



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

SIYENZA

PHOLELA CHC NEWSLETTER

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INSIDE STORIES

- MANDELA DAY
- NEW APPOINTMENTS
- TB OUTREACH
- CHILD PROTECTION WEEK
- HPV VACSINATION
- PHOLELA FAREWELLS
- MENTAL HEALTH
- STAFF RESIDENCES
- BREASTFEEDING WEEK
- CAREER CORNER
- PHARMACY WEEK
- EMPLOYEE WELLNESS



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Forewords from the CHC Manager/Medical Manager

I am proud to be leading the Pholela CHC team that is so proud of their work, dedicated and committed to service delivery. The strong willingness to go an extra mile and the unity that they have as an institution is what makes Pholela Complex a home away from home. The staff has displayed courage and spirit of Ubuntu in our saddest time when we lost one of our employees in September, Miss Qinisile Nzimande. May her soul rest in peace, our deepest condolences to her family. Further more I would like to thank the community for assisting us in this difficult time.



Dr. S.T. Camara
Medical Manager

In September of 2014 we had the National Core Standards assessment, this has helped the institution to identify areas of concern and where we can improve. In September we had a retreat at Douglas Drift to create a Pholela CHC vision and model towards prevention of diseases and promotion of health sponsored by Jim and Chris together with TB/HIV Care Association. Thank you for your support.

The Pholela CHC Choir made us proud when they got position 2 for the “*Good Is It To Thank Jehovah*” song and position 2 on Isicathamiya in the District Choir Competitions. The volleyball team achieved the first price in the District Sports competition. I would also like to congratulate all the netball, volleyball and soccer players that were selected to be part of the Harry Gwala District Team to participate in the upcoming KZN Provincial Tournament.

*FLY EAGLES FLY
HAPPY FESTIVE SEASON AND A HAPPY NEW YEAR
TO EVERYONE !!*

Public Relations Officer

Greetings to all the readers of *Siyenza, Pholela CHC's Internal Newsletter*, where we bring to you all the news of what has been happening in and around Pholela Complex. Its been a very busy few months with different programmes and projects happening within the department of health.

Firstly I would like to thank management and the staff of Pholela Complex for their hard work and dedication towards good and efficient service delivery, as we celebrate 20 years of freedom. The staff have showed great enthusiasm and unity in promoting the mission of Pholela CHC, “To Provide efficient and integrated primary health care services for the community of KwaHlanganani through community orientated primary health care service”.

This is evident through the increase in of

community outreach programmes that have been happening throughout in the past months, door 2 Door campaigns, Community Awareness Imbizo's and various other health initiatives.

This feature covers all the newsworthy information about our institution. Please enjoy this issue of our newsletter and feel free to forward your suggestions and compliments to the PRO's office, via telephone, fax or e-mail.

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Mr. S.N Mkhize
Public Relations Officer



TB Outreach Campaign

Pholela CHC has a number of programmes led by different sections within the clinic. This article mainly focuses on the TB Ward and the services they have been rendering of late.

The month of March on the health calendar is known as TB Awareness Month. During the month of March 2014, the TB staff conducted TB screening on staff and gave health education on ways of preventing TB and how best to live with it, if one is found to have been infected. The TB Outreach Team also visited different communities where by they gave health education to help create awareness in the community about TB, health screening and TB screening were done in the communities during the campaign.

This proved to be a success as people came out in numbers to support this TB Campaign. Seven different communities were visited and over 300 people were screened for TB.

The initiative continued and the TB Outreach team went on to visit different hotels, B&Bs, lodges and farms located

in Bulwer and neighbouring areas. The aim for this campaign was to offer services to the general staff and laborers since most of them work awkward shifts or live too far from the clinics.

On the 21st of May 2014 our TB Outreach Team in collaboration with TB Care Association, visited Suntime Qunu Lodge where they provided medical support services to the staff such as treatment for Medical and Surgical Minor Ailments, Family Planning, Voluntary Counseling And Testing, Diabetes, Hypertension, Cervical Cancer Screening and more.

