



31 August 2007

ARV ACCREDITATION

The National Department of health along with the Province have recently visited Pholela Community Health Centre. This was meant to accredit this Institution for ARV Initiation so that our patients would no longer be referred to the nearby Hospital (ST Apollinaris) for the initiation of ARVs. This will help reduce the load that ST Apollinaris Hospital has, as it does

not only deals with people from Bulwer area and Centocow. The hospital also caters for people who come as far as Umzimkhulu and Underberg. The team started off at Underburg clinic one of our satellite clinic that will also be issuing ARVs.



Mrs. TGO Sikhakhane Nursing Manager explaining how things work at the pharmacy.

They did a Clinic inspection and came back at Pholela where they also did the tour of various sections.



Dr. L Pitt giving his presentation

Leading the delegation, Dr. D Kalombo posed some questions to unit managers to assess if these facilities are in line with what is required in order to get accredited for ARV initiation. Nursing Manager Mrs TGO Sikhakhane and Dr L Pitt were offered opportunity to give presentation based on the project. Obviously we impressed the National Department of Health with the service that our facilities offer. In his Closing remarks Dr. Kalombo said, "We are satisfied about the commitment that we have seen". He was referring to the presence of The Mayor Mr ERS Sikhakhane, District Office, Tribal Authorities and Traditional healers.

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VISIT BY THE DEPARTMENT OF PREMIER

Our participation in the Premier's Service Excellence last year was characterised by the visit of the Department of Premier from Pietermaritzburg on Wednesday, 16 2007. The reason behind this visit was to furnish us with feed back on the Premier's service award.

The delegation comprised of Mrs AN Khathi, Quality Assurance Manager and Mr M Khanyile office of the Premier. Other people who were present were Mrs. H Khumalo District Assistant Quality Manager and Miss T Ngcobo District Public Relations Officer. Giving feedback, Mrs. Khathi and Mr. Khanyile commended Pholela CHC for the participation in the Premier's Service Excellence. "Entering Premier's service awards is not only about winning but also to provide excellent service to the community", Mrs. Khathi said. The work that this Institution has done in the Service Excellent has been great. The team was encouraged to supply clear evidence next time they enter the Service Excellence awards to support the documents. It was good to learn that the quality assurance team for Pholela CHC and District are hoping for much better results this year. 'Sizothatha kwasani' said Mrs. Khumalo and Mrs. Sikhakhane. The team was very impressed about the divine courtesy they received from the gate to the management offices. 'Thanks to the Management and the security team "keep up the spirit of Batho Pele."

KUVAKASHELWE EMAKHAYA

Ithimba lakwa TB lihambele emakhaya ukuyohlola ukuthi iziphi izinto ezineqhaza ekubhebhethekeni kwesifo sofuba. Njengoba isifo sofuba sidlangile emphakathini esiphila kuwo iqembu lakwa (TB) ePholela CHC lenza konke okusemandleni ukulwa nalolu bhubhane. Lapha ngingabala ukufundiswa kweziguli gesifo sofuba (TB) njalo uma beze emtholampilo. Lokhu kwenziwa kuwo wonke umuntu nesiingamphethe lesifo.

Mhla zingu 13 ku Julayi 2007 ithimba lakwa (TB) lihambele izindawo ezakhele IBulwer namaphethelo ukuyoqwashisa ngalesi sifo. Leli thimba beliphinde libheke ukuthi iziphi izinto ezineqhaza ekubhebhethekiseni isifuba Phakathi kwezinto ezitholakele kube izindlu sangasese ezingekho ezingeni elifanele, iziphethu ezingcolile, ukungcola kwasekhaya kanye nokunye. U Mr. Shoji obeyingxenywe yaleli-thimba wethembise ukuthi bazoqinisa umkhankaso wokuhambela emakhaya ukuyobheka ukuthi iyiphi inqubekela phambili eseyenzekile.

NEW RECRUITS

They are young, enthusiastic and they hoping to improve our service delivery. Read what they have to say.

So far it has been a wonderful experience. Its great being part of something that is dedicated to assisting community using whatever resources available but still ensuring that the people do come first. There is still so much ahead, but I'm hoping that being here will help me grow professionally and equip me with the necessary skills to perform at an optimal level. Its amazing how everyone make you feel welcome. The staff has been really friendly and helpful. I like the fact that there is so much teamwork. It feels like one big family. You almost forget how far away from home you are. Sli Madondo

I feel horned being part of Pholela CHC and I hope it is going to be a learning curve for me and other staff members. I expect to learn more about the vision and mission of this institution and also to see the Batho Pele Priniples being implemented not only by other members, but also by myself.

