In any organization, leadership is important. Leaders are responsible for creating the right environment which encourages creativity and innovation. Good leaders should empower their people to work together, plan together and reach the targets and goals for providing service excellence together. Eshowe hospital management is up to this challenge.
Wellness corner

Definition of wellness—The absence of measurable evidence for diseases, abnormality or infirmity.

The Wellness team strives to keep employees healthy and happy which results in high productivity levels. Wellness is a dynamic and pro-active process whereby an individual and the group becomes aware of the choices and response ability they have and then take the responsibility of making the right process. Deciding on the wellness lifestyle requires everyone to become actively involved in his or her own health and mental wellbeing. By gaining more knowledge and insight and becoming empowered to make the right choices to lead a healthy and more fulfilling life. Wellness is a lifelong responsibility and disciplines that with help, facilitation and support of professionals will in a long term restore individual, family and community health leading to healthy employees.

The Wellness team wishes to introduce the program called NEAT

N - Nutrition eating the right food or a balanced diet
E- exercise- meeting the needs of the lifestyle with ease
A- Avoid toxins (cigarette smoking, alcohol abuse and recreational drugs)
T- Tranquility (emotional wellness, spiritual practice, mindfulness, relaxation techniques and problem solving)

Aspects of wellness
1. Social Wellness—means positive interactions with and enjoy being with others. Having comfort and ease during work and leisure situations and communicating feelings with others and their needs. It involves developing and building close relationships.
2. Cultural wellness –is being aware of your own culture and its diversity and richness and the cultures of others. It involves smooth and healthy interactions across cultures.
3. Physical Wellness- this is physical fitness to meet the needs of your lifestyle getting regular exercise.
4. Spiritual wellness- is about finding meaning and value and purpose in hope, joy, courage and gratitude and positive evaluation of personal beliefs.
5. Emotional wellness- is striving to meet emotional needs constructively. It is maintaining good mental health, a positive attitude and a high self-esteem and strong self-image. It is about learning more about oneself and the flow of life events.
6. Intellectual wellness- is having curiosity and desire to learn. It is valuing many experiences, staying stimulated with new ideas responding to challenges and opportunity to grow, making plans and developing strategies and solving problems.

Compiled by L T Xulu
Employee Assistance Program Practitioner
As part of Eshowe Management team we formed a Committee called Orphan identification and Poverty alleviation. The aim was to collect blankets, second hand clothing and toys from churches, schools, hospital staff and the community for the winter. Together with our Primary Healthcare team and Community Care givers they went to visit households around the Umlalazi area and identified children and people who are living in poverty. The Community Care Givers compiled lists with names and ages of people and as the clothes and blankets came in we sorted them into parcels allocated to the identified households.

The Committee visited the War room at Siphilile Clinic where the ward counselor for ward 10 was present as well as the Community Care Givers on the 22nd of May 2012 where parcels of clothes and blankets was handed over to some families. The Committee also visited one of the households to deliver clothes.

The next visit was on 24 May 2012 in the morning where we delivered Children’s clothes, blankets and toys in ward 7, Nkanini Area to “Cool cats” Crèche where ± 30 Orphan children are being looked after.

The last stop was in the afternoon at 13h00 where the Committee visited the King Dinizulu War room together with the Counselor for ward 13, Community care givers and families. Clothes and blankets were handed over to the families and the committee also delivered blankets and clothes to one family’s house.
**PHANSI NEZIDAKAMIZWA ENTSHENI**


**IZIMPAWU ZOMNTWANA OSEBENZISA IZIDAKAMIZWA.**

Ukushintsha kokwenza, nokubukeka, nokuziphatha kungakhombisa ukusetshenziswa kwezidakamizwa, ngakho ke abazali kufanele babheke ushitsho olweqile oluhambisana nalokhu okulandelayo:

- Ukushitsha komsebenzi wesikole
- Izinga lamamaki okuphasa liyehla
- Umsebenzi wesikole wasekhaya akawenzi noma akawenzi.
- Izinga lokuphutha esikoleni liyakhuphuka.

