



# APPelsbosch Hospital newsletter



## Message from the CEO's office



It is my great pleasure to witness our first Appelsbosch newsletter being published, I would like to take this opportunity to thank everyone in the hospital for accepting me with warm hands, and also to thank all the staff at Indwedwe CHC for the utmost sending off I receive from them, I wish them all the best and urge all Indwedwe CHC staff to continue serving our people to give people who may be suffering from any illness hope.

I would like to thank all the staff at Appelsbosch for showing commitment and dedication in executing their tasks in spite of the challenges we faced with as an institution, I am aware that some departments are working in difficult working

conditions like staff shortages, scarce resources, etc. We urge all staff to be patient as our health department is currently operating under strict budgetary constraints. Management acknowledge and appreciate the commitment displayed by staff in performing their duties.

### Renovations

The hospital is in a process of building new administration block, the contract is currently busy with the 1<sup>st</sup> phase of the plan we hope that our institution would be in good state in the next few months. The new TB ward is currently under renovations, although the process has been very slowly due to the contractors, we hope that in the next few months our new TB ward will be ready to serve our people.

### Client satisfaction survey

In trying to improve our service we will be conducting various client satisfaction surveys. Waiting time survey has been conducted in our institution, we will also be conducting Staff Satisfaction Survey as an ongoing process

### Goals to achieve:

- Strengthen primary health care through proper to outreach programmes.
- Facelift hospital buildings.
- Attempt to improve staff restricted accommodation.

### Inside this issue:

Heading	Page
Medical Manager's desk	1
Abet literacy day	2
Hlengisizwe project	3
Appelsbosch open day	4
Zixoxwa ngezithombe	5 & 6
Wellness programme	7
Cerebral week	8
Nursing Manager's desk	9
Medical Manager's desk	9
Editorial team	10
Sports page	11

# ABET Literacy day

Appelsbosch Hospital ABET Learners went to the ABET Literacy day which was held at Bergville Sportsfields on the 23rd of September 2008. The public relations intern Oscar Zondi took time off to accompany them just to give them support during this day.

The event is celebrated every year which involves every Kwazulu Natal Government Provincial Departments. The main aim of the celebration is to continuously motivate adults to learn and alleviate illiteracy nationally. The

event was well enjoyed by our hospital ABET learners. There was an entertainment from local artists and performances by some Abet learners from various departments but what was more inspiring to our learners were speeches from the delegates like Mrs. Mpati who emphasize that it is important for the students to be given more opportunities after achieving their studies.

By **Oscar M Zondi**



Appelsbosch Hospital ABET Learners before the event.

For more photos of Abet Literacy day: [Abet photo gallery](#)

*Photos Oscar M Zondi*

## Hlengisizwe project

**Name of the Organisation** : Hlengisizwe community care centre

**Established** : 2007 May

### Hlengisizwe community project

#### Objectives of the Project:-

To cater for the OVC's (Orphans and Vulnerable Children) critical material

Needs such as school fees, food, and clothing

To offer basic counseling to OVC to enable them to deal with loss of parents.

To equip OVC with life skills that would help reduce their vulnerability.

To provide for the health needs of the OVC.

To encourage and give skills to care givers Of OVC to establish their own home vegetable gardens to reduce poverty.

#### History of the project

The community health worker Mrs. M. Xulu and the Appelsbosch Social Services Section came together to discuss the needs of the community. The need that was Identified was \is the high rate of orphans. The plan was therefore formulated to Assist these children in the community. The project works through Social Workers, Community Health Workers as well as Care givers of the children. The children are identified and home visits are Conducted by Social workers to confirm if the children meet the criteria. If they meet the criteria they are then added to our date base and they become part of the project.

#### Obstacles

The project is at developing stage and we are struggling to keep it alive as far as funding is concern, but that does not keep us from delivering service to these disadvantage children.

#### What has been happening to the project?

Attending never ending meetings as a way of getting assistance from big organizations / funders.

Distributing energy pap to the children.

Distributing clothing to the caregivers and children.

Distributing tracksuits to the children.

Providing life skills training to the children's caregivers and skills on starting home vegetable gardens.

Providing Seedlings (Beetroot, cabbage, spinach and green pepper) to the caregivers to establish home vegetable gardens.

The Social Worker and the Community Health worker conduct home visits to

Monitor the progress of the gardens and to attend to other matters.

For other photos: [Project photos](#)

#### Our sponsors

NB: - This project is still on a very initial stage.

Thank You to the following sponsors for their contribution to this project.

- Feed the babies
- Dept. of Agriculture
- Cindi network
- Nu shop

#### This brief report was compiled

By:

**Thabisile Z. P. Nkala**

Senior Social Worker



Mrs. Nkala, Mrs. Xulu and Mrs. Khomo  
With some orphans receiving their gifts

## Appelsbosch staff open day

On the 10<sup>th</sup> September 2008, the Appelsbosch hospital had a staff open day. The event was staged in the hospital's chapel.