The staff attitude is very warm and welcoming, they are always willing to assist me where I do not understand. Also the orientation was done in a very calm and clear manner. What I like about Pholela CHC is that, there is a lot to learn because you get to meet different kind of people with different kinds of illnesses. Also there is no discrimination everybody is treated equally. Bongwe Khathi.

I feel happy, its nice working hear. I am learning lot of things from my seniors everyday and from others. Its like being at home with your family. My expectations is to see Pholela CHC being a big Community Health Centre and have more doctors, Radiographers and others who work day and night duty. I also expect to see improvement on working instruments like Bp machines.

The staff is nice although people are not the same. They teach us lot of things that we do not know. They have improved me in so many things. If you made a mistake they correct you politely. I love the way they give work sometimes it feels hard but it is just a challenge. Pholela CHC have fun and time to relax like sports. I also like the staff attitude no one looks down upon each other. People respect each other. Ntombi Goba.

I am very happy to be part of Pholela CHC, this is a pl ace to be. My expectations is to grow and learn from the people who are working at Pholela CHC and get a chance to upgrade myself and other staff members each and everyday. All staff members are very nice and welcoming and they have positive attitude towards me. I found staff and Management working according to Batho Pele Priniples which help to make things ran smooth. I like the fact that they promote spirit of togetherness through sports which helps to relieve stress. Gerli Shoba



It feels good to be part of Pholela CHC. The staff is good, they welcomed us with warm hands. I expect to see that the patients are the main priority-people first. I want that to continue as I have already seen that patients are well taken care of. I also expect to grow and learn from my seniors.

I found the staff attitude so overwhelming, they are friendly, and willing to show us everything. They told us if we are not sure, we can ask them anything anytime. I have noticed the spirit of togetherness in this Institution and the fact that the patient comes first. When I was at college my Tutor Mrs. Zulu used to say "when you look at the patient you see god and when a nurse neglect a patient asho athi ngaze ngamdelu u Nkulunkulu". Philo Zulu

I feel good to be part of Pholela. And I am happy to be a staff member. Its means a lot to me as I was a student few months back. I expect to do exactly what I was taught and I am willing ask if I do not understand as I am still young in this field. The staff is friendly and they do not show long faces when you ask something. I like the quite environment at Pholela It is not like a Town Hospital or Clinic and I also appreciate the way Management and Staff welcomed us. Nosibusiso Molefe

Being part of Pholela CHC makes me feel great because I'm going to full fill my dream of giving love and care to my helpless community. My expectation is to implement Batho Pele Principles to clients. To be aware and observe patients need at all times and to promote trust to my client in a peaceful attitude that will make my clients relax. I find the staff attitude to be very positive, they teach us in warm and calm manner when we ask something. They also oriented us in high standard. What I like most about Pholela CHC is that we work as a team and we always put our patients life first. I have learnt a lot because clients come with different conditions. "I appreciate being a Pholela CHC team member". Fikile Sithole

Well it was unbelievable when I first heard I was going to be part of Pholela CHC. I feel very happy and I will do my best to work for the Community. The staff is wonderful, they are free to tell you how things work if you do not understand. Pholela CHC needs a person who wants to progress in life, fortunately I am that person. I hope I will get opportunity to further my studies. Balungile Memela.

I feel great to be part of Pholela CHC, the Clinic is near my place. I found the staff attitude positive they do not underestimate us everyone is treated the same. I expect to upgrade my standard and see my CHC improving . At Pholela we like brothers and sisters, we are working peacefully. Zwe gasa

MOTHERS TO MOTHERS PROGRAMME

You may be wondering what is this 'M2M'. This abbreviation simply means Mother to Mother. Pholela CHC had been lucky to be joined by a new group of Mothers. They are the part of the co-ordination that we have with the NGO'S. They come from the one called



From left to right is Slindile Ngcobo, Nokuphiwa Dlamini, Gugu Ngubane and Phethile Mbambo.

Mothers to Mothers. As the name explains they give mentoring to pregnant mothers especially those who are HIV positive. Their main objective is to help educate other mothers to protect their unborn babies from HIV/AIDS. Most of all they encourage mothers to get tested so as to eradicate babies who are born HIV positive.

