



## SAFE HOLIDAY SEASON: A MESSAGE FROM THE MEC

**A difficult year of unprecedented challenges is drawing to a close, and we are now entering the December festive holiday season. This means that the beautiful province of KwaZulu-Natal is once again preparing to welcome scores of tourists and visitors to our many holiday destinations, public amenities, and resorts.**

However, this is an unique festive season in that it comes at a time of the New Normal: when we are still grappling with a deadly pandemic in the form of COVID – 19.

And, further to that, it comes when there are strong signals of a resurgence of this deadly virus, for which we still do not have a cure.

Whereas, traditionally, we usually preach the gospel of road safety and responsible sexual behaviour during this period, this time around we are appealing to fellow compatriots to play their part to prevent a resurgence of this virus.

After the initial scares earlier this year, when COVID – 19 claimed many lives and resulted in a catastrophic national lockdown, it appears that a subsequent reduction in the rate of COVID – 19 infections and deaths might have lulled many of us into a false sense of security and complacency.

We then dropped our guard, and stopped following the precautions.

As a result, COVID – 19 is now not only rearing its ugly head again, but it might be coming back with a vengeance-stronger than ever before.

To avoid a resurgence of COVID – 19, we all bear a responsibility to curb the spread.

Owners of restaurants, pubs, and many other areas where people congregate – and their patrons - have a duty to enforce precautionary measures. Equally, organisers of traditional ceremonies, feasts, weddings, and funerals – and those who attend them – must all adhere to the regulations.

We are therefore urging the public and our valued healthcare professionals to continue adhering to the precautions. Let us continue to wear masks, wash our hands with soap and water or hand sanitizer, and maintain social distancing - especially in public areas.

Lastly, we wish to thank and acknowledge all public sector employees; from the general orderlies, porters and admin staff, to the nurses, doctors and paramedics, and all allied healthcare professionals who have worked tirelessly during this pandemic.

We know that many of them will continue to work during the busy holiday season. We appreciate your hard work and sacrifice. We wish you all a happy and safe festive holiday season.

*Happy Holidays*

MEC Nomagugu Simelane-Zulu



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# SAFE HOLIDAY SEASON: A MESSAGE FROM THE HOD

**Warm greetings to our healthcare workers, staff members, partners, stakeholders, healthcare users and the public!**



The festive season is upon us and we are now approaching some of its peak days, starting with the December 16 public holiday. This has been a very difficult year the world over; the outbreak of the Novel Coronavirus has quickly transformed our social and economic landscape in ways never ever imagined before. This festive season comes at a time when we continue to adjust to the New Normal, in order to keep safe and minimize the risk of contracting the virus, or passing it onto others.

The New Normal means we can no longer afford to do certain things the same way we did them in the past – particularly when socialising.

This was indeed no ordinary year especially for our health sector. We wish to convey our heartfelt gratitude to all frontline healthcare workers who were at the coal face of fighting Coronavirus. You made us proud by being brave enough to discharge your responsibilities even when you were not spared from contracting the infection yourselves. You displayed a lot of zeal, sheer dedication and rendered a professional service to the best of your abilities. We thank you profusely for saving a lot of lives. We send our deepest condolences to all families who lost their loved ones

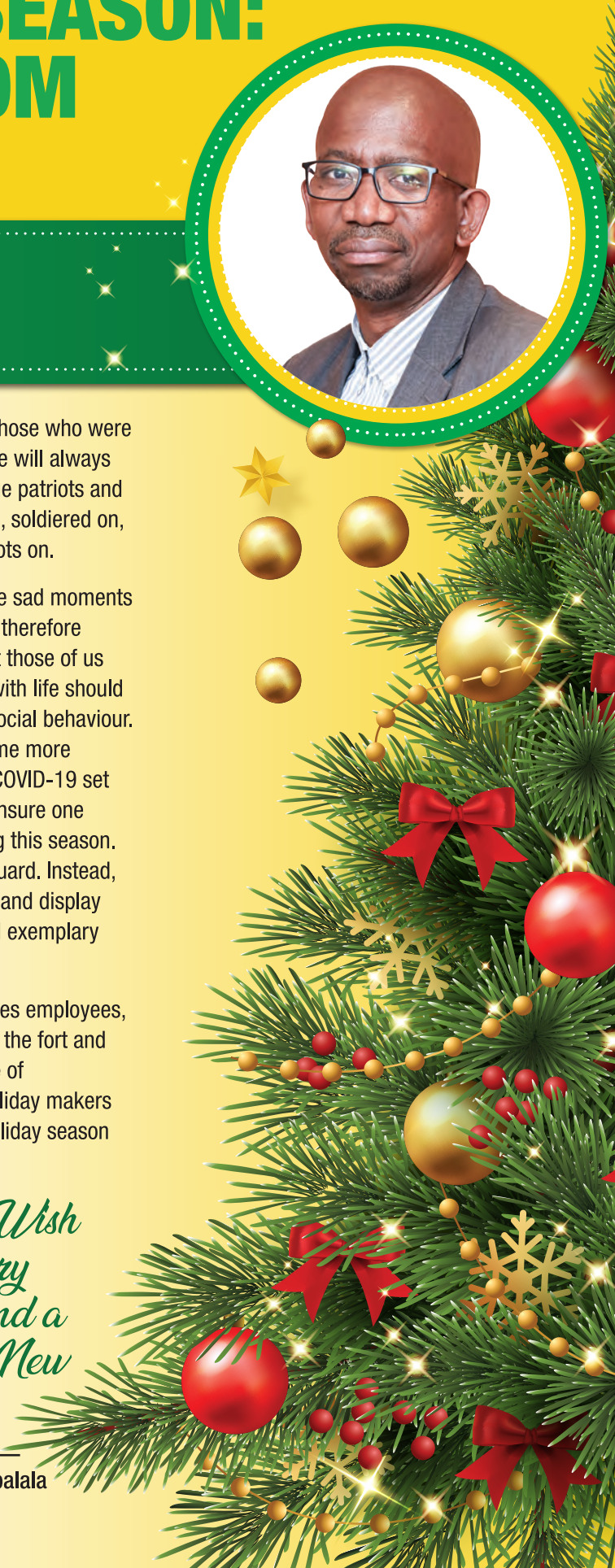
this year, particularly those who were in the health sector. We will always remember them as true patriots and heroes who stood firm, soldiered on, and died with their boots on.

