



# CRAMOND CLINIC

# NEWS

GROWING KWAZULU-NATAL TOGETHER

OCTOBER 2025

## CRAMOND CLINIC NATIONAL NUTRITION WEEK EVENT 2025



**Sister T Phungula (Operational Manager Cramond Clinic) doing the vote of thank and Mrs. N. Reddy (Assistant Director MCWH & Nutrition Provincial Office) was a guest speaker of the day.**

National Nutrition Week (NNW) is celebrated every year from the 9th to the 15th of October. This is commemorated yearly in order to create awareness among consumers about the importance of eating healthy and living a healthy lifestyle. It is also celebrated to encourage South Africans to make healthy choices towards improved nutrition, each year with a themed campaign and the 2025 theme is: "FOOD FOR HEALTH & HEALTH FOR ALL."

To commemorate the Department of Health's Awareness Calendar; we as Cramond Clinic Team have planned an awareness event on the 24 October 2025. This event was conducted in collaboration with DoE (Albert Falls Primary School), SAPS (Cramond Police Station) and DSD (New Hanover Service Office). On this day, involved stakeholders / Departments competed in different games as part of promoting physical activity. Each stakeholder competed in soccer, netball, relay, sack race, egg race and tug of war games. Health education session was provided to all members before the games.

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# NUTRITION WEEK EVENT PHOTOS



The activities of this vent helps prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being. Playing sports is a great way to improve one's health and fitness. Sports have a huge impact on a person's daily life and health. Sometimes it's difficult to muster the motivation to spend hours on a treadmill to lose stubborn fat. Still, an invitation to participate in an exciting sport would motivate you to get moving. Participating in sports shouldn't be viewed as a replacement for exercise, but doing so can help you stay on top of your health and fitness. Indulging in physical activity like sports improves your heart function, reduces the risks of diabetes, lowers tension and stress, and controls blood sugar. Playing sports helps you build muscles and improves your coordination and muscle memory. Stress is a part of every working individual out there in the world. Everyone, whether they are employed or not, experiences stress daily. Playing a sports activity can help you reduce stress in your life. Playing sports increases your heart rate and improves blood flow to your brain. This, in turn, stimulates the production of hormones that activate the growth of brain cells.

By playing sports, you gain lean muscle mass and burn fat simultaneously. For gaining toned muscles, you must prefer sports that involve the movement of most of your muscle groups.



# NUTRITION WEEK EVENT CON'T



From left to right.... Mr. P.V Zuma (Principal – Albert Falls Primary School), Mrs. T.L Phungula – (Operational Manager –Cramond Clinic), Mrs. N. Reddy (Assistant Director MCWH & Nutrition Provincial Office), Captain Ndawonde (Station Commander Cramond Police Station) Mr. T.B Ntshangase (Ward 1 War-Room Chairperson/ Clinic Committee Chairperson) were all present.



# NUTRITION WEEK EVENT 2025



Different sporting codes were played and Mrs. N. H. Mchunu (Deputy Principal – Albert Falls Primary School) receiving a token of appreciation from Mrs. N. Reddy (Assistant Director MCWH & Nutrition Provincial Office)



Ms. L. Masinga (Nutritionist uMgungundlovu Health District Office) elaborating on the theme of the day and Mr. S.H Gumedede (Deputy Principal – Albert Falls Primary School) giving a briefing about the games



# NATIONAL NUTRITION WEEK EVENT 2025



Netball team was successful on the day and Mr. M. Mzila receive a token of appreciation from the Mrs. N. Reddy (Assistant Director MCWH & Nutrition Provincial Office)



**CRAMOND  
CLINIC  
ROCKS**



# ACKNOWLEDGEMENTS

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