



# The JPP Health Hub

Your Trusted Source For Johannes Phumani Phungula Sub-District Health News

Q3 - December 2025

## Rehab Department Spreads Festive Cheer To Children With Cerebral Palsy



Christ The King Hospital's Rehabilitation Department Staff with some of the caregivers and their children during the 2025 Cerebral Palsy Christmas Party

The hospital's lecture hall transformed into a haven of joy and solidarity on Friday 12 December 2025, as the Rehabilitation Department hosted a special festive celebration for children living with cerebral palsy and their dedicated families. The event aimed to honour the unwavering commitment of caregivers while fostering connection, support, and seasonal cheer.

Focusing on the theme of unity and recognition, the celebration paid tribute to caregivers, particularly mothers, for their daily resilience, patience, and love. It also served to strengthen the vital bond between

families and the hospital's rehabilitation team.

Nompilo Mkhize, the Chief Occupational Therapist, warmly welcomed attendees and set the tone for the afternoon. "The mother's heart is the child's study room. Today, there are no patients; we are one family," Mkhize stated. "This day is about recognising the dedication of the caregivers who nurture, guide, and support these children every day. Every small step matters, and your care and confidence can transform their world."

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She added a message of hope and affirmation: "Every child has unique gifts, and your love helps them shine. Celebrate every milestone, no matter how small, and never lose hope in your child's potential."

Occupational Therapist Mcebisi Maduna excelled as the programme director for the event. He commended the caregivers for their steadfast commitment and encouraged parents to remain hopeful while focusing on their children's individual strengths.

The community service staff from the Rehabilitation Department offered heartfelt words of support. Phumelela Nene, a Community Service Occupational Therapist, addressed the emotional journey of caregiving. "Raising a child with special needs comes with unique emotional challenges, but your love and dedication makes all the difference. Remember, you are not alone. Psychosocial support is always available to help you navigate this journey," she reassured the families.

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Community Service Physiotherapist Lloyd Ringani highlighted the profound relationships at the core of their work. "Our work is only meaningful when children and their families feel supported and understood. Today reminds us all why child-centered care matters so much," Ringani said. "Every therapy session is more than just exercises and routines; it's about building trust, understanding each child's needs, and helping them reach their full potential."

A poignant segment of the event featured experience sharing, where caregivers and mothers bravely shared their personal journeys through therapy, offering inspiration and mutual understanding.

The celebration continued with a gift-giving ceremony led by Rendani Tshisikule, a Community Service Audiologist, assisted by fellow community service practitioners. "Never underestimate what your child can achieve," Tshisikule reminded parents as presents were distributed.

The event concluded with refreshments, generously sponsored by Ixopo Pedros, allowing families and staff to mingle and celebrate in a spirit of festive togetherness.



Picture 1 - Mrs Nompilo Mkhize welcoming guests.  
Picture 2 - Parents and caregivers.

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Christ The King Hospital Public Relations Officer



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# Photo Gallery



# Spreading Holiday Cheer: Hospital's Finance Department Hosts Paediatrics Ward Christmas Party

The spirit of Christmas arrived early in the Paediatrics Ward at Christ The King Hospital on Wednesday, 10 December 2025, as the hospital's Finance Department transformed the space into a festive wonderland. In a touching display of cross-departmental care, finance and supply chain staff traded spreadsheets for Santa hats to host a memorable Christmas party for admitted children and their parents/guardians.

The event highlighted the hospital's holistic approach to patient care, demonstrating that healing extends beyond clinical treatment to include emotional well-being and community support, especially during the holiday season.

Mr. Dlamini, speaking on behalf of the Finance Department, set a heartfelt tone for the afternoon. He expressed that the department's role is intrinsically linked to the hospital's mission of patient care. "Our work in finance supports every department, every piece of equipment, and every staff member in this hospital," said Mr. Dlamini. "But today, we wanted to connect directly with the heart of our mission—our patients. Bringing joy to these brave children and offering a moment of respite to their parents is the best investment we can make."

The festive atmosphere reached its peak with the arrival of Father Christmas, embodied by the jovial Mr. Duma. Moving from bed to bed, he personally handed out gifts to the children, who greeted him with a mixture of awe and delight. He also presented small tokens of appreciation to the parents and caregivers, acknowledging their strength and dedication.

Sr. Mazinyo, the Operational Manager for Nursing in the Paediatrics Ward, offered a formal vote of thanks on behalf of the nursing staff and families. "We witness the challenges our little patients and their families face every day," Sr. Mazinyo stated. "This incredible gesture from our Finance Department colleagues is a powerful reminder that we are one hospital family. You have brought a light into this ward that medicine alone cannot pro-

vide, and for that, we are profoundly grateful."

The celebration was sweetened with the sharing of a large, festively decorated Christmas cake, enjoyed by children, parents, and staff alike. Laughter and music filled the ward, offering a precious afternoon of normalcy and joy.

The initiative underscored the powerful impact of internal hospital partnerships, proving that every department, from clinical to administrative, plays a vital role in creating a compassionate healing environment.



# Mock Collision, Real Readiness: Christ The King Hospital Team Leads Medical Response in Multi-Agency Drill



In a significant multi-agency exercise, the Johannes Phumani Phungula Municipality, in partnership with Christ The King Hospital and a coalition of emergency services, conducted a major festive season emergency medical mock drill on Tuesday, 9 December 2025.