When we reflect on the sad moments of our recent past, we therefore should be mindful that those of us who are still blessed with life should practice responsible social behaviour. This is a time to become more vigilant, abide by the COVID-19 set protocols in order to ensure one another's safety during this season. Let us not lower our guard. Instead, let us be on high alert and display good, responsible, and exemplary behaviour at all times.

To our essential services employees, let us continue to hold the fort and ensure that the people of KwaZulu-Natal and holiday makers enjoy a safe festive holiday season period.

*I therefore Wish  
You a Merry  
Christmas and a  
Prosperous New  
Year.*

HOD Dr Sandile Tshabalala



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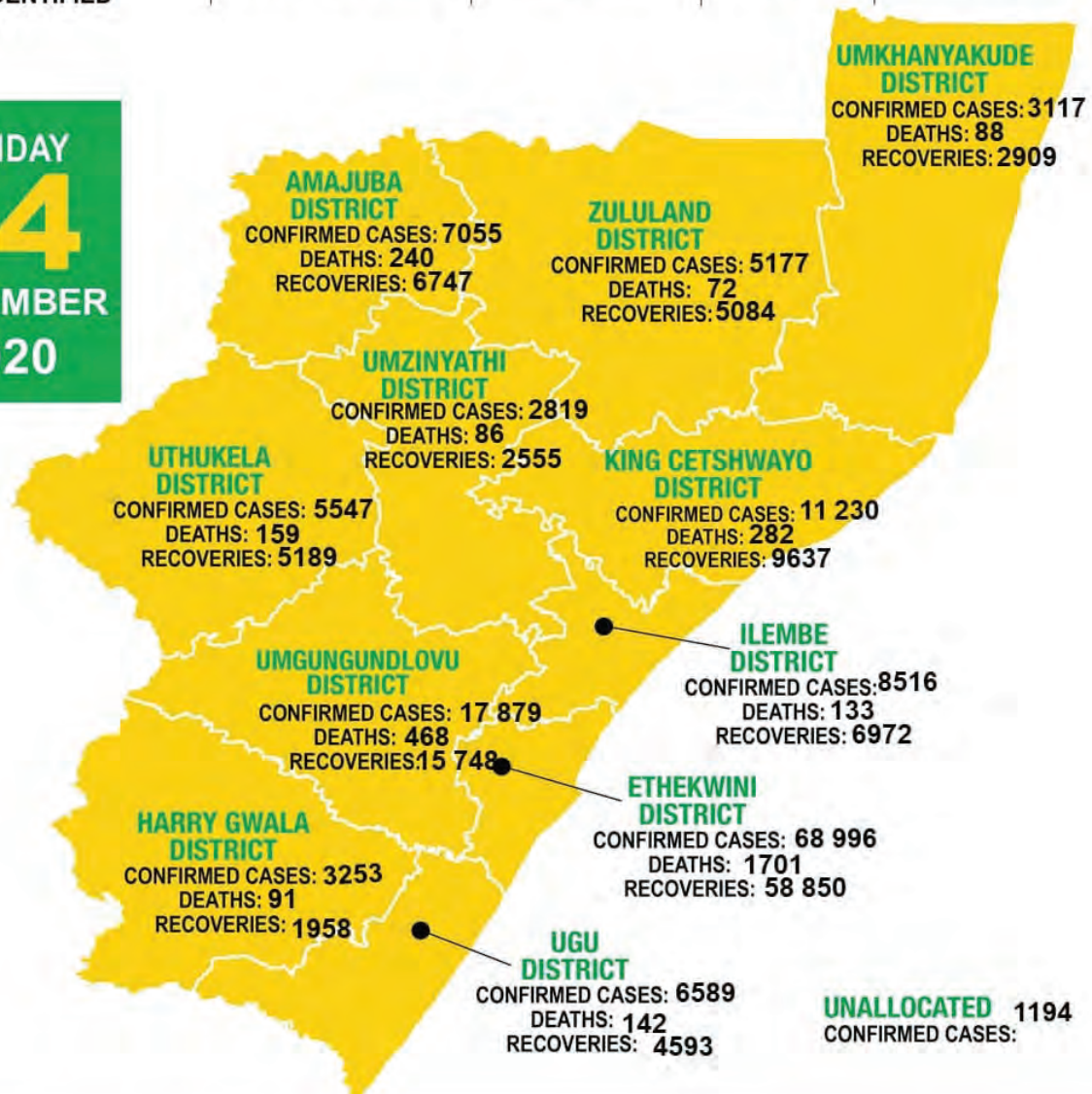
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# COVID-19 STATISTICS IN KZN

