



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**SIYENZA**

**PHOLELA CHC NEWSLETTER**

**Nov 2015**  
VOLUME ONE  
ISSUE 6

INSIDE STORIES

- NEW APPOINTMENTS
- CAREER CORNER
- EMPLOYEE WELLNESS
- NEW STAFF RESIDENCE
- HERITAGE DAY
- NUTRITION WEEK
- 16 DAYS OF ACTIVISM
- WORLD AIDS DAY
- PREMATURITY WEEK
- BREASTFEEDING WEEK



**PHOLELA CHC**

Tele: +27 (0) 39 832 9488  
Fax: +27 (0) 39 832 9494  
P/Bag X502  
Bulwer 3244  
D1213 Hlanganani Road,



## *Forewords from the CHC Manager/ Medical Coordinator*

Firstly allow me to greet everyone who is reading this newsletter, I would like to congratulate Pholela CHC for all the advancements made since the beginning of this year until now. We have witnessed a lot of praises offered to Pholela CHC in a form of certificates, trophies, and publications.

This time of the year is a painful time for Pholela CHC, we are exactly 1 year since Our Dr ST Camara (Previous CEO/MM for Pholela) passed on. We continue to walk in her footsteps, hoping that all we are doing is what she would have liked Pholela CHC to be.

Thank you to all the staff in Pholela for the amazing work done during the course of this year. Your efforts are the evident on the good things Pholela has achieved thus far.

I Would like to thank the management of Pholela CHC for their hard work, I know that it hasn't been easy to adjust to a new less experienced leader, but they have made me shine in many occasions.

This year alone, we saw Pholela achieving great things. We are one of winners of Batho Pele Principle Silver in Premiers Service Excellence Award, further more The MEC Dr. S.M Dhlomo officially came to open Dr Camara Staff Residence, and also gave us a highlight on Community Oriented Primary Health Care through a powerful lecture.

On the 1st of July 2015 I was appointed the acting CEO of this wonderful CHC, I didn't think I could be comfortable to sit in the CEO's office but through all the support from all the staff I managed to meet the expectations. I would like to thank you all for your efforts in improving service delivery to our deserving uninsured population in this area.

Thank you for putting our clients first at all times, thank you for doing things beyond your scope of practice, thank you for adhering to the policies of the department, thank you for attempting greatness at all times. Our statistics have improved when compared to last year.

To everyone in Pholela you are important and valuable, regardless of the position you hold. Don't stop the hard work you are doing.

Wishing you a Happy New Year full of great things in your lives, lets enjoy responsibly and make sure we come back next year 2016 with enough strength to run with the mandate of the department. A lot more great things are in the pipe line so please prepare to start the new year with a lot of enthusiasm.

I count on all of you.

Happy New year to everyone.

*Dr. N.M.T Gumede  
Medical Coordinator*



## *Public Relations Officer*

Season greetings to all the readers of our newsletter. The festive season is upon us once again, a time for caring, loving, sharing and spending time with your family and loved ones.

It has been a long year for all of us working hard all day to ensure optimum service delivery to our clients and community. We would like to take time to thank all the departments within Pholela CHC and our Satellite Clinics for their dedication and commitment. Its not an easy job working as a public servant dealing with people on a daily basis, we encourage all our staff to continue for striving excellence while working tirelessly as a team to overcome challenges we are faced with in the line of duty.

Pholela CHC Management would like to wish every staff member a Merry Christmas and a Happy New Year. Enjoy your holidays, take time to spend with your family and loved ones.



**Mr. S.N Mkhize  
Public Relations Officer**



## Heritage Day Celebration

Heritage Day is a South African public holiday celebrated on the 24th of September for many years now in . This holiday is very significant to the people of South Africa. On this day, South Africans across the entire southern hemisphere celebrates their different cultures, traditions and beliefs , restoring the sense of unity amongst all the citizens of South Africa. We are a rainbow nation with more then 10 different languages and cultures, South Africa is really blessed with a rich culture and heritage, every south African is free to celebrate this month with the joy without fear of discrimination. Heritage Day is the day that South Africans embrace and commemorate diversity with an effort to educate the young generation about the different cultures, beliefs, norms of South Africa, We also remember our fallen heroes and the people who took part in restoring the African culture and reminding us to for our heritage in this rainbow nation.