The simulation, staged at the high-traffic intersection of the R612 and St Faiths Road in Highflats, involved a staged multi-vehicle collision. The drill brought together the coordinated response of Ixopo EMS, the municipality's own Disaster Management and Fire & Rescue units, Harry Gwala District Municipality, Highflats SAPS, Ixopo Towing, and the Ixopo Traffic Department to test inter-departmental communication, trauma response, and scene management under pressure.

Christ The King Hospital was central to the drill's medical response. The hospital team's role was to establish a field triage and stabilization point, practicing the critical "golden hour" protocols for treating simulated serious injuries before potential transport.

Leading this effort from the hospital was Occupational Health and Safety Officer, Sanele Songxaba. Mr Songxaba's expertise was pivotal in ensuring the safety of all responders on the simulated chaotic scene, managing bio-hazard risks from staged injuries, and overseeing the safe integration of hospital personnel with municipal and provincial rescue teams. His role highlighted the essential, behind-the-scenes work that ensures medical interventions can proceed safely and effectively during real crises.

The exercise reinforced the critical partnerships needed to safeguard communities during the busy and often dangerous festive travel period, ensuring all agencies are prepared for a coordinated, effective, and life-saving response.



Picture 1 - Mock Drill team rescuing casualties.

Picture 2 - Ixopo EMS staff moving casualty to an ambulance.

Picture 3 - Ixopo EMS staff moving casualty to an ambulance.

Picture 4 - Ixopo Towing preparing to load the damaged care into their truck.

Photo Cred: Johannes Phumani Phungula Municipality



# A Unified Stand: KwaMashumi Clinic Links World AIDS Day With 16 Days Of Activism

In a powerful display of community commitment to dual, pressing issues, the KwaMashumi Clinic parking lot transformed into a hub of education, remembrance, and solidarity on Tuesday, 9 December 2025. The clinic hosted a significant event combining the commemoration of World AIDS Day with the global "16 Days of Activism for No Violence against Women and Children" campaign, drawing a strong crowd of residents, health workers, and local officials.

The event, supported by the Highflats South African Police Service (SAPS), underscored the deep interconnections between public health and social justice. Sr Molefe, Operational Manager Nursing at the clinic, opened the proceedings by warmly welcoming guests. In her remarks, she clearly articulated the day's critical purpose: to unite the fight against a global pandemic with the urgent, local battle to end gender-based violence, framing both as fundamental to community wellness.

The programme, expertly facilitated by Sr Dhlamini, seamlessly wove together themes of health and human rights. In a poignant moment of reflection, Sr Dhlamini led a World AIDS Day candle-lighting ceremony, honoring the memory of those lost to HIV/AIDS and expressing solidarity with those living with and affected by the virus. This solemn act transitioned into focused health education. Sr Shange provided crucial information on the clinic's HAST (HIV/AIDS, STIs, and TB) programme, detailing available services, prevention methods, and treatment options. Her talk was followed by an in-depth session from Sr Ngongo, who educated the community on "all things HIV," tackling transmission, the importance of knowing one's status, breaking down stigma, and the life-saving nature of antiretroviral therapy (ART).

The link between health and safety was made explicitly clear during a compelling gender-based violence (GBV) awareness talk delivered by Social Worker Sbongile Dlamini. Dlamini addressed the devastating impact of violence on the physical and mental health of women and children, outlined the signs of abuse, and detailed the

support structures and legal recourses available to survivors. Her presentation reinforced the message that a healthy community is one free from fear and violence.

The visible presence and support of the Highflats SAPS at the event sent a strong message about multi-sectoral collaboration. It highlighted the essential role of law enforcement in protecting vulnerable community members, responding to GBV cases, and working alongside health and social services to create a safer environment for all.

The KwaMashumi Clinic's initiative successfully demonstrated how community health platforms can serve as vital spaces for addressing broader social determinants of well-being, uniting residents in a common purpose for a healthier, safer future.



Picture 1 - Sr Molefe explaining the purpose of the day.  
Picture 2 - Sr Dhlamini as the programme director.  
Picture 3 - Mr Mncibi introducing the guests of honour.



# Photo Gallery



# Community Walks The Talk: Hlokozi's March From Clinic To Shiyabanye Hall Highlights World AIDS Day Commitment



ceeded to the Shiyabanye Community Hall. This symbolic journey from a place of healing to a place of gathering highlighted the clinic's vital role as both a treatment center and a beacon of preventive care and education within the community.

The Hlokozi Clinic was not just the starting point but the operational core of the day's events. Its staff, including nurses, counsellors, and community healthcare workers, led the march and were instrumental in facilitating the activities that followed. At the Shiyabanye Hall, the clinic set up information booths offering confidential counselling, educational materials on prevention and treatment, and promoted its ongoing services for HIV testing, antiretroviral therapy (ART) support, and general wellness.

"The clinic is more than just a building; it is a trusted resource for our people," stated a senior nurse from Hlokozi Clinic who participated in the march. "Today's event is about meeting the community where they are, reinforcing that we are here to support them without judgment, and reminding everyone that knowing your status is the first step towards a healthy life.", said Mrs Nosisa Zuma, Operational Manager Nursing.

Following the march, the gathering at Shiyabanye Hall featured a series of talks from healthcare professionals, local government representatives, and community advocates. The discussions focused on the latest advancements in HIV treatment, the importance of adherence to medication, strategies for prevention, and the ongoing need to combat the social stigma that can be a barrier to testing and care. Personal testimonies from individuals living positively with HIV provided powerful messages of hope and resilience.