				
<b>141 372</b>	<b>13 813</b>	<b>120242</b>	<b>3462</b>	<b>2005</b>
POSITIVE CASES IDENTIFIED	ACTIVE CASES	RECOVERIES	DEATHS	NEW CASES

MONDAY  
**14**  
DECEMBER  
2020



Learn more to Be READY for #COVID19:  
[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

NICD Hotline: 0800 029 999  
WhatsApp 'Hi' to 0600 123 456



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# KZN HEALTH MEC APPLAUDS MOBILE CLINIC STAFF FOR SUCCESSFUL DELIVERY OF A “BIG” BABY



From left: Mr S.S. Morajane (Operational Manager of Ixopo Clinic) next to him is Ms B.T. Mncube (Lay counselor) then it's Sir K. B. Mqadi (Team Leader of HTA- Highflats) then it's Sr S.M.Y. Dladla

**KWAZULU-Natal Health MEC Ms Nomagugu Simelane-Zulu has applauded the heroism displayed by three mobile clinic staff members who successfully delivered a baby with the umbilical cord wrapped around the neck, at a community utility centre in deep rural Highflats, at Harry Gwala District, on Monday (07 December 2020).**

Although fairly common during child birth, cases where the umbilical cord is looped around the neck or another body part, may sometimes result in a decrease of blood flow through the entangled cord. This may cause the baby's heart rate to fall during contractions. And, if blood flow is completely cut off prior to delivery, a stillbirth can occur.

So, when a heavily pregnant Batha Thembikile, from KwaGqwathaza, called an ambulance on Monday, she did not know that the 3.4km baby she was carrying was considered high risk.

When the ambulance did not arrive, she asked two of her neighbours to accompany her on a 15 minute walk to the local Thusong Centre, where the local mobile clinic is usually stationed.

The mobile facility, which renders a range of healthcare services to taxi drivers and other patients in High Flats, usually leaves mid-afternoon to return to its mother clinic, at Ixopo. This is to allow the staff to get to Ixopo Clinic before the mandatory 4pm - in line with fleet control protocols, and to prevent staff from working overtime.

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But on the day in question, the mobile clinic staffers were forced to wait for a nosebleed patient to sufficiently recover before they could leave. Their delayed departure proved to be just the stroke of luck that the desperate young mother needed.

“She almost didn’t find us,” said Khayelihle Mqadi, professional nurse and team leader of the mobile clinic. “When there are no clients, we usually leave around 3pm, because we have to get to Ixopo Clinic, about an hour away, in time to prepare for the next day. When we get there, we record the statistics for the day, order medication, and perform other related activities.

“But when the women told us that one of them was in labour, we took her in immediately, in order to assess what stage of labour she was in.

”She was found to be fully dilated, though her membranes were yet to rupture... We checked the foetal heart, and found that it was okay. We then prepared to deliver... We had to make a plan, to ensure that the baby was successfully delivered.”

Batha delivered a baby boy weighing in at 3.4kg, who has been named Celimpilo (We ask for life). With the ambulance still having not arrived, the mobile clinic team put mother and baby into the back of their barely suitable “capsule”, and transported them to Christ the King Hospital, some 45 minutes away. Mqadi, who worked alongside

professional nurse Sibusisiwe Dladla and lay counsellor Bridget Mncube during this operation, said: “I feel extremely proud to be a health worker, especially during these times of COVID – 19m where, even as you help somebody, you have that fear that they might be COVID – 19 positive. But, because of the calling that we have responded to, you help the patient in front of you nevertheless, so that they leave with satisfaction.

“In this case, there was no way of telling what kind baby we were expecting. We only realised when he came out that there could have been complications. We are grateful though that the baby came out healthy. Even though there was a cord to the neck times one, he was delivered safely. We were very pleased to have helped save two lives.”