They also give health education that includes breast-feeding, living a healthy life and encouraging disclosure. Pregnant mothers who had been diagnosed HIV positive get the opportunity to have one on one interview with this team before they can go back home. The team also helps educate people at the OPD due to the fact that mothers die and live their children with grand mothers.

In the next coming future the team is planning to cook healthy food for HIV positive mothers in order to boost their nutrition status. This team will help mothers to form their support group. In that way mothers will remain independent and live their own lives.

ISINEGAMA ELISHA INDAWO YASE ARV

Umtholampilo obuwaziwa ngokuthi ise ARV usunegama elisha ekuthiwa I EKUPHILENI. Leligama laqanjwa ngokuhlanganyela ngababeze kulomtholampilo ngesonto lomhlaka 13 ku Julayi 2007. Lokhu kuze ngaphambi kukuba kufike ithimba elalivela emnyangweni wezempilo elisezingeni likazwelonke. Lelithimba labe lizonikezela igunya lokuqala ukunikezela izidambisi zesifo sengculazi.

Uma ungena ngaphakathi Kulomtholampilo usuhluke kakhulu kunento obuyiyo kuqala njengoba bekuyindawo eyihhlo nje. Manje seyenziwe ngendlela yokuthi nalowo ozo funa usizo azizwe evikelekile futhi enemfihlo. Umuntu ungena ngayedwana ukuzobona Ikhansela noma umhlengikazi oweluleka ngalesi sifo. Lokhu kukodwa



MRS. DC.Dlamini explaining something to the Mayor of Ingwe Municipality and traditional healers chairperson.

beze kulomtholampilo. U Mrs. DC Dlamini osebenzela kulomtholampilo uzwakalise ukwaneliseka ngendlela lomtholampilo osuyiyo. Uthe lukhulu ushintsho oselwenzekile ngisho nasezigulini njengoba wonke umuntu esenemfihlo. Oshintshweni oselwenzekile ubalule ukunikezela ngemithi edambisa igciwane le HIV okuzoqala maduze, ukwanda kwama counselor, kanye nokuqashwa kuka Data Capturer.

k u b a n i
k e z a
i s i t h u n z i
e s i b a f a n -
e l e a b a n t u
a b a s u k e

SIYITHAMUNDA NGEZITHOMBE



Ibilalele kanje ewu Dr.Kalombo ngesikhathi behambele eMaternity



Ubechaza aze enzenje u Sr. Khanyile ngesikhathi echaza ngo PMTC .



Lapha u Mrs Nkala ubechazela ithimba lasengweni Municipality ngendlela esebenza ngayo imishini yase X-Ray.



Lapha U Sr. Willie Ubechaza ngendlela okusetshenzwa ngayo E Resus



U chair person weziNyanga U Mr. Ngcobo ngesikhathi kuzonikezelwa ngegunya lokuqala ukunikizela ama ARV e Pholela CHC.



u Mr. Ndlovu Uxoxa eyakhe indaba nokwenzeka e Help Desk



kungesikhathi u Nontokozo Mtolo ebhalisa izihambeli zethu.



u Mzwandile Bhengu ebhalisa izihambeli zethu



Ngeke umthintu u Lungile Nkabinde uma kukhulunywa ngokuphathwa kwamazinyo



Nursing Manager explaining Something.

Kwesobunxele u Mrs Sikhakhane Ubephendula imibuzo ebeyibuzwa ithimba lase National Department of health



ubeyichaza aze achaye izandla indaba yakhe u Mrs Sosibo ngesikhathi ephekwe ngemibuzo ithiba lase National Department of Health.



Dubula Mkhamba ungathi bebehudlana U Mr Zuma no Mr. Madiba ebebehambisana no Ntombenhle Ngcobo oyi HIV/AIDS coordinator eDistrict.



u Mr. Kheswa ekhuluma nethimba ebelisivakashele



Nakwa TB abasalanga lapha U Sr. Maphanga ubechazela ithimba lase Ngweni Municipality ngezakwa TB. Kwesokudla U Mr.Mthembu ongathi ozothi ubani!

