

ST ANDREWS HOSPITAL

ST AND

ANNUAL OPEN DAY/ IMBIZO IN HARDING TOWN HALL



Matron Vane welcoming and introducing guests

The key figures of Umuziwabantu community packed the Harding Town Hall when St Andrews Hospital hosted its annual open day/ Imbizo on the 27th July 2010. Among the key figures who attended the event were Traditional Healers, *Izinduna*, Ward Councilors, and representatives from different government departments around Umuziwabantu. This annual event gave an opportunity to the community of Harding to interact with the hospital management and raise their concerns regarding the services that are being offered in the institution. “This event fulfils one of the Batho Pele principles which is consultation” explained Miss Mandisa Vane, the

Deputy Nursing Manager when she presented the purpose of the day to the audience. The programme started with an opening prayer and a word of courage for the community that was done by Pastor G. Nzama. Representatives from various departments within the hospital addressed the community on services available at the hospital, they explained their scope of practice and also mentioned different kinds of challenges that the hospital is faced with on a daily basis when dealing with different clients. Amongst other challenges that were mentioned was the patients who bypass their Primary Healthcare Clinics and access the hospital as their first level of care. The audience was encouraged to spread the word to the community members to utilize their clinics as first level of care

ISSUE 23

Inside this issue :

- Annual open day
- Johnson and Johnson's health baby competition
- Workers testing campaign
- EDU show at KwaMbotho community hall
- Men's forum.
- Tips for better living
- National women's and Heritage day

JOHNSON AND JOHNSON'S HEALTHY BABY COMPETITION



Mrs. Ntuli interviewing one of the contestants in the Johnson and Johnson's healthy baby.

On the 30th July 2010, Meadow Sweet Clinic hosted Johnson & Johnson healthy baby competition that was targeted to every mother with zero to eighteen months babies.

This competition that was started and sponsored by Johnson & Johnson, has grown over the past three years and it has spread to seven more clinics in Ugu District. The motive behind is to appreciate all mothers for loving and caring for their children.

The judges of this competition were concentrating on the neatness of the mother and the baby and whether the child is healthy. Also the mothers were expected to know the stages of immunisation, child's nutrition status, infant feeding and lot more.

With seven clinics that hosted the competition they were six winners in each clinic. The winners were then meant to enter a district competition on the 17th August 2010 where one winner will be selected.

HARDING TREATED TIMBERS' HCT CAMPAIGN



The government says people should not go to the services but the services must come to them, St Andrews Hospital's Simunye Clinic staff heeded to this call and visited Harding Treated Timbers on the 6th August 2010. The hospital's aim was to test the H.T.T. workers as it is hard for them to visit the health facility because of their hectic schedule. The owner of the company Mr. J. McKenzie was very happy with this campaign as he encouraged all employees to get tested.

About 80 employees were tested on that day. Matron Silwane coordinated the whole campaign and it was a great success!!!

Edu-Show at KwaMbotho



Health process in place, kids happy at the jumping castle, and Programme Director doing what he does best (centre)

Scores of people, including pupils, from KwaMbotho in Umuziwabantu braved the cold weather and came in large numbers to attend the Edu-Show that was held at KwaMbotho Community Hall.

The Harding Primary Health Care team worked tirelessly doing screening of vital signs, HIV testing and immunizations. Dettol, bio-oil, and huggies were the main sponsors of the event. When asked about the main purpose of the event, one of the Dettol travelers Thandi responded by saying that they work hand in hand with the department of health and their main aim is going to rural areas all over South Africa teaching children about the importance of hygiene and how to be healthy and also giving them gifts like dettol soap, t-shirts and more. But it didn't end there, Dettol dominated with their hyper programme director, Thobenjane Flash from the Alex community radio station who rocked everyone.

When we all thought it was over Home Affairs arrived for ID registration and the attendance only got bigger.

St Andrew's Hospital's Men's Forum

Ever since the launch of the Male Medical Circumcision, statistics show that most of circumcised young males are HIV negative, with that in mind, St Andrews Hospital has decided to form a Men's forum. The forum is to come up with ideas on how to keep the status of these young males negative, that is not only the main concern but as well as to talk about the responsibility of men when it comes to drug abuse, practicing safe sex etc.

The first meeting was on the 9th September 2010 and it was a huge success. That was just the beginning, more good things are still expected to come out from the forum and more men are invited to come and voice their opinions during these meetings!!!!!!!!!!!!

Tips for Better Living

- Rise and pray every day: "Again today, dear God, I commit and trust my life and way to you. I'm available. Please use me to be as Jesus to every life I touch."
- "Don't sweat the small stuff."
- Remember these simple sentences: "I was wrong." "I am sorry." "Please forgive me." "Thank you." Say them whenever needed and say "I love you" often—whether needed or not.
- Come apart and rest a while before you come apart—stress is a killer.
- Remember, "Nothing changes if nothing changes."
- Don't nurse grudges: "Failing to forgive is like drinking poison and waiting for the other person to die."
- Carpe diem. Seize the day. "Opportunity comes to pass —not to pause."
- Quit the blame-game—"it's choice, not chance, that determines destiny."
- Control your thinking or your thinking will control you. "What the mind dwells on the body acts on."
- Invest your life in a worthwhile cause by having a noble purpose for which to live—a purpose that is bigger than yourself for which to live—one that will help make your world a better place in which to live.
- Be a positive realist. You will always see what you are looking for: "Two men look out the same prison bars. One sees mud, the other stars."
- The greatest abilities are availability, dependability and responsibility.
- "There is no pillow as soft as a clear conscience."
- "Smooth seas never make skillful sailors."
- When God is silent. "I believe in the sun even when it isn't shining. I believe in love even when I am alone. I believe in God even when he is silent"
- Cry when needed. "Every unshed tear is a prism through which all of life's hurts are distorted."
- Laugh a lot. It's still the best medicine

NATIONAL WOMEN'S AND HERITAGE DAY CELEBRATION

On the 30th September 2010 St Andrews hospital hosted Women's and Heritage day celebration for both Primary Health Care and hospital staff.