Batha, who is unemployed, already has a five year-old and two year-old twins. She got discharged from Christ the King Hospital on Tuesday afternoon. Reflecting on her experience, she said:

“I’m very thankful to the neighbours, and to the employees of the Department for the level of service that they rendered to me. They helped me deliver, and then sent me to hospital. I’m extremely grateful. They really helped me a great deal. I don’t have even a single bad word to say about them. They took good care of me all the way to hospital. Even

when we got there, they helped register on my behalf at patient admissions. They looked after my baby, and only left when they were sure that we were okay. I wish they can pass such good deed on to others.”

Reacting to the incident, MEC Simelane-Zulu commended the mobile clinic trio, saying they were a drop in an ocean of many hard-working and dedicated Departmental staff.

“This is a very heart-warming story with a happy ending. While the reported failure of the ambulance to arrive is a sore point that we’ll have to seriously look into, we are nevertheless pleased with the attitude displayed by our employees here. They went well and truly beyond the call of duty, and came to the rescue of a woman who was desperately in need. The public health sector often comes under criticism for the conduct of some of its employees. We believe that those are in the minority. The bulk of our employees are hard-working people who regularly punch above their weight, under trying circumstances, due to the limited resources at our disposal. We are really proud of their efforts. This is, indeed, heartening and proves, yet again, that we have in our midst people who have a conscience... who are prepared to do everything possible to save lives. Long may this continue. We also wish both mother and baby all the best.”

# MAKE SMART CHOICES AS YOU CELEBRATE THIS HOLIDAY SEASON

**The festive season is not all parties and family fun for everyone. For some it is a period of loneliness, depression and a possible relapse into old habits, like alcohol and substance abuse, making it even harder to cope.**

Through advertisements and social media, the ideal family and relationships are presented to us constantly. However, in reality many of us may not have a sense of belonging with our families, may have difficult relationships, have lost close family members and be experiencing financial strain, while trying to manage the expectation of buying perfect gifts or going on holiday. Most likely, quite a number of people will be burnt out, tired and stressed by the end of this year.

“The festive season is a time where a person can question the reasons for life and where one stands with life. This can lead to a lot of thoughts, experiences and misconceptions which can make one question themselves and their capabilities and consequently lead to faulty decisions and experiences due to feeling overwhelmed,” says Dr Mhlongo, Clinical Psychologist from King Edward VIII Hospital.

Dr Graaf, Clinical Psychologist from Edendale Hospital, shares some ways to enhance your wellbeing this festive season:

- 1)** Limit your spending. Remember that material things cannot bring real, lasting happiness.
- 2)** Take care of your body.
- 3)** Limit your screen-time and social media usage.

**5)** Make gratitude a part of your life.

**6)** Nurture relationships.

“Financial issues are a leading cause of stress during the festive season. Be sure to set a budget, prioritising your usual essential expenses (for example; rent and utilities). Then calculate how much you will need for other expenses (for example; travel to family) before deciding on how much you can afford to spend on gifts” she says.

Advertisers encourage us to believe that buying new and better things will make us happy, because that way we will keep spending. “But over-investing in acquiring material things can lead us to neglect what brings us real and lasting happiness – relationships, time with family and friends, leisure time, and job satisfaction. Resist being sucked into this spiral by reminding yourself of the real meaning of the Christmas season” she says.

“Ensure you get enough sleep, as this will help you deal with stress and stay healthy. Get some exercise, even if it’s just taking a 30 minute walk (exercise has consistently been shown to help reduce stress and counter depression),” says Dr Graff. Be mindful of not overindulging in festive treats at the expense of your health, and set limits on your alcohol consumption.

Excessive alcohol consumption can wreak havoc with your emotions and leave you feeling overwhelmed and depressed.

People also feel that their own lives and appearances compare poorly to the fantasy images they see on screen, which creates a sense of inferiority and discontent.

**When to seek professional help:** After the loss of a loved one, feelings of sadness are normal, but in some cases bereavement can trigger a depressive episode. Consider getting professional help if:

- your feelings of sadness are constant and prevent you from having any positive emotions;
- you have thoughts of wanting to end your life because you feel worthless or unable to cope with your sadness.

You can obtain a referral from your GP or local clinic.

Be particularly careful if you are taking medication. If you take medication, don't miss doses. In the busyness of the holidays, it's easy to forget your medication.

Call the South African Depression and Anxiety Group (SADAG) for help **0800121314 (24hrs)** or visit their Facebook Page. SADAG will be open every day including Christmas and New Year's Day.

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# BE EXTRA CAREFULL ABOUT THE HEALTH HAZARD OF ALCOHOL ABUSE



**During the December holidays there is usually an increase in festivities, parties, family gatherings and work functions. While it's a great time of year, it can also be a time of excess, for young people especially when it comes to**

There are only a few days left before Christmas and there is a concern that there's a risk of more people being infected during the festive season. The public is urged to obey all COVID-19 safety regulations such as wearing a mask, keeping a social distance, using hand sanitizer and washing hands with soap and water regularly.

The festive season is a good time to reflect on our drinking culture and the way we drink. Drinking responsibility can be difficult since getting drunk is often an accepted norm, and there is often social pressure to drink, making it easy to drink in large amounts.