Hospital manager Mrs. T Zuma getting feedback from maternity ward stand

This day was a huge success as all departments gave all their efforts to make their stand inviting and informative. We would like to thank all the departments and the management for supporting this event. The Open Day was a success irrespective of small venue we had on the day. The main

purpose of the event was to understand what our colleagues' jobs entail so that we would have clearer understanding of one another's departments importance. We hope provide the same platform to reach out to the community next time, these are some of the comments and suggestions from the staff members:

To look for other photos: [open day](#)

# Zixoxwa ngezithombe



Paeds Ward staff & Kids Christmas party



VCT team during World Aids Day doing presentations in one of the schools



Dr. Naraiswami and Janine enjoying the occasion



Besivakashelwe amakhosazane ase-Sweden ezokwenza in-service training for two weeks for other photos of these lovely sisters: [more photos](#)



Sister Xulu of TB during firefighting drill on the 20<sup>th</sup> August 2008  
For more for firefighting drill click: [a Firefighter drill photo gallery.doc](#)



STI Awareness week  
Staff members that participated in school presentations



**Matron Sokhela & sister BI Zondi  
During the East Coast toy visits on the  
13<sup>th</sup> November 2008**



**Our head of security Mr. Zuke and a  
security guard Spha during the Open –  
Day**



**TB team during TB awareness week**



**Maintenance Department staff 2008**



**Staff members that made the event a  
success.**



**Ingadi yaseAppelsbosch Hospital  
iyaqhubeka ikhiqhiza wena mazambane,  
spinach, etc ngosizo lwamalunga  
omphakathi.**

## Wellness Component

### Core Functions:

To develop, co-ordinate and facilitate the implementation of a Comprehensive Wellness Programme comprising of the following entities:

- Employee's Assistance Programme
- Occupational Health and Safety
- Health and Safety
  1. To provide a constructive and confidential counseling service which will assist all employees and their dependents in preventing or dealing with overwhelming problems be it psychological or physical problems, including job stress, HIV, depression, anxiety, marital and family problems, financial problems, health, legal, drug, alcohol, or other such personal problems that may affect job performance and that could jeopardize their continued employment.
  2. To deliver a service that is both preventative and remedial, providing an essential link to Human Resource and health care.
  3. To ensure the creation and maintenance of micro and macro-linkages with counseling, treatment and other community resources.
  4. To ensure that gender issues are routinely considered in departmental planning exercises.
  5. To ensure that gender related issues are effectively mainstreamed throughout the department such as implementation of policies, programmes, and procedures.
  6. To provide a conducive work environment that prevents work related injuries and disease, in accordance with Occupational Health and Safety Act 85 of 1993.

- HIV/AIDS Co-coordinator at Appelsbosch Hospital to be appointed by the Hospital Manager.
- HIV / AIDS Committee to be set up.
- A workshop to be held to which Hospital Managers , Nursing Managers , Human Resource Managers , Labour Relations Managers and HIV/AIDS Co-ordinators will be invited.
- Policy Statement / Statement of intent to be issued by each institution to implement Wellness / Human Resource Support Programme.
- To choose 3 key activities for the year.

### Employee Assistance Programme

- Review of Policy at the Institutional.
- Needs assessment to inform Programmes.
- Supervisory training.
- Formation / Review of the Advisory Committee.
- Marketing and Promotion.
- Monitoring and Evaluation.
- Awareness Campaigns.
- Rendering individual counseling to employees

### Occupational Health and Safety

- To fill all approved posts of Occupational Health Practitioners at Head Office, District and Institutional Level.
- To develop Strategies to facilitate the introduction of the Ex-Miners Programme in rural District Hospitals.
- To develop Provincial Policies on the Management of Occupational Injuries and Diseases.
- To develop strategies to monitor and evaluate the Policies. (Data Base)

## Key Activities for 2008 / 2009

### HIV and AIDS in the Workplace



**Bongiwe Yende (EAP practitioner)**

### Celebration of children and parents with Cerebral Palsy

Cerebral palsy week was celebrated from 12—14 May 2008 in South Africa. This rehabilitation department at Appelsbosch hospital celebrated this event on Friday the 16 of May 2008 with children with CP and their mothers. Cerebral Palsy (CP) is a condition that affects children. It is a condition that affects the way a child moves, communicates, sees and learns. This is due to damage that occurs before and/ or during birth. There is nothing that can be done to reverse the brain damage. However, with therapy every child can benefit as it may improve development. Progress is dependent on the degree of brain damage and when therapy commences.

