

IMPILO ENGCONO

STAY
INFORMED...

OCTOBER – DECEMBER 2019

SAY NO TO GENDER BASED VIOLENCE—ASHDOWN COMMUNITY INFORMED



Gender-Based Violence is becoming a problem in local communities throughout the country. The Youth of Ashdown community was targeted for an event in November 2019 where topics such as violence towards women and children, HIV, TB, Teenage pregnancy, and more were discussed.



Staff members came in numbers to access services during a Staff Wellness Event at the District Office. More on page 2



World AIDS Day was celebrated on 1 December 2019 at Richmond Local Municipality. KZN Treasury MEC Ravi Pillay led the proceedings. More on page 4



KZN Legislature did a support visit to different facilities under uMgungundlovu including the Emergency Medical Services. More on page 7

THE DISTRICT OFFICE ENDED THE YEAR 2019 WITH A TEAM PRAYER SESSION

Praying at work helps believers in relieving burnout at the workplace, coping with conflicts at work, and guides individuals and believers to always do good towards one another. For this reason, the uMgungundlovu Health District came together to thank the Lord for the blessings, sacrifices, and commitment experienced throughout the year 2019. The team also prayed for evil spirits, workplace conflicts, and burnouts to diminish so work can progress without hindrances. The event which took place on the 9th of December 2019 at the boardroom was also a session to thank each other (management and staff members) for the support and guidance they always offer.

Mrs. S.W Mbambo, Acting District Director had a vision for such a day for the whole district. In her speech she did mention, the year 2019 had its success and challenges. It was the first time when the District did not have Mrs. Zu-



District staff members during the prayer session

ma-Mkhonza as a District Director and leader after she retired in June 2019. Mrs. S.W Mbambo took over as an Acting District Director in July 2019. She did mention that she was still learning and admitted that along the way she will make mistakes and unintentionally step on people's toes. Overall she thanked everyone for their support.

The Acting District Director was especially thankful for everyone who worked tirelessly in ensuring that the goals and priorities of the district and the department are met. She also wished safe holidays for those who had taken leave.

Those left in the office to continue with service provision were also asked to put patients first and conduct themselves professionally.

Programmes and facilities that did not meet the intended targets were encouraged to learn, improve and work with one another to do better in the last quarter of the financial year and the new financial year ahead.

Rev Mkhize, one of the district chaplains reminded the attendants to always say thank you, appreciate life and one another's contributions to the department and the district.

STAFF MEMBERS AT THE DISTRICT WERE ENCOURAGED TO LIVE HEALTHY LIVES DURING A STAFF WELLNESS EVENT



Some staff members who participated in a 20 minute aerobics exercise. Gugu Magwaza won a pair of boxing gloves sponsored by Fit24 Gym

On 01 November 2019, the uMgungundlovu Health District Office celebrated Staff Wellness day. Staff members accessed numerous services aimed at improving their health physically, emotionally and financially. The one-stop-shop to wellness included the following free health and other services.

- Eye testing
- Neck and Head massages
- Health screening by GEMS (BP, diabetes, cholesterol, HIV Counselling, and Testing, Body Mass Index, etc)
- Aerobics instructed by the Pietermaritzburg based newly opened Fit24 Gym

The objective of the event was to promote information, understanding, and benefits of a healthy lifestyle to employees at work and home. Part of the staff wellness package includes financial wellness. Financial institution Sanlam was present to advise and offer staff members vital information and policies that are necessary for their wellbeing, like good retirement and life insurance packages. Those who are already members had the opportunity to check the status of their policies. Staff members were advised to base all their financial decisions, no matter how small on a realistic budget, planning, and affordability. Drug and alcohol abuse was discouraged.

In the year 2012, the Department of Health via the office of the former MEC for KZN Health, Dr. Sibongiseni Dhlomo initiated a 2 hour per week physical activity initiative for employees of the department to sustain healthy lifestyles on an ongoing basis. This allows employees of the department to engage in physical activity amounting to 2 hours per week during working hours.

WORLD AIDS DAY COMMEMORATION EMPHASISED IMPROVEMENTS TOWARDS HIV MANAGEMENT

On Sunday the 1st of December 2019 uMgungundlovu District and all its involved stakeholders held a World AIDS Day commemoration at Richmond Local Municipality Ward 2, Slahla Sportsfield.