Suntime Qunu Lodge's staff members came out in numbers since they work very far from health institutions and hardly have time to visit the clinic. Some brought along their other family members and everyone was able to receive attention and referrals if needed



TB Team at Suntime Qunu Lodge



Minor Ailments Screening and TB Screening



HPV Vaccination

The Department of Health together with the Department of Education introduced the Human Papillomavirus (HPV) vaccination in primary schools.

The HPV vaccination aims to decrease the number of women who develop Cervical Cancer. In many cases HPV shows no symptoms. When they do occur, the most common feature is the presence of warts on the genital area. Signs of infection can appear weeks, months or even years after infection occurred. Pholela CHC staff visited local and neighbouring primary schools where they gave vaccines to grade 4 pupils and 9 years old girls

Pholela CHC nursing staff was divided into four teams. The teams included one Professional Nurse, one Enrolled Nurse, one Community Health Facilitator, one Community Care Giver.

Some of the girls did not get this

vaccine since their parents did not give nurses permission to do so. Some of the community members came to the schools to find out more about the HPV vaccine as they did not want it to be given to their children before being educated about it. We encouraged the parents to give permission so that girls can get this vaccine

Health education was giving to those parents that were present and informed about the vaccine before giving it to the young girls.

The parents were happy to hear about the vaccine and found it to be helpful to their children when told about cervical cancer and that it is a major challenge in lots of women these days. The girls were then told that they would get another vaccine around September/October 2014



HPV Vaccination at Luhana Primary



Young girls queue to get their vaccination

Child Protection Week

“Working Together To Protect Our Children”

National Child Protection Week (CPW) is commemorated in South Africa annually to raise awareness of Children’s Right as articulated in the Children’s act of 2005. This campaign began in 1997 with the aim to mobilize all sectors of our society to ensure the care and protection of our children. In South Africa, children live in a society with a constitution that has the highest regard for their rights, equality and dignity of everyone. The aim of Child Protection Week is to ensure the safety, well-being and protection of children through community mobilization and working together with an integrated multi-disciplinary approach.

On the 4th of June 2014, Pholela CHC hosted Child Protection Week event at the Out Patient Department waiting area. Sister Gushu (CNP-OPD) was the MC for the day. Speakers from different sections/wards addressed parents on how they should raise and protect their children. Sister Ngcobo (P/N) from the Maternity ward also explained the importance of protecting children before birth, by attending Anti-Natal Care clinic on a monthly basis as required. Clinic visits helps the mothers and nurses to monitor the growth of the baby and to be able to pick up any complications that the baby might have before birth, said Sister Ngcobo.

Sister Mngoma (OMN) from Mobile Clinic explained the importance of protecting a child from birth, by taking him/her to the clinic for immunization. She explained the side effects that can impact on a child if he/she misses their immunization. Miss A Mkhungo (Oral Hygienist) explained the reasons of protecting a child when he/she starts his teething phase. She told the parents about the symptoms of sexual abuse, this should be noted and reported.

Our Social Worker, Miss Ntombela advised parents on how they should make use of Child Support Grant, ensuring that their children are well taken care of by that money. Entertainment was provided by Pholela CHC staff, who put on a short drama play showing parents how they should care for their children. Mrs. T.G.O Sikhakhane (Nursing Manager) was present and thanked everyone who took part in ensuring that the event was a success.



Mrs. TGO Sikhakhane and Sister Gushu



Singing and dancing by the children

Career Corner

The career corner focuses on and explores different careers within Pholela CHC.

In this issue, we interview Mr. F.A Dlamini, who tells us more about his job as a Linen Orderly.

Sanele: Good day Mr. Dlamini, you have been selected for our Career Corner article in this month’s edition of “*Siyeza Pholela CHC Internal Newsletter*”. Firstly, could you please tell us more about yourself?

Mr. F.A Dlamini: My name is Funisela Antony Dlamini, I was born and bred at Half My Right (KwaBhidla) Location. Currently I’m doing My Level 4 certificate at Mabovini ABET School under Pholela CHC. I’m a married man with 8 children. I started working here at Pholela CHC as Gardener, when it was the old Pholela Clinic in 1993. I then became a messenger. After that I started working as a driver in 2004 till 2007. I was later employed as a Linen Orderly early 2008. Overall, I have worked for Pholela CHC for more than 21 years now in different sections

Sanele: Could you kindly tell us, what do you do as a Linen Orderly?