Njengamanje izikole zivaliwe, abazali kufanele aqikelele ukuthi izingane ziyafunda, ikakhulakazi ezikamatikuletsheni ukuze ekupheleni konyaka kube nemiphumela emihle.

**BANTWANA BETHU SIYANITHANDA FUTHI SIYANIFISELA IKUSASA ELIHLE.**
# NEW APPOINTMENTS

## Transfer In
- MHLONGO SR
- MASUKU SP
- MDLETSHE SM
- MKHONDE LZ

## New Appointments
- MNGOMEZULU SS
- NZUZA HS
- XULU N
- RAMAKAU PLM
- MKHWANAZI PZ
- MCNALLY MJN
- MANTENGU N
- NDABA BP
- SITHOLE NP
- SHANGE PZ
- NTULI MM
- GUMEDE SS
- NDELU VP

## Promotion S
- CELE TT
- NKOSI NJ
- ZWANE SNVG
- MBOKAZI NVE
- NENE MA
- MKHIZE GS
- MTHEMBU TE

## Interns
- GAMEDE NZ
- NTSHANGASE K
- GUMEDE S
- ZULU HZ

## Retirements
- ZIKALALA J
Greetings to all. Sanibonani nonke. My name is Nontokozo Gamede well known as Nonto from Ngwelezane Township. I am the new appointed Public Relations INTERN who will be with you for the period of 12 months. I completed my matric in 2008 at Khombindlela High School. In 2009 I registered at the University of Zululand to further my studies doing a course of National Diploma in Public Relations which I completed in 2011.

Early 2012 I started applying for a job, I then applied for the advertised post by Department of Health calling for an unemployed graduates luckily I was shortlisted and called for an interview, I made it, I was appointed as an P.R intern and I was placed here at Eshowe District Hospital.

On the 2nd of April, I started working/ serving at Eshowe Hospital. I was introduced to the staff members of Eshowe hospital which are HR staff and my supervisor Mrs. Z.E Jaffe introduced me to the whole staff of the hospital.

My supervisor Mrs. Z.E Jaffe started to tell me what I am expected to do as an P.R intern, how to handle complaints by patients, maintaining a good image of the institution (Eshowe Hospital), to apply Batho Pele principles at all times when serving clients and staff.

It has been so good to me for this couple of months that I have worked. I hope and pray that I will have a good time with you and I will gain experience and get used to a working environment.
Some of the young Human Resources staff members wore school uniforms on 15 June 2012 as a commemoration of the 16 June 1976 massacre. More than 200 students who were protesting against the Apartheid government’s oppressive rulings on education died on this day. This is an important history day for all South Africans.

In this picture is.
Back row: NONTO MPANZA, NONTO GAMEDE, NDUH MYAKA AND SIHLOBILE MHLONGO.

Front row: MR THEMBA SITHOLE, MRS JOY BODASING AND MR VUKANI NDELU

HECTOR PETERSON MAY BE GONE BUT HIS STRUGGLE WON’T BE FORGOTTEN.............
COMPLIMENTS RECEIVED

Lets here from the public/patients/clients on how the hospital render its services.

Dear Sir/Madam

By filling in this suggestion form, your views or suggestions will that we deliver a high standard health service that will satisfy you.

How did you feel about the care you received in the hospital?

Best ☑ Good      Bad

Please write a summary of your suggestions:

[Handwritten comment]

Thank you

Date: 09/05/12

Signature

Uyizwe uqinti imphatho lapha esibhledla?

Yimbe ☑  Ingcono      Imbi

Sicela ubhale ubhempto wakho ngamafufhi

[Handwritten comment]

Thank you!!!

Igama aesibongo sakho: Zindle. Helen
Inombolo yakho yocingo: 013 092 0337
Ikheli: 30 Jan 2012

Inombelo yekezi

Igama lewodi noma indawo obukuyena: Zindle. Helen
Igama lesebenzi esikusizile: Helen. Chowles

Isikhundla sakhe:

Ungathintani nonphathi waleyendo wuma umxhunani wesibhledla nonphakathi u Mrs ZE Jaffe kale nombolo yocingo (035) 473 4538, noma ubhalele kulelilekele elingaphenzulu.

