



IMPILO ENGCONO

NEWS

OCTOBER 2023 – MARCH 2024

Information for better health ...

UP & COMING LEADERS WERE GLAD TO BE PART OF DISCUSSIONS ABOUT THEIR FUTURE

On 29 February 2024, uMgungundlovu District AIDS Council launched a teenage/learner pregnancy & substance abuse project. The AIDS council consists of different community stakeholders and government departments. These participants include all seven municipalities from uMgungundlovu District, Civil Society, NGOs, Partners, Business Sector, Religious/ Faith Based Organisations, Traditional Health Practitioners, the Department of Health, SASSA, SAPS, the Department of Education, and more.

This project was launched at Camperdown Community Hall in Mkhambathini local municipality. The aim was to engage with teenagers and learners about social ills and life in general. Different scholars from nearby high schools came and were involved in discussions and sharing of opinions amongst themselves. Another aim of the project was to understand how school-going young people reach their decisions about matters that are affecting their lives as groups and individuals.



Above: Students and other stakeholders gathered at the event

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World TB Day

The 24th of March is declared an international TB Awareness day. The whole world commemorates Tuberculosis (TB). As part of educational campaigns for TB, Umgungundlovu District has started with small build-up awareness events

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Pink eye cases spike in KZN, be aware

All citizens are advised to be aware of the pink eye. This warning comes as cases of people who are infected continue to increase during the month of March 2024. Many cases were initially reported in the eThekweni District. In the beginning of March, uMgungundlovu District had less than 20 cases but the numbers are expected to continue to increase.

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USUQALILE UMSEBENZI WOKUQWASHISA NGESIFO SOFUBA

I-sifunda saseMgungundlovu sesiqalile ukwenza imicimbi emincane eyandulela usuku lomhlaba lokubungaza ukulwa nesifo Sofuba (World TB day). Lolusuku lukhunjulwa njalo minyaka yonke ngomhlaka 24 March. Lemicimbi emincane eqale ngomhlaka 18 March 2024, izokwenzeka kuze kufike usuku olukhulu. Iqalile ezindaweni ezikumasisipala wase Richmond. Ithimba lizihlukanisile lahama lingena imizi yakwa Bhongoza, naseMshayazafe, lahambela i rank yamatekisi yase Richmond kanye nesikole samabanga aphezulu iNdala. Zonke lezindawo bekufundiswa ngalesifo esiqhubekayo esiyinselela enkulu emphakathini wesifunda. Ithimba beliefundisa nangenhlanzeko, ezinye izifo nezimo ekumele umphakathi uzigweme, njengesandulela ngculazi, ukugqilazwa uphuzo oludakayo nezidakanyiswa, ukukhulelwa kwentsha, ukuhlukunyezwa kwabesifazane nezingane, ukulwa nobubha nokunye. Abezempilo baqhubekile babheka nezifo kulabo ababaficile,

njengokubakhwehlelisa ukuze kubhekwe isifo sofuba kwizikhwehlela zabo, ukubheka isifo sesandulela ngculazi, ushukela nokunye. Lemicimbi yenzelwa ukwendlelala usuku olukhulu lokuqwashisa ngesifo sofuba. Yenziwa yizinhlaka ezahlukene zikahulumeni, zibambisene nezinhlangano zomphakathi, izinhlangano ezingenzi nzuzo nezinye izinhlaka ezisebenzela ukuthuthukisa imiphakathi. Umkhankaso wokuqwashisa ngesifo sofuba eMgungundlovu uholwa umasipala wesifunda, ihhovisi likaNdunankulu wa KwaZulu-Natal, kanye neminye iminyango.

Umanyango wezempilo udlala indima enkulu kulemicimbi nasekulweni nesifo sofuba. Umanyango uyazi angeke uyingqobe impi yalesisifo uwodwa, kodwa kumele kusetshenzwe ngokubambisana nazo zonke izinhlaka. Isekhona eminye imicimbi elandelayo ebandakanya isibaya samadoda lapho kuqashiswa abesilisa ngokuziphatha, inkulumo ngxoxiswano ngokuhlukunyezwa ngokobulili, ukuhambisa ezempilo kubasebenzi basemapulazini, usuku lwezemidlalo labantu abasha, usuku lokubiza umphakathi uzothola zonke izinsiza zikahulumeni (Operation Mbo) nezinye eziningi.



