



HEALTH
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WOMEN'S DAY CELEBRATION



In their traditional regalia: Zanele Skhakhane, Siza Malinga, Eunice Phoswa and Mrs. Phungula during our woman's day celebration.

On the 13th of August 2009, we had our women's day celebrations. Ladies came in their numbers dressed in their traditional attires. They all looked ravishing. To spoil the ladies, we had give-aways and stands from Virgin active, Gentle herbs, Avon, Old mutual, Tupperware, Honey, Cell C, Weigh less, Reflexology table Oasis, Priya's manicure and produce from our own garden. The guest, Estie Schriber spoke about the importance of living a healthy life style. It was a well attended event and all thanks to the management, staff of Wentworth hospital and organizing team.

"You are not fully dressed until you wear a smile". Anon

BUDGET SPEECH FOR 2009/2010 BY THE FINANCE AND SYSTEMS MANAGER- Mr. Cotchobos

The budget is one of the most important tools in the hands of this institution for the implementation of its policies, it has to be used wisely and managed in terms of the 4 Es **Efficiently, Effectively, Economically and Equitable.**

In any business, the need to plan efficiently we require a reliable data to work from. We need to know what our obligations are with regards personnel and monthly overheads. In short we need to produce an **effective and sustainable budget.** My office started the process of Re engineering and Total Quality Management in aligning systems with the strategic objectives of the department and also changes to the business processes. Implementing changes has been somewhat difficult initially but overall we will managed to overcome this thereby ensuring that quality of service is achieved. Madam Chair, budget process requires a better integration of budgeting and planning. We must beyond this point go back to our departments. And plan according to our priorities in line of our needs and not wants. This calls for a better co-operation between the finance office and all heads of departments.

Next year chairperson I propose that we will call this the budgeting planning process, **(MTEC).** The demand, therefore will be improving the **qualitative and quantitative data.** That will show us the impact of our efforts and other related matters. Before I continue with my presentation we have other speakers who are eager to present to you their side of the budget.

We as the leaders of this institution of 2009/2010 must form a united team that is informed of ***what we want to achieve when we want to achieve it and how we want to achieve it*** therefore all players have an active role to the public that we serve and the personnel of this institution. In the past year the environment in the financial sector has been tough for all of us, with rampant rising prices, transport, food cost and the increase in interest rates, these factors impacted significantly in our institutions budget and let alone our daily living cost.

The employees in one of the asset of the institution and also the top cost drivers of the institution, therefore we need to ensure that the implementation of best practice of HR systems, policies and procedures are carried out and that such resources are managed efficiently and effectively. ***Are we getting value for money***

The successes & failures of this institution has not corrected our behavior, this is mainly contributed by not having a strategy ,Operational Plan, These plans would require commitment and action from different role players who need to ensure that they deliver on the activities. **It gives me pleasure to present a difficult budget allocation for 2009/2010.** Madam Chair, the budget for **2008/2009** was **R100, 649,000** and for the new financial year **2009/2010** is **R114, 158,000** of which represents an increase of **R 13,509,000** (13.3%). It should be noted that our over expenditure for **2008/2009** was **R24, 243,373** (24.5%) It's no doubt that this financial year will be a difficult year to remain within budget but with the help of all role players this may be achieved.

Madam Chair, Ladies and Gentleman Dr Z.L Mkhize made a statement in his budget speech on the 25 February 2009 **“You cannot spend the budget you don't have. Full stop.”** And secondly we need to reduce our expenditure within Goods & Service of which the Department has informed us that they will reduce this by **7.5%** which represents an amount of **R2, 406,000.**

OUR OPERATIONAL ACTIVITIES

It is quite a revelation to consider that no one is happy with the current system that is in operation in the Out-Patient Department .Patients decry the fact that it take too long and appears exceptionally difficulty in obtaining their file. It is against this back drop that I'm please to announce that the Management has appointed an Project manager to undertake this enormous task with other members of management, This to be announce later. The hospital will need to focus on ensuring that greater alignment is achieve once the operational plan is in place and therefore critical in finding solutions to the challenges that it may produce during this financial year 2009/2010.

PHYSIOTHERAPY DEPARTMENT- PROMOTING A HEALTHY LIFESTYLE

In an effort to promote a healthy living lifestyle the Physiotherapy department has opened its doors to the staff for exercise classes. These classes are held every Wednesday from 12h30 to 13h30. The main aim is to promote proper exercise without one hurting him or herself. The department has seen a number of staff who have been



coming to the classes without fail. The staff is encouraged to partake in these classes for their benefit.

The beat goes on: Some of the different exercises that the Physiotherapy department has been teaching to the staff who joins them every Wednesday.

THE FIGHT AGAINST TB GOES ON!!

*T*uberculosis (TB) if untreated can cause death. Everybody is at risk of contacting this deadly disease.

It's signs and symptoms are: a cough for more than two weeks, chest pains, tiredness and weakness of the body, loss of appetite and weight, night sweats even when its cold and coughing up blood.

But how can TB be prevented: Cover your mouth when coughing, eat a balanced meal consisting of food like meat, fish, beans, vegetables, fruits ect, avoid alcohol as it lowers body resistance and affect the treatment and get some sunshine, fresh air and leave in a clean environment.



One of our patients getting first hand information on TB.

A wise woman/man once said:

“I have been practicing medicine for 30 years and I have prescribed many things. But in the long run I have learned that for most of what ails the human creature, the medicine is LOVE.”

What if it doesn't work? someone asked. “Double the dose” was the reply.

OUR QUALITY DAY

The hospital recently had its quality day. On the day twenty eight different stands were put up and these stands were judged by the Quality Assurance team from District office. It showed some quality improvements different departments have done to improve service delivery. ARV clinic scooped the first prize on stand presentation.



