



# PHOLELA COMPLEX

# NEWS

INTERNAL NEWSLETTER

Sept– Nov 2017



**Women's Day Celebration  
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# Golden Games for the Elderly 2017

By Mr. S.N Mkhize

The golden games are very significant to the elderly people of Bulwer as they bring about a lot of excitement to the older generation as they get to compete and revive themselves in physical activities. This great initiative of The Golden Games For The Elderly is an annual event which is coordinated by Ingwe Municipality, now known as Nkosazana Dlamini Zuma Municipality, Department of Health and various NGO's.

This year's games were held at Bhambhatha Sport field and had more than a hundred Gogo's and Mkhulus' turn up to participate on the day. This was very memorable for the elderly people, we had some new comers who knew about the games from previous events taking place through out the year for the elderly citizens. It was good to see how the Gogo's and Mkhulus' were excited and gloating to one another about who's is going to be the winner and how grateful they are to have such games to keep them healthy and gives them platform to help them engage on social dialogues of concern through out their communities and households.



Screening of participants

On the day we had Department of Health present to assist with minor health screening for all the participants to ensure that they are fit and healthy to take part in the competitive environment, as there were a lot of games that the Gogo's and Mkhulus' were going to engage in. Screening of vital signs and minor alignments was successfully completed and all the elderly citizens were declared fit to compete in this year's Golden Games.

A warm up was required before the start of the games to ensure that the physical and mental status was ready and muscles warm to start the games. Aerobics was thus conducted by the officials of NDZ Municipality and all participants seemed to be enjoying themselves.

The games began and teams were split up per municipal wards and competed against each other in various games such as ball throwing and catching, bridge of London and other physical games to help with maintaining a healthy lifestyle.

This great initiative is certainly a memorable event of which must be made a legacy to long health life



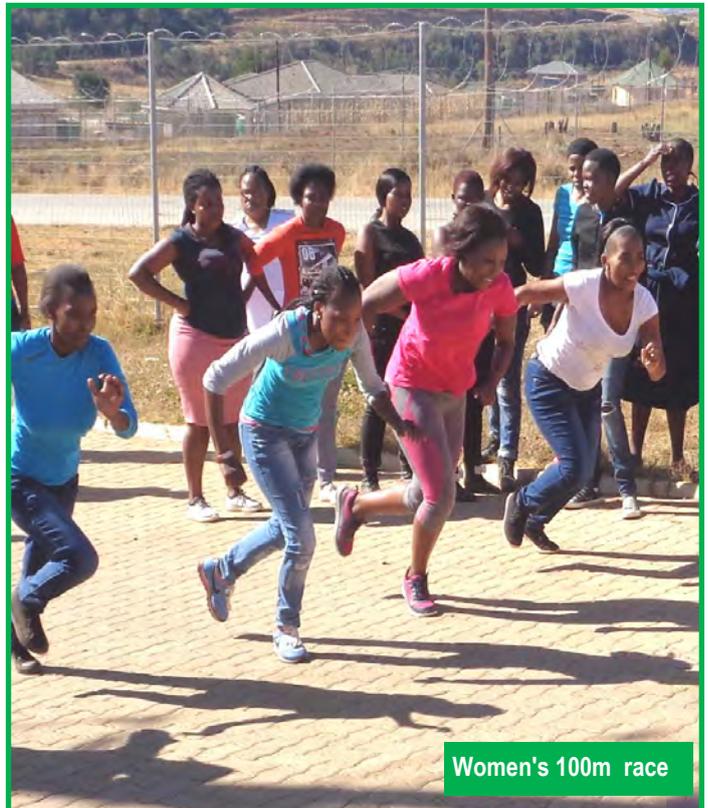
Trophies for winners on the day



Aerobics to warm up staff

Employee wellness day took place at Pholela CHC on the 27 July 2017 at the clinics sport ground. The theme was **“A healthy body = happy employee”** therefore all employees were required to participate in any event as part of healthy lifestyle initiative. The staff gathered at the sports ground with their sport kit ready to compete for medals and trophies that the sponsor had brought as token of appreciation. Greatest gratitude is given to GEMS and Old Mutual for being our sponsors on the day

The day saw many employees keen to get on the field as most of the staff came out in numbers to support this day, aerobics were done and various other sporting activities, like netball, egg race and relay marathon for both ladies and gents. An award ceremony was conducted by our Wellness Committee along with our sponsors for the winners and participants on the day. Staff were happy to have a day where they can have fun and laughter as we had many funny moments during the day.



