



MENS CELEBRATION 2025



Sub-District staffs attending the men's conference.

"Healthy Beginnings, Hopeful Futures"

The Men's Forum held a successful Men's Conference on 1st August 2025. The event began with attendees introducing themselves using the names they are called at

home, creating a warm and personal atmosphere.

The guest speaker, Mr. Mthethwa, posed a powerful question to the audience:

"What does it mean to be a man?" Several participants shared their thoughts, offering personal insights into manhood.

Continuation.....

Mr. Mthethwa then highlighted key principles of being a man — emphasizing **responsibility**, **accountability**, and the role of being a **provider**. He spoke firmly against destructive behaviors such as **rape**, **theft**, and **murder**. Noting that unfortunately, many of these acts are predominantly committed by men. He called on men to rise above these tendencies and live with integrity.

The importance of men in society was also

underscored. Mr. Mthethwa pointed out that men have played a major role in building infrastructure such as **skyscrapers**, **roads**, and **bridges** — tasks that are often physically demanding and essential to society's development. He reminded everyone that **men have a significant role to play**, both in the community and in their families.

The discussion then turned to a biblical perspective. Mr. Mthethwa encouraged men to reflect on their **spiritual**

responsibility, stating that being a man originates from God, through Jesus Christ. He urged men to be mindful of how and where they "sow their seed," as their actions can have long-term consequences on future generations.

The conference ended on a powerful note, reminding men that true manhood is about **honoring God**, **living with purpose**, and being **positive role models** in all areas of life.



Sub -district staffs attending the Men's conference.



BREASTFEEDING AWARENESS 07/08/2025

“Prioritise Breastfeeding: Create Sustainable Support Systems.”

A recent breastfeeding awareness event brought together mothers, healthcare professionals, and community members for a day filled with cultural expression, education, and empowerment. The event aimed to promote exclusive breastfeeding, equip mothers with essential knowledge, and provide support for healthier parenting practices.

The day opened on a spiritual note with Mrs. B.G. Ngcobo leading a soulful chorus, “Ungcwele uThixo,” followed by a heartfelt prayer. This set a positive and reverent tone for the day. The program was expertly managed by Sthembiso Khanyile, who ensured smooth proceedings throughout. Sr. Zungu welcomed attendees and outlined the event’s objectives, encouraging mothers to actively participate, ask questions, and absorb the valuable information shared.

A key highlight was Sr. Dzanibe’s comprehensive presentation on the benefits of breastfeeding. She emphasized that breast milk offers complete, natural nutrition at the perfect temperature and enhances the baby’s immune system, protecting against common illnesses. Beyond physical benefits, breastfeeding strengthens the emotional bond between mother and child and aids post-pregnancy recovery. She advised mothers to breastfeed exclusively for six months without introducing other liquids, including water, during this period. Sr. Dzanibe also encouraged expressing

and safely storing breast milk for working mothers, explaining refrigeration and freezing guidelines. She provided practical advice on feeding techniques such as burping and alternating breasts only when the baby is full, due to changing milk composition during feeds.

Dietitian Irisha supported these messages by describing breast milk as biologically tailored to human infants, changing from watery to rich within a single feed to meet nutritional needs. She gave guidance on introducing solid foods after six months, recommending small amounts of boiled, mashed foods to promote healthy digestion.

The Health Promoter and Sr. Mthembu provided vital information for HIV-positive mothers. Sr. Mthembu stressed consistent antiretroviral (ARV) treatment, regular health monitoring, and safe breast milk handling practices. She

cautioned against microwaving milk, advising warming it in water instead. Additionally, she highlighted the importance of condom use during breastfeeding to prevent reinfection, especially in risky relationships, and explained ARV medication management, including the proper approach to missed doses and combination therapies like the “Dolly Pill.”

The event was enlivened by a joyful song, “Phimbile Ngebele,” performed by the Paediatrics Department, celebrating breastfeeding. A live demonstration on correct latching and positioning gave mothers practical skills to apply at home.

Overall, the event successfully combined cultural celebration, medical knowledge, and community engagement. Mothers left feeling empowered, informed, and better prepared to give their babies the healthiest start through exclusive breastfeeding.



From the left: Mrs BG Ngcobo (Paediatrics Operational manager), Sr . M.P. Ntontela (Maternity Operational Manager), Sr. T.A. Ngubane (outreach Operational Manager), Ms A. Seevaparsaid (Dietician).

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PHOTO GALLERY



Audience, were also asked questions then given an opportunity to respond.



Food packs was given to the clients, they were donated by Dural Ihsal



East Boom CHC staffs attending the Braestfeeding event.



Mother was given an opportunity to respond to the question.



Sr. M.B.B. Mthembu did a talk on elimination of mother to child transmission (VTP) vertical transmission.



Sr M.S. Dznibe did a talk on benefits of breastfeeding.



WOMEN'S CELEBRATION

“For ALL Women and Girls: Rights. Equality. Empowerment.”



