



ILEMBE DISTRICT NEWS



NOVEMBER 2009

THE SUCCESS OF CHILD HEALTH WEEK

SPECIAL POINTS OF INTEREST:

- "New Face, new changes"
- "Breastfeeding in an emergency situation"
- "How can I promote a smoking free environment to assist my school to become a Health promoting school in 2009"

INSIDE THIS ISSUE:

CHILD HEALTH 1

FROM THE EDITOR 1

JOHNSON & JOHNSON 2

EYE AWARENESS EVENT 3

HERITAGE DAY 4

ESSAY WRITING 5

ESSAY CONT... 6

GOODBYE & WELCOME 7

EZEMIDLALO 8

VISION & MISSION 9

Ilembe Health District on 7 to 30 September 2009 conducted a Child Health Week in all four sub-districts namely Mapumulo, Ndwedwe, KwaDukuza and Mandeni. The campaign points were community halls, Preschools, crèches, Primary Schools, mobile points ect

Services that were offered at the points were as follows:

- Health education on various Child Health issues e.g. Vitamin A,
- Catch up Immunization
- Measuring Mid Upper Arm circumference (child below 5 years)
- Administration of Vitamin A capsules. Non target child 6-9 years were also given Vitamin A. This was a provincial decision.
- Deworming (1-5 years)
- Issuing of duplicates of Road To Health Cards (RTHC's)

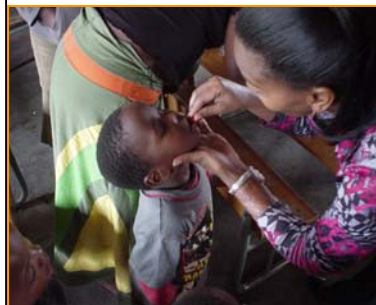
How was the mobilization done?

- Ikhwezi Community Radio Station was used to mobilize for the campaign. This was done by the District Communications Practitioner.
- Posters for community mobilization were distributed to the communities. Community Health Workers also mobilized in their respective areas.

- A school health teams assisted with mobilization in schools.
- A consent forms were used as a means of mobilizing in Crèches, Pre-primary schools & Primary schools
- Mobile teams also mobilized in their points.

Was the campaign successful?

- YES** because it was supported by Programmes Managers and some of M&E staff.
- Supported by MCDI
- Identification of malnourished children at the community level through use of MUAC tapes.
- 3 out of 4 trainings were conducted by District office and MCDI



Miss TB Mpanza during the campaign

Success continues

- The set target for Vitamin A 12- 59 months was **80%** and the District managed to reach **84%**.
- The set target for deworming for 12-59 months was also **80%** and the district reached **89%**.



Staff members during the campaign

Challenges

- Staff shortage
- Shortage of transport
- Lack of material
- Health education was not done due to heaviness of some points.

FROM THE EDITOR'S DESK— LET US GO EXTRA MILES.



Eugene Zungu

My name is Eugene "Mgci" Zungu, I'm currently doing an experiential training in Communications Unit in the Ilembe Health District. I Studied at Durban Computer College and obtained a National Diploma in Public Relations in 2008.

I joined the District Office on 1 June 2009. This is my first newsletter compiled in the absence of my supervisor. I would like to thank the District Management Team for giving me this opportunity to prove myself and to gain experience and knowledge.

Before I go further let me also thank Mrs. Sishi (Snr. Communications Practitioner) for believing in me and allowing me to publish a successful newsletter while she is out on study leave. To those who contributed toward the success of this newsletter, I thank you, you are

the best.

To conclude, let me wish all those Workers who will be writing their final examinations the best of luck, please don't forget to study and pray to God for success in your examinations.

Remember, after all, your knowledge will contribute a lot towards improving our service delivery.

To all readers hope we will meet again next quarter.

I thank you!

BREASTFEEDING WEEK CELEBRATION

As part of the World Breastfeeding week celebration, Isithebe Clinic hosted a healthy baby Initiative event. This function was sponsored by Johnson & Johnson. The event was held in Isithebe Clinic on 5 August 2009. Staff from Isithebe Clinic and the mother facility, Sundumbili CHC were part of this event.

J&J supplied Isithebe Clinic with posters for community awareness. The posters were placed around the Clinic with the details of the event. The staff in the Clinic also marketed the event by word of mouth. On the day of the event banners from KZN Department of Health and J&J were used to transmit health messages to clients and the community.