The successful event highlighted the effective partnership between local government and primary healthcare services. It reinforced the message that ending the AIDS epidemic requires a sustained, community-wide effort built on knowledge, compassion, and accessible health services like those provided by the Hlokozi Clinic.

In a powerful display of community solidarity, residents of Hlokozi participated in a peaceful march on Tuesday, 2 December 2025, to commemorate World AIDS Day. The event, a collaborative effort between the Johannes Phumani Phungula Municipality and the Hlokozi Clinic, underscored a shared commitment to health, awareness, and ending the stigma surrounding HIV/AIDS.

The march commenced at the Hlokozi Clinic, a central pillar of community healthcare, and pro-

Picture 1 and 2 - Peaceful march from Hlokozi Clinic to Shiyabanye Hall  
Picture 3 - JPP Health Sub-District outreach teams ready to offer health services

Picture 4 - Sr Gasa, Sir Dinangwe and Sr Zuma doing World Aids Day Candle Lighting.

Photo Cred: Johannes Phumani Phungula Municipality



# Dlamini and Ngcongo Claim Big Wins At The 2025 National Nutrition Week Race

The 5th edition of the National Nutrition Week Race lived up to its reputation as one of the sub-district's toughest tests of endurance on Friday, 17 October 2025 with Mkhuliseni Dlamini and Sindi Ngcongo claiming top honours in a spirited community event.

Held just after the conclusion of National Nutrition Week (9-15 October), which carried the theme "Food for Health, Health for All," the marathon served as a vibrant, active celebration of the week's goals: promoting equitable access to nutritious food and healthy lifestyle choices.

Approximately 50 runners, comprising staff from the local hospital, clinics, and contractors, tackled two challenging routes. The main event was a demanding 6km race from the hospital towards Kings Grant and back, while a 3km route offered a slightly less daunting challenge. Both races were noted for their swift and efficient starts, with all participants clearing the start lines within six minutes.

Simethembile Shoba, a Community Service Dietitian, formally welcomed the participants and spectators, setting an encouraging tone for the day's competition. She emphasized the vital link between nutrition, sustained energy, and athletic performance, framing the event as a celebration of holistic health. Her warm words acknowledged the dedication of all involved, seamlessly blending the event's competitive spirit with its deeper community wellness mission.

Dietitian Noluthando Madlala expressed great satisfaction with the event's execution. "We treated this 2025 race as a dress rehearsal for our 5th edition, and we are happy with the innovations introduced," she stated. Madlala highlighted the successful split start and positive feedback on the new street finish as key achievements to build upon for the 2026 race.

"I would like to congratulate all the runners who took part in today's race, from the winners to the final finishers, including the novices tackling their first marathon and those earning their Back-to-Back medals," Madlala added.

Following the intense runs, the focus shifted to cooldown and camaraderie. Staff gathered at the hospital assembly point for an energetic aerobic workout session led by Khosi Mtshali and Zamambo Mkhize.

The event was proudly sponsored by Assupol.

## Full List of Winners:

### 6km (Males)

1. Mkhuliseni Dlamini (Mjadu Trading)
2. Nkosikhona Khenisa (Transport Department)
3. Mthokozisi Duma (Ndwebu Clinic)

### 6km (Females)

1. Sindi Ngcongo (Ixopo Clinic)
2. Zamambo Mkhize (Data Management)
3. Thobile Ngcobo (Jolivet Clinic)

### 3km (Males)

1. Siyanda Memela (Mjadu Trading)
2. Mzawupheli Nzuza (Mjadu Trading)
3. Sphumelele Shezi (ProSecure)

### 3km (Females)

1. Makhosi Cele (Male Ward)
2. Philile Shezi (HAST Unit)
3. Nomkhosi Mtshali (Patient Administration)

### Over 50s 3km (Males)

1. Sandile Dlamini (Finance Department)
2. Vukani Dlamini (Transport Department)

### Over 50s 3km (Females)

1. Nokuthula Dlamini (Patient Administration)
2. Nomonde Tshendu (Finance Department)

The Nutrition and Dietetics Department staff have confirmed that planning is already underway for an even bigger and better National Nutrition Week Marathon in 2026.



# Photo Gallery



# Delivering Excellence: Maternity Ward Dominates Quality & IPC Awards

## October 2025 Winners

### Best Performance in Complaints Management

**Major Indicators of Reporting** - Complaints Management has three major categories of reporting (Patient Care, Staff Attitude and Waiting Times) that have to be captured monthly on Ideal Facility and submitted to district office. These are awarded based on a number of compliments received in a ward/department for October.

**Maternity Ward** - For Receiving 168/341 (49%) Compliments on Patient Care In October

**Maternity Ward** - For Receiving 72/117 (62%) Compliments on Staff Attitude In October

**Maternity Ward** - For Receiving 21/34 (62%) Compliments on Waiting Times In October

### Most Improved Wards/Departments on Complaints, Compliments and Suggestions

These are awarded to the ward/department that have shown significant growth in receiving complaints, compliments and suggestions in October 2025.