Ithimba labasebenzi beminyango kahulumeni eyahlukene kanye nabasebenzi bezinhlangano ezingenzi nzuzo behlangene ngaphambi kokuqala umsebenzi wokuqwashisa ngesifo sofuba

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KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



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**GROWING
KWAZULU-NATAL
TOGETHER**

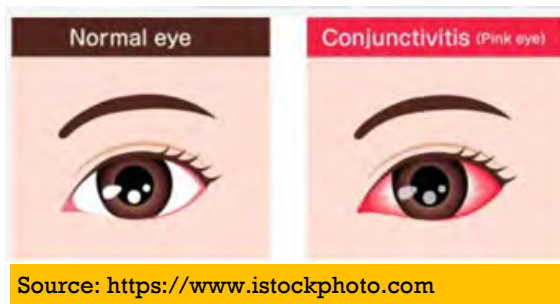
BE AWARE, CASES OF PINK EYE ARE INCREASING

According to the office of the MEC for the KwaZulu-Natal Department of Health, Ms Nomagugu Simelane, it was confirmed on 3 March that the province had 1,044 cases of pink eye. By 28 March, the total number of recorded cases had increased to more than 20 000, with majority of cases being in eThekweni District.

Although the cases in uMgungundlovu District were not high, the community is still encouraged to be vigilant and practice preventive measures because this disease is easily spread. Ms Simelane urged the public to avoid pink eye, by practicing good personal hygiene including regular handwashing and avoiding the sharing of face cloths, eye cosmetics, and pillows.

What is pink eye?

Pink eye is an inflammation of the transparent membrane that lines the eyelid and eyeball. This membrane is called the conjunctiva.



Another name for pink eye is conjunctivitis. It occurs when small blood vessels in the conjunctiva become swollen and irritated, they're more visible. This is what causes the whites of the eyes to appear reddish or pink. Pink eye is most often caused by a viral infection, also known as viral conjunctivitis, which is highly contagious. Those with pink eye symptoms are urged to seek medical assistance as soon as possible.

To prevent pink eye, you must do the following:

- Don't touch your eyes with your hands.
- Wash your hands often.
- Use a clean towel and washcloth daily.
- Don't share towels or washcloths.

- Change your pillowcases often.
- Throw away old eye cosmetics, such as mascara.
- Don't share eye cosmetics or personal eye care items.
- Schools should allow infected children to remain in school once any therapy is implemented, except when viral or bacterial conjunctivitis is accompanied by systemic signs of illness.
- Infected students should refrain from attending school if they are unable to avoid close contact with other students

The Importance of Factual Information Sharing

Sharing of information via all platforms is vital at this moment, all sectors of the community are urged to seek and spread truthful information. Only utilise information received from reliable sources and websites.

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KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



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**GROWING
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STUDENT ENGAGEMENT PROVES THE “NOTHING ABOUT US, WITHOUT US” SLOGAN WHEN IT COMES TO YOUTH HEALTH AND SOCIAL ILLS

On 29 February 2024, uMgungundlovu District AIDS Council launched a teenage/learner pregnancy & substance abuse project. During the launch, different groups of scholars from nearby high schools discussed allocated topics of importance. These topics included discussions about learner pregnancy; substance abuse, HIV/AIDS, STIs and TB; bullying; and roles that parents must play in their children’s lives. After the discussions, the following was amongst the solutions to social ills that were

suggested or emphasized by the students according to each topic:

Teenage pregnancy: There is a huge need to utilize social media to educate each other against teenage pregnancy as young people, and increase access to youth health services.

Substance abuse: Students emphasized that it is very easy to access drugs and alcohol in the communities, sometimes even at school. This makes it easy to fall victim to becoming a user. The scholars emphasized that parents and teachers must monitor and an increased police

visibility is needed. Overall, the scholars did mention that each student is responsible for their life, they must love themselves enough to say no to drugs because these can negatively affect their lives, especially their future.

HIV/AIDS, STIs, and TB: This group represented by Bongani Ndlovu and Okuhle Mncube mentioned that more support is needed for people who are suffering from STIs and/or TB. They do not need to be judged by society but must be able to talk and engage freely. They also

need emotional and financial support. Students shared that as they still have their future in front of them they must however abstain from sex. If they are dating; they must not date older people who will take advantage of them.