Siyabonga

Usuku: 09/05/12

Sicela usayine: \[Signature\]
Eshowe hospital hosted MMC Camp in the hospital. This was a two days Camp targeted school boys during June Holidays. Boys came in numbers from surrounding areas to be circumcised. The camp was successful because there were no complications reported. EMRS assisted with transport for the boys.

WE THANK THE MMC TEAM FOR THEIR TEAM SPIRIT.
All nurses of ESHOWE DISTRICT HOSPITAL hosted a nurses day of prayer on the 23rd of May 2012.

1. Far left picture is Mrs. Mthembu welcomed the guest with warm hands and outlined the purpose of the Day.
2. Bottom left picture is Mrs. Mkhize who was the guest speaker, she encouraged nurses to follow on the steps of Florence Nighten by being devoted and sensitive to patients needs.

Students were leading with good music.

Mrs. Mkhize handing over a cross to Nursing Manager Miss Mdakane.

Mrs. Mdolose handing over a gift to guest speaker.

Pastor Makhanya who was giving a sermon for a day.
ESHOWE SUB-CAMPUS FAREWELL FUNCTION FOR GROUP 06/11 HELD ON 29 MAY 2012 AT ESHOWE SUB CAMPUS. PRESENT WERE: ADMIN STAFF, PRO INTERN AND ALL THE STUDENTS BELONGING TO ESHOWE SUBCAMPUS.

MR VENKENTSAMY HUMAN RESOURCE MANAGER SHARING A TALK WITH ALL MEMBERS THAT WERE PRESENT.

STUDENTS ENTERTAINING WITH ZULU DANCE.
Eshowe District Hospital celebrated the International Day on the 23rd of May 2012.

As we celebrated International Nurses Day let’s take into account the excellent job we have done and note that we are still striving for the best in providing excellent nursing care to our patients. Nurses are the backbone of health. Nurses are the backbone of health, nurses are the eyes of the blind who are sick, power to those who cannot move, comforters, nourishes, protectors, the hands, minds, intermediaries and advocates. All those words prove that nurses are the most essential people who are needed the most.

As we celebrate this day we remember Florence Nightingale—the dedicated nurse “the lady of the lamp” as she is affectionately known worldwide, left us a legacy we inherited through generations of old and modern nurses. She was born on the 12th of May 1820 and died 1910.

Mrs. ETB Mkhize the former CEO of Eshowe Hospital was the guest speaker. She encouraged nurses to strive for better health services, and that they must celebrate with full understanding of why they are the chosen ones.

NURSES YOU ARE ALL SPECIAL AND TREASURED “ALLUTA CONTINUA”
ON THE 09TH OF JUNE 2012 ESHOWE HOSPITAL VISITED VRYHEID HOSPITAL FOR A FRIENDLY GAME. ESHOWE HOSPITAL WON ON BOTH MATCHES SOCCER & NETBALL.

ALL WENT WELL ON THE 14TH OF APRIL 2012 ON A FRIENDLY GAME WHICH WAS HELD AT KING DINIZULU STADIUM.

Big Up to you guys...

Left picture is Netball team of Eshowe hospital and the below picture is soccer team of Eshowe hospital.

Adding to hospital soccer team who visited Eshowe hospital for a friendly game.
Once again our devoted comrade marathon champion from Eshowe District Hospital Mr. S Mhlanga joined the ultimate human race from Pietermaritzburg to Durban. He made us proud by winning a silver medal with time of 07:28 minutes. He was invited by KwaZulu Natal MEC for Health Dr. S Dlomo to attend the 2012 Budget Speech presentation held at the KZN Legislature in Pietermaritzburg and also by the HOD for Health Dr. S Zungu for breakfast.

‘CONGRATULATIONS’
If you have any Inquiries, Compliments and Suggestions regarding Eshowe Hospital don't waste your time come to us: 2nd floor Public Relations Office

Contact Mrs. Z.E Jaffe @ 0836580323
Tel:035-4734538 or write to
Eshowe District Hospital
Private Bag x504
3815.

ESHOWE DISTRICT HOSPITAL PUBLIC RELATIONS OFFICER