**Position 1** - Nutrition & Dietetics Department  
- Rehabilitation Department  
- Female Ward

**Position 2** - Male Ward

**Position 3** - Out-Patients Department

### Most Complimented Ward/Department in October

**Position 1** - Maternity Ward - For Receiving (272/563 = 48%) Compliments In October

**Position 2** - Nutrition & Dietetics Department - For Receiving (17/55 = 31%) Compliments In October

**Position 3** - Rehabilitation Department - For Receiving (32/119 = 27%) Compliments In October  
- Female Ward For Receiving (49/180 = 27%) Compliments In October

### Most Complimented Nurses in October

**Position 1** - Sr S. V. Lephallo - 17 Compliments (Female Ward)

**Position 2** - Sr S. E. Shoba (Maternity Ward), Sr B. R. Mkhize (Female Ward) & Nurse N. Mkhize (Male Ward) - 5 Compliments Each

**Position 3** - Sr N. Mazinyo, Sr P. M. Nondzala (Paediatrics Ward), Sr N. Silangwe & Nurse M. S. Dlamini (Female Ward) - 4 Compliments Each

### Most Complimented Allied Health Services Staff Members

**Position 1** - Ms T. Dlamini (Radiology Department) - 12 Compliments

**Position 2** - Mrs T. Njokweni (7), Ms T. P. C. Khumalo (4), Mrs T. F. W. Dotyeni (7), Mr M. A. Moodley (4) (Radiology Department) - 27 Compliments Together

**Position 2** - Mrs N. P. Mkhize (4) & Mr H. L. Ringani (5) (Rehabilitation Department) - 11 Compliments Together

**Position 3** - Ms N. P. Xaba (3) & Ms P. Nene (3) (Rehabilitation Department), Ms N. Madlala (2) & Ms S. L. Shoba (2) (Nutrition & Dietetics Department) - 10 Compliments Together

### Most Complimented Medical Staff Members (Medical Officers & Clinical Associates)

**Position 1** - Dr H. I. Ndinisa (28) & Dr P. Satywa (23) (Maternity Ward) - 51 Compliments

**Position 2** - Dr S. N. Mveli (15) & Dr A. P. Gwala (19) (Maternity Ward) - 34 Compliments

**Position 3** - Dr N. Sobiso (5) (Paediatrics Ward), Dr N. P. Sibisi (4) (Female Ward) & Dr S. K. Malunga (4) (Out-Patients Department) - 13 Compliments

### IPC Award (Only Applicable to Wards)

This is awarded to a ward that received the highest score in the IPC assessment tool.

**Position 1** - Paediatrics Ward (86%)

**Position 2** - Male Ward (83%)



# Monthly Quality and IPC Awards Cont...

## November 2025 Winners

### Best Performance in Complaints Management

**Major Indicators of Reporting** - Complaints Management has three major categories of reporting (Patient Care, Staff Attitude and Waiting Times) that have to be captured monthly on Ideal Facility and submitted to district office. These are awarded based on a number of compliments received in a ward/department for November.

**Maternity Ward** - For Receiving 140/272 (51%) Compliments on Patient Care In November

**Maternity Ward** - For Receiving 46/72 (64%) Compliments on Staff Attitude In November

**Maternity Ward** - For Receiving 11/21 (52%) Compliments on Waiting Times In November

### Most Improved Wards/Departments on Complaints, Compliments and Suggestions

These are awarded to the ward/department that have shown significant growth in receiving complaints, compliments and suggestions in November 2025.

**Position 1** - Rehabilitation Department

**Position 2** - Male Ward

**Position 3** - Paediatrics Department

### Most Complimented Ward/Department in November

**Position 1** - Maternity Ward - For Receiving (206/488 = 42%) Compliments In November

**Position 2** - Nutrition & Dietetics Department - For Receiving (8/24 = 33%) Compliments In November

**Position 3** - Female Ward - For Receiving (44/180 = 24%) Compliments In November

### Most Complimented Nurses in November

**Position 1** - Sr S. E. Shoba (Maternity Ward)

**Position 2** - Sr S. V. Lephallo (Female Ward)

**Position 3** - Nurse F. A. Nombaba (Female Ward) & Nurse T. Y. Njilo (Male Ward)

### Most Complimented Allied Health Services Staff Members – November

**Position 1** - Mrs N. P. Mkhize & Ms N. Xaba (Rehabilitation Department)

**Position 1** - Ms T. P. C. Khumalo & Mrs T. F. W. Dotyeni (Radiology Department)

**Position 2** - Ms A. N. Ngcobo, Ms T. Dlamini & Mrs T. Njokweni (Radiology Department)

**Position 3** - Mr M. Maduna (Rehabilitation Department) & Ms N. Madlala (Nutrition & Dietetics Department)

### Most Complimented Medical Staff Members (Medical Officers & Clinical Associates)

**Position 1** – Dr H. I. Ndinisa (Maternity Ward)

**Position 2** – Dr S. N. Mveli (Maternity Ward)

**Position 3** – Dr N. P. Ngwenya (Female Ward)

### IPC Award (Only Applicable to Wards)

This is awarded to a ward that received the highest score in the IPC assessment tool.

**Position 1** – Female Ward (85%)

**Position 2** – Maternity Ward (76%)

**Position 3** – Paediatrics Ward (71%)

### Batho Pele Assessment Tool

**Position 1** - Out-Patients Department (96%)  
- Rehabilitation Department (96%)

**Position 2** - Maternity Ward (91%)  
- Nutrition & Dietetics Dept (91%)  
- Male Ward (91%)

**Position 3** - Radiology Department (83%)

### Best Batho Pele Champions

**Position 1** – Maternity Ward

**Position 2** – Radiology Department

**Position 3** – Rehabilitation Department

### Best Performance on PSI Reporting

**Position 1** – Maternity Ward



# Monthly Quality and IPC Awards Cont...

## December 2025 Winners

**Best Performance in Complaints Management Major Indicators of Reporting** - Complaints Management has three major categories of reporting (Patient Care, Staff Attitude and Waiting Times) that have to be captured monthly on Ideal Facility and submitted to district office. These are awarded based on a number of compliments received in a ward/department for December.