Above (left): Mayor for uMgungundlovu District, Cllr Mzi Zuma interacted with the scholars

Above (right): District Director for uMgungundlovu Health District warned the scholars and parents about concerning statistics of teenage pregnancy in the District as a whole; also warning them about the dangers of engaging in sexual activities



STUDENT ENGAGEMENT PROVES THE “NOTHING ABOUT US, WITHOUT US” SLOGAN WHEN IT COMES TO YOUTH HEALTH AND SOCIAL ILLS

Peer Bullying: A group that discussed the topic of bullying mentioned that it is now very easy for children to be bullied because bullies are everywhere. The increased usage of social media makes it a platform for cyberbullies who hide behind their cell phones and computers. Bullying can lead to suicide, school drop-out, and mental health issues in general. The presenter said “If you can't say it in the person's face, do not write it down” referring to social media bullies. She encouraged those who are bullied to report the cases and for bullies to abstain from making the lives of others unbearable.

Parents contributions: Parents also took the floor and explained how they can contribute to a better society, especially for their

children. Each parent must be very involved in their children's lives, support them, and be there for them. Educate them on topics that used to be taboo to the older generation, like sex, pregnancy, and so forth.

Parents must be role models to their kids, do not do substances and alcohol in front of their children, and children must learn to abstain from sex.

After all the discussions and presentations, the Mayor and chairperson of Umgungundlovu District AIDS council Cllr Mzi Zuma, reminded the scholars that most resources are available for them for free, they must utilize them. He encouraged them to avoid drugs and underage sex. He added they must go further in life and

become tomorrow's leaders and job creators. Overall, the students were reminded that they have families who are looking up to them. They need to prioritise education and remember that they are their parents and grandparents' hope and pride.

District Director from Umgungundlovu Health District, Dr T Zulu mentioned that teenage pregnancy is a problem in society. 9 months' of statistics in uMgungundlovu from the year 2023 showed a total of 3574 children between the ages of 15—19 fell pregnant and a staggering 52 were aged between 10-14. “All sectors of the community must fight social ills and report those who take advantage of young people to Law Enforcement” concluded Dr Zulu



Above: Some of the students during group discussions. They presented their discussions and advice for one another



COMMUNITIES ARE SET TO BENEFIT WITH RESOURCES DONATED TO HELP FIGHT THE COVID-19 PANDEMIC AND OTHER ILLNESSES

On 25 January 2024, The Minister of Health, Dr Joe Phaahla presided over an official ceremony where mobile health clinics, cold chain and IT assets donated by the German government through the KfW Development Bank. These valuable resources were donated to strengthen the public health system in SA, especially the province of KwaZulu-Natal.

The event was held at Sobantu Hall, under uMsunduzi Municipality in uMgungundlovu District.

In attendance was the German Ambassador to South Africa, Andreas Peschke, Deputy Health Minister Dr Sibongiseni Dhlomo, KwaZulu-Natal MEC for Health,

Nomagugu Simelane, leaders from local government and DG Murray Trust.

The donated assets, valued at R500 million, included specialised vaccine fridges, vaccine carriers, temperature monitoring devices, notebooks, tablets and mobile health clinics.

These were donated to help the National Department of Health (NDoH) to continue supporting the Provincial COVID-19 campaign as part of an integrated public health initiative. This means that Covid-19 is incorporated into daily tasks and public health management at health facilities, not seen as a stand alone component.

Minister Phaahla said the 46 mobile clinics have contributed

to changing people's lives and that they have reached 1.9 million individuals with direct interpersonal interactions.

The event took form of isibhedlela kubantu (hospital services to the community) where most services that are usually available inside a hospital facility are made to be available for the community at a community level, outside a health facility for a day. The community of Sobantu was very happy to access such services, most services that were in demand included eye and dental services. Other services were physical therapy, wheelchair allocation, the normal health screening e.g checking for HIV, TB, diabetes, high blood pressure and more



Above (left): One of the 46 mobile clinic units that were donated to the province of KwaZulu-Natal

Above (right): Attendants and guests included representatives from Germany, the National, Provincial and Local department of health representatives, the general community and other important stakeholders



COMMUNITIES ARE SET TO BENEFIT WITH RESOURCES DONATED TO HELP FIGHT THE COVID-19 PANDEMIC AND OTHER ILLNESSES



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Pic 1 & 2: The team from the KZN Department of Health showing the visitors and dignitaries workstations for health provision

Pic 2 & 6: The donated mobile vehicles have already started to provide services in different areas

Pic 4: National Health Minister, Dr Joe Phaahla giving his speech of gratitude towards the massive donations

Pic 5: German Ambassador to South Africa, Andreas Peschke has become somewhat fluent in Zulu language, his message became relevant to the predominately zulu speaking audience.