World AIDS Day has been celebrated on 1 December every year since the 1980s worldwide. The day is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection whilst mourning those who have died of the disease. The event was conducted as an Operation Sukuma Sakhe strategy. Different government departments and other related organisations were part of the planning and execution. Led by the office of Operation Sukuma Sakhe (OSS) champion for uMgungundlovu District, MEC Ravi Pillay of KZN Treasury, the event was a collaboration by all departments who are involved in OSS for the district. MEC Pillay stressed that a lot of positive strides in the fight against

HIV has been made by the government and other sectors, emphasising that a lot still needs to be done by all sectors of the community. He mentioned that the launch of the new HIV drug named TLD which is a drug taken by clients who tested positive, is a big achievement by the Government of South Africa.

The drug has far fewer side effects and is more effective.

Present at the event was District Mayor Cllr T.E Maphumulo, who has been part of the annual celebration since she took the office of mayorship. The District Mayor's message to parents was that they must take lead in raising responsible children. She emphasised that parents should raise their kids according to their rules, the government is not taking that right or responsibility away but the government is there to protect those that are vulnerable, including children.

Cllr. Mandla Zondi, Mayor for uMshwati Municipality informed young girls and women to be proud of themselves and their dignity. "Young girl, your life is not in the hands of a man; it's in your hands; don't let men and boys influence you to have sex when you are not ready" said Mayor Zondi.

The prevalence of the HIV/AIDS pandemic in South Africa is very high and KZN is amongst the provinces with the highest number of individuals infected with HIV. At the event it was clear that the message was that everyone should take part in the prevention of new infections, finding new ways of fighting the disease and ensuring vulnerable groups in society are protected. Attendants received varied services including health screening, department of social development, and more.



Community members came in numbers to attend the World AIDS day commemoration in Richmond



Some of the management team members from uMgungundlovu Health District at the event

MRS T.J ZONDI, SAYS GOODBYE TO THE DEPARTMENT AFTER ALMOST 4 DECADES IN SERVICE.

After many years in the Public Health Sector, Mrs. T.J Zondi, well-known as MaZuma who worked as a General Orderly at UMgungundlovu District Office gracefully retired from the department during December 2019.

MaZuma decided it was a time that she left the service to focus on her personal life and enjoy her golden years with her family.

The District Team organised a farewell function for her where she brought along her family, including her mother and son. Mrs. Zondi has worked with many leaders and managers in the district, most of them were present at her event.



Mrs T.J Zondi (right) accompanied by her mother (left) attending her Farewell function

The venue was full of guests of different cadres and levels including her previous managers. Different colleagues and friends gave their heartfelt goodbye speeches and imitated MaZuma as she was a person who was always joking but always said what was on her mind.

Mrs. H Langa, the district's PHC Manager was one of the managers who was also very close to MaZuma. She also played a big role in organizing the farewell. While directing the programme, she thanked all those who were present and who contributed to making MaZuma's farewell a memorable one. She also thanked MaZuma for serving the department and the district for so many years.

In her thank you reply, Mrs. Zondi emphasised that it has been a journey working and growing in the department and meeting different people. She thanked the planning team for organising the spectacular event and thanked everyone who had worked with her.



Mrs T.J Zondi cutting her retirement cake with team members from the Data Management department



Ma Zuma saying her last goodbyes



Some of the gifts presented to MaZuma

YOUTH FROM THE ASHDOWN COMMUNITY WERE ADVISED TO TAKE LEADERSHIP OF THEIR LIVES AND FUTURE AND SAY NO TO GBV



Group discussions by the youth included GBV, HIV, TB, STIs, Teenage pregnancy, Safety, Leadership, Drug and alcohol abuse

On the 21st of November 2019, activation of the She Conquers campaign targeting youth of Ashdown community took place at Ashdown community hall. The event targeted youth and its focus was on Gender-Based Violence (GBV). The event was one of the District events commemorating 16 Days of Activism against women and child abuse campaign.

UMgungundlovu Health District in collaboration with other government departments, district support partners and uMsunduzi Local Municipality hosted the event which took a community stakeholder dialogue format.