**Maternity Ward** - For Receiving 163/317 (51%) Compliments on Patient Care In December

**Maternity Ward** - For Receiving 73/127 (27%) Compliments on Staff Attitude In December

**Maternity Ward** - For Receiving 18/36 (50%) Compliments on Waiting Times In December

**Most Improved Wards/Departments on Complaints, Compliments and Suggestions** - These are awarded to the ward/department that have shown significant growth in receiving complaints, compliments and suggestions in December 2025.

**Position 1** - Out-Patients Department

**Position 2** - Crisis Centre

**Position 3** - Paediatrics Ward

**Most Complimented Ward/Department in December**

**Position 1** - Crisis Centre - For Receiving (13/29 = 49%) Compliments In December

**Position 2** - Paediatrics Ward - For Receiving (29/74 = 39%) Compliments In December

**Position 3** - Maternity Ward - For Receiving (263/722 = 36%) Compliments In December

**Most Complimented Nurses in December**

**Position 1** - Sr N. Mazinyo (Paediatrics Ward)

**Position 2** - Sir S. S. Mfeka (Maternity Ward)

**Position 3** - Nurse T. K. Khumalo (Out-Patients

Department)

**Most Complimented Allied Health Services Staff Members**

**Position 1** - Mrs T. Njokweni (Radiology Department)

**Position 2** - Ms A. N. Ngcobo, Mrs T. F. W. Dotyeni, Ms T. P. C. Khumalo & Mr M. A. Moodley (Radiology Department)

**Position 3** - Ms N. Madlala (Nutrition & Dietetics Department)

**Most Complimented Medical Staff Members (Medical Officers & Clinical Associates)**

**Position 1** – Dr H. I. Ndinisa (Maternity Ward)

**Position 2** – Dr S. N. Mveli (Maternity Ward)

**Position 3** – Dr P. Satywa (Maternity Ward)

**Position 3** – Dr W. Ntumba (Male Ward)

**Position 3** – Ms N. P. Mkhize (Crisis Centre)

**IPC Award (Only Applicable to Wards)**

This is awarded to a ward that received the highest score in the IPC assessment tool.

**Position 1** – Paediatrics Ward (86%)

**Position 2** – Maternity Ward (80%)

**Position 3** – Male Ward (77%)

**Best Performance on PSI Reporting**

**Position 1** – Maternity Ward

**Position 2** – Operating Theatre

**Best Batho Pele Practice**

**Position 1** – Rehabilitation Department

**Position 1** – Nutrition & Dietetics Department

**Position 2** – Out-Patients Department

**Position 3** – Female Ward

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# Inmates Find Healing, Empowerment Through Mental Health Awareness Event



In a powerful move to address the often-overlooked psychological needs within the correctional system, the Ixopo Correctional Centre hosted a dedicated Mental Health Awareness event on 23 October 2025. The initiative was spearheaded by a collaborative team from Christ The King Hospital's Rehabilitation Department, its HAST Unit, and Social Services.

The event aimed to destigmatise mental health issues, educate both inmates and staff on recognising signs of psychological distress, and highlight the pathways to support and recovery. Held within the centre's facilities, the session provided a rare and crucial platform for open dialogue about emotional and psychological well-being in a constrained environment.

Leading the presentations were Sbongile Dlamini, a Social Worker, and Phumelela Nene, a Community Service Occupational Therapist. Their combined expertise offered a holistic perspective on mental health care. Sbongile Dlamini focused on the psychosocial aspects of incarceration. She addressed the common triggers of anxiety, depression, and trauma that can arise or be exacerbated during detention, emphasizing that seeking help is a sign of strength, not weakness. Dlamini outlined the role of social services in providing counselling, facilitating family support systems, and preparing inmates for sustainable

reintegration into society.

"Mental health is a cornerstone of successful rehabilitation," stated Dlamini. "Our goal today is to break down the walls of silence and shame. Whether you are an inmate or a official, understanding your mental state and knowing where to turn is the first step towards healing and positive change."

Phumelela Nene brought a practical, skills-oriented approach to the discussion. As an Occupational Therapist, she explained how mental health impacts daily functioning and participation in meaningful activities. Nene engaged attendees on the importance of routine, constructive leisure, and vocational skills as therapeutic tools to manage stress, build self-esteem, and foster a sense of purpose.

"Occupational therapy in this context is about rebuilding lives through doing," Nene explained. "We focus on equipping individuals with practical coping mechanisms, stress management techniques, and the skills needed to navigate life during and after their sentence. Mental well-being is intrinsically linked to having hope and a sense of future."

The collaboration between Christ The King Hospital's departments and the Correctional Centre underscores a growing recognition of the need for integrated health services within the justice system. The HAST Unit's involvement was particularly relevant, highlighting the critical link between substance abuse and mental health disorders, and the available treatment modalities.

Officials at the Ixopo Correctional Centre praised the initiative, noting its alignment with the Department of Correctional Services' mandate to rehabilitate and reintegrate offenders. The event is expected to be the first in an ongoing series of workshops aimed at promoting a healthier, more supportive environment for all within the facility.