Women's 100m race

The National Health Calendar guides us through out the year of various coordinated events that take place and should be embraced and celebrated according to the set out themes and policies provided by Dept. of Health. The month of August has been identified as the month of ‘*World Breast feeding month*’ and we have to ensure that adequate information on breastfeeding is provided to the relevant health worker and the public we serve

Mr Matikwane, the Nutritionist for Pholela CHC and satellite clinics was the leader of this initiative and he visited many places and clinics to educate the public on the importance of how to breast feed. This breast feeding initiative is strong minded on the collaboration work towards the achievement of the sustainable development goals by linking each goal to breastfeeding of infants and young children.

Therefore all parents with new born baby's should ensure that they know how and when to breast feed new born children and to an extent of 6 months up to 12 months. Breast milk is essential as it contains nutrients and vitamins that helps to fight

infection and strengthen the child's calcium level and immune system .

The key messages for this years breast feeding week that were addressed by the nutritionist were to promote exclusive breastfeeding, to promote, protect and support breast feeding. It is important that the people are well informed of the advantages of exclusive breastfeeding and understand how breast milk compression can be helpful to mothers that need to go back to work.

At Tsatsi Clinic 08 August 2017, A Well Baby competition was done in collaboration with breast feeding week. 20 children under the 3 years were assessed to determine how well the baby was growing. Children were checked for length, eight and MAUC. It was pleasing to see that 15 of the children met all the requirements whilst the remaining 5 children fell short and were identified as pending cases to ensure nutrition advise was given to the parents.

Presents were given to the mothers of the winners for The Well Baby Competition.



Nutritionist addressing the clients



Men's Forums reciting their pledge to the public and staff

Being a man does not necessarily mean you have to wear pants, have a beard and call yourself a man, there is a lot of responsibility that comes with being a man. It has to show from your actions and the way you extend a helping hand in the community & to protect women and children.

The men of Pholela CHC as a forum, decided to show their manhood by expressing that they are men of integrity, courage and wisdom. They took it upon themselves to have a pledge to the public and staff declaring that they are men who promise to be supportive to their families, honest to their partners and to protect their children and be a pillar in their communities. All men should take pride in being a man

To ensure that their message was understood, the forum had composed a stage play on how men these days tend to be neglecting their families and duties of being responsible man and not being the men that the society needs, to groom our youth to be better father in the society for the future.

Lessons on alcohol abuse and the dangers caused with consuming too much alcohol can have a negative impact on your life and relationships with your family and loved ones. Lets take a stand and be proud to be called man and address matter as they rise to have a safe and better South Africa for all.



Stage play by men's forum

# Celebrating Women's Day

By Mr. S.N Mkhize

Its all about women in the month of August. This year the women of Pholela CHC decided to commemorate this day in a very special and humorous manner. The theme for their event was **“Bring Back the 80’s in Vintage Fashion”**

On the this day all women had dressed up very spontaneously in dresses that were worn by our mothers and grandmothers in the 80’s. This theme proved to be very interesting as we saw dresses of different makes and designs. For a split second we believed that the Institution had been turned into an old age home as the dresses made out our woman to be like Gogo’s and Mamas’

The significance of the event was to commemorate the women who believed in women's right and marched against the apartheid government against the pass law implemented on colored ethnic groups.

To make the day even more interesting, the ladies had to choose songs from the 80s that were memorable back in the days. The stage came alive when they were singing in a spirit of the olden days. A time was given to address each other as women forum on the significant of having a good supportive system that will be a platform for them to embrace each other. Words of wisdom were shared by the older generation to the young women, that they need to be women of strong character and believe in themselves

The Men's Forum for Pholela proved that they were men of honor as they supported the women buying them refreshment and a BIG CAKE as a sign of support to our women. The ladies were delighted by the support they received from the Pholela Men's Forum.

WATHINT ABABFAZI, WATHINTA IMBOKODO



Showing off old school style



Women's mini parade on premises



PHC Manager at Underberg Clinic

On the 31st of August 2017 at Underberg clinic an Open Day took place to inform the public about the service and give them a broad understanding on the functionality of the clinic as a whole. The purpose of an open day is to market the service that the clinic is providing to the public it serves.