On the 29th of September 2016, Pholela CHC celebrated this day with pride and joy as staff members were dressed to kill with their different traditional attires. Everyone wanted to take part in the event as we had different kinds of entertainment. There was zulu dance (ukusina), musical (isichathamiya) and poetry (izimbongi). Various departments were present to witness the event, such as Department of Education, SASSA, Social Development, Ingwe Municipality and KwaSani Municipality. The day was celebrated in a very humble and honorable manner. The ceremony was conducted by Mr. S Mkhize (Public Relations Officer) along with Mr. Senzo (Ingwe Municipality). They carried the event accordingly as programme directors.

On this day we were honored by various guest speakers including “*Inkosi “Ndabezitha” Dlamini*” who shared interesting stories about the history of Bulwer and the Zulus. He talked about the importance of our ancestors, how we should respect and honor them as they are a big part of our cultural backgrounds. *Inkosi “Ndabezitha”* encouraged the youth to respect the elderly people of the community and worldwide, as it is an origin of our beliefs that we should respect our elders weather they are family or not . “We have to restore the heritage in our youth as they are the future of country, they are the ones that that will make our country a better place for our people.” He expressed his gratitude for being invited to such an awesome event which has united so many people, government departments and officials along with the community as a whole.

It was time for entertainment and the audience was asked to get on stage and show us their talents in singing, dancing and poetry in motion. We saw many amusing talents of dancing more than singing. It was very encouraging adhering to tradition to see the public and staff together in jubilee on Heritage Day.

Lunch was served by the staff from different departments that helped to cook the delicious food custom of woods fire and Zulu pots. They were able to give us exquisite chicken, tripe, spinach, amadumbe, stambhu, jeqe, bhatata and other selective dishes. This was a truly memorable event which will never be forgotten



## Wellness Day at Pholela CHC

Employees wellness programme was designed to help employees participate in different sporting activities which will help them to stay healthy and abide by the health lifestyle initiative. Pholela CHC strives to ensure that all employees are aware of the programs designed to Employee wellness.

On the 31st of August 2015, the wellness committee had organized to have a Wellness Day. Various games were played in the day along with a marathon and indigenous games. The day started mildly with aerobics by all staff to warm up for the 5km marathon.

Staff were grouped according to different age groups to compete for the marathon. SAPS was available on the day to help marshal the runners and vehicles on the road. It was very exciting to see all staff from different age groups competing and having fun. The race ended at Pholela CHC and winners awarded with medals and fruits served for everyone.

The programme continued with games and entertainment by staff. We had games such as netball, which was made of combined team of males and females, 5 a side soccer, table tennis, tug of war and egg race. All these games were played with an intention to have staff working together as a team. That's why males and females were grouped together to form one netball and soccer team. Not to only have boys playing soccer and girls playing netball, but all in one team to create a sense of togetherness.

The staff really enjoyed the various games on the day. The different teams that won on the day got certificates as a token of appreciation for their participation. Runners were awarded with medals and pictures taken showcase the winners of the day



The endurance 5km race



Winners on the day

## Career Corner

*The career corner focuses on and explores different careers within Pholela CHC. In this issue, we interview Mrs. N Ntshangase who tells us more about her job as a Dark Room Operator at the X-Ray Department*

**S'phiwe:** Good day Mrs. Ntshangase, you have been nominated for our career corner for this month's edition of "Siyeza Pholela CHC Internal Newsletter."

Firstly, could you please tell us more about yourself?

**Mrs. Ntshangase:** My name is Nonhlanhla Ntshangase, born and bred at Mangwaneni Location. I studied at Plessislaer College and I started working here at Pholela in 2001 as a General Assistant, in 2004 I became clinical audial (OPD screener) and in 2008 became Dark-room Operator in the X-Ray department until now .