The session concluded with a confidential question-and-answer period, where individuals were able to seek guidance privately, a step that organisers hope will lead to more inmates and staff accessing the professional support they need.



# Teen Pregnancies in Hlokozi Spark Mental Health Concerns

With Ward 6 continuing to experience high numbers of teenage pregnancies, Hlokozi Clinic in partnership with Luswazi High School, JPP Health Sub-District, Harry Gwala Health District Office and various stakeholders emphasized the critical mental health impact on teen mothers, as they visited St Nicholas Community Hall in Hlokozi for a teenage pregnancy and mental health awareness campaign on 16 October 2025.

Teenage pregnancy significantly increases risks for mental health issues like depression, anxiety, and suicidal thoughts, often stemming from social stigma, lack of support, disrupted education, and the stress of early parenthood, making teens twice as vulnerable to conditions like postpartum depression compared to older mothers, with impacts potentially lasting into adulthood. Support needs to address emotional struggles, provide education, and offer non-judgmental help, as these challenges can worsen the risk of repeat pregnancies.

Hlokozi Clinic advocates for, and facilitates, the incorporation of mental health care into maternity care, as pregnant teenagers are particularly vulnerable to coercive and abusive relationships, physical or sexual abuse, and high-risk sexual behaviour. Sr Nosisa Zuma, Operational Manager Nursing said they aimed to shed light on the multi-faceted challenges faced by this vulnerable demographic. She also said women with mental illness have more complicated pregnancies, including pre-term delivery, stillbirths, and newborns with low birth weights.

There were round table discussions where pupils were given different topics relating to teenage pregnancy and mental health. The pupils under supervision of healthcare workers shared their ideas and possible solutions to curb teenage pregnancy in Hlokozi.



Picture 1 - Event main stage.

Picture 2 - Round table discussion under the supervision of Sr Zuma.

Picture 3 - Pupils with their presentation.

Picture 4 - Pupils with their presentation under Sr Gasa's supervision.

Picture 5 - Sr Zuma welcoming all the guests.

Picture 6 - Sr Mkhize with vote of thanks speech.



# A Hub Reborn: Highflats Thusong Service Centre Reopens, Integrating Health Services for the Community



In a significant move to enhance community access to essential services, the Johannes Phumani Phungula Health Sub-District outreach teams visited Highflats on 16 October 2025. This visit followed the official reopening of the Highflats Thusong Service Centre just one week prior, marking a pivotal shift in service delivery for the area.

The centre, located at the Johannes Phumani Phungula Municipality on R612 Street (opposite the Post Office), was formally reopened on 9 October 2025 by the Municipal Mayor, Her Worship E.B. Ngubo. The ceremony underscored the government's commitment, under the banner of Operation MBO, to bring integrated services directly to the community's doorstep, eliminating barriers to access.

A cornerstone of this renewed initiative is the relocation of key health services. As of the reopening date, the health services previously offered at the Highflats Taxi Rank by the HTA2 outreach team have been permanently integrated into the Thusong Service Centre. This move centralizes care, providing a more stable, accessible, and dignified environment for community members to access vital health programmes.

The HTA2 team itself embodies the mobile and adaptive spirit of Operation MBO. Having built strong community relationships while operating from the taxi rank, the team now brings its vital frontline expertise into the new facility. Their transition from an informal, mobile site to a permanent home within the Thusong Centre represents a major upgrade in operational capacity, allowing them to deliver their comprehensive health programmes with greater efficiency and reach.

The Thusong Service Centre model is designed to offer a "one-stop-shop" for various government services. Residents can now access a spectrum of support, from municipal documentation and social services to consistent, professional healthcare—all under one roof. The presence of the Health Sub-District teams ensures services like health screenings, immunizations, chronic medication management, and health education

are now a core, reliable feature of the centre's offerings.

"The reopening of this centre, and the integration of our health services here, is a direct response to our community's needs," said Sr Buthelezi, Clinical Nurse Practitioner for HTA2. "Operation MBO is about action and accessibility. By moving from a taxi rank to a dedicated service centre, we are ensuring that quality healthcare is not just available but is delivered in a setting that promotes trust, privacy, and comprehensive care."

The reopening event and subsequent health team visit signal a collaborative effort between local government and health authorities to create a sustainable, community-focused hub for development and well-being in Highflats.

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**KWAZULU-NATAL PROVINCE**  
HEALTH  
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Christ The King Hospital Public Relations Officer



KZN Department Of Health



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# Radiography Day 2025: Christ The King Hospital Puts Compassion and Precision At The Heart of Modern Imaging

On Friday, 7 November, the Radiology Department opened its doors for a special observance of World Radiography Day. In a vibrant display of patient education, the dedicated radiography team engaged with the clients to demystify the critical imaging procedures that are fundamental to modern healthcare.

Under the 2025 global theme, **"Empowering Healthcare Through Imaging Excellence,"** the department's waiting area was transformed into an interactive learning space. The team, from senior radiographers to the Comm Serve and Admin Clerk, spent the day explaining the technology, safety protocols, and vital role their work plays in every patient's journey to wellness.

Mrs Thobile Dotyeni, Chief Supervisory Radiographer said "Our work is often behind the scenes, but it is the cornerstone of accurate diagnosis. We are the 'eyes of medicine' for our clinicians, providing the clear images needed to identify fractures, diagnose illnesses, and guide life-saving treatments."

