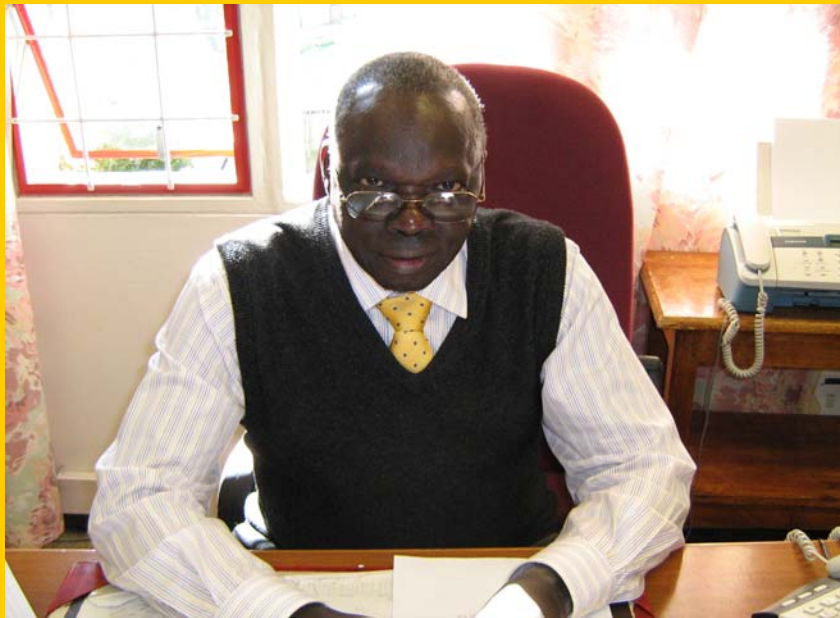


# EMBIZWENI NEWS

## JAN - APRIL 2008

Issue 2

A WORD FROM THE  
MEDICAL MANAGER: DR  
ESK AVUTIA



The year 2008 started on good note in that the number of Multidisciplinary Team members was boosted when the following persons joined the hospital on being newly appointed.

***Mrs Mashalaba E.D. –Principal Psychologist joined us from the Port Shepstone Regional Hospital in January 2008. The last time we had a Psychologist was in December 2005 when we lost our then Senior Psychologist. The arrival of Mrs Mashalaba has boosted not only the number of the Multidisciplinary Team but***

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***It has boosted also the moral of other healthcare givers. Her arrival is making a difference in the patient management. She has also started providing psychological services to the members of the community within our drainage area but not hospitalized.***

**Ms Anothile Zama**—Senior Occupational Therapist also joined us on first appointment to resuscitate our Occupational Therapy Department which had become moribund following departure of the incumbent to higher post. Ms Zama’s arrival was also followed by the arrival of two Community Service Officers who were posted by the Department to do their one year Community Service & stint in our hospital? Jane Worship from Cape Town while P Naidu is from Durban). Umzimkulu is becoming a melting point of different cultures. These 3 energetic young ladies have already made their presence felt in various aspects of the hospital as well as the surrounding Primary Health Care Clinics in which they also extend their services. We wish them all over happy stay with us.

**Our team has also been added by the arrival of:-**

**Dr T.M. Ndzimande**– as a Chief Medical Officer. He has been in private practice in Umzimkulu Town for a number of years. He is warmly welcomed.

**Mr M. Timla**, who is a Senior Social Worker. He has been working as a Social Worker at Kokstad Correctional Services Department; otherwise he has worked in other departments before. He is also welcomed as Social intervention is one of the management strategies used in the care, treatment and rehabilitation of mental health care users

Otherwise the Clinical Team has continued to give services to the users who come from our catchment areas which comprises of the whole of Sisonke District, part of Ugu District , part of Ukhahlamba District , O.R Tambo and Alfred Nzo Districts. During this period we have had consultation and educational sessions with the concerned staff in these districts about the procedures and processes of the implementation of the Mental Health Care Act of 2002.

BRAIN THOUGHT.....

- It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust.
- Be the change you want to see in the world.
- Today well lived makes every yesterday a dream of happiness.



Editor's Word

Another year has already started, and we are heading towards the end of the financial year. When we look back at the work we planned the previous year, we smile when we see how much we have achieved. We fill the quarterly reports for EPMDs with courage because we have evidence for our performance. For the targets we did not achieve we develop new strategies to approach them, and in 2008-2009 we will strive for excellence.

I welcome you all to this second edition of Embizweni news. I know most of us have been waiting for this newsletter for quite some time and now it has come to you with its editor.