Mr. F.A Dlamini: My duties include washing, ironing and preparing laundry for different departments within the clinic. I have to ensure that all laundry is accounted for on the laundry register. I am also responsible for cleaning and maintaining all laundry machine and report on machines that needs to be fixed or broken to my supervisor.

Sanele: Why it is important for Pholela CHC staff to know about and make use of Laundry Department?

Mr. F.A Dlamini: Staff need to report if there is dirty linen especially in the maternity ward since they use the linen and it is likely to get soiled during delivery.

Sanele: What should be kept in mind when dealing with linen?

Mr. F.A Dlamini: The most important thing when dealing with linen, is the weather. If the weather is not good, it becomes difficult for us as Linen Orderlies to do our job, since we rely on the sun to help dry the linen.

Sanele: Having worked at the laundry department for so long, kindly tell us what have u learned ?

Mr. F.A Dlamini:

I have learnt how to be patient when dealing with linen and to have respect for other staff in the wards as they value our work. I have also learned how to use the laundry machines. When I started, I had no idea how to use the machines since I am a traditional man who is not familiar with the modern technology, but now am able to operate all the machines.

Sanele: Thank you, all the best Mr. Dlamini



Mr. F.A Dlamini
Linen Orderly

Mental Health Awareness Day at Gqumeni Clinic

Sister Miya (OMN Gqumeni Clinic and her staff, decided to call upon all the clients that are mentally challenged within the community of Gqumeni to be with them in celebrating Mental Health Awareness month.

The motive for hosting such an event was to help encourage and acknowledge all those clients who are mentally ill to continue with their medication, visit the clinic and not default on their medication. This event would also help them feel loved and recognized within their communities as we had invited their families and people within the community to be part of this event which would be memorable to the clients who are mentally challenged.

Various stakeholders were invited, speakers from District

office and others from Pholela CHC. The event took place at Gqumeni Clinic on 30th August 2014. Mrs. Miya (Operational Manager) welcomed the guest who were present and Sister Radebe took over the show as programme director of the event.

During the event we had a stage play that was performed by the staff of Gqumeni Clinic to create awareness on how to treat people who are mentally challenged. Mr. T Matikwane (Nutritionist) gave an informative talk to patients and community on what is best to eat and not to eat when one is keeping a healthy diet and explained about sources of vitamins and their use. Entertainment was provided by our special guests who had been rehearsing weeks in advance for the event. They sang and danced for us

showing off their talents. Refreshments were served and everyone was happy about the event,



Sister Miya (OMN Gqumeni Clinic) and special guests



Entertainment by our Special Guests

New Staff



Mr. Khumalo showing off his work

The new staff residences are almost complete after long anticipation by Pholela CHC staff. The double story complex and doctors quarters took a good 24months to build and over the past months of construction, we saw radical change in the building as it went up day by day taking shape. Residence construction started in August 2012 and was lead by two construction companies, Edge to Edge and HR Constructions. The team consisted of 30 men which included technicians, engineers and general laborers.

The building is mainly built with steel for support and structure. The walls were put up using bust boards and rhino lite. The double story building consists of 36 apartments, each apartment has a bathroom, toilet, kitchen, one bedroom and open space for TV and dining room. Three bedroom houses were built to accommodate doctors and their families. Each house has lounge, kitchen, TV room and 3 bedrooms. The staff residences are very homely and everyone is looking forward to having them officially opened. Mr. Khumalo (site manager) said "I'm pleased to see this project coming to it's completion after a long time" he said, and thanked his workers for a job well done.



Staff Apartments



New staff residence at Pholela CHC

International Nelson Mandela Day

Working together for a cleaner South Africa. That was the call by our State President Mr. Jacob Zuma during the state of the nation address early this year, to commemorate this day of our fallen hero Nelson Mandela who passed on in 05 December 2013. May his soul rest in peace. In honor of the late Nelson Mandela and respect to the President's call, Pholela CHC took to the streets to clean up Pholela taxi rank and Bulwer rank. The staff and management came out in support of the call to dedicate their 67 minute to help clean up South Africa by cleaning the taxi rank in front of the clinic

The cleaning up started right in front of our clinic, where there is a taxi rank for dropping and picking up clients when they come to the clinic. It was a fairly small rank and even the clients and community members came out to help with the cleaning up.