Underberg clinic has a huge head-count, as it is estimated at 750 clients as week averaging at +-3000 per month. The public were invited along with PHC Manger Miss B Maphanga and PHC Supervisor Mr. S.V Ngcobo who' addressed the public about the importance of attending the clinic as soon as you suspect you are not well, as that will help nurses to be able to prevent further illness. Prevention is better then cure. Miss Maphanga also emphasized about the importance of child immunization as children are vulnerable to infections at an early age.

Mr. Ngcobo the PHC Supervisor informed male clients about the programme of MMC which has many advantages for males, to have less chances of contracting STI & STD's. Medical Male Circumcision is free of charge at any Government institution. Males were encouraged to visit the clinic to have a circumcision done. VTC is also provided at the clinic. All these were service that were mentioned to the public and made aware.

Mothers who were present on the day were told about the operating times for the maternal clinic. Awaiting mothers should have all emergency numbers to help them on the day of delivery. The dental clinic now offers polishing and scaling of teeth as compared to when they only removed teeth. Mr. Ntanzi the dental therapist educated the public on the importance of dental hygiene. How people should brush their teeth and to visit the dental clinic at least once year to keep teeth healthy



Marketing of service rendered at Underberg Clinic



Heritage day is a day where all South Africans get to embrace the broad diversity of all the cultures that this great country has. South Africa is home to more than 7 different ethnic groups with over 11 official languages. To be a South African is truly a blessing, Heritage day is a legacy that has been passed on from generation to generation. South Africa has a rich history and it is important that we know about all the cultures we have that make us the country that we are today. This is a legacy that belongs to all South Africans no matter what race or language we speak, we should unite and show the world we are truly a blessed country

On this special day, Pholela CHC staff got together to commemorate the day by hosting a competition where different sections represented different cultures in the South African Hemisphere. We saw a variety of dances and traditional attires. The showcasing of talent was amazing as we had staff revealing their talents in the most beautiful ways, we had poems done on the heritage of the Zulus and origins of other cultures, we also had ingoma and ukusina performed beautifully by staff before traditional lunch was served to all staff



Sishaya ingoma

As the saying goes, “**Prevention is Better Than Cure**” To this end, National Pharmacy week was celebrated from 22 - 29 September 2017. the official theme for this year was, “**Don’t wait, Vaccinate**”

Vaccination plays a crucial role nationwide, in preventing the contracting of deadly, dangerous and crippling virus media. The aim of the pharmacy staff was to educate the general public on the importance and benefits of vaccination, as well as informing them on the various vaccinations available for their consumption. Of importance was the information passed on to children and parents on the expanded immunization programme guideline which enlisted all the vaccinations and vaccination ages that children must follow from birth until the age of 12 years.

Informative pamphlets were also circulated to patients to aid the understanding of the topic. We, as the Department of Health, hope that this was a fulfilling and informative experience to all patients and public in general. The pharmacy team gave out fruits and cakes to the audience to conclude their informative talk on importance of vaccination.



Pharmacy Staff addressing clients



Hand Wash Campaign at Bhidla Primary School



Hand wash at Mandlezizwe High School



Hand Wash at the Taxi Rank

The handwashing campaign was lead by Mr. M Zuma (**IPC**) infection prevention and control. This year the team went all out to ensure that the message of clean hands is envisaged to all the people in the community, schools and everyone who's anyone.

The theme for Hand washing campaign 2017 was "**Raise A Hand for Hygiene**" therefore the team had to cascade this message to the whole of the community we serve. On the 1st day the team visited a local primary school (Bhidla Primary School) where they addressed the children during the morning prayer assembly. Mr. Zuma and team did an amazing job at the school with the children as they displayed good hand washing skill after the orientation had been done on hand washing. The children were asked quiz questions after the orientation to ensure that the message of hand washing was understood by the teachers and the pupils.

On day two the team visited a local high school (Mandlezizwe High School) and passed at the local taxi rank to educate the public and the taxi drivers on the key message for hand washing. The people were very much intrigued by the hand washing campaign which was demonstrated by the team during the orientation. It was clear that the message was getting across and people understood the importance of keep their hands clean .

# Photo Gallery



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