



EASTBOOMERS

NEWS

APRIL - JUNE 2025

NURSES DAY OF PRAYER



Above are the nurses doing nurse's pledge after lighting the candle.

Nurses Day Celebration Honours Healthcare Heroes

On May 28, 2025, nurses gathered to celebrate Nurses Day in a heartfelt event opened by Mrs. B.G. Ngcobo's inspiring prayer. Sr. Ntontela welcomed attendees, introducing the purpose of the day dedicated to honoring nurses' vital roles. The choir's performance set a

celebratory tone, followed by speeches from four union representatives. Ms. L. Majoji and her team paid a moving tribute to nurses, offering words of encouragement. The nursing committee highlighted nursing principles, while guest speaker Mrs. Makhathini emphasized

nurses' crucial impact in the society. The event concluded with a candle lighting, pledge, and a vote of thanks from Matron Mrs. M. Gopichand. Unity made this celebration a remarkable success.

PHOTO



GALLERY



P. Zulu (Pharmacist), M. Dlamini (Pharmacist), L. Majozi (Pharmacy Manager), N. Myeza (Pharmacist), and L. Mngadi (Pharmacist) sending words of appreciation to the nurses.



From left: S.A Mkhize (EN) was the programme director and S. Khanyile (Lay Counselor) doing a talk.



From Left: Mrs Makhathini was the guest speaker and Sr. S Maharaj (Acting Hast OM) giving a thanks gift.



From Left: Sr. Ayanda (Out reach OM), Sr. B.G Ngcobo (OM), Sr. V Deair (PHC Acting OM), Sr S Maharaj (Acting Hast OM), Sr. MP Ntontela (Maternity OM) and Sr. R Ragbir (Trainer) at attending the Nurses day of prayer.



Sr. TI Mbonambi (PN), Sr. B Ntombela (CNP), Sr. T Shabalala (EN) and Sr. NP Qali (CNP) attended the nurses day.



From left at the back: Sr. N Madlala (EN), Sr. Dzaniibe (ADM). Front from left: Sr. C Draai (EN), Sr T, Sr. L. Ngubane (EN), Sr. NA Mthembu (PN) attended the Nurses day event.



MENTAL HEALTH

"MIND MATTERS, CARE WITH KINDNESS."

The Mental Health Awareness Day started with a welcome prayer by the PHC staff. CNP R. Maharaj introduced the team: mental health staff, a counsellor, occupational therapist, mental health doctor (Dr Van Der Merve), and social worker Mrs Majola.

CNP R. Maharaj explained mental health care. She spoke about reducing stigma, talking openly, and how peer support helps children talk about problems. She warned about drug and alcohol abuse, saying teens may try harmful things out of curiosity or peer pressure. These can lead to addiction.

Many teens also lack good coping skills, causing stress, panic attacks, and even suicide. She listed warning signs like mood swings, sadness, or loss of interest in school.

Counsellor Miss Gobo spoke about early therapy to help teens with emotions and relationships. Occupational Therapist Miss Olivia explained how therapy helps teens become independent in daily life. Mrs Majola shared info on grants for mental health users and how families can get help.

Dr Van Der Merve said teens are often misunderstood. She spoke about the "4 Cs": Connect, Compassion, Coping, and Community. These help support teens.

The programme included a speech by a mental health user and a short play. Fruits were given to attendees. It ended with a prayer and thanks by



Sr. M.N. Khanyile (CNP), Sphe Ndaba (Councillor from HST), Sr. N. Makhaye (PN), Sr. TI Mbonambi (PN), Sr. S. Zondi (CNP) attended Mental Health event.



Nangamso (Psychologist), Dr Van Der Merve (Psychiatric doctor) attended Mental Health event.



Psychologist Nangamso did a health talk to clients.

Note that article was constructed from summarizing Sr. V. Deair report.

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PHOTO GALLERY



East Boom CHC Management and staffs attended the mental health event



Educational role play done by staffs.



Client who survived depression, and gave advice how important to take care of your mental health.



Sr. D.C. Gwala (EN) , Sr. R. Maharaj (CNP) and Mfundo (PA system Guy).



Sr. M.N. Khanyile (CNP), Sr. D.C. Gwala (EN) , Sr. R. Maharaj (CNP) and Mfundo (PA system Guy).