Excessive alcohol consumption can be an important risk factor for HIV because it is linked to risky sexual behaviours and, among people living with HIV, can hurt treatment outcomes.

For women who are pregnant, planning a pregnancy or are breastfeeding, not drinking is the safest option.

Plan ahead to party safely

If you're going partying, plan ahead. It's easier to make smart decisions before you're in the thick of things, so make some good decisions before you go.

- Arrange to stay close to friends you trust. Ask your friends to look out for you, and let them know you will do the same for them.
- Work out how you're going to get home, have some money for a metre taxi, arrange for someone to pick you up, or make sure that someone is the designated driver, and that they won't be drinking or taking drugs.
- Have a plan B to get home if plan A falls through. For example, ask someone's parent if they will pick you up if you can't get a taxi.

- Take condoms with you if you think you might end up having sex.
- Be aware that it is illegal to drink alcohol on the street or in a public place or to carry or use illicit drugs. Even if you're not actively drinking, if you're drunk in public you can be arrested.

When you are under the influence of alcohol, you have fewer inhibitions, and may end up doing things in the heat of the moment that you may regret tomorrow. The KwaZulu-Natal Department of Health is urging especially young people, not to behave recklessly just because it is the festive season. Young people are urged not to make poor decisions that will impact negatively on the rest of their life, just because it's the festive season.

## STOP ALCOHOL ABUSE



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# IS IT SAFE TO TRAVEL AGAIN?

During the holiday season a lot of people travel back home to make it in time for Christmas, schools close and children visit relatives all over the country and others want different scenery from being cooped up during lockdown. If you are considering travelling this festive season, you need to take the right safety precautions to protect yourself and others from COVID-19.



## Before travel

Here are some things to consider before you travel this holiday season:

- Do your research – learn if COVID-19 is spreading in your local area or in any of the places you are going to. If you are planning to travel intra-provincially, inter-provincially or even internationally, it is safe to look at how fast the virus is spreading at your chosen destination. This will help you take the necessary precautions to lessen your chances of being infected. One of the ways to do this is to make use of the daily statistics that are provided by the National Department of Health, that show figures for the entire South Africa and the KwaZulu-Natal Department of Health Facebook page for the statistics for the province per district. You can also make use of the COVID Alert SA app that alerts you when you have been in close contact with someone who has reported having COVID-19.

- Increased risk – if you are feeling unwell, over the age of 60 or are living with a serious or chronic illness or have underlying health conditions, consider postponing or delaying your travels, especially when travelling to and from areas where there is a high number of cases of COVID-19.

## During travel

Whether you are travelling by plane or car, you still need to practice good hygiene such as:

- Making sure that you are wearing a mask when leaving the house
- Having a bottle of hand sanitizer packed, in case you don't find a place to wash your hands with soap and water during your travels
- Disinfecting your car seat, door handle, cellphone and other frequently touched surfaces using alcohol-based sanitizer or hygiene wipes
- Making sure there is enough ventilation in the car by keeping the windows slightly open to let fresh air in
- Avoiding eating and drinking inside a vehicle

- When waiting in a line, remember to maintain social distancing from the person in front and behind you in a queue.

## The bottom line

Over the past few months we have all had to make sacrifices to keep ourselves and those around us safe from COVID-19, and now more than ever we should find new safer ways of taking part in everyday activities to avoid resurgence.

MRS NOMAGQISO SIMELANI ZULU  
MEC FOR HEALTH

## FESTIVE SEASON TRAVEL

Stay vigilant!  
Keep your distance  
Wear your mask when you are visiting  
public spaces or in closed spaces

#Covid19 #CelebrateSafe

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# WORLD AIDS DAY: HIV+ ATTENDEES SING THE PRAISES OF TREATMENT SUCCESS

**On Tuesday (01 December 2020) KZN Health MEC Ms Nomagugu Simelane-Zulu and Amajuba District Mayor Dr Musa Ngubane commemorated World Aids Day with the people of Utrecht in the local town hall under the theme, "We're all in this together: Checka Impilo!"**

When delivering her speech, MEC Simelane-Zulu said: "There was a time when HIV/AIDS was like an unstoppable tsunami, killing everyone and everything that stood in its path. It has taken nothing less than maximum resilience and tenacity for the fight against the HIV/AIDS pandemic to have the kind of impact that it has.

"Impela sisuka kude with our fight against the HIV/AIDS pandemic. Akukholakali ukuthi namhlanje sesikwazi ukukhuluma ngokuyiqeda i-HIV.

"Usungathi yinganekwane ukuthi salahlekelwa yizinkulungwane ngezinkulungwane zabantu esasibathanda ngenxa ye-HIV/AIDS.

"Our visionary and caring ANC-led Government has turned devastation into hope, ensuring that millions of people have access to medicine that has helped neutralise HIV/AIDS, and stop it from being the merciless killer that it once was.