MAFAKATHINI CLINIC LAUNCHES SEPARATE MEN'S HEALTH SERVICES TO MAKE HEALTH EASILY ACCESSIBLE FOR MALES

From now onwards, males attending the Mafakathini clinic under uMgungundlovu District, at Msunduzi Local Municipality in Ward 9 will receive improved services and special attendance when visiting the clinic. This is because on the 3rd of November 2023, the clinic in collaboration with local stakeholders launched men's health services.

These services include HIV Testing Services, PrEP (Pre-Exposure Prophylaxis), Post Exposure Prophylaxis, STI Screening and STI Management, recruitments and bookings for Male Medical Circumcision, Male Sexual Reproductive Health, Prostate Cancer Screening, TB

Screening and TB Management, Diabetes Screening, Hypertension Screening, Referral Services, and Acute Service.

Men's health services will cater to all males above the age of 24 because the clinic already has services that target and prioritize youth health up to the age of 23 years. Before the launch, it was noted that attendance of health services by males was poor and some were defaulting on their treatments for chronic illnesses, negatively affecting their health. Having these services available means all men who are visiting the clinic for multiple services will be attended to separately. This means their waiting times for

services will be reduced, they will get special attention and hopefully improve their attendance.

The clinic's Operational Manager, Mr Mdu Hlela, mentioned that they worked with the community leadership structures that involve traditional, political leadership and partners to make the launch successful.

Tuesday, the 7th of November was the day when the services started being implemented and so far, the community is showing interest. Continual improvement of services will be made, and suggestions from community members are also welcome.



Above: some of the men who attended the official launch of Mafakathini Clinic's men's health clinic. They are happy they will now get a service that is focused on them only. The men were encouraged to visit the clinic often just for wellness check-ups instead of waiting for an illness

UKUHANJISWA KOSIZO LWEZEMPILO EMPHAKATHINI KUBE NESASA EM-GUNGUNDOLOVU



Isibhedlela kubantu endaweni yase Baniyena, abantu baphuma ngobuningi babo bagcwalisa itende

Kulezinyanga ezedlule, isifunda sezempilo saseMgungundlovu sinikele ngosizo lwezempilo lwamahlala kumalunga omphakathi angaphezu kuka 6000. Lolusizo lugqogquzelwa nguNgqongqoshe wezempilo KwaZulu-Natal u Nksz Nomagugu Simelane isifundazwe sonke. Ungqongqoshe uqhakambisa ukuthi izikhungo zezempilo mazingahlali ngaphakathi zilinde abantu bezofuna usizo, kodwa maziphume zihambise lolusizo kwizindawo ezisondelene nabantu. Kuyaqondakala ukuthi abantu banezizathu eziningi ezibagcwema ukufinyelela kwizikhungo zezempilo uma bedinga usizo. Abanye ibanga elide, abanye isikhathi abasitholi,

abanye sebedadala kakhulu noma bagula kakhulu, imali yokugibela izithuthi zomphakathi ayikho, abanye nesikhathi abasitholi.

Ngenxa yalezizathu kanye nezinye, isifunda seseMgungundlovu kanye nezikhungo ezikhona sikhukhule saphuma siyonikela ngezinsiza zezempilo sisebenzisa umkhankaso obizwa ngokuthi yisibhedlela kubantu.

Kulomkhankaso sithatha izinsiza zezempilo ezitholakala esibhedlela siziyise emphakathini.

Kuyasisiza nokuhlanganyela neminye iminyango kahulumeni ukuze umphakathi uthole usizo lukahulumeni ngokuphelele.

Sesihambele izindawo zomasipala abahlukene okubalwa indawo yase Dambuza nase Mpilwenhle ekumasipala waseMsunduzi, yiMpophomeni eseMngeni, iBaniyena eseMkhambathini, iseMambedwini eseMshwati. eMpofana sahambela i Nyamvubu ne Rocky Drift ku Ward 4, ePhofini ku Ward 1, nase Thendela ku Ward 2. eRichmond sahamba eNhlazuka kanye nezinye.

Kusazovakashwa nakumasipala waseMpendle kubuye kubuyelwe kwabanye omasipala. Inhloso enkulu ukuzungeza bonke omasipala abangu 7 base Mgungundlovu njalo ezinyangeni ezinthathu, phecelezi quartely.

