WELCOME NEW CEO

KwaMashu CHC welcomes the new CEO Dr. B. Badripersad on the 15th March 2016. We wish her a long and fruitful stay in KwaMashu Community Health Centre. We believe her leadership will steer this establishment to great heights, and uphold the core values of the facility. Welcome to Esinqawunqawini. We look forward to rendering efficient health care services under your leadership.

Dr B. BADRIPERSAD
Tuesday and Thursdays have become a fun filled time for the staff of KwaMashu CHC. Aerobic are the order of these 2 days. As part of the MEC initiative to get employees of Department of Health healthy we have heard his call and committed ourselves to this routine.

Led by Sithembile Mdluli the energetic Instructor. Her tips and motivation helps the team on how to stay healthy and keep fit. She advised that fitness and being healthy is not an overnight thing but it take dedication and love for yourself to maintain the routine and persevere in the journey.

Sithembile Mdluli leading the aerobics
During Aerobics exercises.

**ORAL HEALTH AS PART OF A HEALTHY LIFESTYLE**

*Oral health was also emphasized as part of a healthy lifestyle.* & Second from Left: Mrs. P. Sokhulu of Dental department giving dental hampers to participants who participated in their questions and answer session. She had expressed the importance of oral hygiene to our staff and urged them to have regular checks-up regarding their oral health. “An apple a day keeps the Dr. away” she smiled.

**GEMS HELPING STAFF WITH THEIR QUESTIONS AND INFORMATION**

GEMS Medical Aid visited the facility during the healthy lifestyle event. They screened staff for all the baseline assessments. Their team was helpful and answered many health related queries. They afforded staff the opportunity to know more about their medical aid benefits.

**GEMS TEAM SERVICING SAFF**
KwaMashu CHC takes health education to another level. Our Outpatients team hosted the Awareness Day. Healthy talks to patients on ways to maintain a healthy life, the talks were concentrated on the following topics: STI’s, use of Condoms, family planning and prevention of teenage pregnancy. The patients were given opportunity to

PRAGNANCY
Our family planning department is tackling the high pregnancy rate in KwaMashu and surrounding areas. They aim to render efficient family planning services and assist the MEC campaign in fight against Sugar Daddy’s who uses young girls and impregnate them. The team educates against this and condemns such behavior in our community. We encourage woman of child bearing ages to visit our facility and get to know more about the family planning options that are available to them.
Our youth Friendly clinic is located at the outpatients department. The clinic is run by the energetic and friendly nurses Sr. N.E Zikalala. She ensures that we stay winning the fight to treat STDs.

STI’s Sexually transmitted diseases (STDs) are infectious diseases that spread from person to person through intimate sexual contact. STDs can affect Females and Males of all ages and who are sexually active. — The Youth clinic of KwaMashu CHC is committed to educate the community about practicing safe sex and sticking to one sexual partner.

A CONDOM CAN SAVE YOUR LIFE

Abstinence is the only way to avoid becoming infected with an STD, HIV & Aids or getting pregnant. However, condoms are highly effective at preventing STDs. A condom can save your life.

Mrs. N.E Zikalala addressing patients during health education.
Medical Male Circumcision which took place on the 17-18 March 2016 during the school holidays. This proved to be a successful event. Males from across the INK area took part this initiative and got circumcised.

**Circumcision has health benefits**

Circumcision decrease the risk of urinary tract infections and reduce risk the of some sexually transmitted diseases in men including HIV. Still, safe sexual practices remain essential. Protection against penile cancer and a reduced risk of cervical cancer in female sex partners, circumcision also makes it easier to keep the end of the penis clean.

These males were excited about the health benefits of the circumcision and arrived in large numbers. Health education on STI, Sex and abstinence was given.
Drug awareness day took place on the 27th of June at Ntuzuma B hall.
Drugs undermine health and it destroy young lives especially in black communities for example; KwaMashu, Ntuzuma, Inanda and other surrounding areas, the youth is dying because of a new introduced drug pill called Mercedes.

The youth of Ntuzuma came in numbers to attended the Awareness Day.
Both adults and pupils were listening attentively to the message that was delivered in the day.
WE WELCOME THE 2016 W.I.L STUDENTS

NOKWETHEMBA BUTHELEZI
MANAGEMENT ASSISTANT

NOMCEBO NKWANYANA
MANAGEMENT ASSISTANT

MBASWANA AKHONA
FINANCE MANAGEMENT

BHENGU NOKUBONGA
OFFICE ADMINISTRATION

MATHONSI NOTHANDO
PUBLIC MANAGEMENT

NGUBANE KWANELE
PUBLIC MANAGEMENT

BHENGU NDUDUZO
PUBLIC MANAGEMENT

MVUYANE NKOSI
HUMAN RESOURCE MANAG.

DUBE SIYABONGA
HUMAN RESOURCE MANAG.
WE WELCOME THE 2016 W.I.L STUDENTS

MBAMBISA BONGUMUSA  NTONDINI BABALWA  NDABA NOTHANDO
HUMAN RESOURCE MANAG.  HUMAN RESOURCE MANAG.  HUMAN RESOURSE

MDLADLAMBA NKANYISO  MATHONSI THABILE  NKOSI SIPHO
PUBLIC MANAGEMENT  PUBLIC MANAGEMENT  HUMAN RESOURCE MANAG.

MSANE SIKHUMBUZO  MQADI NOZIPHO  DLAMINI KHULEKANI
HUMAN RESOURCE MANAG.  HUMAN RESOURCE  FINANCE MANAGEMENT
LETTERS COLLECTED IN COMPLAINT, COMPLIMENTS AND SUGGESTION BOXES ACROSS THE CHC.

REFF: D N T 14 / 11 02 2016

NAME: Vela
SURNAME: Mhlongo

REFF: D N T 05 / 18 01 2016

NAME: Bianca
SURNAME: Cibane

LETTERS COLLECTED IN COMPLAINT, COMPLIMENTS AND SUGGESTION BOXES ACROSS THE CHC.

NAME: Vela
SURNAME: Mhlongo

NAME: Bianca
SURNAME: Cibane
We hope you enjoyed our edition of ezase Sngawunqawini. We welcome your comment and suggestion please forward them to the below address:

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