"From digital X-rays to more complex imaging, our tools have evolved, but our mission remains the same: to provide compassionate, precise care," explained the Head of the Radiology Department. "This day is about celebrating our team's skill and renewing our commitment to the community we serve", she said

A central message of the day was patient safety. The team emphasized the department's strict adherence to the ALARA principle (As Low As Reasonably Achievable), ensuring every scan uses the minimum possible radiation dose without compromising image quality. Visitors had the chance to see protective equipment and learn about the advanced digital technology that makes this precision possible.

Their expertise ensures that every image supports the best possible patient outcome, making them an indispensable part of our hospital's care family. The event highlighted not just the technology, but the highly trained people who operate it.



# Ward 5 Welcomes New Isibaya Samadoda and Ixhiba Lomama Health Hubs



In a significant stride towards community-centered healthcare, the Harry Gwala District Municipality, in a groundbreaking partnership with the Johannes Phumani Health Sub-District, officially launched the Isibaya Samadoda (Men's Kraal) and Ixhiba Lomama (Women's Sanctuary) health hubs on Friday, 14 November 2025.

Held at the Embo Tribal Authority, the event marked a pivotal shift in making comprehensive, integrated health services directly accessible to the community. The launch, attended by local leaders, health officials, and residents, was celebrated as a move that brings primary health care directly to the community's doorstep.

The initiative represents a core principle of community-orientated primary healthcare championed by local health sub-districts. The mission of such health services is to provide "effective, efficient and integrated primary health care services" through a system that is rooted in the community.

Speaking at the launch, a senior official from the Johannes Phumani Health Sub-District, Sir Thabani Msomi emphasized that health is a communal responsibility. "The launch of Isibaya Samadoda and Ixhiba Lomama is more than opening doors; it is about breaking down barriers. We are moving services out of traditional facilities and into the heart of the community to address health needs in a respectful, culturally sensitive, and proactive manner," the official stated.

True to their promise of integrated care, the Johannes Phumani Health Sub-District's outreach team delivered a suite of vital health services on the launch day, directly mirroring their commitment to community-oriented care. The launch event sets a precedent for future community engagements. The Isibaya Samadoda and Ixhiba Lomama hubs are designed to be permanent, accessible touchpoints for health. This model is expected to reduce the burden on larger clinics, encourage early detection of diseases, and foster an environment where community members take an active role in their health and well-being.



# 'Operation MBO' Brings Comprehensive Health Services to Emazabekweni's Doorstep

Amazabeko Community Hall became a vibrant hub of healthcare on Friday, 14 November 2025 as Gcinokuhle Clinic, supported by the Johannes Phumani Phungula Health Sub-District, successfully hosted "Operation MBO." The outreach initiative provided a wide range of essential health services directly to the community, reinforcing the sub-district's commitment to accessible, preventative healthcare. The event saw an enthusiastic turnout, with community members lining up early to receive care in a familiar and convenient setting.

As the host facility, Gcinokuhle Clinic staff were at the forefront of the operation, managing patient flow and coordinating on-site care. Their leadership ensured the day ran smoothly, bringing the clinic's trusted services into the heart of the community. This collaborative spirit fostered an atmosphere of support and significantly extended the reach of static clinic services.

The Johannes Phumani Phungula Health Sub-District's involvement was pivotal, showcasing its model of integrated, community-oriented care. The sub-district team provided critical resources and expertise, enabling a comprehensive service package including:

- **Health Screenings** - Blood pressure and glucose checks.
- **Preventative Care** - HIV testing and counselling, family planning services, and child immunizations.
- **Chronic Disease Support** - Medication refills and management advice for conditions like hypertension, diabetes, and HIV.
- **Health Education** - Sessions on nutrition, disease prevention, and healthy living.

"This operation is a perfect example of our health system working for the people," said a Sr Dlamini, Operational Manager Nursing at Gcinokuhle Clinic. "By bringing services directly to where our community lives, we break down barriers to access and empower individuals to take control of their health."

The event highlighted the proactive, partnership-driven approach of the local health authorities in expanding primary healthcare access beyond traditional clinic walls.



# Nokweja Clinic School Health Hosts Successful Catch-Up Immunisation Drive in St Alloys Area



Picture 1 - Community Health Worker checking immunisation cards.  
 Picture 2 - Children waiting to get their immunisations  
 Picture 3 - Children lining up to get their immunisations.  
 Picture 4 - Parents and their children waiting to immunisations.

A concerted effort to safeguard the health of local children unfolded on 10 November as the Nokweja Clinic School Health team hosted a vital catch-up immunisation campaign at the St Alloys community hall. The initiative, spearheaded by Senior Sister Samke Memela and Nurse Sthandwe Mkhize, aimed to ensure no child in the area falls behind on their life-saving vaccinations.

The campaign targeted school-aged children and adolescents who may have missed routine immunisations due to the recent disruptions or other barriers to access. Services offered included vaccinations against measles, polio, diphtheria, tetanus, and HPV, aligning with the national childhood immunisation schedule.

Sr. Memela emphasised the campaign's community-focused goal. "Our mission today is simple: to close the immunity gap and build a healthier future for St Alloys," she said. "Every child we reach today is another layer of protection for our entire community."

Nurse Mkhize, coordinating the flow of families, praised the turnout. "We've seen a wonderful response from parents and caregivers. It's heartening to see such strong community commitment to public health."

