

Siyenza is an Internal Newsletter for Pholela CHC

INSIDE THIS ISSUE:

Cervical Cancer	2
Nurses day	3
Edzimbhulu got under flames	4
Vegetable garden	5
Ixoxwa ngezithombe	6
Child protection week	7
Cover page	8



Mrs Magdeline Nticika is a Phelophepa train's manager

A train that offers health services headed Underberg Station on the 15th of June 2009. It consists of 16 coaches, one being a big classroom. A classroom is used to train people of a particular area as home base care givers. The course is evidence that Phelophepa aspire to capacitate communities before they leave for

another destination. They also employ people within an area for services like, cook/waitress, cashiers, cleaners etc. About 120 to 200 clients were seen everyday for different health care attention. It is interesting to learn that most of them were more interested in preventative methods. The train visits every second year, it is therefore anticipated to return in 2011.

PELOPHEPA HEALTH CARE TRAIN
1994 – 2009 : 15 years of keeping health on the tracks
Health Portfolio

Postnet Suite 244, P/Bag X2226, Johannesburg, 2000
Tel: +27 (011) 308 2496 Fax +27 (011) 308 2574 <http://www.phelophepa.co.za>

Five tips to prevent Swine-Flu



Take time to review the CDC's five, flu-safety tips, which will help you avoid swine flu (or any flu). They'll also help to ensure that the virus doesn't spread needlessly.

- Tip #1: Stay home if you're sick.**
- Tip #2: Avoid close contact with people who are sick.**
- Tip #3: Wash your hands often and avoid touching your eyes, nose and mouth.**
- Tip #4: Cover your mouth or nose with a tissue when coughing or sneezing.**
- Tip #5: Keep up with health information in your own community.**

CERVICAL CANCER CAN CLAIM YOUR LIFE

Cervical cancer is most often diagnosed in middle-aged women, with half of those diagnosed between the ages of 35 and 55. Cervical cancer is very rarely seen in women less than 20 years of age, but approximately 20% of cases occur in women over 65, demonstrating the necessity of continued screening procedures. The five year survival rate of invasive cervical cancer is currently

72% and improvements in screening and the development of prophylactic vac-



cines have decreased the incidence of late-stage cancer

The two types of cervical cancer are squamous cell [carcinoma](#) and adenocarci-

noma, which are distinguished based on their appearance under a microscope. Both squamous cell and adenocarcinoma begin in the cells that line hollow organs, but squamous cells have a thin, flat appearance while adenocarcinomas involve cells with secretory functions. Squamous cell carcinoma is far more common and makes up approximately 90% of cervical carcinoma cases. Both types have similar risk factors, prognoses and treatments.

Mama Zondo who was diagnosed with cervical cancer in 2002 has courage to share her experience with other women. She said Sister Molonyana from Mnyamana clinic had encouraged her to make others aware of the illness. When she bought an idea, an awareness day was organized. Community came up in large

numbers to listen and learn from the story of this brave woman.



Mrs Y Zondo shared her cervical cancer experience with other members of the community.

uMnyango Wezempilo . Departement van Gesondheid

Fighting Disease, Fighting Poverty, Giving Hope

STAFF LIGHTED CANDLES TO COMMOMERATE INTERNATIONAL NURSES DAY



Mr VJ Khumalo addresses staff on the international nurses day

Public Service should never be treated as private sector. It must be remembered that these sectors concentrate on making profit. On the other hand Private Sector strives to become good citizen of a particular community free of charge.



Those were Mr VJ Khumalo's words while addressing staff at the International Nurses Day held at Pholela on the 12th May 2009. Sr Willie who is an Operational Manager Nursing believes that public servants should render services in a manner that promotes respect of a human dignity. It is necessary for all staff to become acquainted with the recent **Kwazulu – Natal Health Act (Act No 01 of 2009)** she said.

KNOW YOUR SERVICE RIGHT LEARNERSHIPS

A learnership is a learning programme that leads to a qualification, arranged by employers for their employees. Unemployed people may also benefit from learnerships, by registering at their nearest Labour Centre. Learnerships do not cost anything, and are a good way to develop skills.

How to join a learnership

Decide what skills you want. The training you receive should match your interests and abilities.