“BREASTFEEDING IN UNUSUAL SITUATIONS”

The theme of the World Breastfeeding Week 2009 was “**BREASTFEEDING IN EMERGENCY SITUATIONS**” however KZN Department of Health’s theme was “**BREASTFEEDING IN UNUSUAL SITUATIONS**”



Road to Health cards were assessed to look at programmes such as child attendance to facilities for weighing, Vitamin A, immunization etc. A healthy baby was chosen according to how frequent a child goes to clinic for weighing, Vitamin A, immunizations update, mothers attended clinic during their pregnancy and hygienic appearance of the child. Judges were the staff from District Office, Isithebe and Sundumbili CHC. They used a specially designed form to assess child’s health status. The age category for the competition was 0-6 months, 7-12 months and 13-18 months. Children beyond these age groups were automatically excluded from the competition.

The programme for the day included the following:

- Health education on various child health topics,
- Entertainment for the day, organized by Mothers to Mothers staff from Isithebe Clinic, singing by choir and breastfeeding poem.
- Prizes were presented to the winners by the Sundumbili CHC Nursing Manager Mrs. Mabaso at the end of the programme.

There were three winners i.e number 1-3 for each of the prize categories. Certificates were also given to the mothers that won . There were also prizes for mothers & fathers of the babies that had won the competition. As consolation prize, baby carriers from Johnson & Johnson were issued to those mothers who entered competition and did not win.



1st prize winner in category 0-6 months.

1ST PRIZE WINNERS



1st prize winner in category 7-12 months.



1st prize winner in category 13-18 months.

EYE AWARENESS EVENT



On the 21st of October 2009 at 10h00, Ilembe Health District conducted an Eye Awareness event at KwaDukuza SubDistrict. The venue was KwaDukuza Clinic.

About 150 people attended the event for Eye screening, Blood Pressure checks and Blood Sugar testing. The District gave people free glasses after the Optometrist had assessed them. 46 glasses were issued out to patients.



Sister T.B. Mavundla assessing patients.

Traditional practitioners were doing the examination especially Blood Pressure and Blood Sugar, T-Seven were there to assess and help them as they have been trained. The communication between the Traditional Healers and Optometrists was amazing. The Department of Health is urging tradition Healers to check Blood Pressure, Blood Sugar and Eyes before they commence their medication.

“Department of Health is urging them to first test Blood Pressure, Blood Sugar and Eye test before they commence their medication”.



Traditional Healers assessing one another with a help of a T-Seven Member.

The District have trained the Traditional Healers on how are they going to refer their clients to the nearby Clinics. On the event day the District was able to find 18 defaulters with High Blood Pressure and High Blood Sugar and they were referred to their nearby Clinics.**

HEALTH DISTRICT GOES EXTRA MILES



District Team with Mam' Basi.

The District Manager was informed by a community member about Basi's family in Ohwebede area in Mandeni that is poverty stricken. A team from the District was dispatched to investigate. On the investigation it was discovered that no body in the family was employed and there were four children living with their grand parents, the youngest being three years old. The grand mother had no ID , no food (they begged from their neighbours) and there was no garden. The two youngest children belong to deceased daughter and they had no birth certificates, hence they had no access to social grants.

On the District's intervention the woman was assisted in obtaining her ID and the children's birth certificates. She was given food parcels (some employees donated money) and then driven to Social Development to apply for a Social grant. A garden implement and seeds were given to her. She was then referred to Municipality to assist in building a house for the family. She is regularly visited to check on progress.

A lot of progress has been made in regard to the grants. She will be getting them for all three children in 11 December 2009. **How's that for successful collaboration between DOH and DSD to deliver services? Keep up the good work guys!**

IXOXWA NGEZITHOMBE EYE HERITAGE DAY



EZAKA..... QEDELA WENA.....



ESSAY WRITING COMPETITION

ESSAY WRITING COMPETITION JAMBOREE AT ILEMBE DISTRICT 2009

Background information

The Department of Health in partnership with Department of Education decided on implementing a strategy to disseminate information to reach all members of the communities in an attempt to educate them about taking responsibility for their own health by leading a healthy lifestyle. This is also an entry point for schools to embrace the Health Promoting Schools initiatives.

Target groups

The target group was initially primary schools and now it is grades eight and nine learners at the secondary schools.

Topics covered in the previous years

2003 – Breast Cancer

2004 – TB awareness

2005 – Drug and substance abuse awareness

2006 – Teenage pregnancy

2007 – How can I assist my school to become a Health Promoting school in 2007 ?