Parents expressed relief at the convenience of the local drive. "With work and everything, it's easy for these appointments to slip. Having this right in our neighbourhood made it possible," said Ms. Nomvula Dlamini, who brought her two children.

The Nokweja Clinic team confirmed that all eligible children received their necessary jabs without charge, with follow-up cards issued for future doses. The event underscores the ongoing commitment of local healthcare workers to proactive, accessible health services directly within the communities they serve.



# Nokweja Clinic Takes TB Awareness To The Classroom, Empowering Young Learners at Mshobashobi Primary

In a proactive move to safeguard community health from an early age, the Nokweja Clinic School Health Team, led by the dynamic Sister Samke Memela and Nurse Sthandiwe Mkhize, brought a vital Tuberculosis (TB) awareness and screening campaign to Mshobashobi Primary School on 04 November 2025.

The initiative, part of a broader sub-district-wide school health programme, aimed to demystify the disease, reduce stigma, and encourage early detection among pupils and staff. The team, which includes the dedicated Nurse Sthandiwe Mkhize, transformed classrooms into engaging learning hubs, focusing on education as the first line of defence.

“The battle against TB is won through knowledge and early action,” stated Sr. Memela, addressing a gathering of Grade 3 and 4 learners. “Children are not only vulnerable but are also powerful messengers within their families. By teaching them today, we protect entire households tomorrow.”

The session was far from a standard lecture. Using colourful posters, interactive demonstrations, and relatable analogies, the health workers explained how TB spreads, its common symptoms—such as a persistent cough, fever, and weight loss—and the importance of completing treatment. They emphasised that TB is curable and that seeking help is a sign of strength.

Nurse Mkhize led a crucial segment on hygiene and prevention. “Cover your cough like a superhero,” she demonstrated, eliciting enthusiastic participation from the children as they practised the technique. Lessons on handwashing and maintaining well-ventilated spaces were delivered with practical, memorable exercises.

Beyond awareness, the team conducted non-invasive preliminary screenings, checking for symptoms and referring a small number of pupils for further evaluation at the clinic—a key step in the community’s “finding missing TB cases” drive. Teachers and support staff were also provided with educational materials and guidance on supporting pupils’ health.

Principal Thandeka Ndlovu of Mshobashobi Primary praised the initiative. “This visit is invaluable.

It complements our life skills curriculum and empowers our children with life-saving information. The approach was child-friendly and effective. We are grateful to Sr. Memela, Nurse Mkhize, and the entire Nokweja team for investing in our school’s wellbeing.”

The day concluded with a pledge from the pupils, who promised to be “TB Awareness Champions” in their community. The Nokweja Clinic team has plans to extend this programme to other schools in the catchment area, reinforcing the message that health is a cornerstone of education.

The event at Mshobashobi Primary stands as a testament to the critical role of frontline healthcare workers in bridging the gap between clinics and communities, ensuring that the fight against TB starts in the classroom.



Picture 1 - Sr Samke Memela educating Mshobashobi Primary School learners about TB.

Picture 2 - Mshobashobi Primary School pupils with TB awareness plaques.



# Nokweja Clinic Fights TB Stigma with Teen-Focused Awareness at Thelamuva High School



Picture 1 - Nurse Mkhize doing screening.  
 Picture 2 - Thelamuva High School learners listening to TB education.  
 Picture 3 - Nurse Mkhize counting stats.

ple from seeking help, framing TB as a curable medical condition, not a source of shame.

"A persistent cough isn't just a cold, and losing weight without trying isn't a trend—it could be a sign to see a healthcare worker," Sr. Memela told assembled students. "Knowing the facts protects you and helps you protect others in your family and community."

Nurse Mkhize focused on practical knowledge, explaining transmission in relatable terms and demonstrating proper cough hygiene. She strongly emphasized that completing the full course of medication is essential for a cure and to prevent drug-resistant strains.

School Principal, welcomed the initiative. "This information is vital for our learners' health literacy. Empowering them with this knowledge makes them advocates for community well-being."

The team conducted symptom screenings and encouraged students with any concerns to visit the clinic's youth-friendly services. The visit reinforced Nokweja Clinic's commitment to proactive, preventative healthcare, ensuring the fight against TB reaches every generation.

Nokweja Clinic School Health Team turned its focus to adolescents on 13 November 2025, bringing a crucial Tuberculosis (TB) awareness campaign to Thelamuva High School. Led by Sister Samke Memela and Nurse Sthandiwe Mkhize, the visit aimed to educate teenagers, a key demographic in halting the spread of the disease.

Understanding that teens are both at risk and influential communicators, the team tailored their message. They moved beyond basic facts to address the social stigma that often prevents peo-

## New Appointments

*The Johannes Phumani Phungula Health Sub-District warmly celebrates the appointment of 80 dedicated **Community Health Workers**, who officially began their vital roles on 1 December 2025, and extends its heartfelt congratulations to each of them on this significant achievement. This strategic placement across the sub-district's clinics marks a transformative step in strengthening primary healthcare, as these frontline heroes will bridge the crucial gap between clinical services and the community, extending care, education, and support directly into households. Your commitment and passion will undoubtedly be the cornerstone of healthier families and a more resilient community, and we wish you immense success and fulfilment as you embark on this profoundly important journey of service.*

## Staff Exits

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 Christ The King Hospital

Dr N. P. Sibisi  
 Medical Officer  
 Christ The King Hospital

Sr Z. T. Gwala  
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