readiness of the health facilities to host the world their way.

Let's sit back and watch the games. Feel it, it is here".



KwaDabeka Community Health Centre

Vision

To provide comprehension PHC to all citizens in the catchment of KwaDabeka CHC.

Mission

To render compassionate inpatient and outpatient services based on PHC approach while providing continuing education, admin support, technical support and guidance and referring patients needing a high level of care.

Core Values

- Open communication
- Transparency
- Consultation
- Commitment to performance
- Service Excellence

Batho Pele

A better life for all South Africans by putting people first

Together beating the drum for Service Delivery

PHIVA demonstrates courage in fighting the spread of HIV/AIDS

In a continuing fight against HIV&AIDS, the most important thing as our government insists is working together with Non Governmental Organizations in the communities we serve.

The fight against the killer virus, HIV/AIDS requires different sectors to come together and fight it. PHIVA has dedicated their time to fight HIV/AIDS by conducting several research projects, one being the usage of GEL which has proved to be effective. The GEL is a liquid that women apply in their private parts for a period of five days and have sex with their respective sexual partners, the reason for this research is that they want to prove if the GEL does protect women from getting HIV/AIDS disease. The findings for this research have not yet been achieved the, research is still in motion. These great news were given to the community of Sub 5 in Clermont where a multi-sectoral campaign was held, mostly to educate people about the dangers of AIDS.

Street Wise Corner

Are you aware of Human Trafficking?

Human Trafficking

Human Trafficking is the practice of people being tricked, lured, coerced or otherwise removed from their home or country, and then forced to work with no or low payment or on terms which are highly exploitative. The practice is considered to be the trade or commerce of people, which has many features of slavery, and which is illegal in most countries. The victims of human trafficking are used in a variety of situations, including prostitution, forced labor (including bonded labor or debt bondage) and other forms of involuntary servitude. The sale of babies and children for adoption or other purposes is also considered to be trafficking in children.^[1]



Trafficking in Persons, as Pope Benedict XVI reminds us, is a real 'scourge' of our time and is generally referred to as 'Modern Day Slavery'. It is difficult to comprehend that in this day and age slavery still exists; that people are bought and sold and transported all over the world. Yet, it has been suggested that slavery is more common now than at any time in world history and that hardly any country is untouched by it. Due to the underground nature of trafficking, there are no official records of trafficked persons, therefore, estimates vary widely. Some estimate that there are 27 million in slavery worldwide; that approximately 800 000 people are trafficked across national borders. This does not include the millions trafficked within their own country. Child trafficking is said to be on the increase. The United Nations estimates that child-trafficking alone generates 7 to 10 billion US dollars annually for traffickers. It cites trafficking in persons as the second most lucrative crime around the world next to the drug trade and that 30% of trafficking victims'



KZN Health HOD launches Polio and Measles Campaign in Clermont



Dr Gumede and KZN Health HOD, Mrs. Zungu preparing to immunize children at KK Sportground during the launch of Polio and Measles Campaign

The country has embarked on a national campaign on immunization on Measles and Polio. eThekweni District was lucky to have this campaign in the province of KwaZulu Natal launched by the Head of Department, Dr Zungu.

South Africa is currently experiencing a measles outbreak in various provinces including KwaZulu-Natal. At this stage; KwaZulu-Natal has 1238 confirmed measles cases as of October 2009.

Representatives from various organizations were part of the launch.

Children between the ages of 6 to 14 year were targeted. In a speech during her address on behalf of the KZN Health MEC for Health Dr Zungu alerted the people of Clermont to spread the word of immunization to others who have not heard about the campaign.

Among the dignitaries from other organizations were Dr S. Crowley and Dr Kalambo both from UNICEF; B. V Grootboom from Metro Health eThekweni; Dr SSS Buthelezi.

Whilst other campaign to curb opportunistic diseases, HIV & AIDS is still an issue, it is this reason why the HOD has also emphasized the importance of testing and counselling. Local authorities were also represented.

Statistics of the above campaign in Clermont/ KwaDabeka can be accessed through visiting our website as they were not available during time of print.

Up close and personal



Ms Phindile Sithole (Dietitian)

A smile of a healthy eating body

She is only 23 years old, a Dietitian who recently joined KwaDabeka CHC on a community Service.

Our Upclose and Personal crew met up with Phindile Sithole who told us almost everything about herself.

UCAP: Tell us about yourself

Phindile: I am a loving and a caring person. I adore and love my job.

UCAP: Where do you live?

Phindile: Cato Ridge

UCAP: Do you have any siblings?

Phindile: yes they are two boys after me

UCAP: How would explain your functions as a dietitian

Phindile: Simply is to combat malnutrition, and empowering staff and the community with evidence based nutritional education.

UCAP: Where did you study dietetics?

