



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Richmond Hospital

R.H INDABA

NEWS

STAY INFORMED

December 2019



RICHMOND STAFF PARTICIPATING IN THE 16 DAYS OF ACTIVISM

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16 DAYS OF ACTIVISM



Richmond hospital's Social work department held awareness day to highlight the 16 days of activism of nonviolence against women and children. This is an international campaign to raise awareness on the negative impacts of violence against women and children, encouraging all people to take action against GBV (Gender Based Violence). It runs from the 25th November - 10th December.

On the 4th of December 2019 staff from all departments within the hospital joined staff from DSD & Department of Labour to take part in a march through the town of Richmond, encouraging people to stand together and create safe and healthy communities.

The social workers also ran programs in the wards with patients to raise awareness on a number of issues from the types of abuse to Human Trafficking within this month.

We would like to extend our gratitude to our internal and external stakeholders for making this event a great success.

PHOTO GALLERY



NUTRITION WEEK 2019



Mrs C Martinuzzi (Dietician) held a presentation during National Nutrition & Obesity Week on the topic: **Make Eating Whole foods a way of life.**

In her presentation on the 23rd October 2019 she covered and explained 5 of the top key messages:

1. Enjoy a variety of unprocessed/minimally processed food choices
2. Eat plenty of vegetables and fruit every day
3. Eat dry beans, peas, lentils and soya regularly
4. Plan and prepare healthy home meals rather than buying ready-to-eat meals/snacks or eating out frequently
5. Always check food & beverage labels to read what is in your food & drink.

A total of 42 staff members attended and it was a very well thought out and informative presentation

PHOTO GALLERY



FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

ACKNOWLEDGEMENTS



Hlanganani Bhengu (PRO)



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