**S'phiwe:** Can you please tell us what is a dark room and what do you do as a Darkroom Operator ?

**Mrs. Ntshangase:** Darkroom is a place where we process X- Rays outcomes or films and store them safely. My duties are to prepare the Darkroom, process equipment for the day, damp the room for processing, sort X-Rays films, cassettes and report back to patients about their findings and also to clinicians and compile patients statistics.

**S'phiwe:** Why it is so important for staff and the community as a whole to know about the Darkroom and the X-Ray department?

**Mrs. Ntshangase:** X-Ray can be very helpful to the Doctors in diagnosing patients with serious injuries or pregnant women. The Dark-room must always be kept dark. The frequent use of X-Ray can cause some side effects like skin cancer because the electro rays it uses .

**S'phiwe:** Having worked for so long at Pholela CHC. How is the reception, tell what have you learnt in these years of your service?.

**Mrs. Ntshangase:** It always exciting to work in the environment where you feel welcomed with warm hearted people, from top management to staff in general. Working in Pholela has been a great blessing as I've learned that to make things right we need to work together and dedicate ourselves in what we do to make the institution a safe and friendly place for everyone.

**S'phiwe:** Thank you Mrs. Ntshangase, it was a great pleasure to have this conversation with you. We hope it will inspire our youth to further their studies to become darkroom operators..



## Official Opening of Dr Camara staff residence

On the 14th of August 2015, The MEC for KZN Department of Health, Dr. S Dhlomo visited Pholela CHC to officially unveil the plaque of the new staff residence that was named after the late Dr. S.T Camara. (Former CHC/Medical Manager for Pholela CHC) The official opening of the staff residence was very memorable and touching to the family, staff and the community that had attended.

The new staff residence was named after the late Dr. S.T Camara in recognition of her hard work towards ensuring that the staff residence was built efficiently. Dr. S.T Camara was very enthusiastic about the staff residence as she hoped it would act as a drawing pointed new staff members and decrease staff , but unfortunately she never saw the completion of her efforts. On the day of the event we had Mr. Camara (Husband) and their three children along with the parents of the late Dr S.T Camara.

The MEC for KZN Department of Health, Dr. S Dhlomo was welcomed by the District Manager, Pholela CHC Management, Chief *Ndabezitha* and the community who came out in numbers for the official opening of the staff residences. The unveiling of the plaque was done by The MEC, Dr. S Dhlomo, Mr. Camara (husband) and parents of Dr. S.T Camara. The staff residence is the 1st of is kind to be built at Harry Gwala District.

This is a double story apartment consisting of 36 bachelor rooms with toilets, bathroom, kitchen and lounge. The MEC stated that “employees should take pride in the new building and acknowledge the amount of time and dedication done by Dr Camara. Staff retention is a challenge when it comes to institutions that are in the rural areas, as most employees don’t like working far due to circumstances like living arrangements.”

This day proved to be very memorable. The new staff residences will serve as a remembrance of our good and hard working Dr S.T Camara.

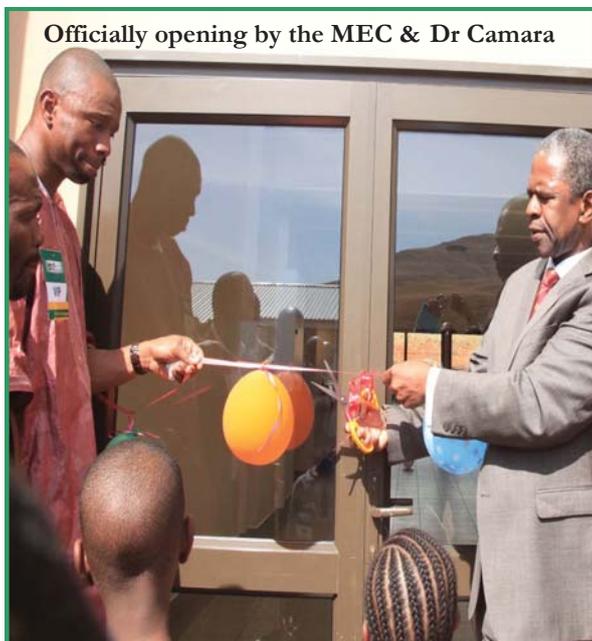
***THE TEARS MAY DRY AND THE YEARS PASS, BUT HER SPIRIT WILL FOREVER LIVE IN OUR HEARTS  
MAY HER SOUL REST IN PEACE***