1. Dr. Ramdeen (Medical Manager) with Jothie, Dr. Ramnath (Dentist) and Cebi (Oral Hygienist)
2. Zweli Sithole from the A&E department and Mrs. Govender from physiotherapy
3. Ntombifuthi Ngcobo and Bongji

CHILD PROTECTION WEEK

The social work department in conjunction with Sr. Bodha from the Health Promotion commemorated the child protection week. The theme was "**Caring communities protect children**". A first session was done in the outpatients department where the community was informed of how can they play a role in protecting the children. The event was further commemorated at the VIP Lounge where Bobbie Bear, a non governmental organization, educated staff on what they do as an NGO. The organization rely on donations from the community and companies to continue the valuable work they do for the abused/ raped children.

Thank you to the Social work department and the Health promotion unit on a job well done.



1. Sr. Bodha educating patients still waiting to be seen by the doctor
2. Bobbie bear group with their director Jackie Branfield (front)
3. Zakiya, Serena (social workers) Dr. Ramdeen, Sr. Bodha and Nondumiso Vilakazi (Social Worker).

THE HR DEPARTMENT – AT IT AGAIN

*I*n the past couple of months the Human Resource department has been on a mission of educating the staff about the different things that they need to know pertaining their benefits. The staff have been educated on Thandile Health Risk Management (in both IsiZulu and English), completing of EPMDS forms and have also called representatives from the GEMS medical aid to present and further explain all there is to know about GEMS.



Crunching the numbers : Thuli Mchunu and Michelle Moodley from SARS helping Sr. Khake with her forms.

We recently had SARS, who came to assist the staff with online submission of SARS return, obtaining tax numbers and any other problem regarding SARS. All thanks to the HR staff for the job well done, keep up the good work.

BATHO PELE PRESENTATIONS

*I*n most cases medical practitioners are left behind during presentations like

Batho Pele. That was recently changed at Wentworth when Sr. Usher from the MOPD invited Dr. Mannie, medical manager from McCord hospital for a Batho Pele presentation.

It was all fun as he sang and played his guitar using Batho Pele principles and as he put the principles in a simple and modified manner for all the staff that attended .

In his presentation, he said “If you want to be happy, then make others happy by the way in which you treat them, love and serve them as you want to be loved and served”



While gently playing his guitar: Dr. Mannie on his Batho Pele presentation with the staff.

STAFF WELLNESS DAY

In an aid to promote a healthy life style, equip Wentworth staff with sound financial information and to pamper them, the HRD practitioner and the Public Relations officer had GEMS (medical aid) Old Mutual , and ABSA. Gems brought with them mobile spas where interested staff were given back massages (for free). Old Mutual and ABSA were there to take care of their clients and to give financial education to the staff while Gems, had AID for AIDS, blood pressure testing, blood sugar, cholesterol test and counseling and information was provided.



1. Nomusa Ngobo having her test done 2. Themba Madondo from ABSA with Sr. Bodha and the mobile spas ladies doing what they know best.

ABANQOBI VISITS THE HOSPITAL

The sensational gospel group, Abanqobi came for a visit at the hospital to render their beautiful music to patients at the ARV clinic (Masibambisane) and the Out Patients Department. It was songs of praise and hope that moved the crowd. The management and staff of Wentworth hospital would like to thank them for igniting not only the patients but also the staff.



Sr. Damane with one of the Abanqobi singers.



Abanqobi gospel group singing their lungs out for the patients enjoyment.

OUR FUNCTIONS IN PICTURES



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1. Hlengiwe Sishange and N. Dlamini during woman's day. 2. Lisele King (HRD) and Mpume from Old Mutual. 3. Manicure done by Priya. 4. Verusha dancing. 5. Hospital female group. 6. Serena, Gonam, Zakiya, Nishola, Verusha and Sr. Mgaga. 7. Themba from ABSA with Sr. Mgaga during our wellness day. 8. Sr. Damane with some of the hospital garden produce. 9. Receiving her present from Jane is Dudu Khumalo 10. Ntsiki and Nomathemba checking some of the stalls. 11. Just to say thank you, Dr. Ramdeen giving Estie Scriber (Guest speaker) a bunch of flowers. 12. Getting a foot massage: Matron Khanyezi, Dr. Kader and Mrs. Moola

THE IMPORTANCE OF DRINKING WATER

All most all of us have heard how important it is to drink water. But do we do it? No, we do not. We use excuses like, water is tasteless or there is no time. Compiled below are a few benefits of drinking water, maybe you might change your mind:

1. Drinking water hydrates your skin, the skin looks plump and radiant. Drink water and you and many other people will notice the difference.
2. It can reduce hunger pangs. Drinking water before your regular meals helps cut down on the amount of food you eat.
3. You won't be able to lose weight without water to flush out the by-products of fat breakdown.



Drinking water can benefit you in the long run.

Picture from www.benefits of drinkingwater.htm

FROM THE EDITOR:

It is hard to believe that we are now in the month of September, and we only have three months before the awaited 2010.

What have we done to improve service delivery in our institution? There are things that can be done to give service delivery a bit of a lift without finance, this could include being courteous (gracious consideration towards other people) to our clients.

As public servants we should not behave as public masters who "own" public institutions. Lets do it the Batho Pele way, it might surprise us and work.

Until next time...

Carol

DONATE BLOOD !!

Do your part, donate blood and save a life. A lot of lives can be saved by simply donating .The risks of contracting AIDS or any other disease through the donation process are very minimum, as each collection kit is sterile and only used once.



Fighting Diseases, Fighting Poverty, Giving Hope