This dialogue set-up encouraged the attendants to gather in smaller groups to discuss social ills, barriers that prevent young people from accessing comprehensive services and how to combat them.

The targeted area was Ashdown location. Ashdown was named amongst areas that have a high rate of reported incidents of Gender-Based Violence (GBV), especially rape. GBV is a serious problem in South Africa and needs special attention.

The event targeted mostly young people, both males, and females. School going and adult youth came in numbers to get information.

The event aimed at addressing a lot of factors that accompany GBV especially if not reported like bullying, HIV and STIs, rape, depression, suicide, and even worse murder. Local Police were also present to talk about violence and the services that are available for the community. Lessons and demonstrations on self-defence were also presented.

The event had information and exciting content that was age-appropriate. Entertainment from local youth proved that Ashdown community is talented; it included Poetry, Music, Stage Play, Rap, and Isicatham-ya.



Two self-defense instructors demonstrated various ways of defending oneself. They reminded the community to always be aware of their surroundings because criminals mostly strike when you are unaware or distracted



The team included Head Office, District Office, Edendale Hospital, Imbalenhle CHC, Ashdown Clinic, Local Leadership, District Partners

KZN LEGISLATURE VISITED THE DISTRICT'S FACILITIES TO MONITOR PROGRESS AND OFFER ASSISTANCE



LEFT: Group discussion at Ndaleni Clinic after presentations, walk-about, and patient/staff interviews.

RIGHT: The KZN Legislature team together with the District Office and visited facilities finalised discussions on the last day. The legislature team promised to discuss all challenges and successes at Parliament and seek inputs and actions from Political Leadership.

Health is amongst the top priorities for citizens of South Africa so as for the government. On the 15th of October 2019, the KwaZulu Natal health portfolio committee conducted an oversight visit to several health facilities in uMgungundlovu District. The team visited Gomane Clinic, in iMpendle Sub District, Scottsville Clinic in Msunduzi Sub District, Ndaleni Clinic in Richmond Sub District, Forensic Pathology Services in Richmond Subdistrict and the District's Emergency Medical Services (EMS) base located at Grey's Hospital.

The visit and chosen facilities was a decision made in parliament. Other facilities in uMgungundlovu District were visited in previous years. Accompanied by the District Management Team; the visiting team comprised of different stakeholders from different political parties. During the visits, they first listened to presentations from each of the facility's management. The presentations included profiles of the facilities, successes, and challenges faced by management, staff members and the community. After presentations they went on a walkabout where they visited different departments and components; interacting with staff members and community members. They also generally looked at infrastructure equipment, and more. Amongst some of the challenges expressed by community members at some facilities, in general, were the shortage of staff members which sometimes led to health care users waiting longer than anticipated, inadequate and old infrastructure, shortage of medication. Some clinics in suburbs/urban areas experienced challenges in appointing Clinic Committees as communities were generally not interested, others had problems with inactive Operation Sukuma Sakhe in local areas. These made it difficult for the facilities to interact with the local leadership and citizens at community level, making multi-stakeholder collaborations impossible. EMS had problems with high call volumes, shortage of vehicles to meet the demand for the expansion plan, delayed repairing and servicing of vehicles from service providers. They were happy though that there was a plan to allocate a fleet of vehicles to EMS by the MEC for KZN Health, Ms Nomagugu Simelane-Zulu in November/December 2019. Forensic Pathology Services in Richmond had problems with old, dilapidating infrastructure, unclear staff's job descriptions, old equipment and under utilisation by the public by the public. During client interviews, there were community members who expressed happiness and satisfaction with the services they normally receive. They said staff members were warm and friendly, the services started and ended on time and they were engaged when there were major changes that were implemented.

My Health, Your Health, Our Health: A Healthy KwaZulu-Natal.

WOMEN OFFERED DIFFERENT METHODS OF CONTRACEPTION AT A MASS LONG-ACTING REVERSIBLE CONTRACEPTIVE (LARC) CAMPAIGN



Waiting after consultations. Upon registrations, attendees received a pink ribbon and information on breast cancer as this was October, a month for Breast Cancer Awareness

uMgungundlovu District in collaboration with local health facilities under the Vulindlela Sub District in Msunduzi Municipality embarked on a mass Long-acting reversible contraceptive method (LARC) campaign aimed at all women from Vulindlela and surrounding areas who are of childbearing age.

