



Mthinemide

NEWS

STAY INFORMED

June 2017

FREEDOM DAY CELEBRATION

“While there is life, there is hope”- Terence



On 27 April 2017 the Department of Health KZN, St. Mary's KwaMagwaza Hospital celebrated Freedom Day PAEDS Ward with Cllr N N P Mkhulisi, King Cetshwayo District Mayor. The District Mayor also celebrated her belated birthday with the kids at PAEDS Ward.

The honourable Mayor donated a 50 inch television and toys for kids. The donation comes after the hospital board resolved that the District Mayor should source donations for the hospital

because Melmoth is the home town of the district mayor. The district mayor is also an appointed full time member of the Hospital Board.



The District Mayor said, the hospital belongs to the community of Mthonjaneni and it is the only hospital that serves the community of Mthonjaneni. She continued by saying we all have a responsibility to make St. Mary's KwaMagwaza hospital an ideal Hospital and attractive. she went

further and said, “Freedom Day therefore serves as a reminder to build an active citizenry that will work towards wiping out the legacy of racism, inequality and the promotion of the rights embodied in our constitution”.

Freedom Day, a South African public holiday, celebrates freedom and commemorates the first post-apartheid elections held on that day in 1994. The elections were the first non-racial national elections where everyone of voting age, over 18, from any race group

Top Left & Middle Picture: The honourable District Mayor Cllr NPP Mkhulisi, Hospital Board Chairperson, Clinical Manger, and PAEDS Staff



THE MASEA AWARDS 2017 ICC
SEE MORE ON PAGE 02 & 03



WORK & PLAY TOURNAMENT
READ MORE ON PAGE 03



EMPLOYEES WELLNESS CAMPAIGN
READ MORE ON PAGE 04

KING CETSHWAYO DOMINATES MASEA AWARDS - 2017



MASEA AWARDS - 2017



Top Left Picture: King Cetshwayo District EMS received an award at the MASEA 2016 / 2017 from the Health: Head Dr S Mtshali



On Friday the 2nd of June 2017 the Department of Health KZN hosted the yearly event called MEC Annual Service Excellent Awards (MASEA) in Durban ICC. The event was well attended by the Department of Health KZN staff all across the province, partner organisation, NGO's, uZalo Actors, Celebrities, and other stakeholders.

The honourable MEC for Health KZN, Dr S.M Dhlomo, opened the MASEA Award by saying, "You did everything in your power, thank you for your contributions. You continue to do well under limited

resources". He also continued by saying, "It is very important that we keep on working on our attitudes towards our clients. We should remember that every patient that dies in our hands belong to a family like you, so lets keep that whenever we treat our patients", these words received a big round of applause from the audience.

The MEC for Health KZN said, CCMDD has done wonders and our clients appreciate that. We need to smile because we reduce that number of patients coming to our facilities.

HEALTHY LIFE STYLE

"Healthy employees performs better at work"



THE Department of Health KZN, St. Mary's KwaMagwaza Hospital hosted a Sport Tournament that involved eight (08) Hospitals around KwaZulu Natal Province on Saturday, 08 April

2017 at Melmoth Sport Fields. The tournament had two (02) sports codes (Soccer and Netball).

The Department of Health KZN MEC, Dr. S.M Dhlomo, launched a Wellness and Healthy Lifestyle programme on 7 February 2012 at Greys Hospital. The Department believes that healthy employees perform better at work. Most sport codes involve teamwork and teach us how

to get along with others, how to work together to achieve a common goal, and about trust and responsibility. All sports teach us about dealing with success and failure. It also help people learn about coping with pressure and the need to stick with training in order to improve. True, some sports do not suit some people, but there are so many possible choices that everyone can find a sport they enjoy.

Sport is a great way to stay fit and healthy. This is very important today as few people have jobs with physical labour and most of us travel everywhere by car. As a result many people are overweight and suffer poor health. Sport may not be the only way to keep fit, but the competition and teamwork in sport gives people a lot of motivation to keep going and to push hard

Top Left Picture: Hospital Sports Committee and the Acting CEO, Mr Z.R Mhlanga, on the right-hand side.