When I was being orientated to the institution people were asking me “What is your role?” well now I hope that at least we will have a green light as we read and see. As a Public Relations Officer my role involves promoting the positive image of my institution. I also have to promote mutual understanding between our institution and all that it comes into contact with both internal and external. My role also involves organizing, training, researching, editing, writing, publishing and handling complaints.

Bafundi esi sisixhobo esizokusisebenzisa ukudlulisa imiyalezo, ukufundisana, nokubalisa ngezinto esizenzileyo.

Niyacelwa ke ngoko ukuba nizise imibono yenu neengecebiso ukuze siphucule le ncwadi yethu.

Lastly we must always remember that we are Public Servants who are obligated to implement the Batho Pele Principles and we are committed to uphold, promote and protect the Patients Rights.

**“The night is nearly over: the day is almost here. So let us put aside the deeds of darkness and put on the armor of light”. Romans 13:12**

Nthabeleng Jafer PRO-Umzimkulu Hospital  
Extension: 154

**“BE NOT AFRAID OF GREATNESS, SOME ARE BORN GREAT, SOME ACHIEVE GREATNESS, AND SOME HAVE GREATNESS THRUST UPON THEM”, William Shakespeare (Twelfth Night)**

**Occupational Therapy team**

**From left to right:  
Ms P Naidoo, Ms A. Zama  
and Ms J. Worship**



Ms Anothile Zama- Occupational Therapist tells.....

Occupational Therapy is a service that aims to improve and promote maximal levels of independent functioning through the use of therapeutic and purposeful activities.

*O.T Projects*

Gardening, woodwork, shoe making, welding, cooking and baking, pillow making, beadwork, salon/beauty parlour, self care, leisure and life skills.



The aims of the above projects are to improve the health care users' self esteem and self confidence, social and psychological abilities, level of functional independence, ability to channel their energy constructively through productive and creative activities, insight and thought processes, psychomotor activity. It is also to equip the users with basic life skills, sense of responsibility, and to facilitate social interaction and the attainment of skills that may be used for income generation. These groups lastly aim to improve all performance component skills e.g. memory, attention and concentration, judgment etc as these underlie all areas of independent functioning.

Fundraising

The occupational therapy department is currently involved in numerous fundraising activities. These activities include: Pillow making (continental, scatter cushions), beading (necklaces, bracelets, earrings and key holders), baking (vetkoek, muffins and cakes), gardening (spinach, mielies).

Outreach Project

We, as the occupational therapy department, are involved in an outreach project that extends to 7 clinics in Umzimkulu, namely: Vulekani special school, Mvoti, Umzimkulu, Ladam, Mvubukazi, Lourdes and St. Margaret clinic. These clinics are visited once a week with the aim of providing accessibility of our service.

UMZIMKULU HOSPITAL CELEBRATES VALENTINE DAY -14  
FEBRUARY

Uthando asinto ifumaneka lula ingakumbi kwindawo yokusebenza, kodwa ngolusuku lwe 14 February ikomiti kaRecreation ibone kufanele ukuba ikhuthaze ngothando kubasebenzi besibhedlela Umzimkulu. Wonke umntu wamenywa ukuba athathe inxaxheba kwaye axhamle kolemibhiyozo. Isinxibo sosuku yayingumbala obomvu namhlophe. Owayesisithethi sosuku wayinxinzelela into uokuba sithandane endaweni yokusebenza kuba kulapho sichitha ixesha lethu elininzi, ukanti lonto iyakusinceda kakhulu ukuphucula izinga lokulandela imigomo yeBatho Pele, kuba izakuqala phakathi kwethu singabasebenzi sodwa ze kube lula ukuyidlulisela kwabanye abantu kuba ilisiko lethu



Uphele lo mbhiyozo kukho abantu abazifumanele oomasithandane.

# NEW APPOINTMENTS AS AT JANUARY



Mashalaba ED  
Principal Social Worker



Zama A.P.P - Occupational  
Therapist



Nxele M.M.- Artisan Foreman



Timla M- Social Worker

## INTERNS AND COMMUNITY SERVICE EMPLOYEES



OT Comm Serve – J. Worship



Experiential Training – Human  
Resource Z. Pumlomo



Finance Intern – G.B. Mchunu



Finance Intern – L.B. Manci



OT Comm Serve – P. Naidoo



Human Resource Intern- M. Shabane

## Bayahamba bayafika, sikuxoxela ngezithombe



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