If you are unemployed, register as a work-seeker.

If you are not yet employed register as a work-seeker at your nearest Labour Centre.

Find employers that offer learnerships

The unemployed should contact various Sector Education and Training Authorities (SETAs) to find out which employers offer learnerships. Employed people should ask their supervisor or trade union representative if their employer offers learnerships.

If an employer does not offer learnerships, encourage them to start one. There are financial rewards for employers who start learnerships. They can find out more at the Department of Labour.

Find out as much as possible about the learnership

You should find out:

- What will be expected of you (e.g. will you have to study in the evenings?).
- What qualification you will get, and what level the qualification will be.
- What kind of tests there will be, and what happens if you fail.
- Whether you will be able to cope with the classroom and practical work.
- Whether there will be future promotion or training.

Edzimkhulu NGO got under flames

A Canadian and Community owned NGO Edzimkhulu got under flames. A blaze that is presumed to be the result of a coal stove was aggravated by strong wind that affected most areas under Kwasani and Ingwe Municipality. It happened at eNdawana area on the 25th of June 2009. Devastated community and Edzimkhulu



This is how Edzimkhulu building looked like after the blaze.

staff could not defeat the fire until it turns everything into ashes. When fire fighters arrived on the scene, there was nothing left except few furniture and patients files. Despite that the place will not stop ifunctioning, thanks to the TB/ HIV Care Association which promised to donated some tents to work on.

Strong
Wind
destroyed
Edzimkhulu

BAJUQWE IZISU ABANTWANA BESIKOLE

Babalelwa ekhulwini namashumi ayisithupha kanye nesikhombisa (167) abantwana base So-mango Primary School abaphathwe izisu emva komcimbi obuhlelwe umnyango wakwa **Environment** kulesi sikole. Iningi labafundi, umphakathi kanye nothisha basola ukuthi ugcobho ubusekudleni ebekade

kuphekelwe umphakathi. Abomnyango bamshayeke ucingo lowo obenikezwe umsebenzi wokupheka bemazisa ngaloludaba kodwa waphika walala ngentaba ukuthi ukudla kwakhe bekunogcobho.

Emva kokugasela kwebezempilo abebephuma e Underberg clinic

kanye nase Pholela CHC abantwana bathole usizo lokuqala. Idlanzana labantwana ababalelwa ku emashumini amahlanu (50) libe selidluliselwa esibhedlela esingumakhelwane I St Appolinaris lapho bethole khona ukwelashwa babuye babuyiselwa emakhaya.



**KWAMNYAMANA CLINIC -
VEGETABLE GARDEN**



Due to its deep rural state, Mnyamana area has no market to consume vegetables and other healthy staff to boost nutritional status. With the growing number of patients who are affected by Tuberculosis and HIV/AIDS there is an urgent need for good nutrition. Because of this Community Health Workers and grounds man at kwaMnyamana Clinic have taken an initiative to grow vegetable garden. On the interview that Siyenza had with this group it appeared that, they aim to encourage community to develop their own gardens. The group also wishes to establish more support groups who are expected to do similar exercise in the community. To ensure the sustainability of a projects regular home visits that aims to promote gardens will be conducted.

**Words
of
wisdom**

Friends.....

They love you,
but they are not your lover
They care for you,
but they are not from
your family
They are ready to share
your pain,
but they are not in your
blood relation.
They
are.....FRIENDS! !!!!
True friend..... ..
Scolds like a DAD..
Cares like a MOM..
Teases like a SISTER..
Irritates like a

**Never blame a
day in your
life. Good
Days Give u
happiness.
Bad days give
u Experience.
Both are es-
sential in life!
All
are blessings!**

**IT TAKES ANY
MAN TO MAKE
A CHILD; BUT
IT TAKES A
REAL MAN TO
MAKE A FA-
THER!!!!!!**

I find that if you help other people in their time of need, you will receive help at the time of your need. Maybe not from the same person.

By Fatima P

I've learned that even though hindsight might better than foresight, it's not necessarily a good idea to walk backwards...

By Jim H

Copyright 2001 by Randy Glasbergen. www.glasbergen.com



"According to my research, laughter is the best medicine, giggling is good for mild infections, chuckling works for minor cuts and bruises, and snickering only makes things worse."