Different women were collected and gathered at the Gezubuso Community Hall on the 25th of October 2019 to receive different types of pregnancy prevention methods. LARC are types of different pregnancy prevention methods that protect the woman for a long time like the loop and Implanon.

individual.

One of the common reasons why women are not on long-acting birth control methods is because of the lack of truthful knowledge. There are a lot of myths in the community which is making women opt against LARC, which the department of health needs to sort out.

In the medical field, Larc is called the fit and forget methods because they are long term. Unlike oral pills and injections, you don't have to remember to take them or worry if you forgot to take them on time. LARC gives the woman freedom for months, years or even forever. They require little effort or compliance from the user. Attendants at the Gezubuso

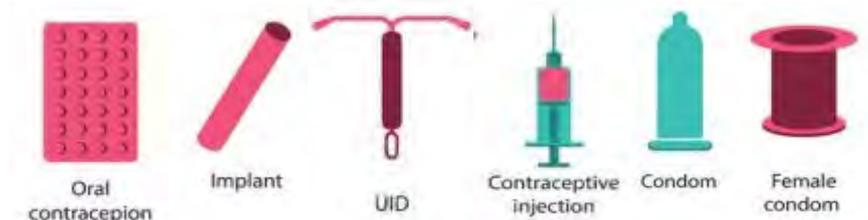
The campaign made it easier for facilities to split the work and resources. Women came in as groups of friends to receive the service in numbers as opposed to just going to a facility as an

hall were informed that it is necessary to plan their families. This includes how many children they wanted, how far apart should those kids be and most importantly think of their affordability. At Gezubuso hall, women were fitted with their chosen methods at the venue using sterile, well-equipped mobile clinics and trucks that are specifically made to provide such services. Thanks to the effort and commitment of facilities around the Vulindlela Sub-district who recruited the women and provided the services; the event was successful.

Screening for cervical cancer was also done at the venue. Cervical cancer is one of the top cancers affecting women in the country. Every woman who is above the age of 30 years should do cervical cancer screening. Screening helps to detect any abnormalities in the cervix and assist the clinicians to detect ways to assist the woman affected. Early detection has saved many women's lives. This helped them to start treatment, no matter how young or old, fit or unfit.

PREGNANCY PREVENTION METHODS AVAILABLE FOR WOMEN—WE LIST THE POPULAR ONES

If you are a sexually active woman, contraception is a compulsory part of life. Since you're likely to use it for several years, it is important to choose a method that suits your body, your age, your needs and preferences, and your lifestyle.



Different methods of Contraceptives that are available for females of child-bearing age

TYPES OF PREGNANCY PREVENTION METHODS OFFERED AT FACILITIES

Implanon: This long-acting reversible implant comprises matchstick-sized rods containing synthetic progesterone that is implanted under the skin of the upper arm. It lasts up to three years, is 99.9% effective, it is quickly reversible, Can be used during breastfeeding and at the beginning may have minimal side effects like irregular bleeding or changes in menstruation.

IUCs and IUDs: Both hormonal and non-hormonal IUDs or IUCs are suitable for women of any age. They can be used by most women, even if they have existing health conditions. They are Long-term as they can last up to five years and reduces the amount of bleeding. They are suitable for managing heavy menstrual bleeding and Immediately reversible on removal.

Copper T: A copper device that's inserted into the uterus. It doesn't release hormones but is 99.2% effective. The copper IUD can remain in place for between five and ten years, depending on the spe-

cific device. It is suitable for women of all ages and easily reversible.

Progestogen-only injectable: Depo-Provera : The contraceptive injectable is an intramuscular injection of progestogen given every 12 weeks. It is usually injected into the buttock or upper arm and works by primarily preventing ovulation. It's 99.8% effective, provided follow-up injections are regularly given at 3-monthly intervals. It is more convenient and longer-lasting than the pill as it offers protection for three months. It is a good choice for women who don't mind a delay of up to one year in the return of fertility after stopping.