2008 – How can I use Nutrition to assist my school to become a Health Promoting school ?

Topic for this year (2009)

The topic for this year was – **How can I promote a smoke free environment to assist my school to become a Health Promoting school in 2009**

Participation

Schools that are to participate each year are selected randomly from both urban and rural settings and from all municipalities. The Area 1 district that participated are I Lembe, Ugu and eThekweni districts. Twelve schools participated in I Lembe District, and these are:

MANDENI	KWADUKUZA	MAPHUMULO	NDWEDWE
Othukela High	Groutville High	Tshutshutshu Secondary	Qalakahle Secondary
Isinyabusi High	Stanger Sec	Skhonjwa Secondary	Siyaphumula Secondary
	Nonhlevu Sec	Ngcolosi High	A.M.Moolla Secondary
			Magudwini J. Secondary

Virgin Active guy leading teachers and learners in the exercise, you go guys!!!



Learners during the exercises



Teachers during the exercise

ESSAY WRITING CONTINUE.....

Essay writing Process

The schools were selected by the school health teams in partnership with the DOE. The Life Orientation educators and English language educators were work shopped about the topic for the essay and the learners are engaged in researching about the topic, write an essay. The educators mark the essays and submit the best 3 from each grade for district adjudication. The District adjudicates the 3 best essays from grade 8 and grade 9 from each school and submit the 3 best essays from each grade to represent the district at the Provincial adjudication.

The essay writing jamboree

The best 3 essays are then awarded tokens in an event that is hosted by a district. In 2009 the event was hosted by iLembe district at Stanger High School. All participants were given tokens in the form of certificates, pencil cases with pens and calculators, books etc.

The best 2 essays that were awarded were from Ugu district and written by;
 Grade 8 – Lenisha Pillay from Solvista High School
 Grade 9 - Londiwe Majozi from Qiko High School

The best 2 essays from iLembe district were written by :

Grade 8 ; Nothando Zinhle Zulu from Nonhlevu Secondary school in KwaDukuza
 Grade 9 ; Sabelo Xulu from Ngcolosi High school in Maphumulo

Support

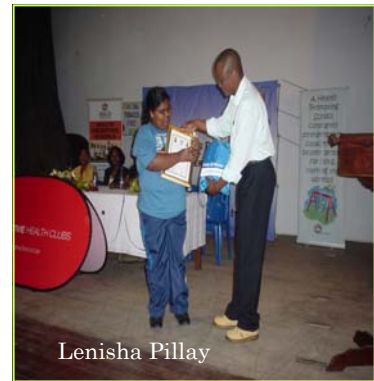
The multi sectoral stakeholders that supported the jamboree were very visible and the learners received IEC material from all the stands.

The departments and NGOs represented with their stands were

- Department of Social Justice
- Department of Health district and province
- Department of Education
- Department of Agriculture and Environmental Affairs
- Department of SAPS and Correctional services
- SANCA
- Virgin Active
- The media
- KwaDukuza clinic stands – Nutrition, MCWH and VCT.

SPONSORS:

Virgin Active, thank you very much for your support.



Lenisha Pillay



Londiwe Majozi with Mrs N.N Khumalo From Ilembe Health District receiving her prize!



Teachers with N. Nkwanyana

YOU ALL
THE WIN-
NERS

THE WINNERS



Thanks with the Venue S.H.S.



Thanks for the Sponsorship. You shine.



GOODBYE, WELCOME & BIRTHDAYS



S'bo Myeza

GOODBYE
WILL MIC U!!!!

MACRINA THWALA



Nozipho Shange



Ms Dudu Mtshali

M.Banda
(PHC
TRAINER)



WARM
WELCOME!



Sbu Thabethe(DC)



D. Skhakhane(D. ENG.)



HAPPY BIRTHDAY TO...



SEPTEMBER

1. Ms. S.G. Mbambo (Data Capturer)
2. Ms. J. Mutha (SCM Assistant)
3. Mr. B.Thusi (Occup. Health Coord)
4. Mr. E.M. Zungu (PRO Intern)

OCTOBER

1. Mr. M.R.Phahla (Principal HRM)
2. Mrs. S. Erusan (HRM Assistant)

"MPILONDE KUNINA NONKE ZIDALWA ZIKANKULUNKULU"

DLALA MSEBENZI "WORK AND PLAY EVENT"

Umnyango Wezempilo ngaphansi komkhadlu weLembe ube yingxenyeyemidlalo ebizwa ngokuthi "Dlala Msebenzi" phecelezi ngesilungu bathi "Work & Play".

