



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Sundumbili Community Health Centre

SUNDUMBILI NEWS

July to September 2019

You strike a Woman, You Strike a ROCK!



Sundumbili CHC women empowering and reminding each other that they possess POWER from the Lord during the Women's day celebration

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MANDELA DAY



MEC for Human Settlements and Public Works Mrs Peggy Nkonyeni assisted by the acting Mayor Ms Phindile Sishi handing over wonderful gifts to the kids in waiting areas

On the 18 July 2019 MEC for Human Settlements and Public Works Mrs Peggy Nkonyeni was deployed to Mandeni Sub-District for Mandela Day celebration.

She first spent her 67minutes at Sundumbili CHC in the morning. She took rounds in the CHC engaging with patients in the waiting areas with the Sukuma sakhe members.

She was giving gifts to the kids in the waiting areas interacting with them. It was a joyful day for the patients especially the kids and also the rest of the employees.

She further continued her journey to Isibusisiwe community hall.



The MEC at the waiting areas interacting with patients

WOMEN'S DAY CELEBRATION



On the 08 August 2019, women at Sundumbili CHC celebrated this day with style. They were all looking ravishing, elegant and gorgeous in their vintage dress code.

The main aim for the day was to motivate the women and remind them that they have the God given Power in them to overcome any situation and not to forget to listen to their seventh sense.

The guest speaker Ms DE Ntuli outlined that even if women can have lots of challenges but one cannot see that due to their strength.

She further reminded women that they are beautiful inside –out and encouraged them to love themselves first before loving the next person. "Let us work together to archive the goal that God set for us which is to Love and Protect" she said.



**Mrs Hlengi Mnyandu
Program director**

**Ms. DE Ntuli
Guest speaker**



WOMEN'S DAY CONT....

She finally reminded women to never forget to pray so that God can be with them in everything that they touch and do in life.

The program director for the day Mrs Mnyandu also added emphasis on the beauty of a women and told a short story to emphasize on the power and strength of a woman.

The day was full of joy as there were fun games and one woman was awarded the best dressed woman of the day Miss Ntombenhle Gumedede.

The Pata-pata dance was the dance of the day when all women joined in a few and danced along.

The refreshments were scrumptious and delicious , gratitude goes to everyone who attended in making the day a success, our guest speaker and organizers for organizing such a powerful event and finally warm appreciations to some of the males of Sundumbili CHC who contributed in making this event as beautiful as it was.



Left: our little venue and right: the pata-pata dance



Left: Mrs Thabede, Ms Msimango, Nonkululeko, Mancane & Ms Mothotsa

Middle: Ms Kubheka, Mrs Ntuli, Ms Ntuli & Ms Ndawonde cutting the cake

Right: Ms Kuvashni and Ms Mothotsa handing over the best dressed award to Ms Gumedede

MUSIC FESTIVAL WELLNESS EVENT



Harry Gwala District on stage with their splendid performance

In 16 August 2019, Ilembe Health District hosted the music festival event at Mandeni Sub-District - isibusisiwe Hall. The main aim was to encourage wellness through music to all the employees and other attendees invited.

Besides the musical entertainment there were educational talks as well. Mr Thusi reminded the employees about the Injury on Duty. He explained exactly what it means and how is the process of reporting or claiming it goes.

Department of Social Development also had a social worker available Mr Methuli to market their services to the employees as well as other attendees.

Sundumbili SAPS brought Mrs Ntshalintshali who serves as a police woman and also got a Mrs Zululand title. She motivated the women and encouraged them to treat themselves a queens “wear your invincible crown everyday” she said. “choose your friends wisely because some friends will make you while some can break you” she said directed to the school kids that were invited.

Mr Thusi also encouraged the audience to be active, avoid stress, avoid fast foods since they are high in cholesterol and to lead a healthy lifestyle to prevent heart diseases. He also encouraged the audience to regularly check their cholesterol, participate in any sporting activities, drink enough water and also participate in musical activities to keep healthy.

Musical entertainment was from Harry Gwala District, General Justice Gizenga Mpanza Regional Hospital, Sundumbili CHC, Umphumulo Hospital and other local maskandi groups and His mercy gospel group.

It was a day well spend and much appreciation to Mandeni Municipality for borrowing us the hall and everyone who attended as well as the organizing team for the well organized event.

MUSIC FESTIVAL IN PICTURES



Left: GJGM Regional Hospital Choir



Right: Harry Gwala District

Below Left: Sundumbili CHC Choir



Below right: Umphumulo Hospital Choir



Left: Cst. Zama # The Queen Ntshalintshali from Sundumbili SAPS

Top Right: Mr R Phahla—District Director—HRM Ilembe District

Bottom right: Mr B Thusi—Manager Employees Wellness—Ilembe District



HERITAGE DAY IN PICTURES- UDWENDWE NGEZITHOMBE



On the 20/09/2019, Sundumbili CHC employees embracing heritage. Women and men of different cultures and religious background rejoicing together during the mimicking of a



Zulu wedding called udwendwe. Much appreciation to the organizing team and all the employees who participated and made this harmonious event a success.

“Mental Health Matters!”

Pharmacy Month is an annual Initiative by the South African Pharmacy Council and it runs nationally from 1 September 2019 to 30 September 2019. The main Week for Activities at Sundumbili CHC was run from 23rd September 2019 to the 27th September 2019. The Pharmacy team went to great effort to raise funds by way of raffles and cash contributions from the Pharmacists themselves, as well as donations from community businesses and good Samaritans. This was done such that we could give back to the community we serve, by the provision of meals, cool drinks, various prizes, jumping castle for the children, food hampers, party packs and stationery packs for the children.

The theme was: **Mental Illness can be treated: Ask your Pharmacist for advice.**

Sundumbili CHC Pharmacy team came up with the catch phrase: **Mental Health Matters!**

The message of “Mental Health Matters” was promoted passionately by the Pharmacy team throughout the month by way of various Patient and Healthcare worker interactions. This was done by way of talks, question and answer sessions and prizes for patients in the various busy CHC waiting areas.



The pharmacy team at Maternity waiting area



Children resting in the jumping castle



The pharmacy team at the ICDM waiting area during the main event

CONTNUES....

There were 2 main events that were hosted by Sundumbili CHC Pharmacy department which were the mental health awareness day on the 26th September 2019 and a children's party at a Non-Governmental Organisation named Ikhwezi Cripple Care Centre on Friday 27th September 2019.

Ikhwezi Cripple care Centre, is a home for the mentally handicapped children located within Sundumbili Township. The 65 residents and 5 care givers were spoiled by way of hot dogs, soft meals, cool drink, mash and gravy, biscuits, cake, party packs with soft chips, sweets, marshmallows and lollipops for a day.

The Mental Health wellness event that was held at Sundumbili CHC Hall on Thursday was truly a day of fun, learning and excitement for our clients. It was an interactive Mental Health Matters Programme, packed with competitions, awesome prizes, food hampers and refreshments for the adult patients whilst they waited to be attended to by the Doctors and Nurses.

We also put up a jumping castle for the paediatric patients and children at the CHC, outside and spoiled the kids with party packs, stationery hampers and refreshments. Cupcakes and prizes were also distributed to various waiting areas at the CHC for patients who missed out on the main event.

End: by Mrs Rajkumar—Pharmacy Manager



Pharmacy team at the Ikhwezi Cripple Care centre with the goodies



Cutting of the cake for the kids



Interaction with the kids at the centre

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