It is important, the earlier it is started, the more improvement that can be made. On the 16th of

May 2008 a party was arranged to celebrate CP day, with this event awareness about CP and achievement that mothers and children have reached were acknowledged. The program included education on CP and who can intervene in the management of the child. The rehab teams of Appelsbosch Hospital were introduced and the importance of therapy was emphasized. The children were involved in various stimulation activities, for example, treasure hunt, pass the passel. The mothers participated in a quiz that involved them answering questions related to their child.

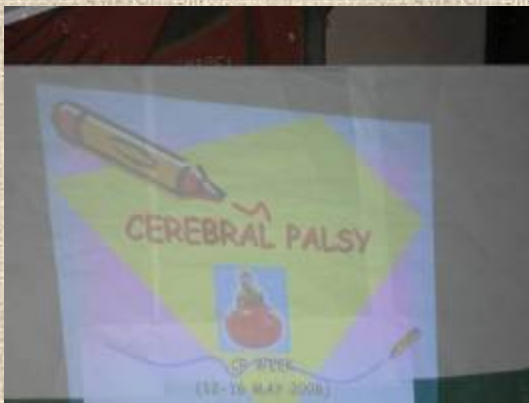
**By S. Sawat and R. Moodley**



**Appelsbosch Hospital Rehab team 2008**  
(note Zama Buthelezi in front has since moved to Greys Hospital)



Rehab team, Parents and kids all enjoyed the day



*Photos by Oscar M Zondi*



## Nursing Manager's Desk



2008 has been the year of many challenges for many nurses; OSD came with joy for some and tears for others. We have lost some nurses who have found new green pastures; sadly we have also lost some of our colleagues through death. This has left the institution with the shortages in staff members, which cannot be addressed as soon as we would like due to financial constraints.

In spite of all the negatives brought by this wind of change, I am proud to say service delivery has not been compromised. Nurses have shown that they are the eyes for the blind, mouths for the dumb, ears for the deaf and nerves for the paralyzed. Keep it up ladies and gentlemen, may God bless and protect you all.

I would also like to thank the management for the way I have been welcomed and the support they have given me being new in the team. I feel at home and I have many shoulders to cry on, again, thank you, guys.

## Medical Manager's desk



Working together as a team makes it easier to face the demanding duties of every medical officer.

### Vision:

To achieve the total well being of all individuals in the Umshwathi Sub-District.

### MISSION

To provide an essential, accessible, affordable, acceptable and quality comprehensive health service to all individuals and communities, and to promote community development and

stimulate community involvement through the District Health System.

We strive for excellence in all our activities.

We have a team comprised of doctors who are young but already experienced in working in these rural settings.

We are lucky to have four medical officers whom came as Community Service Officers and then decided to stay further and serve our community bringing a very much needed stability to our institution.

At Appelsbosch, medical officers are capable of working in any department and always keen to learn. Our major strength is our unity and we invite all colleagues who share our vision and commitment to join us.

**"Don't count the days - Make the days count"**

**Ed Agresta.**

# Editorial team

It is my great pleasure to present this Appelsbosch newsletter to our staff members. I hope that you will find the contents interesting and more important informative; I believe the newsletter is the great platform for all employees to have their say concerning their life in the workplace not forgetting the community who also plays the major role in making an image of the hospital to look good. We urge all the stakeholders to come forward with their suggestions and ideas to make our newsletter be in line with what your needs.

In this newsletter we are very happy to share the events that has been happening in our hospital, firstly the Hlengisizwe project which our social worker is involve where she interacts with some community to help develop ways to counteract poverty, which is what all we must try to do as we are faced with this global economic problems. We also had our staff open-day as the hospital, we would like to again thank all the departments for their efforts to make this day a success, and we were able to learn how other departments operate.



**Oscar M Zondi**  
Appelsbosch PRO Intern

I believe that you will find the wellness article interesting; I urge all the staff to utilize these resources provided by the Health Department when we have issues in our lives.

We would like to thank all the people who have contributed to this newsletter, we promised an improvement in the next edition. I would like to ask all the departments to please inform us if their have any event or needing a camera to take photos.

**By Oscar M Zondi**

## Contact Us



If you have any questions, complaints or compliments regarding Appelsbosch Hospital, please contact the Public Relations Office on:

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# Sports



**Appelsbosch soccer team 2008**



**Appelsbosch Hospital netball team 2008**



**Photo from archives: Zama (OT) Holding trophy of the netball team**

Please guys lets go back to training to be able to participate in all the events during this year. We look forward in accepting new faces in our sports teams. Sizwa ngandlebenye ukuthi insizwa zase – Expenditure: Mqondisi no Spha, bafuna ukusungula iqembu lengoma, ngakho vivani bafowethu nodadewethu sizoba siyibhikla ingoma!