Stage two of the clean up occurred at Bulwer taxi rank right in the middle of town, where we met other employees from Ingwe Municipality who had come by to clean up the taxi rank as well.. The cleaning was done and moments of laughter were shared with other colleagues from different departments along with commuters and taxi owners in support of Mandela Day. The unity amongst the people was great and surely this is what our former President the late Mr. Nelson Mandela would have loved to see, people working together for a cleaner south Africa hand by hand.

In honor of Nelson Mandela, let the spirit of Ubuntu live in

**WORKING TOGETHER FOR A
CLEANER SOUTH AFRICA**

19 July 2014



Pholela CHC staff and Ingwe Municipality staff at Bulwer Rank



Pholela CHC Management cleaning Pholela Taxi Rank



Staff at Bulwer Taxi Rank

Mnyamana Clinic 67 Minutes for Mandela Day

Mnyamana clinic hosted a joint event in commemoration of Nelson Mandela Day and Mental Illness Awareness month as both event fall in the same month. The main aim of having such an initiative was due to the fact that Sister Moloinyana (OM for Mnyamana clinic) had identified a client who was mental disturbed and stayed all by himself and his house was falling apart as he had no one who could help him. The call for 67min for Mandela Day was then dedicated towards helping to rebuild his home and clean it up.

The community and staff came out in support of cleaning and rebuilding the fallen walls and cracked windows. Pholela CHC came out with the maintenance department who were very hands on as they helped with putting back the window, doors and other the walls of the house. Sister Moloinyana and Mrs. Dlamini (Clinic Committee Chairperson) seemed to be very happy to see so much of work being done and thanked the community, staff and CCG's that lend a helping hand in making this Mandela Day a success.

It was pleasing to see the community and staff working together towards helping a member of the community, this showed unity amongst the community and Mnyamana Clinic proving there is a good relationship and understanding. This is what the spirit of Mandela Day is all about.



Sister Moloinyana and Mrs. Dlamini



The rebuilding of the house

Community Awareness Imbizo's

Pholela CHC serves a very broad community and has many people who come to visit the clinic on a daily basis. The aim and objectives of the campaign was to educate and inform the community on the services offered at Pholela CHC and establish challenges faced by the community, when being serviced by the institution. This helped us to identify our client satisfactory rate while at the same time we marketed the services of the Community Health Centre.

The Community Awareness Imbizo campaign was done over a period of four weeks, during which time we visited over 25 different communities. In terms of disseminating the information to the community, we were successful through the help of Community Care Giver (CCG's) who helped us to mobilize the community within their areas by distributing posters, flyers and talking to people within the community informing them of dates and venues of Imbizo in the area. This proved to be very effective as every point we visited we found that the community had come out to hear for themselves as to what this Imbizo was all about.

The people were informed of the different services that they would find at Pholela CHC and were told about the exciting news of 24 hour medical services, which was the main focus to inform the community that doctors would be available 24 hours as of the 1st of April 2014. The people were happy to hear such great news and were amazed as to the various kind of services that they can now receive at Pholela CHC.

The communities also voiced challenges that they faced when coming to the clinic and had few suggestions that were related to health services. Many compliments were also received about the service delivery and appraisal to certain individual staff who were mentioned to have a good customer service to our clients.

We are pleased to say that the doctors have started working efficiently night and day seeing clients who seek medical attention on 24 hours basis.



Community attends Imbizo at Nkumba Primary School



Breastfeeding Week

The World Breastfeeding Week (WBW) is the greatest outreach vehicle for the breastfeeding movement being celebrated in over 120 countries. Officially it is celebrated from 1 - 7 August. The theme for 2014 is **BREASTFEEDING: A Winning Goal For Life!** The theme asserts the importance of increasing and sustaining the protection, promotion and support of breastfeeding in the Millennium Development Goals (MDGs) countdown, and beyond.