Izinsiza ezisuke zilethiwe kubalwa ukuhlolwa kwezifo ezingamahlalakhona njengo shukela; ukuhlolwa igciwane lesandulela ngculazi; ukuhlolwa kwesifo sofuba; ukuhlolwa kwamehlo; ukuhlanzwa kanye nokukhishwa kwamazinyo; ukuhlolwa umdlavuzwa wesibelethe, wamabele kanye nowesitho sangasese sabesilisa; ukugoma kwabadala nezingane; ukululwa kwemisipha; ukubhekelela abadinga izinsiza zokuhamba njengezinduku zokudodolozela kanye nezihlalo ezinamasondo; ukuhlela umndeni; ukusokwa kwabesilisa nokunye okuningi.

UKUHANJISWA KOSIZO LWEZEMPILO EMPHAKATHINI KUBE NESASA EM-GUNGUNDLOVU

Kuyo yonke lemicimbi, bekuye kube khona nezinye izinhlaka ezisebenzisana nomnyango wezempilo kanye nezinye izinsiza zikahulumeni njengomnyango wezasekhaya, umnyango wezenhlakakahle, owezokuphepha kanye namahhovisi akamasipala.

Umphakathi ubusizakala kakhulu ngalezinsiza, izinkumbi zabantu bezigcina zithola izinsiza ezahlukene endaweni eyodwa. Miningi imikhankhaso eminye

ebiyenzeka yokuhambisa izinsiza okubalwa kuyo isibaya samadoda ezindaweni ezahlukene. Uma kunesibaya samadoda, amadoda aye ahlangani abonisana ngezinto ezithinta wona, athole nosizo olubhekene nawo ngqo.



DUT STUDENTS LEARNED A LOT ABOUT LUPUS DISEASE, A RARE BUT COMPLICATED CONDITION THAT CAN AFFECT MULTIPLE BODY ORGANS

Recently, uMgungundlovu Health District and Eastboom CHC visited the Durban University of Technology (DUT), Riverside Campus, to collaborate with students in creating awareness of a disease named lupus. Lupus is a rare condition that can not be cured. It can be hereditary (inherited genetically) and sometimes linked to environmental exposure/factors. Sinethemba Magubane from the Imbalenhle area gave a testimonial as a survivor of the disease. She was diagnosed with it in the year 2017 when she was pregnant with her son, who also has it. "I live with chronic pain, and most people don't understand this disease," said Sinethemba.

She mentioned that lupus affects most of your organs, including the heart, kidneys, eyes, and brain. You also develop skin rash, fatigue, and joint pains.

For most of the DUT students, this was the first time they ever heard about lupus. Dr Stephen Threadingham from

Eastboom CHC educated the students on the symptoms, diagnosis process, and management of lupus. "It can be difficult to diagnose it at first because a person presents with many symptoms of other conditions," said Dr



Ms Sinethemba Magubane informed the students of the hardships of living with Lupus from the year 2017 but also mentioned how she wants to help support others

Threadingham. "It can only be managed through medication and a healthy lifestyle," concluded the doctor. The DUT students were happy and developed curiosity about the disease. They interacted with both Miss Magubane and Dr. Threadingham.

Sinethemba says she wishes to create a lupus support group in the Pietermaritzburg area so people with the disease can support each other and create more awareness around it. She also said this would help to dispel the myths about the disease as some people say a person is lazy, doesn't want to socialise, is emotionally unstable, is bewitched, and a lot more. DOH promised to support her initiatives as more awareness is needed.



Some of the students listening to the presentation and they participated well in interactions with Sinethemba Magubane and Dr Threadingham

NGOSUKU LWEZEMIDLALO LESIFUNDA, ABASEBENZI BAGQUGQUZELWA UKUZIBANDAKANYA NOKUZIVOCAVOCA

NGonyaka owedlule, isifunda sezempilo saseMgungundlovu saba nosuku lapho abasenzi bethokozela ezemidlalo "Work and Play". Abasebenzi bezikhungo zezempilo ezahlukene zaseMgungundlovu bafika ngobuningi babo ngomhlaka 19 kuya ku 20 ku Mfunfu ukuze bezothokozela ezemidlalo. Umsebenzi ngamunye ubezikhethela umdlalo azozibandakaya nawo. Phakathi kwayo kwakukhona ibhola