The purpose of this event was to ensure that employees of St Andrews Hospital and its satellite clinics unite to honor women's month and celebrate their various cultures, and motivating employees as it has been said that; a productive employee is a happy employee.

The event was a colourful as most employees wore their different cultural outfits. Various topics were discussed on this day like information on Phila ma project and Male Medical Circumcision, this was aimed at promoting healthy life style as the theme was "Going back to our roots" where we were reminded of the things that were done in the good olden days which were believed to be safe for our health and families. The local Iscathamia and young Zulu dance groups entertained the hospital employees during the event.

Finally the ceremony was wrapped up with a very nice African cuisine.

ZIXOXWA NGEZITHOMBE



**..U MR DLAMINI NO MR NTSHISH..
"AMADODA OKUTHATHWA NGEMPELA
LAWA".**



**U MATRON SILWANE NO MRS NGCAKAZA
"KUNGAFI MUNTU KELAPHO..... UNGAFUNGA
UKUTHI NGAMALUNGU EPHALAMENTE"**



**..U LUGAYENI NO S'CELO..
"YEMADODA INGAPHELELI EZIKO LEYON-
YAMA.."**



WASHA!!!! NTOMBI YOMZULU



**U MSS ZULU, MSS MNEMBE, AND MR
DLAMINI..
NASE NIPHAKA KANCANE KANGAKA PHO ?**



**UBAB' UMDAVU NEZAKHE BAB' YISHAYA
KANJE
"COTHOZA MFANA "**



The speakers of the day; from left Mrs Ngcakaza, Mrs Ngcobo, Matron Selwane, Mr kheswa, Mr Gasa (Programme Director) and Father Khumalo...

NEW APPOINTMENTS JUL-SEP
20102

NAME	RANK
Mweshe VS	Professional Nurse
Ngoyi K	Medical Officer
Tutu Z	Professional Nurse (Speciality)
Hlatshwayo TA	Artisan (Electrician)
Dlamini RD	Artisan (Carpenter)
BhekiswaFN	Professional Nurse
Mtolo ZP	Finance Services Officer
Shabane BM	Ward Clerk
Msthalali NB	Lay Counselor (Santombe Clinic)
Mukeba PK	Medical Officer Grade
Cele KW	Lay Counselor (Santombe Clinic)
Khubone TA	Data Capturer
Khuzwayo S	Ward Clerk
Ngwazi ZF	Staff Nurse
Sikhosa ZB	Staff Nurse
Miya BM	Clinical Nurse Practitioner (Pisgah)
Ngcama N	Medical Officer
Magwaza NF	Nursing Assistant
Ntenga BB	Staff Nurse
Mtolo VG	Lay Counselor
Dweba NE	Professional Nurse
Sithole PNK	Nursing Assistant
Bonga NL	Professional Nurse
George G	Professional Nurse
Mondweni TV	Professional Nurse
Kheswa NA	Comm. Serv. Professional Nurse
Ngcobo VS	Comm. Serv. Professional Nurse
Mzobe ZM	Comm. Serv. Professional Nurse
Cele TG	Comm. Serv. Professional Nurse
Mjoka JJ	Comm. Serv. Professional Nurse
Phungula TM	Comm. Serv. Professional Nurse
Duma TS	TB Assistant
Dlamini SP	Lay Counsellor
Nyawo B	Food Service Aid
Nkonzo TC	Food Service Aid
Ndlangisa MZ	Food Service Aid
Mpisi NR	Food Service Aid
Ndlovu CG	Staff Nurse
Molefe R	Support Services Officer (Gateway)
Hlophe CN	Support Services Officer (ARV)
Hlasi LL	Nursing Assistant
Madubela T	Operational Manager Nursing (San)
Mabele GP	Nursing Assistant
Wangaza LW	Professional Nurse (Speciality)
Shazo SN	Professional Nurse

Joke

Here are some pretty solid reasons why alcohol should be served at work...

- It's an incentive to show up.
- It leads to more honest communications.
- It reduces complaints about low pay.
- Employees tell management what they think, not what management wants to hear.
- It encourages car pooling.
- Increase job satisfaction because if you have a bad job, you don't care.
- It eliminates vacations because people would rather come to work.
- It makes fellow employees look better.
- It makes the cafeteria food taste better.
- Bosses are more likely to hand out raises when they are wasted.
- Salary negotiations are a lot more profitable.
- Employees work later since there's no longer a need to relax at the bar.
- It makes everyone more open with their ideas.
- Eliminates the need for employees to get drunk on their lunch break.
- Increases the chance of seeing your boss naked.
- Employees no longer need coffee to sober up.
- Sitting "bare ass" on the copy machine will no longer be seen as "gross."
- Not having to worry about your wife being mad when you come home wasted - its your job!
- Any sick days taken would be completely genuine.
- You can take longer and more frequent bathroom breaks.



ST Andrews hospital

**Private Bag X 1010
Harding
4680**

**Phone: 039 433 1955
Fax: 039 433 1529
E-mail: Nkosi.zwane@kznhealth.gov.za**