On the first week of August, Pholela CHC together with Harry Gwala Health District Office conducted a door to door campaign, doing research on breastfeeding. On the 6th of August they visited Bethlehem Community Hall where they created awareness on breastfeeding. The drive behind this campaign was due to the increasing in numbers of children who were not breastfed properly by their mothers. Therefore a decision was made to form a team to organize and create awareness in the community about the importance of breastfeeding by mothers. Lots of women were present during the campaign at the community hall and were able to ask questions on breastfeeding.



Breastfeeding demo by Miss P.B Memela



A little competition was conducted to ensure that the mothers were listening and asked about what was being said during the presentations. Those who did very well were rewarded with gifts.

The event was a success and refreshments were served to the mothers.

New Appointments



Mrs. M.L. Mokapela
Mqatshehi Clinic OMN



Dr. A.A. Fawole
Chief Medical Officer



Dr. M.H. Nxele
Community Medical Officer



Mrs. S.S. Khanyile
Clinical Programme Coordinator IPC



Mr. S.V. Ngcobo
PHC Supervisor



Mrs. T.R. Dimba
Gwala Clinic OMN



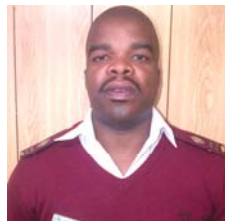
Mr. V.J. Sibeko
HR Supervisor



Mr. J.I. Dlamini
Support Mangt Officer



Miss B.T. Mngoma
Mobile clinic OMN



Mr. L. Tshaka
CNP



Miss N. Jojo
Enrolled Nurse



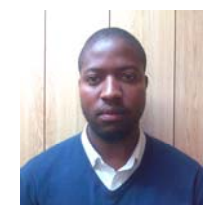
Mr. N.I. Mdingi
SCM Officer



Miss G. Mbatha
Data Capturer



Miss B.P. Nxuseka
Enrolled Nurse



Mr. M.B. Khomo
Enrolled Nurse



Mrs. T.J. Dlamini
Professional Nurse



Mr. N.G. Gazu
Pharmacist



Miss T. N. Ndlela
Professional Nurse



Miss E.Z. Ngubane
Data Capturer



Miss S.M. Msomi
General Orderly



Miss S. Fakazi
Professional Nurse



Miss S.T. Zondi
Professional Nurse



Miss N.A. Dlamini
Enrolled Nurse

Pholela CHC Trainees



Miss F. Mnguni
HR Trainee



Miss N.N. Hadebe
Support Management Trainee



Miss N.E. Phoswa
Transport Trainee



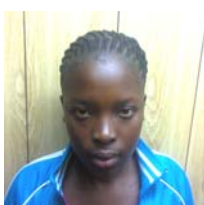
Miss T.P. Sokhela
Admin Volunteer



Miss B.S. Madlala
FIO Trainee



Miss S.S. Hlongwane
HR Trainee



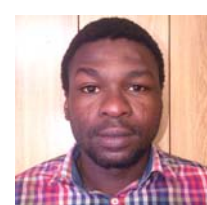
Miss S.E.J. Nzimande
SCM Trainee



Mr. S.P. Nzimande
Admin Trainee



Miss N.H. Ntshangase
Support Management Trainee



Mr. N.A. Dlamini
PRO Trainee

Pholela Farewells

We bid farewell to few of our staff members yet again, the sadness and tears shared reflects true emotions when ever we have to say good bye to our beloved colleagues. This year again we had to hold our tears and heads up high as 3 of our staff were leaving us.

On the 30th of May 2014 the staff gathered at the boardroom for Mrs. Zwane (SCM Practitioner) farewell party. It was a surprise to most of the people to hear about her leaving Pholela CHC as she had only been here for 2 years. In her stay she was known for her politeness and humor. Mrs. Zwane shared her speech of appreciation and said her good byes. It was very sad and touching when she said "I will miss you all as you were like family to me"

The year went on and sadly we would have to get together again on the 30 June 2014 at the X-Ray Dept. for Sister Shezi's (OMN TB/HAST) farewell party. Sister Shezi had worked at Pholela CHC for 10 years. She was known for her cheerful personality and free spirited person, above all that she kept her staff motivated and working hard.