Phindile: University of KwaZulu Natal (Maritzburg)

UCAP: Tyron: Which religion do you follow?

Phindile: Christianity

UCAP: What are your likes, dislikes and motto?

Phindile: Obviously good food and good company

Dislikes: rumours and gossiping

UCAP: Your Motto:

Phindile: Hard work always gets paid off .

UCAP: KDCHC Assessment—

Phindile: very receptive, but lot of gaps need to be filled since CHC's had no dietitians before.

Public Relations Office gets an extra hand again

Health calendar



My name is Sanele Nombel. I am from uMlazi Township at J section. My early school days started at Imisebe Combined School from 1994 to 2000. I matriculated at Menzi High School in 2005, Menzi High School is the first high school in Umlazi and it has produced numerous well known people such as the late Jabu "weather man" Shole, late Sibongile Khumalo the news reader and Sizwe Nxasana the FNB Chief Executive Officer. I am very proud to be in that list of well known people. The love of public relations started at high school. I was a person who was always curious to know what is happening around me and also likes to debate and also writing essays. The person that inspired me to study public relations was my cousin, when I was doing matric it is when I was heavily involved with debating committee and also involved in essay competition, then my cousin suggested that I must study public relations

because I am passionate about writing and debating . PR is a highly challenging profession and it requires



Mr. Sanele Nombela (Public Relations Intern)

dedication, perseverance and determination and I regard myself as that person with passion. Currently I am doing my internship under the KwaZulu Natal Department of Health at KwaDabeka Community Health Centre under the supervision of Mr. Tyron

Khuzwayo (PRO). I have already spent 2 months as an intern and I must say that I am enjoying the work environment and I have met different people from different cultural backgrounds. I hope my stay will be fruitful.

June 2010

- National Youth Month
- Men's Health Month
- National Blood Donor Month
- 1 : International Children's Day
- 4: International Day of Innocent Children - Victims of Aggression
- 5 : World Environment Day
- 14 : World Blood Donor Day
- 15 : World Elder Abuse Awareness Day
- 16 : Youth Day
- 21-27 : National Epilepsy Week
- 21: National Epilepsy Day
- 21-27 : National Youth Health Indaba
- 21-27 : SANCA Drug Awareness Week
- 26 : International Day against Drug Abuse and Illicit Drug Trafficking

July 2010

- Mental Illness and Awareness Month
- 11 : World Population Day

August 2010

- National Women's Month
- Organ Donor Month
- 1 - 7 : World Breastfeeding Week
- 2-8 : National Immunization Awareness Week
- 2-6 : Rheumatic Fever Week
- 9 : National Women's Day
- 12 : International Youth Day
- 24-31: African Traditional Medicine Week
- 31: African Traditional Medicine Day



2010 FIFA World Cup may have gone but memories still linger in our minds. Congratulation to Spain for winning the tournament

Mrs. T. Mntaka (Principal Human Resource Officer) and Ms Ntokozi Ntsele (Secretary to Medical Manager) wearing their Bafana Bafana jersey while holding a South African flag demonstrating the love of their country and showcasing their patriotism during the FIFA World Cup

Did you feel it? It was here



So, you think English is easy, huh? Read to the end and see if you still think so.

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. Upon seeing the tear in the painting I shed a tear.
19. I had to subject the subject to a series of tests.
20. How can I intimate this to my most intimate friend?

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

Countries participated in the 2010 FIFA WORLD CUP in South Africa



Just joking



just had a call from a Charity asking me to donate some of my clothes to the starving people throughout the world.

I told them to get off my face

Anybody who fits into my clothes isn't starving!!

hot winter recipes

Mexican Pizza



Prep Time: 25 minutes

Cook Time: 30 minutes

Total Time: 55 minutes

Ingredients:

- 1 onion, chopped
- 4 garlic cloves, minced
- 2 Tbsp. olive oil
- 16 oz. can refried beans
- 18 oz. jar taco sauce
- 8 oz. can tomato sauce
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 4 oz. can green chilies, drained
- 2 cups frozen soy protein crumbles
- 2 large Boboli® pizza crusts or Scratch Crust Recipe, below

4 cups shredded Cojock cheese

Preparation:

Saute onion and garlic in olive oil until tender. Add beans, taco sauce, tomato sauce, chili powder, cumin, and soy protein crumbles. Stir well, and heat until crumbles are softened. Spread sauce evenly over both pizza crusts. Top with shredded cheese. Bake at 400 degrees for 20-25 minutes until cheese is melted, bubbly, and begins to brown, reversing pans and racks once during cooking time. Serves 10 to 12. For [Scratch Pizza Crust](#), after the crusts are prebaked, top and bake as directed above.





iso mpilo



HEALTH
KwaZulu-Natal



KwaDabeka CHC first staff members 1977

Silwa Nezifo, Silwa Nobubha, Sinika Ithemba