Arrival of the MEC at Pholela



Pholela CHC Choir singing for the MEC



Unveiling of the plaque by the MEC and Camara Family

# 16 Days of Activism Roadshow

South Africa, amongst many other countries in the world, are victims of violence on women and children. This violence has over taken our humanity and has shown us that our society is dying. Women and children are the future of our world, if we do not take a stand to protect and stop this violence, we are no different than the person beating kids, raping women, sexually harassing and abusing the elderly. What are we if we cannot support and unite as a community to fight this pandemic of violence against women and children. In order to get the message across to the people, a ROADSHOW was planned to visit the people of Bulwer.

As we may know it on our calendar, 16 Days of Activism Against Women and Children is commemorated between 25 November till 10 December. It is during these days that each and everyone of us should make a stand and report any form of abuse or violence of any kind. In honor of these days and support of this great initiative. Pholela CHC took to the streets to create awareness in regard to the initiative of violence against children and women. This roadshow initiative was a good way in which we could appeal and create awareness in the community of Bulwer

On the 3rd of December 2015 a roadshow took place in conjunction of creating awareness for **16 Days of Activism Against Violence on Women and Children**. The roadshow started at city center of Bulwer, from there staff marched on the streets and were joined by citizen who marched all the way to the taxi rank they addressed the local community about the importance of this awareness campaign. The public was informed about the different kinds of violence that can happen in different households and in our community.

The show continued to Sharp Location where we were met by the locals who joined in the march, singing and chanting awareness songs. The community participated by caring plaque cards in support of **16 Days of Activism**.

The roadshow ended at Pholela CHC where we were joined by staff from other departments and people from the community. The camping proved to be effective as the public thanked us for making such an effort in their lives



Community in support of the roadshow



Roadshow at Bulwer taxi rank



Staff singing awareness song



Community and staff at Sharp Location

## Prematurity Month Awareness Campaign

World prematurity awareness month is commemorated annually in South Africa. This annual observance was established by the March of Dimes to increase public awareness of the high rates of prematurity in our nation. 'Premature birth is a birth that take place 3 weeks before the baby is due. The baby would often have complicated lifelong health issues, because the baby hasn't had enough time to develop in the womb before needing to adapt to life outside the womb. This cannot be prevented, but the best way to protect the baby, would be for the mother to take good care of herself and the baby throughout the pregnancy even after birth' said Mrs. Madikizela

We had a stage play that was performed by the Pholela CHC Maternity staff to create awareness on how to treat

pregnant women, also how to identify warning signs for mothers, like having abdominal cramps with or without diarrhea and dull backache. Mothers were also taught about small bad habits, that usually cause preterm like using legal and illegal drugs, having an abortion more than 3 times can have a huge impact and being pregnant with more than one baby at a time.

Improved living conditions, access to healthy food, exercise and other healthy lifestyle choices are important strategies to promote a healthy pregnancy that is carried to full term. We need everyone to help spread the word about the serious problem of premature birth and the importance of waiting at least 39 weeks to give birth for women with healthy pregnancies. Mothers who have good health prior to pregnancy, and during pregnancy have healthier babies. **LET'S ALL BE ACCOUNTABLE**



Stage play by maternity staff

## World Aids Day 2015

The 1st of December is a very significant day in South Africa and throughout the whole world. This day is recognized as World Aids Day, a day where the world unites to fight the stigma of people living with HIV.

It is important that we do not discriminate against people who are HIV+, they are still human and have feelings like you and me. We need to love, support and care for them to help them fight this pandemic of the HIV.