Her farewell was nicely set up and decorated by the staff to show appreciation. They bought her nice gifts and shared wonderful words about her and her time at Pholela CHC. Sister Shezi was very emotional and thanked all the staff of Pholela for making her experience working at Pholela very memorable. Proceedings went well and refreshments were served at the boardroom.

Last but not least and yet so sadly, Mrs. Sirafe who worked at Pholela CHC for over 20 years. Mama Sirafe was a name used by most of us here at work, she was one of the elders and much respect was given to her. When she started working at Pholela CHC, she started as a General Orderly back in 2002 until 2010 when she was promoted to work at the laundry. Through out her stay at Pholela CHC, she was known for her hard work, dedication and forever being polite.

On the day of her farewell 30 July 2014, staff gathered at the OPD waiting area. Her family was invited to be part of the event. Management, staff and family members had a few speeches to share before Mama Sirafe took the podium to pass her kind words of gratitude.



Farewell for Mrs. Zwane



Sister Shezi receiving her gifts



Mama Sirafe's vote of thanks

Editorial corner

Public Relations Trainee

On the 10th of February 2014, I started my in-service training here at Pholela Community Health Center, located in Bulwer (Harry Gwala District). This has been a valuable experience, that has taught me a lot and made me want to gain more knowledge about the Department of Health as it has made me realize that I made a perfect career choice to be a Public Relations Officer

Throughout my in-service training, I've gained firsthand insights on how a Public Relations Officer functions within an institution, to build and maintain good relations between the community, clinic and other stakeholders. I have developed an understanding on how to manage complaints, organizing events, attend meetings and administration work. Mr. Sifiso Mkhize (Public Relations Officer) has helped me a lot. He has given me direction and knowledge on what I should do to be a successful Public Relations Officer. He has given me guidance and challenges at the same time due to the faith he had in me. This empowered me and gave me confidence in doing my work.

Some of the best and most valuable learning experiences, was that I managed to develop my writing skills, communication skills and organizing skills. This was a great opportunity, I was able to work with different people who speak different languages and different cultures.

The work experience has given me insight on Public Relations and I feel I am well suited for this profession. As a Public Relations Trainee, I have learned that I need to listen carefully, take notes, be inquisitive, take responsibility, be updated about feedbacks, proof read my work before submission and learn to work well under pressure.

I would like to thank Pholela CHC Management, staff and the PR Office for giving this opportunity.. I really appreciate it.



Thank You

Heritage Day at Pholela CHC

Heritage Day is a South African public holiday celebrates on 24th of September every year by citizen of South Africa to show their patriotism for being South African. On this day, South Africans across the nation are encouraged to celebrate their culture and the diversity of their beliefs and traditions in the wider context of a nation that belongs to all its people. This holiday originated In Kwa-Zulu Natal and was known as King Shaka Day. South Africans celebrate the diverse cultural heritage, that makes a rainbow nation. It is a day to celebrate the contribution of all South Africans to the building of a new South Africa.

We as Pholela CHC celebrated heritage day on Friday 26 September 2014. The staff of Pholela went all out and were dressed in their traditional attires and colorful outfit. It was very interesting to see all the staff of Pholela CHC enjoying themselves on the day with their traditional attire and spirit of Ubuntu. What I loved is that, the community of Pholela and clients who visited the clinic came dressed in their traditional attires, as they saw posters on the walls indicating that 26 September 2014 is Heritage Day Celebration at Pholela CHC. On the day of the event, proceedings were done as normal and clients were seen. Meanwhile behind closed doors and outside of the offices, staff were busy cooking variety of foods such as boiled chicken, sweet potatoes, spinach and other traditional foods as the boys were busy with fire for the braai.

The proposed programme for the event would see all sections competing against each other by songs, zulu dancing and best dressed department. The competition was keen and each component showed 100% dedication on the stage, giving our judges a hard time choosing number one. The way staff were singing and dancing made the audience to start chanting, jumping and screaming as they were highly entertained by different groups. It was amazing to see the amount of talent hidden behind our uniforms. Most staff were amazed to see certain individuals on stage performing so well, because when they are almost always in uniform, you could never imagine them doing all that they were doing on stage.