PHILA MNTWANA LAUNCH

CLINICAL SERVICES FOR BABIES

On 27 June 2025, East Boom Community Health Centre (CHC) successfully launched the Phala Mntwana campaign, a community outreach initiative aimed at improving child health. The campaign delivered critical services including HIV testing, malnutrition assessments, immunisations, and the replacement of lost or damaged Road to Health cards. The event saw an impressive turnout, with parents and caregivers bringing their children in large numbers to benefit from the services offered. Health professionals provided education, screenings, and follow-up support. The campaign marked a significant step in strengthening healthcare access and promoting early childhood wellness in the region, ensuring brighter, healthier futures for all.



Healthcare workers attending to the mother and child.



Sr. Ngubane and healthcare workers helping the patients.

Statistics for the day:

HEXA-4 (DTP-HepB-Hib-IPV, 4th dose):
Total administered: 4 doses

TD-6 (Tetanus and Diphtheria, 6th dose):
Total administered: 6 doses

PCV-4 (Pneumococcal Conjugate Vaccine, 4th dose): Total administered: 4 doses

Vitamin D Supplementation: Status: Up to date / Given as recommended

Deworming: Total doses given: 13



Children playing soccer after being examined.

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PHOTO GALLERY



Outreach team visited Masukwane.



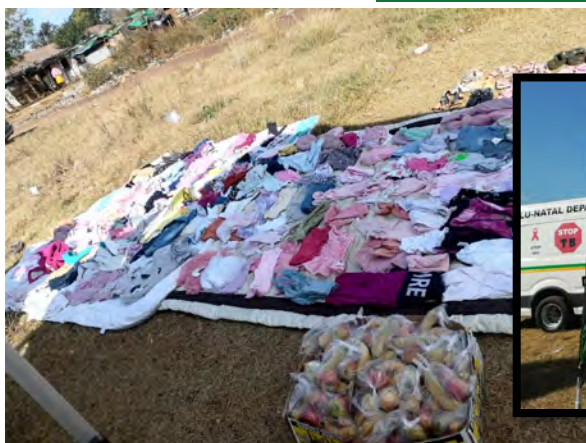
Outreach team visited Masukwane.



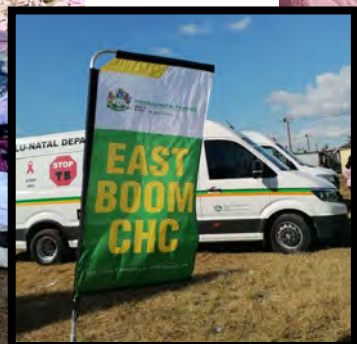
Babies services were done.



Tilling of states and recording.



Giving away of donations, was done.



Baby being weighed .



YOUTH DAY

"Empower the Youth, Ignite the Future!"



Lifeline stall



Dr Okafor, gave a gift for questions and answers.



Sr. B.G Ngcobo, (Paediatrics Operational Manager) did an opening prayer.



Gifts were given for the questions and answer quiz.



Medical Male Circumcision staff.



Sr. PM Ntontela (Maternity Operational Manager) did the vote of thanks

On the 18th of June 2025, a vibrant Youth Day celebration was held, featuring a sit-down programme filled with engaging activities. The event included fun games, interactive quizzes, and various stalls where departments showcased their services through brief presentations. Young people actively participated, gaining

valuable knowledge while enjoying the festive atmosphere. The programme fostered unity, learning, and empowerment among the youth. A heartfelt thank you goes out to all the sponsors whose generous contributions made the event possible. Their support helped create a memorable and impactful day,

celebrating the spirit and potential of the youth in our community.



PHOTO GALLERY



Psychologist and Right to care Stalls.



Psychologist Stall.



Audience praying.



Sr. Ngubane did Introduction, welcome and purpose of the day.



Gifts were given for the questions and answer quiz.



Children participating in exercise activity, by doing squats.



EDITORIAL PAGE



YOUR MENTAL HEALTH MATTERS

Indoda ayikhali, “man up” and “boys don’t cry” has robbed many families of fathers, brothers and bread winners. Being brave and fearless does not mean suffering in silence.

Visit your clinic for mental health services or contact The South African Depression and Anxiety Group on 0800 121 314, or send an SMS to 32312 and a counsellor will call you back.

Complaints, suggestions and compliments, received from internal and external stakeholders are managed in the Public Relations Officer 's department.

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