



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# APPELSBOSCH DISTRICT HOSPITAL

# APPELSBOSCH

# NEWS

GROWING KWAZULU-NATAL TOGETHER

OCTOBER–DECEMBER 2025

## GLOBAL HAND WASHING EVENT



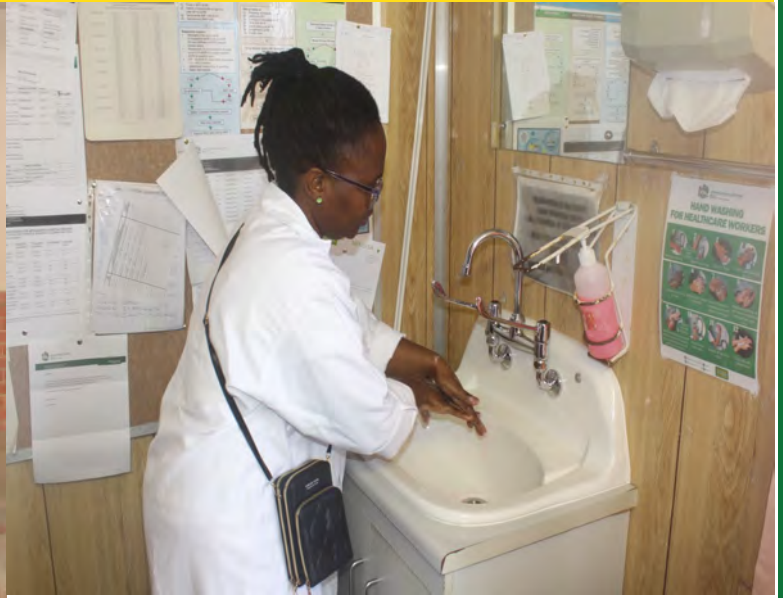
**Doctor E. H. Edwards (Medical Manager) and Mr. H Pillay (IPCC) giving the opening remarks before the event resumes**

Clean hands remain a fundamental defence against the spread of infections, illnesses, and harmful germs. Whether in hospitals, schools, or everyday interactions, practicing hand washing with soap contributes to better health outcomes and a safer world. Be a hand washing hero! That is the multi-year theme for Global Hand washing Day. Everyone, from young children to senior business and government officials, can be a hand washing hero. Anyone who wants to see the benefits of good hand hygiene in their community or country can lead efforts in their workplaces,

schools, and communities to champion clean hands for all. In 2025 Appelsbosch Hospital event was designed to have educational and demonstrational interdepartmental completion which was won by Pharmacy Department. This day was designed to foster and support a global and local culture of hand washing with soap and raise awareness about the benefits of hand washing with soap. Marking this important day also serves as a call for all South Africans to wash hands regularly especially after using the toilet, changing baby nappies, handling waste and before preparing food.

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# GLOBAL HAND WASHING EVENT PHOTOS



# APPELSBOSCH WELLNESS DAY EVENT



**STAFF MEMBERS WERE SEPERATED IN HOUSES BY COLOURS AND PARTICIPATED IN VARIOUS GAMES**

The Appelsbosch Hospital Employee Health and Wellness Programme in partnership with its clinics hosted the annual Provincial Employee Health and Wellness Day. The event took place on Wednesday the 29th of October 2026 at the Hospital Grounds in Appelsbosch. The key objectives covered by the event were to encourage employees to live a more sustainable and healthier lifestyle as well as to encourage a healthy diet.

Appelsbosch Hospital boast a large network of affiliates, including nurses, speakers, dieticians and more. Our standard wellness day includes the following screenings: Health Risk & Lifestyle Questionnaire, Blood Pressure Screening, Glucose Screening, Cholesterol Screening, Height & Weight measurement, BMI calculation, Hip & Waist measurement, Voluntary HIV Counseling & Testing, TB Screening Questionnaire.