On the 1st of December 2015, Pholela staff took it upon themselves to have a small march within the premises of the clinic. This march included the Management Team, community and clients that had attended on the day.

The community was addressed about the importance of this day and how each and everyone of us has a role to play to fight discrimination. Dr. N.M.T Gumede led the staff during the candle lighting ceremony to honor and commemorate all those who passed on from the virus and to those living with the disease. The event ended with entertainment from the local community family singing awareness songs on HIV.



Entertainment by Sgonondo & Sons

## Nutrition Week 2015

Living a healthy lifestyle is everyone's dream, the department of health established the National Nutrition week to show nation that it is possible and easy to have a healthy lifestyle. Nutritionist and nutrition advisors go out to the community to educate them about the importance of healthy lifestyle, exercising and eating healthy diet.

The theme of 2015 was **"HEALTHY EATING IN THE WORK PLACE"**. Pholela CHC Nutrition team, abided with the theme of 2015 and thus visited local schools in the vicinity of the Bulwer. The team attended to teachers in their schools during lunch times. On the 13th of October 2016, they conducted their first outreach awareness campaign at Enkumba Primary School. The following day they visited Ntabende High School in Ncwadi location and lastly on the 15th at Enkwezela location, Bhambatha Primary School. The team went all out in spreading the word to employees on how to keep a healthy eating diet despite their work environment and individual lifestyle. This would help them to educate their students on *Food Based Dietary guidelines* (FBDG) so they can have the energy to concentrate on their studies with healthy bodies and minds.

The target audience was screened for BMI (Body Mass Index) and educated on the importance of these markers which include body mass, body height and all the other essential body builders. They were given some advice on how to maintain a healthy body by promoting physical activity in the workplace and to their homes it is important to keep their bodies and minds active.

Participants were also screened for non communicable diseases like blood pressure (BP) and for diabetes. They were taught on how to live a healthy lifestyle which would help avoid these diseases since they are not infectious it is possible with a healthy lifestyle to live without them

Having a simple diet plan is the best way for preserving a healthy lifestyle and to avoid obesity as it is a well known epidemic issue in South Africa due to too much junk and poor food diet. The results from our questionnaires showed that the majority of people were not having a balance diet. The Pholela Nutrition Team managed to convince the employees to start switching to a better life style. They promised to change to the convenient diet plan for a better health.

At the end there was a little competition to ensure that the participants were listening attentively and few questions were asked and those who responded very well they were rewarded with gifts ,as were those who asked relevant question

All awareness campaigns were a success.



## New Appointments



**Sr. L.N Madikizela**  
Operational Manager



**Mr. A Maphanga**  
Linen Orderly



**Miss. S Nundkoomar**  
Comm Serve Pharmacist



**Mr. M.M Zuma**  
IPC Coordinator



**Mr. B Mbanjwa**  
Professional Nurse



**Miss P Hlatshwayo**  
Medical Officer



**Mr. J Dlamini**  
Human Resource Officer



**Miss K Sukhraj**  
Comm Serv Radiographer



**Miss S. Yakoob**  
Comm Serve Pharmacist



**Mr. Pillay**  
Comm Serv Medical Officer



**Miss N.P Mpele**  
Professional Nurse



**Mr. Ntanzi**  
Dental Therapist



**Mr. B.L Nkosi**  
Enrolled Nurse



**Miss M Hogewoning**  
Comm Serv Medical Officer



**Mr Nodada**  
Pharmacy manager

## Pholela CHC Trainees



**Mr. S.M Xasibe**  
Public Relation Trainee



**Miss S.P Mhlongo**  
Public Relation Trainee



**Miss T Dlamini**  
Finance Trainee



**Miss N.H Chiliza**  
Psychologist Trainee



**Mr. S.M.P Nzimande**  
Patient Admin Trainee



**Miss N Kotelani**  
Supply Chain Management Trainee



**Mr. M.H Khwela**  
Supply Chain Management Trainee



**Miss N.A Mthembu**  
Supply Chain Management Trainee



**Mr. N. C Ndlovu**  
Transport Trainee



**Miss B Nxele**  
Supply Chain Management Trainee

## Breastfeeding Awareness Campaign

Over the years breastfeeding has been emphasized to mothers across the world on the importance of breastfeeding. The world health organization in collaboration with department of health, have identified the month of August 1-7 as breastfeeding week.