KUYAFUNDWA AKUDLALWA LAPHA

Uhlelo lwemfundo yabadala (ABET) kulesisikhungo yaqala ngenyanga ka Mashi ku 2006. loluhlelo lunezizigaba ezine. Kwasebefike esigabeni sesithathu sibala u Mnu. FA Dlamini (Pholela CHC), Mnu. XD Dlamini (Gwala Clinic), Nksz. NS Mosiea (Tsatsi Clinic), Mnu. MT Hlongwane (Pholela CHC) Nksz. SV Ngubane (Mnyamana Clinic) kanye no Mnu. JC Ncwane (Gqumeni Clinic) loluhlelo lukahulumeni oluhlose ukwenza ngcono izimpilo zabantu abancisheka ithuba okufunda ikakhulukazi ngezikhathi zobandlululo.

N g o m s o m b u l u k o wagomhlaka 16 ku julayi 2007 gike ngahambela bona laba fundi. Kukhulu ukuzimisela okukhona kulabafundi njengoba abanye babo babezokwamukela izitifiketi ezibadlulisela esigabeni sesibili. UNksz FI Biyela, Mnu M Zuma no Mnu. B Mbanjwa ibona abebezokwamukela izitifiketi.

Ngesikhathi ngikhulumisana nabo baveza ukuthi sebezule lukhulu kuloluhlo lokufunda. Phakathi kwezinto abazibalula kwaba ukufunda ukubhala isingisi, ukubala, ukugcwalisa amafomu asebhange kanye nokunye. B a p h i n d a b a b a l u l a nezinqinamba abahlangabezana nazo ekufundeni kwabo.

Lokhu kufaka indawo yokufundela kanye nezimoto ezingabalandi ngesikhathi. Bancoma kakhulu uMnu. Vusi Khumalo ophethe kwandaba zabantu (Hr) ngokubasiza ezinkingeni ababhekana nazo.

Ethula inkulumo yakhe kulabafundi ngelanga lokwamukelwa kwezitifiketi uVusi Khumalo wabonga kakhulu laba bafundi ngokuzinikela kwabo. Waphinde wabagqugquzela ukuthi bafunde baze bafike esigabeni sesine saloluhlelo. Wathi akumele ukuthi bazibukele phansi kulokho abakwenzayo ngoba kuzoba usizo olukhulu kusasa. “ U Linda Madiba ophethe kwa systems wathembisa laba bafundi ukuthi bazolubheka udaba lwezimoto.



Mlungisi Dlamini Public Relations Officer.

AMAZWI KAXHUMANISI
Kuyangijabulisa kakhulu ukunethulela lengosi yokuqala nqa kulesi sikhungo. Ngikujabulele kakhulu ukubona kwenzeka izinto e Pholela. Lokhu kwenze

wangaba nzima kakhulu umsebenzi wokushicilela leli phephandaba. Njengoba sonke sazi ukuthi konke kunezinqinamba zakhona kuyenzeka ke nakuleliphephandaba ukuthi lihlangabezane nezinkinga. Engingabala kuzo ukungabambi iqhaza ngokwanele kwabasebenzi. Kuseyisiqalo lesi saleliphephandaba ngakhoke ngethemba ukuthi esibili lizothola okukhulu ukwesekwa ngabasebenzi. Ngithanda ukuveza ukuthi leliphephandaba lakhelwe ukwethula konke okwenzeka kulesikhungo. Angikushoke ukuthi noma ngubani unegunya eliphelele lokubamba iqhaza ekwenziweni ngcono kwaleliphepha ngokuthi asilethele izindaba, amahlanya, izimemezelo, izincwadi kanye nokunye.

Ngaleliphephandaba ngihlose ukuthi ngithuthukise izinga lokwazisa kanye nokufunda kulomtholampilo kanye nasemphakathini esiwakhele. Umfundi angalindela ukubona leliphephandaba liphuma izigaba ezine onyakeni okuzoba isonto lokugcina laleso naleso sigaba. ngiyabonga

CHILD PROTECTION WEEK

Watching a child grow is a very wonderful experience, however that is not a case in some families. While other children enjoy growing up in a healthy and loving family others do not get that pleasure. Instead they; get victimized by their parents, Community and their relatives.

On the child protection week, which started on the 29th of May 2007 to 3rd of June 2007 Pholela Community Health Centre decided to break the silence. Nursing staff took part in addressing people about issues affecting children. On the first day the talk was mainly based on the children rights. On the second day MC. Mhlongo (Enrolled Nurse) gave a talk on safe environment and paraffin poisoning. It was absolutely divine to detect participation from community. Sister N Willie encouraged parents to stop abusing their children claiming that they are not their biological parents. She said "if you have realized that the child is not yours you better take him/her to the Social Workers".