Pholela CHC made this day come true and memorable in a way that all staff wished it was heritage day at work, when it was time to go home, you could see that they were so willing and wished the show to go on.

After the entertainment it was time to choose the winners in the different categories, the best performance went to the

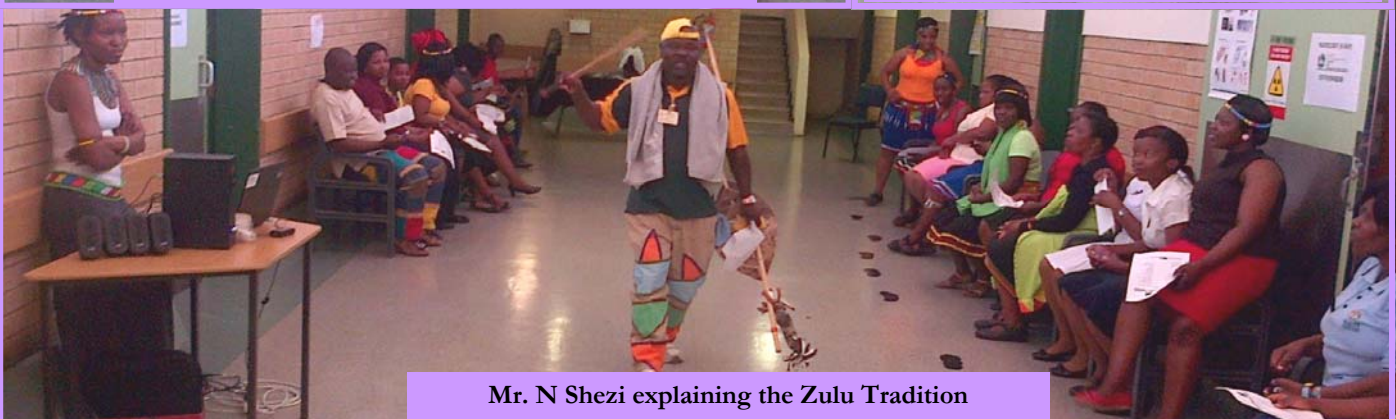
OPD Department. Award for best dressed also went to Mr. S Nzimande who was fully dressed in his traditional attire



Traditional fashion attire at its best



Mr. Q Cele showcasing his talent



Mr. N Shezi explaining the Zulu Tradition

Pharmacy Week

Pharmacy week 2014 took place from the 1 - 7 September 2014 and focused on the theme for, *Rational use of medicine and Antimicrobial Resistance (AMR)* with the aim to create awareness amongst clients. The main topic was to **“Use Antibiotics Wisely?”**. Pholela CHC Pharmacy Department also took the initiative to host their own pharmacy week event as this was a national programme.



Pharmacy week at Pholela CHC was held on the 1st of September 2014 at the OPD area. The main aim for this event was to educate, inform and demonstrate to clients the usage of antibiotics. Miss L Mbuyisa (Pharmacy Manager) did the introduction and stated the purpose and what the event was about. Mr. N Dlamini (Pharmacy Assistant explained the different types of antibiotics offered at Pholela CHC pharmacy.



Miss N Zwane explaining side effects of antibiotics

Miss S Danisa (Pharmacy Assistant) explained side effects of antibiotics that can appear after the using antibiotics. Miss N Zwane explained the side effects that can appear if a female is on family planning. Miss T Dlamini (Pharmacy Assistant) was given an opportunity to show clients the antibiotics offered at Pholela CHC pharmacy. She then gave directions on how to use antibiotics. Clients were given the opportunity to ask different questions about antibiotics. It was then competition time, where clients were asked questions about what has been said by the Pharmacy staff. Those who answered correctly were rewarded with different gifts such as cups, fruits, sweets etc.



Pharmacy Department Staff

It is important that one is aware of the medication he or she is taking as this is highly important in case of emergencies.