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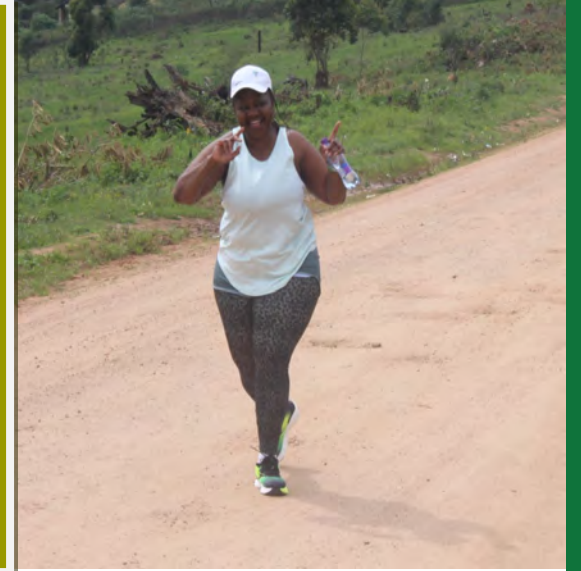
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# APPELSBOSCH WELLNESS DAY EVENT 2025



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Wellness days are a great time to survey your staff, in order to assess how happy your employees are, as well as work out new and exciting ways they would like to create healthy habits for in and around work. This can be in terms of their general wellbeing, and the efficiency of the company. Maintaining consistent communication with your staff shows openness for improvement, and creates a mutual feeling of value and respect within your company. If your staff feel that they are an essential part of the team, they are likely to give back more.

Time should never be wasted, and many office workers find lengthy group meetings unhelpful. Consult your staff about the best way to move forward, whether this be commencing one-to-one meetings, implementing a suggestion box, or

keeping group meetings short and regular. The event was a success as it promoted a comprehensive "Wellness" to all employees present. Employee Health Wellness within Appelsbosch Hospital strives to enrich the lives of employees by providing opportunities for workers to access a variety of tests such as Body Mass Index (BMI), Blood Pressure, Glucose, Cholesterol and HIV testing and counselling. The Department's Employee Health and Wellness further assists by providing means of wellness support which is a comprehensive package of the physical, psychological and emotional well-being.



# APPELSBOSCH WELLNESS DAY PHOTOS



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# PROSTATE CANCER AWARENESS CAMPAIGN BY MEN'S HEALTH SERVICES



**COMMUNITY MEMBERS CAME THROUGH FOR SCREENING ON THE DAY AND THE TARGETED GROUP WAS NOT ONLY MEN. NHL'S LABORATORIES MADE SURE THAT THE RESULTS WERE**

KZN Health, Umgungundlovu District and uMshwathi Sub District conducted Prostate awareness Campaign on the 27 November 2025 at Wartburg Taxi Rank at uMshwathi. Men's Health services were provided such Prostate cancer screening , HIV Counselling and testing, ARV initiation, Screening for TB, Diabetes and High blood pressure and all also Health education. Prostate cancer is a growth of cells that starts in the prostate. The prostate is a small gland that helps make semen. It's found just below the bladder. The prostate is part of the male reproductive system. Prostate cancer is one of the most common types of cancer.

Prostate cancer is the most common type of cancer (other than non-melanoma skin cancer) diagnosed in men in the South Africa. Furthermore, it's the second leading cause of cancer deaths in men, after lung cancer, in South Africa. According to the National Cancer Institute (NCI), almost all prostate cancers are adenocarcinomas. These cancers begin in cells that make and release mucus and other fluids. Prostate cancer often has no early symptoms. While advanced prostate cancer can cause men to urinate more often or have a weaker flow of urine, these

symptoms can also result from benign prostate conditions. If the cancer grows beyond the prostate or if it spreads, there are still many treatment options. Prostate cancer that spreads can be more difficult to cure. But even when a cure isn't possible, treatments can slow the growth of the cancer and help you live longer.



**THE MAYOR OF UMHSWATHI (Cllr Mandla Zondi ) WAS AMONG THE ATTEDEES OF THE EVENT**



# PREMATURITY AWARENESS



**MATRON SOKHELA GAVE THE HIGHLIGHTS ON THE PURPOSE OF THE DAY AND MR J. B. VUMASE ( THE PRINCIPAL SOCIAL WORKER GAVE A SPEECH ON HOW THE YOUNG MOTHERS SHOULD TAKE CARE OF THEIR BABIES**

On the 17th November annually we celebrate the World Prematurity Day, we celebrated our day on the 19 November 2025. The aim is to raise awareness about premature birth and the impact on babies as well as families worldwide. Our theme for 2025 is "Give preterm babies a strong start for a hopeful future"

We targeted all the premature babies born from January 2025 to October 2025, within our institution around uMshwathi sub-district. Message was about awareness, education and collective effort to support preterm babies and their families. We received funding from Appelsbosch management,

## Doctors and maternity staff

We applied for sponsors around uMshwathi sub-district about seven of the known stores including district offices but we were able to receive from one store.

