



HEALTH
KwaZulu-Natal

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HERITAGE DAY CELEBRATION 2010



Ndwedwe CHC's staff members during the Heritage Day Celebrations.



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EDU SHOW AT NDWEDWE COMMUNITY HALL

An Edu show for mothers and children was held at Ndwedwe Community Hall, where mothers and children were invited to come and listen to talks that could help mothers when raising their kids. Breastfeeding was one of the main topics as it is clear that breastfeeding is slowly being replaced by bottle feeding.



Sr Nyuswa spoke about the importance of breast milk as it creates a bond between the mother and a child above all breast milk prevents the child from being prone to illnesses.



Dettol, Bio-ol and Huggies were the sponsors of this event, Dettol taught mothers about hygiene and the importance of hand washing after changing a child's nappy, using the toilet and before preparing food. Bio-oil advised mothers on how to take care of their skins before and after giving birth as bio-oil is known for removing scars and stretch marks which sometimes do appear after giving birth. Huggies spoke about their different dippers and the cheap price they are sold at. It was also stressed that mothers who use Huggies nappies have more time to themselves than a mother who uses other brands. All these three sponsors brought hampers to give away to mothers and their children who answered questions that were asked.

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MALE MEDICAL CIRCUMCISION

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The directive from the iSilosamabandla King Goodwill Zwelithini Zulu together with our KwaZulu Natal Premier Dr Zweli Mkhize has really had the Department of Health on its toes regarding the Male Medical Circumcision. Male Medical Circumcision (MMC) has been the buzz word lately, males were urged to visit their near by Hospital or Clinics for more information on MMC. MMC is done to reduce the chances of males being infected by HIV/ AIDS, this is also a learning session for males as they are also guided on how they should behave in the society. Ndwedwe CHC also joined in an recruited males for MMC in the last year alone 158 males were circumcised using the Tara Clamps. We are proud to say that we will be doing more males in 2011.

Boys are also reminded that being circumcised does not mean that



“Male Medical Circumcision, creating an AIDS free generation”

they can't get HIV/ AIDS and so they are urged to practice safe sex at all times and to do regular check ups and blood tests. A big thank you goes out to our Medical Manager Dr Ayeni for providing refreshments for the boys, it really made a huge difference to the boys as they practically spent half the day at the institution, to all staff members who contributed towards the camps that we have had we thank you for your support.

AWARENESS DAY AT MWOLOKOHLO CLINIC

Ikilinkhi yethu iMwolokohle iye yahlela umcimbi wokufundisa omama ngokubaluleka kobisi lwebele, ukusokwa kwabesilisa kanjalo futhi nokubaluleka kohlelo lweHCT. Konke lokhu kwenzekile ngomhlaka 23 kuDecember 2010 khona eMwolokohlo, umphakathi uye waphuma ngobuningi bawo ukuzolalela izinkulumo, umculo owakhayo kanjalo futhi nemidlalo efundisayo.

Abantu bakhuthazwa ukuba bahlole igazi ukuze bezokwazi isimo sempilo yabo kanjalo futhi nokukwazi ukuzinakekela umangabe umuntu ezithole eseneciwane leHIV/AIDS, uhlelo lokusokwa kwabesilisa nalo ladingidwa kubuzwa nemibuzo, eyayiphendulwa ngochwepheshe kwezokusoka, ubisi lwebele nalo alusalanga ngaphandle njengoba abahlengikazi ababethula izinkulumo babelokhu begcizelela ukunceliswa kobisi lwebele kubantwana ukuze bakhule kahle.

Sidlulisa ukubonga okukhulu kwikomidi elahlela lomcimbi kanjalo futhi noIMCDI ngokulekelela ngokuya ethunjini kubantu ababehambele umcimbi.

*Breast milk is
the best you
can give to
your child.*



Umphakathi wawuphume ngouningi bawo ukuzothamela umcimbi eMwolokohle Clinic. Ngezansi abasebenzi baseMwolokohlo clinic kanye ne-Menenja uMrs J Pillay, kanye noMrs Khuluse PHC Supervisor.



CULTURAL DAY CELEBRATION

Ndwedwe CHC held a successful heritage day event on September 2010 and all thanks goes to the Social Committee for planning this event.

It was so good to see staff members in their cultural gear, parading and showing off what their cultures are all about . Different cultural food was prepared and enjoyed by all staff members.

The committee would like to thank all staff members that contributed towards this event and to the management for the support. Different activities were done to commemorate our diverse cultures, from Indlamu, umshado, Indian dance to Mqombothi. Well done SC.

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1.Mrs Pillay and Mrs Nyembe really enjoyed themselves 2.Nanazi and Maria looked stunning 3.Staff members enjoying the performances 4.Amadoda enjoying inhloko nedombolo 5. Baba Msholozhi.

**My culture,
your culture,
our culture.**

NDWEDWE CHC HAPPENINGS

Kuningi okuye kwenzeka kulonyaka ka 2010, lapha sikhombisa ngezithombe ukuthi nonyaka kuye kwenzekani.

STAFF WELLNESS DAY

A staff wellness day was held at Ndwedwe CHC, where Capitec Bank, Old Mutual, IMCDI as well as District Office visited the institution to show that staff members also need to be taken care of a big thank you to all the sponsors.



HEALTH AND SAFETY

Mr J Zuma our Health and Safety Officer did a training with staff members on fire fighting, thank you to all staff members who attended the training.



HCT CAMPAIGN

The Ndwedwe CHC HCT team took to the streets of Ndwedwe in November 2010 to teach people on the importance of knowing their status and the services provided by the CHC to those who are HIV positive, the message of the day was “TAKE THE RIGHT STEP INTO KNOWING YOUR STATUS”

We ended up at the Taxi Rank where we invited people to be tested, TCE was part of the team as they helped with mobilizing people to get tested. A big thank you to all role players.

The CHC is a 5min walk from the Rank but we were amazed to



have tested 42 people on the day because one would think the CHC is close and people would walk in for tests. This really showed us that outreaches to the community are a need and if the services are sent to people we are sure to achieve our goal which is fighting disease, fighting poverty and giving hope. Remember the decisions you make now will determine your future so be wise and always do the right thing.

**TAKE THE
RIGHT STEP
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