Employee Wellness



Cllr. N.P Luzulane of Ingwe Municipality welcomes staff

Wellness Day, Work and play was introduced to the department as a fundamental principle to a good life style for employees. The purpose of the event was to encourage staff members to engage themselves in sport activities to keep their bodies healthy to fight against diseases. It was also to ensure that workers are happy because **“A Healthy Worker is a Happy Worker”**. Pholela Community Health and Ingwe Municipality hosted a wellness day campaign on the 13th of June 2014 at Bulwer Community Hall.



Aerobics by staff

It was very interesting to see workers from different departments together enjoying being away from work, getting to know each other and relieving themselves from work. It was a great honor to have Cllr NP Luzulane amongst us, the Mayor of Ingwe Municipality who was happy to see the government department workers under Ingwe Municipality gathered for the day. She encouraged the present staff to take part in sport activities such as the new programme of “Work n Play” to ensure a healthy life style. There were speakers from different department explaining what they know about wellness day.



Praise and worship

There was a guest speaker from *Forever Living Products* who explained the things to do to ensure that you are a happy worker. Some of the Pholela CHC staff were leading on the aerobics, where they showed different types of exercises one should do to ensure a healthy lifestyle. Different sport activities such as warm ups, jogging muscle stretching etc. were done as part of keeping a healthy life style. It was then time to get to know one another more as the staff were able to sit down, chat and get to know one another.

Refreshments were served and there was dancing since there was a DJ playing

“A Healthy Worker Is A Happy Worker”

Early Christmas for New Born

On the 14th of August 2014, a miracle was witnessed by Miss Nonhlanhla Ndlovu, who had come to the clinic to give birth as she was experiencing labor pains. She gave birth to a beautiful healthy baby girl. The nurses and mother were relieved that the baby was delivered safely. The mother was in tears and happy to see her baby. Nurses found that the mother was unemployed and had nothing for her and her baby upon being discharged.

Miss Nonhlanhla Ndlovu lives in Ncwadi location which is a few kilometers away from the Pholela CHC. She stays with her mother and both of them have no income. This situation really touched the nurses and they saw the need to intervene as public servant to help the mother.

Pholela CHC Maternity staff together with Miss N Ntombela (Social Worker) got together and searched for clothes that have been donated by staff to see what they could find for the mother and the baby. Luckily amongst the clothes donated in the past, they found few items for them. The mother was given clothes for her new born, like baby rompers, vests, leggings, nappies and a pusher chair. She also received a few skirts, shirts, hat (beanie) sandals and shoes to keep them going for few months.

On the day that they were discharged, they organized transport for her and they were taken home, accompanied by one of the nurses and the social worker as to ensure that she got home safely and check the status of the household. The mother thanked the Maternity ward staff for their hard work and Pholela CHC for their caring attitude.



The names have been changed due to the confidentiality and privacy of our clients.

Tribute to Miss Qinisile Nzimande

We would like to take time as Pholela CHC, to pay tribute to the late Miss Qinisile Nzimande who passed away this year in September 2014. The news of the passing of Miss Nzimande shocked everyone at Pholela CHC as it was so unexpected to the employees and friends that closely worked with her and had last seen her leaving work on Thursday.

Miss Nzimande was born 25/11/1977 in the small town of Bulwer and grew up living with her parents in Ncwadi Location. She started her schooling at Ncwadi Primary school and went on to Ntabende High school where she matriculated. Miss Nzimande had a interest in nursing when she was a child, so after she matriculated she went to Michael Mase Nursing College to enroll on a nursing profession.

She started working at the clinic in 2005 where she was appointed as an enrolled nurse at the maternity ward and was later promoted to work at OPD as staff nurse when she had acquired her qualifications at Rietvlie Sub Campus.

Miss Nzimande worked at Pholela CHC for 9 years, during her stay at the clinic, she was known for her lovely and bubbly personality. She was always smiling and cheerful. Over the years at Pholela CHC she had worked in different sections within the clinic. She was kind person that was dedicated to her work and always had respect for clients and fellow colleagues. She was a very active and always took part in all the sporting activities within the institution and she was appointed as captain of the netball team.

..... May her soul rest in peace.....



Picture Gallery



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