"Today, our country has one of the world's largest Anti-Retroviral Treatment programmes, with more than 1,4 million people of those who are on treatment coming from here in KZN."

She added that the theme for this year's World AIDS Day is pregnant with meaning: "We really are in this together. And it is extremely important for us to Checka Impilo at least once a year, so that if there are any diseases that are creeping up on us, they get detected early."

One of the speakers, who has lived with HIV for 17 years, shared her experience, and how early detection of HIV has helped her.

After being diagnosed with HIV in 2003, she began to faithfully take her medication and today she is thriving and is married with children.

"You need to fight for your life. You need to want to live. I felt like my life was over when I was first diagnosed. It was even difficult for me to disclose my status to my family but today I openly speak about my status and urge others to take their treatment because I am standing today because I took my treatment, I decided I wanted to live."

When given an opportunity to share grievances or pose questions to the MEC, two members of the audience also expressed how they, too, had been living with the virus for many years. They shared how support groups had been a vital element to them adhering to their treatment and not giving up in life.

The MEC thanked them for sharing their testimonies and encouraged others to do the same and to supplement their treatment with a healthy lifestyle.

She also shared the many strides the KZN Health Department of Health has achieved in the fight against HIV/AIDS, including that:

- Today, our country has one of the world's largest Anti-Retroviral Treatment programmes, with more than 1,4 million people of those who are on treatment coming from here in KZN.
- Just 12 years ago, in 2008, two out of every 10 babies born to HIV positive mothers contracted HIV.
- Today, the rate of Prevention of Mother-to-Child Transmission of HIV stands at 0.81%. It has almost been eliminated.
- Thanks to the provision of access to free Anti-Retroviral Treatment, and the training of staff, the life expectancy of our fellow compatriots has increased considerably, and they are able to live long and healthy lives - and thrive, in spite of living with HIV.

"In fact, when you consider all the strides that have been made, it actually gives you hope that someday soon, we will also conquer this COVID - 19 epidemic that has caused so much damage around the world, by finding a vaccine," she said.

**WORLD AIDS DAY**

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# TOGETHER, BUILDING COMMUNITIES INCLUSIVE OF DISABILITY RIGHTS



December 3 marks the International Day of Persons with Disability. The annual observance of this day aims to promote an understanding of disability issues, the rights of persons with disabilities and gains to be derived from the integration of persons with disabilities in every aspect of the political, social, economic and cultural life of their communities.

This year's theme is "Together building communities inclusive of disability rights"

The Census 2011 Disability Report estimated that there were approximately 2,8 million (7,4%) persons with disabilities living in South Africa while in KwaZulu-Natal province there were 620 481.

Unfortunately, many disabled persons are unemployed. The good news is that the KZN Department of Health is recognizing disability as a source of diversity, talent and innovation.

The Department presents opportunities to invite persons with disabilities not only as healthcare users but also as employees.

For persons with disabilities, decent work means they can be empowered to lead more independent lives and contribute to the wellbeing of their families, communities and societies at large.

Through the KwaZulu-Natal Department of Health, the total number of Persons with Disabilities permanently employed as of 31 October 2020 is 417: 189 females and 228 males.

In ensuring that Persons with Disabilities access recruitment advertisements, the Department of Health disseminates all advertisements to Disabled People's Organisations (DPSO's).

Furthermore, the Department has also undertaken the following activities:

- The Department of Health collaborated with Foundation for Professional Development in Providing Learnerships Programme to 200 people with disabilities.

Currently there is a waiting list of 66 people with disabilities to be enrolled in the Learnership Programme.

- Internal in-service bursaries for 10 employees with disabilities
- 4 People with disabilities benefited from the external bursaries
- 2 people with disabilities are enrolled in the Cuban Doctors Programme
- The Department of Health has trained 700 staff in basic South African Sign Language in collaboration with Health and Welfare SETA.
- Disability and Diversity workshops are conducted at various hospitals.