likanobhutshuzwayo, ibhola lomnqakiswa, ukuzivivinya umziba "aerobics", umlabalaba, i chess, umdlalo wokudonsa intambo obuye waziwe ngomasidonsisane "tug-of-war", ukugijima ibanga elingama 10km, nokuhamba sakuzivocavoca "fun walk" kwebanga elingama 5km. Isifunda senza lemiqhudlwano nje, yingoba kugqugquzelwa ukuphila komsebenzi ngokwezenqondo nangokomzimba. Umsebenzi ophilile noma onempilo, ngumsebenzi oletha

imiphumela emihle lapho esebenza khona. Abasebenzi bayo yonke imikhakha nabeminyaka eyehlukene bazithokozela kakhulu lezinsuku zezemidlalo. Abawina kulemidlalo bahamba bayomele isifunda saseMgungundlovu kwimidlalo yesifundazwe eyabe ihlelwe ngumnyango wezempilo KwaZulu-Natal, sekuqhudlwana zonke izifunda. Isifunda sigqugquzela namalungu omphakathi ukuba nawo ahlanganise abantu ngasemakhaya



Abanye babasebenzi belindele ukuqala umqhudlwane wokugijima noma ukuhamba amabanga awu 10km noma angu 5km. Kwaba mnandi, umuntu ezekhethela afuna ukukwenza

bazibandakanye nezemidlalo, ikakhulukazi abantu asebebadala. "Ningawumema umnyango kusanekhathi ukuba uzoba nani, unilethele nezinsiza zezempilo". Neminye iminyango kahulumeni ingawuxhuma umnyango ukuhlanganisa ezemidlalo phakathi kwabasebenzi beminyango eyahlukene. Umsebenzi ophilile, umphakathi ophilile, sukuma uzithathe



NGOSUKU LWEZEMIDLALO LESIFUNDA, ABASEBENZI BAGQUGQUZELWA UKUZIBANDAKANYA NOKUZIVOCAVOCA



Abasebenzi abahlukene bathokozela ukuzibandakanye nezinhlolo ngezinhlobo zezezmidlalo. Wonke umuntu walithola ithuba lokudlala ngoba kwakungayi ngesakhiwo somzimba, noma ngokuthi ungumuntu ojwayele ukuzivocavoca noma cha



WORLD AIDS DAY COMMEMORATION FOR UMGUNGUNDLOVU DISTRICT

The prevalence of HIV and TB is still a problem for South Africa as a whole. Many people are infected with both, or either one of the diseases in the Province of KwaZulu Natal. uMgungundlovu District has the second highest number of infected population in the Province.

On 22 December, the office of the MEC for KZN Department of Economic Development, Tourism and Environmental Affairs Mr Siboniso Duma hosted a commemoration for World AIDS Day in the Dindi area in Msunduzi Municipality. The event was combined with the opening of a newly built road in the same area.

It was mentioned that although South Africa is still fighting the AIDS pandemic, a lot of positive improvements have been made. The Mayor of uMgungundlovu District, Mr. Mzi Zuma encouraged young people to abstain from sex. The Mayor further emphasised to those who cannot abstain that "If you have a sexual partner, you must be faithful to them and practice safer sex".

"Knowing your HIV status is the first step to take" concluded Mayor Zuma. Mrs Sindi Mbambo from uMgungundlovu Health District mentioned that the department is appreciative of all the stakeholders who play a huge role in the fight against the spread of HIV, AIDS, and TB. She mentioned that stigmatisation of those who are infected is still rife, hence most people are still afraid of disclosing their HIV statuses, especially men. Mrs. Mbambo condemned the tendency of people who give wrong addresses and information at health facilities to avoid being traced when they default on their

medication. "We trace you for your good, to ensure that we help you with your health status, this is not to annoy you" added Mbambo.

Road D1126 was officially opened after numerous failures of contractors according to the Ward Councillor. The community of the area is happy that they now have a drivable road and they will be able to easily travel when the weather is raining.

Present at the event was Inkosi Ngcobo, a local chief for the Mafunze area. He mentioned that he was glad that this day finally came and echoed that the road was dusty and posed difficulties when it came to accessing schools, clinics, and going to work

for locals. It also brought employment opportunities for the locals.