About 23 premature deliveries from January 2025 to October 2025, but 11 mothers with their babies attended Prematurity Day celebration on the 19th November 2025.



**SISTER MBOTSHWA (MATERNITY OPERATIONALMANGER) SPOKE ABOUT THE IMPORTANCE OF VISITING THE CLINICS DURING PREGNANCY SISTER KLEINBOOK MADE THE CLOSING REMARKS**

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# PREMATURITY AWARENESS DAY CON'T



THERE ALSO A PRICE GIVING SESSION BEFORE THE OF THE EVENT AND ALL THE MOTHERS WHO ATTENDED RECEIVED GIFTS

World Prematurity Day is a global moment to raise awareness of the challenges and impact of preterm birth. The day shines a spotlight on the urgent need to improve care for babies born too soon while providing practical and emotional support for their families. Launched in 2008 by the European Foundation for the Care of New-born Infants alongside several parent organizations, World Prematurity Day has today grown into a worldwide movement. Around the world, individuals and organizations come together through events, campaigns, and advocacy seeking to drive change and improve outcomes for preterm babies.

Recognizing the importance of this issue for advancing child health and survival, the World Health Assembly added World Prematurity Day to WHO's official calendar in 2025.

While World Prematurity Day has traditionally been observed on 17 November, and will be by many partners in 2025, henceforward, in order to avoid overlapping with other mandated World Days, the Day will be observed on 15 November.

THANKS TO ALL THE MARTENITY STAFF MEMBERS AND THE DOCTORS WHO CONTRIBUTED TOWARDS THIS POSITIVE AWARENESS CAMPAIGN.



# WORLD AIDS DAY CELEBRATION EVENT



## MR T. L GWELE THE HOSPITAL CHIEF EXECUTIVE OFFICER DID THE OPENING AND WELCOME IN THIS 2025 ANNUAL WORLD AIDS DAY CELEBRATION

Each year on 1 December, World AIDS Day is observed as an important opportunity to raise awareness about HIV and AIDS, honour the lives of those we have lost, and show support for people living with the virus. On 1 December WHO joins partners and communities to commemorate World AIDS Day 2025, under the theme "Overcoming disruption, transforming the AIDS response", calling for sustained political leadership, international cooperation, and human-rights-centred approaches to end AIDS by 2030.

This year marks 37 years since its inception and will be commemorated globally under the theme "Overcoming Disruption, Transforming the AIDS Response". Appelsbosch Hospital continue to remind everyone that HIV remains an urgent health security issue that starts with listening to and cantering those with HIV and expanding our partners in the response. We are stronger together, and we must sustain and accelerate our efforts to address HIV and

its co-occurring conditions, such as syphilis and other sexually transmitted infections, mpox, mental health and substance use disorders, and hepatitis. The progress we have achieved thus far is a testament to the power of community action. Governments, communities,

The HIV response is shifting, offering a vital opportunity to reset. By: simplifying and prioritizing access to HIV prevention, testing, treatment; strengthening management of drug resistance and advanced HIV disease; and integrating these services within a primary health care approach that includes strong community-based services. Countries can reach more people in need with holistic services, sustaining gains, and building resilient health systems that serve everyone, everywhere.

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# WORLD AIDS DAY CELEBRATION



MISS M KHANYILE (CLINICAL PSYCHOLOGIST) WAS AMONG THE GUEST SPEAKERS AND MR. H. PILLAY (IPCC) WAS TASK TO DO THE CLOSING ON THE DAY



SISTER MBOTSTHWA SPOKE ABOUT THE MEANING OF THE CANDLE LIGHT AND THE RED RIBBON WHILE MISS T.S. CHAMANE GAVE A HEALTH TALK FOCUSING ON DISCLOSURE

Different speakers on the day touched on issues like, Addressing inequity Ending AIDS means addressing the inequalities that drive the epidemic. Children and adolescent girls and young women face heightened vulnerabilities, particularly across the Africa region. And key populations including men who have sex with men, trans and gender diverse people, people who use drugs, sex workers and people in prisons in all regions face increased HIV risk. Scale innovation, Two women sitting

in an office, one explaining and showing things on a tablet to the other. The fight against HIV has never been easy, yet resilience and innovation continue to define the response. As global funding falters, advances like long-acting lenacapavir – a six-monthly injection to prevent HIV, remind us that progress continues. With commitment and creativity, we can ensure that lifesaving long acting antiretroviral for prevention and treatment reach those in most need



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