3 November - 3 December  
**DRAM 2020**  
DISABILITY RIGHTS AWARENESS MONTH



## BUILDING COMMUNITIES INCLUSIVE OF DISABILITY RIGHTS

#DisabilityInclusiveSA #DRAM2020

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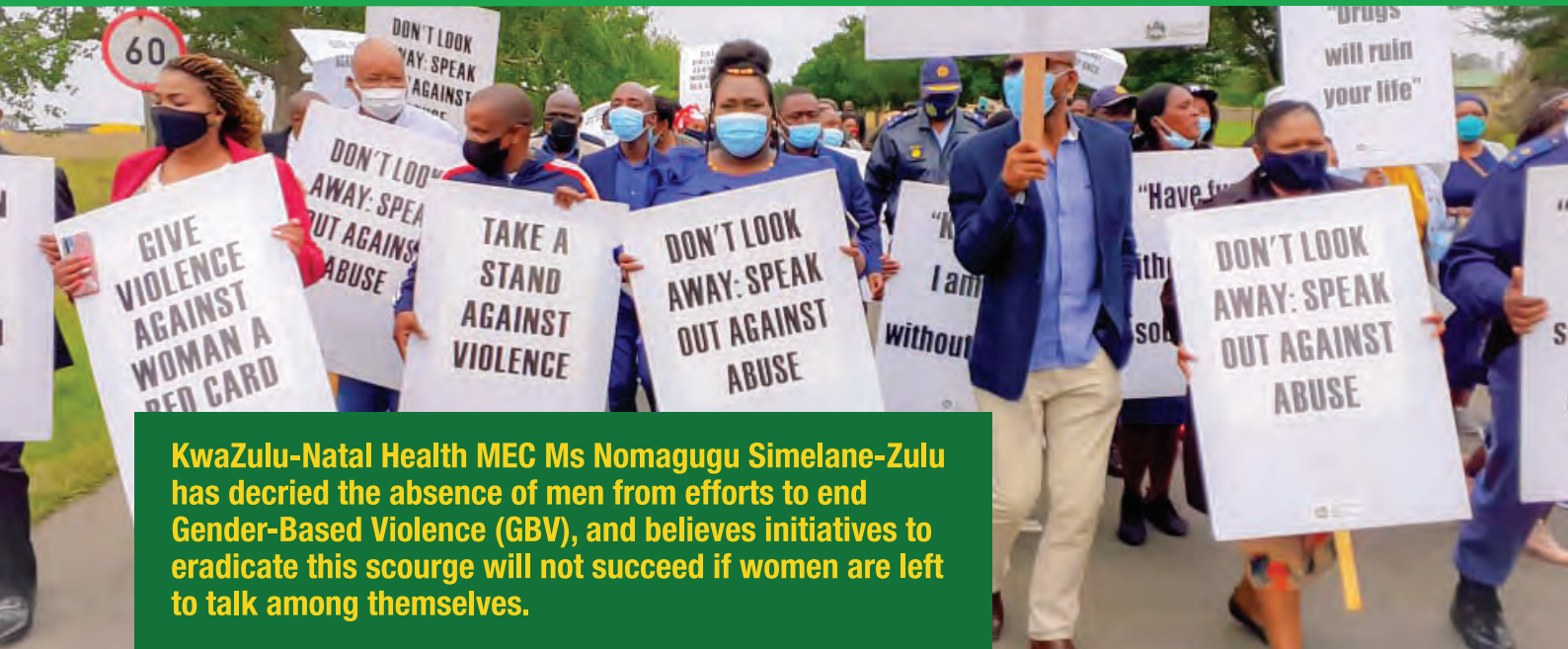
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# KZN HEALTH MEC WANTS MORE MEN TO SUPPORT ANTI-GENDER BASED VIOLENCE EFFORTS



**KwaZulu-Natal Health MEC Ms Nomagugu Simelane-Zulu has decried the absence of men from efforts to end Gender-Based Violence (GBV), and believes initiatives to eradicate this scourge will not succeed if women are left to talk among themselves.**

The MEC has also revealed her plans to stoke men's consciences and douse the aggression and perversion that fuels GBV, through a series of upcoming round-table discussions, while also strengthening existing programmes.

Speaking during the launch of the 16 Days of Activism for no Violence Against Women and Children campaign at Amajuba District (Newcastle), where she is the political champion, MEC Simelane-Zulu said the time had come for men to ask themselves some tough questions.

"Every month, young people are being killed. We have horrific cases. What are we facing as a society? Why are men, Black men especially, so angry? What is this anger about? That's what we need to address."

"Sometimes, when we coexist we think we are surrounded by people, whereas some of us are animals. What kind of man lusts after a six month old child, and seeks sexual pleasure from them? We know that some children are raped at the age of one or two months."

"Our plea to men who are perpetrating Gender-Based Violence is, stop conducting yourselves as animals. As women, we fear for our own safety. We fear for the safety of our own sisters, and our own children. But not only that. We are so far gone as a society that we fear for the safety of the gogos who gave birth to us. If I am here safe, then is my mother safe where she is? If I go to work and leave a six month-old child with their cousin, is my child safe? You leave your child with their 15 year-old cousin, and when you get back, that child has been raped and murdered! That's the society we live in."

MEC Simelane-Zulu also called on law enforcement authorities to think twice before granting bail to people accused of abusing their partners - especially in the presence of overwhelming evidence - as this sometimes escalated to murder.

"Some women get killed after opening cases against their partner. We need to have a discussion with the NPA, where we must ask how a known person who is feared... and there is evidence that they assaulted or stabbed their partner... still manages to walk out the gate - despite police having put together all the evidence that is needed [to convict them]. We need to have a discussion, because the law says when looking at bail conditions, you consider whether there's a likelihood for that person to go back and cause further harm to their victim."

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We need all stakeholders in the value chain of the fight against gender-based violence to play their part."

She also took aim at most parents' disparate approach to rearing boys and girls, saying that this made boys grow up with a sense of entitlement over women.