Kulemidlalo bekuhlangene zonke izingqungqulu zeminyango kahulumeni lapho kufuneka eyodwa ezogoduka nendondo yegolide kanye nenkomishi kanokusho. Inhloso yalemidlalo ngokusho

komhleli wayo uMnz Wiseman Cele ngokuthi sikwazi ukucobelelana ngolwazi ngezindlela esisebenza ngazo nangaphansi kwezimo esisebenza kuzo. Umnyango Wezempilo ube usukhetha abadlali abasezingeni eliphezulu kuzo zonke iziBhedlela kanye nase-maKilini angaphansi kwalomkhandlu weLembe ukuze kuphume iqembu elilodwa eliyoyibabha ishisa insimbi ize ipholele esandleni.

Ngokubambisana kwabaphethe ezemidlalo ezibhedlela bebambisene

nosihlalo omusha wokhandlu kwezemidlalo uMnuz Sthem-biso Blose ongene ezicathulweni zika Nksz Bonie Sishi, konke kwaba yimpumelelo. Umnyango Wezempilo waya uzilungiselele kahle futhi unehloso yokubuya nendondo yegolide kwezikanobhutshuzwayo kanye nakwezomnqakiswa. Umqeqeshi kanobhutshuzwayo uNkayiso Ngcobo uthetha "Sithshengise zisuka ukuthi sizokwenzani lapha, besihlangene futhi sizimisele. Noshintsho ebesilwenza ngokuhlanganyela no Mnz Blose belimangaza.

Akungithusanga ukudla umhlanganiso njengoba besiyiqembu elihlangene kunamanye" kuphetha uMnz Ngcobo. Kanjalo nakwezomnqakiswa lo Mnyango ubuwenza ezibukwayo njengoba kuyiwo odle umhlanganiso kwabe zonke izindondo zegolide nezinkomishi zibheka esigcemeni sakwaDukuza emnyangweni wezeMpilo, (Ilembe Health District Office)

HALALAAAAA!!!!!!!!!!!!!! Zingane zika Ms. Dube nilibeke phezulu ifulegi lomnyango wezeMpilo.**



DOH. NETBALL TEAM



DOH SOCCER TEAM

SIWUMNYANGO WEZEMPILO SITHI HALALAAAAA!!!!!!!!!!!!!!



Umnyango wezeMpilo kwezikanobhutshuzwayo ujabulela indebe abayinqobe sekukhahlelwa amaphenathi.



Izintokazi zomnyango wezempilo ezidle umhlanganiso kwelomnqakiswa. JABULANI BO ZINTOMBI!!!



Physical Address: 36/40 Chief Albert Luthuli Street, OK Mall Building, 1st Floor, KWADUKUZA

Postal Address: P.O. Box 10620 KwaDukuza,4450

Phone: (032) 437 3500
Fax: (032) 551 1590/2
E-mail: bonie.sishi@kznhealth.gov.za



VISION STATEMENT

To be better than the best in achieving optimal health status and a functional district health system for the community in Ilembe District

MISSION STATEMENT

With compassion, deliver comprehensive, integrated, coordinated, sustainable and responsive quality health care at all levels based on the primary health care approach through the district health system.

CORE VALUES

Committed to performance, courage to change/transform with honest, trust, integrity and mutual respect in an innovative, open and transparent manner.

MAKE US LOUGH

MARRIAGE FILES.....

CASE # 2

CASE # 1

Interviewer to millionaire: To whom do you owe your success as a millionaire?

Millionaire: I owe everything to my wife.

Interviewer: Wow, she must be some woman. What were you before you married her?

Millionaire: A Billionaire. Hahahaha!

Wife: Why do you always carry my photo in your wallet?

Husband: When there is a problem, no matter how big, I look at your photo and the problem disappears.

Wife: You see how miraculous and powerful I am for you?

Husband: Yes, I see your picture and say to myself, "What other

problem can be greater than this one?" hahaa!

CASE #3

Q- What is the difference between a mother and a wife?

A- One woman brings you into this world crying.....

...the other ensures you continue to do so. Hahaa!

CASE #4

Wife: Do you want din-

ner?

Husband: Sure, what are my choices ?

Wife: Yes and No.hahaa!

CASE #5

Wife: Honey..... What are you looking for?

Husband: Nothing.

Wife: Nothing...?? You have been reading our marriage certificate for an hour!!

Husband: I was just looking for the expiry date. Hahaa!

THE END!!!!