Mrs Sindi Mbambo from uMgungundlovu Health District encouraging the community to give correct personal information, contact details and health history when being attended by health care workers



WOMEN WERE URGED TO REPORT AND NOT TO WITHDRAW REPORTED CASES OF ABUSE DURING THE NATIONAL COMMEMORATION OF 16 DAYS OF ACTIVISM FOR NO VIOLENCE AGAINST WOMEN AND CHILDREN

The Minister in the presidency for Women, Youth, and Persons with Disabilities Dr Nkosazana Dlamini-Zuma together with the Premier of KwaZulu-Natal Nomusa Dube-Ncube round off the 2023 16 Days of Activism for No Violence Against Women and Children campaign on Sunday 10 December 2023 in Caluza Indoor Sports Complex in Pietermaritzburg.

The 16 Days of Activism for No Violence Against Women and Children is an international awareness-raising campaign. It raises awareness of the need for all sectors of the community to be involved in the fight against the abuse of women and children, a widespread occurrence in South Africa. The campaign takes place every year from 25 November (International Day for the Elimination of Violence Against Women) to 10 December (International Human Rights Day).

In her speech, The Minister urged men to openly condemn those who continue to abuse women and children, saying their silence created the impression that they sided with the perpetrators.

UMgungundlovu District has 2nd highest rate of gender-based violence in the Province of KZN according to reported crime statistics.

eThekweni District recorded 5 117 cases of gender-based violence, followed by uMgungundlovu District with 1 689 cases between July and September 2023.

Citizens are reminded that a lot of cases are not reported because sometimes the victims fear the perpetrators will retaliate, or the victim has become so used to the violence that it has become “normal” and the fact that some victims simply do not trust that the Law Enforcement Sector will protect them.

Speaking at the same event, KZN Premier Nomusa Dube-Ncube urged women to play a role in the fight against the abuse of women and children. She mentioned that women must stop opening cases and withdrawing the cases before the law is enforced. This has a huge negative impact on their lives, it allows the abusers to run free, and corrupts the system.

She encouraged women to follow up on cases that they have reported.

The event started with an awareness walk where most participants were men, raising awareness. The theme was “in her shoes”, men were encouraged to wear heels and participate in the march so they could somehow feel how it is to walk in women’s shoes.

A pledge that was created by young boys who are scholars was read at the event, pledging the protection of women and children.

Gifts were handed over to community members to assist them in their daily lives. Most recipients were women who were doing small businesses in the local area so they could be able to successfully continue with their business endeavours.



Hundreds of men joined the awareness march which was led by the Minister and the KZN Premier



THE 5 KEYS TO SAFER FOOD

The World Health Organisation developed “Five Keys to safer food”, to help educate safe food handling behaviours of all consumers and food handlers. We consume food numerous times, daily. It is vital to consume safe food because if food is unsafe it could cause severe disease and even death.



Food-borne diseases continue to be significant causes of morbidity and mortality in Africa. Many cases of foodborne disease occur due to basic errors in food preparation or handling either in food service establishments or at home. Educating food handlers, including consumers, therefore, can significantly reduce the chances of contracting food-borne illnesses and the effects of outbreaks, as well as improve public health. To protect yourself from food-borne diseases, follow the following guideline

The Five Keys to Safer Food are:

1. Keep clean: Hand hygiene is very important, including washing hands before and after cooking or touching food. Also, keep surfaces that come in contact with food clean.

2. Separate raw and cooked: Separate raw meat, poultry, and seafood from other foods. Use separate equipment and utensils such as knives and cutting boards for handling raw foods.

3. Cook thoroughly: Cook food thoroughly, especially meat, poultry, eggs, and seafood.

4. Keep food at safe temperatures: Do not leave cooked food at room temperature for more than 2 hours. Refrigerate promptly all cooked and perishable food (preferably below 5°C)

5. Use safe water and raw materials: Use safe water or treat it to make it safe. Select fresh and

wholesome foods. Do not use food beyond its expiry date.

ACKNOWLEDGEMENTS

uMgungundlovu District

KEEP IN TOUCH ...

SWITCHBOARD: (033) 897 1000
OFFICE NUMBER: (033) 897 1072

EMAIL ADDRESS:
Thobile.hadebe@kznhealth.gov.za

Web Address:
<http://www.kznhealth.gov.za/>

Physical Address: 171 Hoosen Haffajee
(former Berg) Street, Pietermaritzburg

Postal Address: Private bag X9124,
Pietermaritzburg, 3200



Compiled by
Miss Thobile Hadebe
Assistant Director: Communications
uMgungundlovu Health District