From left SAPS lady receiving a gift , from A Seeveparsaid.



Sub District staffs, attending the event.



Sr. A. T.A Ngubane did introduction, welcome and purpose.



Sub District staffs, attending the event.

On 8 August 2025, East Boom CHC hosted a powerful Women's Forum focusing on gender-based violence (GBV) and the vital role of women in our communities. The event was supported by our eight linked PHC clinics, making it a collaborative and impactful day.

The forum highlighted the ongoing challenges women face, particularly around GBV, and stressed the need for awareness, support, and action. Women were reminded of their value in families and communities — as caregivers, leaders, nurturers, and pillars of strength.

Speakers encouraged unity in fighting against violence and empowering women to speak out, seek help, and support one another. A key message was that protecting women is a community responsibility.

The event also included a prize giveaway and lucky draw, bringing excitement and appreciation to the attendees. It was a day of empowerment, education, and celebration of the powerful role women play in building a better society.



PHARMACY MONTH

“Think Health, Think Pharmacy – One Profession, Many Roles”



SAVF elderly people and pharmacy .



Pharmacy staff making tea and biscuits for the old people.



Siyabonga Ndlovu doing a health talk.



Pharmacy staffs making tea, from left Manisha Mathay (Student) , Siyabonga Ndlovu (Pharmacist) and Talika Harridave (Student).



SAVF elderly people and pharmacy .



Above: Muhammed Azhar Acoonjee boiling the water for to make tea.

On Friday 19/10/2025 the pharmacy team visited the SAVF Old Age Home to celebrate Pharmacy Month with the elderly residents. It was a heartwarming and memorable day filled with connection, care, and smiles. The staff shared valuable health tips tailored for older adults, focusing on medication safety, healthy habits, and general well-being. To keep things light and fun, they also did some gentle exercises together, which everyone enjoyed. After the activities, they served tea and biscuits, bringing comfort and joy . The residents were incredibly grateful and happy to see Pharmacy staffs, and their warm welcome truly touched hearts. It was a special experience that reminded the importance of giving back and spending time with our elders. Pharmacy is privileged to have shared this day with them.

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PHARMACY CONTINUE.....



Pharmacy staffs doing a health education.



Community attending the Phila Mntwana.



Left photo: Mlungisi Zungu (Student), client and Muhammed Azhar Acoonjee giving a gift.

Right photo: Maniesha Mathay, Muhammed Azhar Acoonjee , client and Talika



Community attending the Phila Mntwana.

As part of our Pharmacy Month activities, the pharmacy team visited the Phila Mntwana mobile clinic today. The main focus was to educate the community on key health topics, especially for children and mothers. They spoke about the safe use of medicines in children, the importance of immunisation, good nutrition for both mothers and children, and how to identify and manage common childhood illnesses. To make the session engaging and interactive, they asked questions throughout the visit. Those who answered correctly received hygiene packs as gifts. This not only encouraged participation but also helped reinforce important health messages. The visit was well-received, and they were pleased to see community members actively involved and eager to learn. By sharing this knowledge, there is a hope to support healthier families and promote better healthcare practices within the community.

DISTRICT SPORTS AND RECREATION

Determination, teamwork, discipline,
endurance and passion.



Above: East Boom CHC and Sub District soccer team.

On the recent uMgungundlovu District Sports Day held 12/09/2025, all health facilities under the district came together to compete in various sporting codes. The event brought excitement, energy, and a spirit of unity, with participants showcasing their talents in netball, induku, aerobics, soccer, mlabalaba, chess, power walking, and running.

Fixtures for the soccer matches were arranged in groups. East Boom CHC and Sub-District were placed in a group alongside Fort Napier Hospital and Bruntville CHC.

In our first match, East Boom CHC and Sub-District played against Fort Napier Hospital and secured a strong victory with a score of 4–0. Building on that momentum, we went on to play Bruntville CHC and again emerged victorious with an impressive 6–0 win.

Despite our outstanding performance and dedication, we unfortunately did not progress to the semi-finals or finals. Greys Hospital team in the other group, won all their matches and advanced due to having a higher goal difference. Although East Boom CHC and Sub-District fought hard and played exceptionally well, we missed qualification by just two goals.

Nonetheless, the day was a celebration of sportsmanship, teamwork, and community spirit. Well done to East Boom CHC. We look forward to coming back stronger next year!

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EDITORIAL PAGE

WHAT IS THE RIGHT TIME TO TAKE TREATMENT

FOR VITILIGO?

THE BEST TIME TO TREAT VITILIGO IS IN ITS EARLY STAGE, WHEN SMALL WHITE PATCHES FIRST APPEAR. EARLY TREATMENT PREVENTS SPREADING, RESTORES SKIN COLOR, AND IMPROVES RECOVERY CHANCES.



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Physical Address:

541 Boom Street, Pietermaritzburg, 3201

Postal Address:

P.O. Box 5, 3201

Contact:

Tel: 033 264 4900/ 3200

www.kznhealth.gov.za

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