On the third day the campaign took another step. Mr. Kheswa Centre Manager, opened the day and welcome the audience. He told Parents that they should avoid situations that could cause children to suffer because they do not deserve that. Children enjoyed gift from the collections donated by staff. Our staff also performed music and stage play for the children. Their songs and demonstrations were meant to deliver message about the children right-thanks to the staff creativity. Legitimacy is seen as another factor contributing to the child abuse. Young mothers find it difficult to raise their children out of nothing. They therefore locate to other areas hoping to get employment. Grand mothers find it difficult to cope with the duty of raising a child because of their age. Miss N Ntombela (Social Worker) and Dr Khumalo focused their speeches in dangers that child abuse can create. Failing to cope at school and wetting yourself on your sleep were highlighted as some of the dangers.



Sister. Willie Programme Director of the day.



Sister. Gushu giving speech on Children's rights.



Miss N Ntombela giving talk about child abuse.



Sr. Shoji, and other staff at Phosana Primary School.

UMKHANKASO WOVENDLE

Mhla zingu 21 Kuya ku 29 ku Julayi umkhankaso wokugomela uphinde wathatha elinye igxathu emva kokuba usuphazanyiswe isiteleka. Amathimba ehlukene aphinde avakashela izikole nezinkantolo ukwenzela ukuthi wonke umntwana othole umngomo. Liphinde laba lihle kakhulu isasa lokuletha abantwana ukuzogoma kuchaza u Sister. Bongekile Maphanga. Ngakhoke sinthemba elikhulu lokuthi sisificile isibalo ebesilindelekile. Ukuzimisela ethimbeni ebligoma abantwana liphinde lafakazelwa nayindlela ebebeqhoke ngayo ebikade ikhombisa ngokusobala ukuthi kukhona okungajwayelekile okwenzekayo. Umngomo uqhubeke nasemitholampilo eyisikhomsa engamalunga ethu kanye nakomahamba nendlana. Lokhu kwenze kwaba sobala ukuthi nathi ePholela CHC sibambisene nomnyango ukwakhela abantwana bethu isizwe esingenalo uvendle.



Polio Immunisation team before dispatching to their centres.



Miss N Bingwa with her team preparing to go out to their station.

AKUDLALWA KUYADLALWA

Uma ufuna ukwazi ukuthi kusuke kuqondwe ukuthini uma kuthiwa akudlalwa kuyadlalwa kumele uzibandakanye neqembu lebhola uma liyodlala. Ngomhlaka 21 ku Julayi iqembu lebhola labafana nelamantombazane adlala ibhola lezandla lizibandakanye nemidlalo ebidlalelwa eMzikhulu. Lemidlalo ibihlelwe Isisonke Health District.

Njengenjwayelo abafana bakwenza abadume ngakho beyibamba beyidedela baze bafinyelela kuma semi finals nalapho bakhishwa ngama penalty. Ngeshwa amantombazane asheshe aphuma kulomqhudelwano njengoba adlala imidlalo emibili vo. Khona kunjalo akhombisa okukhulu ukubambisana njengoba abuya azokhuthaza ozakwabo babafana kwaze kwayoba iyaphela imidlalo. Likhulu ithemba lokuthi sizothola abadlali abazoya kosimela e Richards bay njengoba lemidlalo yayenzelwe ukuzohlunga iqembu elizoya komela Isisonke Health District esifundazweni. Izinga lokuziphatha kubasebenzi laba lihle kakhulu. Nime njalo.



Bebeqhoke kanje osisi ngaphambi komdlalo wabo wokuqala.



Yilo leliqembu labafana ebeliyosimela emzimkhulu.

OTHER STORIES

Not only work is carrying on at Pholela CHC, The Institution is also concerned about team building. In that way workers are so much involved in extramural activities. On the 26th of May 2007 Netball and soccer players took on to Town Hill Hospital to play against them. The boys played a fantastic football, they manipulated the Town Hill side big time. Town Hill net ball could not pitch hence the net ball did not perform.

Even though Pholela side dominated the game the score was 1-0 to us. The institutions have engaged themselves in sporting activities not only to win the games but also to create friendliness with others. We indeed achieved that because we even got to know people who have just joined our Institution. The attendance was great with some people who just came to watch and enjoyed themselves. After the game we got together with Town Hill guys and got to know each other. Like they always say "its never an accession without refreshments" we had some meet and rolls. Moomish of the day from our side was Musa Nhlangulela who got manipulated until he was sent off the field. Well done guys keep up the good spirit.