"We also need to look at how we are socialising our boy children. We always give an impression that a boy child is better than the girl child, under any circumstance. When the clock hits 4pm, we say, 'no girl child should still be out on the street at this time. But the boy child can be out until 8pm, and we think that's normal. So, without saying anything, you're sending a message to the young people that you are raising that the boy child is better than the girl child. This will continue until they're old. The boy child will believe he is worthy of being listened to because he's 'better.' So, the way we raise our children is very important. We must agree at home that the girl child must be respected. We need to stop making boys the heirs, at the expense of their sisters, who are basically not seen."

And teaching girl children about their own self-worth, was just as important, said the MEC.

"Girls must leave home knowing that, 'I'm enough. If I meet someone along the way, they'll be adding to who I already am. But I'm enough on my own. I can live on my own. I don't need marriage to validate my worth'. Not that I have a problem with marriage, but your worth as a woman must be because of you. You can only learn that through how you are raised. And this means, you and I as parents have a responsibility to teach our children exactly that."

After scanning through a crowd of about 100 people in attendance - who sat according to new social distancing norms in the big hall -

the MEC said the fact that the majority of attendees were women was an example of a bigger problem: men not caring enough to support efforts to end Gender-Based Violence.

"Trying to address issues on our own as women, is not going to be effective, GBV and femicide is a societal issue. It's an issue that needs our full participation, in order to find solutions. You need everyone to be part of the solution. You need the perpetrators, and women, and Government, you need civil society, amakhosi, the traditional health practitioners, and religious sector, to be there. You need a society that's going to work together. That is why, here at Amajuba, in the next two months, we're going to come back and have a round-table discussion. These are discussions that we must have in other parts of the province as well."

The MEC said these new platforms would serve to enhance the Department's existing programmes such as Isibaya Samadoda, and its urban derivative Ikhosomba Lamajita

(Men's Corner) "where we speak to young people and say, lthekeni ayibanjwa kanje (That is not how you handle a woman). We want young people to be able to talk among themselves, in a language that they understand.

"More than half of us grew up in abusive homes, where mothers were being beaten up by the father. It became 'normal', we grew up knowing that if it was the man's payday, there will be no peace. It was common knowledge. But we did absolutely nothing.

"It must come to an end. If we don't bring it to an end, it becomes a vicious cycle. We continue to raise boys who think it's normal to beat up a woman. We raise girls who think 'If he doesn't beat me, he doesn't love me.' We need to change that and break the cycle. And the only way to do that is to instil a new culture of respecting women... a new culture of understanding what young men are faced with, so that we can resolve those issues."



MS NOMAGUGU SIMELANE-ZULU  
MEC FOR HEALTH

## KZN HEALTH IN THE FIGHT AGAINST GENDER BASED VIOLENCE

The National Prosecuting Authority and the KZN Department of Health have partnered for years and established Thuthuzela Care Centres in order to ensure that survivors of sexual abuse and gender-based violence are supported and even vindicated through the prosecution of their perpetrators.

These centres provide psychological counselling, social worker consultations, anti-retroviral treatment enrolment, and collection of evidence in the aftermath of a sexual crime. The specialised care that they receive also ensures that they are not subjected to secondary trauma.

All centres provide 24 hour care within the centre itself or the facility it is based in.

SHOULD YOU OR A LOVED ONE BE IN NEED OF THESE SERVICES, PLEASE USE THE CONTACT NUMBERS BELOW. ALTERNATIVELY, YOU MAY CALL THE HOSPITAL AND ASK TO BE TRANSFERRED TO THE CENTRE.

### THUTHUZELA CENTRES

INSTITUTION	ADDRESS	CONTACT
Madadeni Hospital	Section 5, Madadeni Rd Newcastle, 2951	034 328 8291
Ngwelezane Hospital	Cnr Thanduyise & Ngwelezane Rd Empangeni, 3880	035 794 1471
Port Shepstone Hospital	11 Bazley St, Port Shepstone 4240	039 688 6030
Prince Mshiyeni Memorial Hospital	Griffiths Mxenge Highway Umhlanga, Umhlanga, 4060	031 907 8496
Mahatma Gandhi Memorial Hospital	100 Phoenix Highway Phoenix Unit 2, Durban, 4068	031 334 5245/246
RK Khan Hospital	336 R K Khan Circle Westcliff, Chatsworth, 4092	031 459 6098
Justice Gizenga Memorial Hospital	23A King Shaka Street, Stanger Durban, 4450	032 437 6290 031 334 5045
Edendale Hospital	89 Selby Msimang Rd, Edendale, Pietermaritzburg 3201	033 395 4325

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**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

**COMPILED BY:**

**CORPORATE COMMUNICATIONS**  
(KWAZULU-NATAL DEPARTMENT OF HEALTH)

TEL: 033 395 2547 OR 033 395 2653 | FAX: 033 342 9477

**SEND STORIES YOU WOULD LIKE TO FEATURE  
ON THE KZN HEALTH CHAT BULLETIN TO:**  
[healthchatbulletin@kznhealth.gov.za](mailto:healthchatbulletin@kznhealth.gov.za)