Patches : A small plastic flesh-coloured square patch that sticks firmly on the skin of the upper arm, abdomen or buttocks. Each patch is used for seven days at a time over four weeks. One patch is used each week for three weeks and removed for one week during which menstruation occurs. It is highly effective, very convenient and barely noticeable.

Oral contraceptives: A pill that is provided at a health care facility or by your doctor. It prevents pregnancy by changing the hormone balance in your body to

stop ovulation. The pill is taken every day at roughly the same time, for three weeks, followed by a break. It's not reliable if taken over 12 hours late. When first starting the pill, it takes seven tablets before it offers contraceptive protection. Although the pill is popular amongst women, especially young women; inconsistent use, misuse or discontinuation often results in unplanned pregnancies.

Condoms: There are female and male condoms that are available everywhere in the country. Some are available for free from government health facilities, some can be bought from supermarkets, pharmacies, garages and other areas. Condoms are easy to get and easy to use. They help prevent both pregnancy and (Sexually Transmitted Infections) STIs. They are the only methods of birth control that also help prevent the spread of STIs like HIV, Herpes and Chlamydia. Even if you're already using a different kind of birth control to avoid pregnancy, it's a good idea to also use condoms every time you have sex to protect yourself from STIs. Condoms help other methods of birth control work even better because they give you extra pregnancy protection.

UMGUNGUNDLOVU HEALTH DISTRICT BECAME PROVINCIAL SOCCER CHAMPIONS DURING THE ANNUAL DEPARTMENT'S TOURNAMENTS



On the of 24th of November 2019, uMgungundlovu District soccer team came out victorious and became the 2018/2019 financial year KZN Health soccer champions.

Umgungundlovu Health District was on a winning streak during the KZN Department of Health Sports and Recreation tournaments. On Friday 22 November 2019, a sunny day in Richards Bay Sports Complex, uMgungundlovu District soccer team accomplished victory over uMzinyathi District in soccer finals at the annual KZN Health Provincial Sports Tournament. The District beat Umzinyathi with 4 goals.

Under the theme "A healthy and well employee performs better", the tournament is held every year as a way to encourage staff members of all ages and fitness levels to be active in sports.

selected to represent each District at the Tournaments in Richards Bay.

The win over uMzinyathi at the Finals was a proud moment for the soccer team as their first and the last win during the Annual KZN Sports Tournaments was in the year 2016.

Happiness was displayed when the players and sup-

porters chanted songs of victory after the exhausting games. The tournaments did not only focus on soccer but included other sports codes like Netball, Volley Ball, Chess, Snooker, Athletics, Umlabalaba and Table Tennis. A tough competition also exists in these other sports codes. Netball is the second most popular code after soccer. Netball teams from all different districts came well-prepared for victory.

uMgungundlovu district's Netball team played very well during group stages. They reached semi-finals and won all their games leading to finals. During finals, the team became runner ups losing against King Cetshwayo District, the winners had 20 goals whilst uMgungundlovu was just one goal behind a draw at 19 goals.



The netball ladies did very well and achieved second position for uMgungundlovu District.

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THE DISTRICT EXCELLED IN SPORTS AND RECREATION DURING THE ANNUAL DEPARTMENT'S TOURNAMENTS

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uMgungundlovu District players were winners in other categories as well which included athletics and snooker. Three athletes won in different categories receiving trophies for the District. Mr. Shabalala became a Snooker champion.

KZN Health Provincial Choral Competitions also took place and were held on Friday, 29 November 2019. These were competitions amongst choirs from different districts around the KZN Province under the Department of Health. uMgungundlovu Health District Choir may have not won the overall Choral competition but the team received the second position and managed to captivate and win the hearts of many people who were present at the event

held in Grey's Hospital.

At the Competition, choirs from different districts competed in different categories namely Western, African, Jingle and Isicathamiya. From these four categories, there were overall winners.

Umgungundlovu District received two first positions in categories for African and Jingle. The team did not participate in Isicathamiya.

In the overall score, uMgungundlovu District received the second position whilst eThekweni received the first position and iLembe District got

third place. Although there were transportation issues that were experienced, the team is proud of their achievements.



Singing their hearts out during the Jingle Category, uMgungundlovu District Choir led by Mr. Jabulane Skhakhane, the Choir Master