**BROTHER..
And finally loves U
more than a
LOVER.**



IXOXWA NGEZITHOMBE

IMICIMBI EYEDLULE



Abelaphi bendabuko bebezocotshelwa ngolwazi mayelana nesifo se TB.(Tuberculosis). Izinsuku 09 kuya ku 10 June 2009



Kwesingenhla imashi eyayihlose ukuqwashisa ngokuzivocavoca kanye nokudla ukudla okunom-soco. Usuku 14 May 2009.



Abebevaleliswa ngenyanga ka Julu kusuka kwesokudla u Bafana Nhlangulela, Nontokoza Khwela, Nana Shinga, Ncediswa Bingwa kanye no Mrs N Sosibo kwesishuthekiwe.

CHILD PROTECTION WEEK

Child protection is used to describe a set of usually government-run services designed to protect children and young people who are 18 or under and encourage family stability. These typically include investigation of alleged child abuse, child protective services, foster care, adoption services, and services aimed at supporting at-risk families so they can remain intact.

Most children who come to the attention of the child welfare system do so because of any of the following situations, which are often collectively termed child abuse:

- Neglect

including the failure to take adequate measures to safeguard a child from harm and/or gross negligence in providing for a child's

basic needs

- Emotional abuse
- Child sexual abuse
- Physical abuse
- Psychological abuse



Mrs Nzimande addressing clients on a child protection week on 25 May 2009

The United States government's Administration for Children and Families reported that in 2004 approximately 3.5 million children were involved in investigations of alleged abuse or neglect in the US, while an estimated 872,000 children were determined to have been abused or neglected and an estimated 1,490 children died that year because of abuse or neglect.

Deceased

Mso Constance Nkosi – Staff Nurse (Pholela CHC)

Jabulani (Mjay) Ncwane – Grounds man (Gqumeni clinic)

“May your souls rest in peace; you will always have a place in our hearts”



LAUGHTER

Beauty and the Beast...

When Bob found out he was going to inherit a fortune when his sickly father died, he decided he needed a woman to enjoy it with. So one evening he went to a singles bar where he spotted the most beautiful woman he had ever seen.

Her natural beauty took his breath away. "I may look like just an ordinary man," he said as he walked up to her, "but in just a week or two my father will die, and I'll inherit 20 million dollars."

Impressed, the woman went home with him that evening.

Three days later, she became his step-mother.

Three prisoners are waiting to be executed and they are asked What they wish to have for their last meal.

The Italian responds, "Pepperoni Pizza."

The warden serves him his Pepperoni Pizza, and then escorts him to his execution.

The Frenchman requests Fillet Mignon.

The warden serves him his Fillet Mignon, and then escorts him to

his execution.

The South african requests a plate of strawberries

"STRAWBERRIES???"

"Yes, strawberries."

The warden replies, "but they're out of season!"

"So, inkinga kabani?" (not my problem) replies the South African,

"Ngizowamela !
(I will wait for them)

Thapelo's daughter had not been to the house for the past five years...when she did pitch up thapelo was angry:" where have you been...why you didn't write...don't you care?" the girl, crying, said:"dad...i became a

prostitute...and i am dying of hiv..."thapelo: what? get out of here, you sinner...you are a disgrace...i don't want to see u any more!"the daughter cried: 'ok, dad, as you wish. i just came back to give mom this fur coat and title deed

to a mansion in sandton, a savings account certificate of r5-million for my

little brother, and for you, daddy, a new bmw 7-series!" thapelo said: "what was it that you said you became?" girl, crying again

"a prostitute, dad!"thapelo said: "oh! you scared me half to death! ithought you said a prosecutor...come here and give me a hug!"





HEALTH
KwaZulu-Natal



Siyenza is an inhouse publication for Pholela CHC. If you wish to make any contribution please drop us a line on EXT 106 or alternatively come in person to the PRO's Office. You can also send us an Email to mlungisi.dlamini@kznhealth.gov.za.

Physical Address: DI213 Hlanganani Road

Private Bag 502

Bulwer

3244

We are on the web
Kznhealth.gov.za