The significance of breastfeeding week is to create awareness among pregnant mothers, new mothers and all women with newly born babies between 1 day old and 1 year. The purpose of the awareness campaign is to inform mother on the fundamentals of breastfeeding.

On the 3rd of August 2015, Mr. T Matikwana and Officials from the District Office, visited Mountain Park Hotel to meet up with the staff to educate them about breastfeeding and impact their knowledge of breastfeeding. All the women workers at the hotel gathered in the dining room in the morning. A brief session on introductions was done and the purpose of the visit by Mrs. L Jali from Maternity ward was established .

The staff were asked to share their knowledge on breastfeeding and if they practiced it with their babies. It was interesting to hear them share their stories and knowledge. Miss K Ngubo explained on the role of breastmilk in and developing the baby to grow with strong immune system to helps fight diseases and infections. She also emphasized on the importance of exclusive breastfeeding during the first 6 months of life . Miss Ngubo showed the women how to hold the baby when they breastfeed and how to store breastmilk in the fridge.

Question and clarity was done by Miss P Goba the Nutrition Advisor who also clarified few matters regarding nutrition of the mother during breastfeeding, and keeping a healthy diet .



Mountain Park Hotel Staff



Miss K Ngubo demonstrating breastfeeding

## Public Relations Editors Corner

Humble greetings to all our readers, Pholela CHC Management, Satellite Clinics, clients, all departments within the institution and the community at large. My name is S'phiwe Xasibe, Public Relations In-service trainee. Firstly I would like to thank Pholela CHC for a warm welcome and for giving me the opportunity to acquire my experiential training with them.

Having worked at Pholela CHC has made me grow each day and showed me how important Public Relations is within an organization, as we work closely with the management, community, and staff towards creating mutual understanding. Making sure that our clients are happy and staff are well treated. I'm very delighted to work under the supervision of my mentor Mr. Sifiso Mkhize (Public Relation Officer ). I hope with all the experience I obtain here at Pholela from the staff and everyone, it would one day make me a good Communications Officer.



Mr. S. Xasibe  
Public Relations Trainee

My duty is very important as I ensure communication within the institution is clear to the community/clients and informing them about relevant information pertaining to the clinic

It also gives me an Utmost pleasure to serve this community of Bulwer as I was born and bred here, 2015 has been a great year with fascinating stories to share with you. Hope you'll find a lot of good information and interesting articles to enjoy and be inspired.

*Merry Christmas & Happy  
New Year Everyone*



# Picture Gallery



16 days of activism march by staff at the city center



Heritage day at Pholela CHC



MEC honors Pholela CHC for receiving Premiers award



Heritage day at Pholela CHC



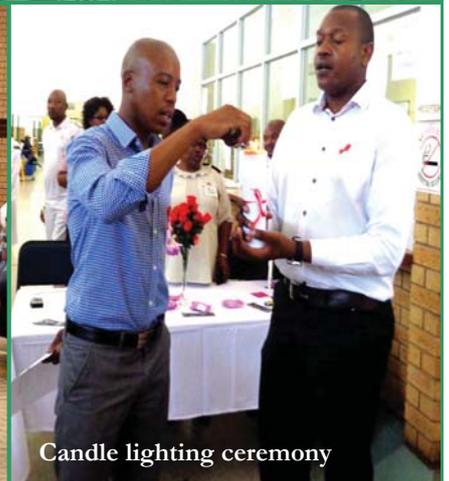
Client satisfactory survey 3rd quarter



Staff Wellness Day 2015



Staff march for World Aids Day at Pholela CHC



Candle lighting ceremony

## PHOLELA CHC

Tele: +27 (0) 39 832 9488

Fax: +27 (0) 39 832 9662

P/Bag XX502

Bulwer 3244

D1213 Hlanganani Road,