Games are won and lost in the Dressing Rooms



Top Left Picture: St. Mary's Kwamagwaza Hospital Dressing Room, Hlabisa Hospital Dressing Room, Ngwelezane Nursing College Dressing Room, and Nkandla Hospital Dressing Room.

Dressing rooms are very important in every team sport because it gives the coach and the players an opportunity to reflect on their performance. Dressing rooms allow the coach to change the strategy and tactics of the game. In most dressing rooms you will hear an input from the coaches and team captain reflecting on the game. Some teams lose their games in the dressing rooms but some manage to come back stronger than the first half.

Teams filled with experienced campaigners and a core group of talented individuals can self-regulate without

the coach needing to exert any influence. This is not an ideal situation but it is possible. In a dressing room, influence is power, and wherever that influence leans, that is where the power lies. In the modern game, the power does not sit with the coach but with well-respected senior players. It could be that in a squad, three key figures hold 60-70% of the influence. If they tip over and turn against the coach, the entire dressing room will follow.

Sport has the power to inspire - United



Top Left Picture: Nkandla District Hospital (Green and White) and Eshowe District Hospital (Blue and White) soccer team (Males). **2nd Pictures** Nkandla Hospital player grabbing Eshowe Hospital player during the Sport Tournament in Melmoth. The match ended with 01 - 01 draw.

Players or spectators or supporters, sport unite them by projecting a common competitor or rival. When you are competing against someone, everyone on your side is united under the same roof of supporting the same team or operating under the same leader.

Some say that sport can divide people because of different teams, but I say teams do not have to divide people, because although they are divided by team they are together in the sport itself. In football people can cheer for the Orlando Pirates FC or Kaizer Chiefs FC and consider themselves different but they are all cheering for football. In the end we are all fans of the same thing.

Nkandla District Hospital vs. Eshowe District Hospital showed that sport should bring laughter and smiles as much as it is a competition. Both teams decided to take one team pictures as a sign of showing that sport should bring unity. "Sport has the power to change the world," Mandela said in a speech five years after 1995 Rugby World Cup. "It has the power to inspire, it has the power to unite people in a way that little else does."

However both team went full out to collect all the points in the game but the match ended with a draw, which saw both teams sharing the points.

Awarding Ceremony - Netball



Above Pictures: Netball Winner (Nkandla Hospital), Best Player of the Tournament and Leading Goal Scorer Thobeka Shezi (Nkandla Hospital)

Awarding Ceremony - Soccer



Above Pictures : Best Goalkeeper, Sandile Ntshangase, from Hlabisa Hospital, Leading Goal Scorer Vela, from Ngwelezane Hospital, Player of the Tournament, Bongani Xulu, from Hlabisa Hospital, Winner: Hlabisa Hospital.

Your Body, Your Future - Know your status



Above Pictures : Gems staff and the Hospital staff Andile Ngcobo (Hospital PRO), Fiona Khan (Dental Therapist) and Thabile Hlongwe (Physiotherapist)

On the 19 April 2017 St. Mary's KwaMagwaza Hospital staff was visited by GERMS Wellness Team to do checkups on Stress, Smoking, Alcohol, Diet, Family History, BMI, Waist Circumference, Blood Pressure, Glucose, Cholesterol, Weight, Height, and HIV (Voluntary/Optional). The campaign was organized by Occupational Nurse and EAP.

This campaign assists staff to know their health status in order to perform well in their call of duty. Sometime health professionals get too busy in assisting our clients with regard to their health and forget that they also human and their health is also important.

ACKNOWLEDGEMENTS



ANDILE NGCOBO
WRITER & DESIGNER



MONIQUE HOLTZHAUSEN
DEPUTY EDITOR



FIONA KHAN
EDITOR



SBONISO BIYELA
PHOTOGRAPHER



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

CONTACT DETAILS

Physical Address:
7km Kwamagwaza Road
Melmoth
3835

Postal Address:
Private Bag X808
Melmoth
3835

Web Address:
www.kznhealth.gov.za

SWITCHBOARD:
035 – 450 8200

SWITCHBOARD FAX NUMBER:
035 – 450 2546

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE