KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

CATO MANOR
CHC

EZASEMKHUMBANE NEWS

MARCH 2026

REHAB CHRISTMAS PARTY

On 22 December 2025, the Rehab Unit was filled with warmth, excitement and a genuine spirit of giving. In a heartfelt initiative, staff members came together and contributed their own funds to host a special Christmas celebration for the young patients. Every aspect of the day reflected sincere care decorations were thoughtfully arranged using items from previous years, while the food, lovingly prepared and provided by the staff, added a personal and meaningful touch to the occasion.

The day began on a beautiful and emotional note with an opening prayer led by one of the mothers. Her words set a tone of gratitude, hope and unity, bringing everyone together as one family. Shortly thereafter, Mr. Hlazo, Mr Hlazo the M&E Manager delivered a warm welcome address. He spoke passionately about the Rehab unit's tradition of hosting Christmas parties each year, emphasizing that these celebrations are more than just events they are expressions of love, compassion and commitment to their patients.

Following this Ms Zinhle Nkabinde took to the floor to share the purpose of the day. She highlighted the importance of creating joyful moments for the children, reminding everyone that beyond medical care, emotional well being and happiness are equally essential in the healing journey.

As the programme unfolded, the Master of Ceremonies brought energy and excitement to the room. She guided attendees through the day's activities, building anticipation for the fun filled games planned for both the children and their mothers. Laughter soon filled the space as families participated in playful competitions, creating unforgettable memories together.

The highlight of the day came when the children and their mothers received beautifully prepared gifts. The joy on their faces was undeniable smiles, laughter, and a sense of appreciation radiated throughout the room. It was a moment that captured the true essence of the event: giving, kindness and shared happiness.

As the celebration drew to a close, Kerri delivered the closing remarks. She expressed sincere gratitude to everyone who contributed acknowledging the staff for their generosity and dedication and thanking the mothers for their participation and trust. Her words wrapped up the day with a sense of accomplishment and pride.

Delightful and playful moments enjoyed by the children

Parents took part in lively and entertaining games

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GROWING KWAZULU-NATAL TOGETHER

ACTIVATION EVENT OF 16 DAYS OF ACTIVISM

On the morning of 3 December 2025, just as the sun began to rise over Durban, a sense of purpose filled the air at Cato Manor Community Health Centre at 07:00, healthcare professionals, social workers and community stakeholders gathered for an important cause the activation event of the 16 Days of Activism Against Violence in Women and Children.

The initiative was more than just a calendar event; it was a call to action. The facility became a space of awareness, reflection and empowerment as attendees came together to confront the harsh realities of gender based violence and its far reaching impact on individuals and communities.

The programme was led by Ms N. Jili, a registered counsellor alongside Ms T. Kubone, a dedicated social worker. Their collaboration brought both emotional insight and practical guidance to the session. They facilitated discussions that not only highlighted the prevalence of gender based violence but also created a safe platform for dialogue, understanding, and healing.

A key focus of the event was the integration of mental health screening services. Recognizing that the effects of violence often extend beyond the physical, the facilitators ensured that attendees had access to mental health support. Individuals were encouraged to reflect on their own experiences and those in need were guided toward appropriate care and resources.

Several stakeholders played a vital role in enriching the discussions. Childline emphasized the profound impact that violence has on children whether experienced directly or witnessed within the home or community. They spoke about how such exposure can shape a child's emotional well being, sense of safety and long term development. Their message underscored the importance of early intervention, community awareness and consistent support systems.

TAFTA (The Association for the Aged) added another critical perspective, shedding light on the often overlooked vulnerability of older persons. They highlighted that violence does not discriminate by age and that elderly individuals are frequently at risk of various forms of abuse, including emotional, physical and financial exploitation often at the hands of those they trust most. Their contribution served as a reminder that protection and advocacy must extend to all age groups.

Patients listening to the speakers

TB DAY AWARENESS EVENT

March, is a month that is recognized globally for raising awareness about tuberculosis (TB), came alive with purpose and unity at Cato Manor Community Health Centre. On the 20th of March 2026, the facility hosted a TB Awareness Day under the inspiring theme: *"Yes we can end TB."*

The day began on a warm and reflective note with an opening prayer led by Sr TP Sibiya setting a tone of compassion and collective responsibility. Mr Hlazo followed, warmly welcoming everyone and officially opening the event. Shortly after, Mr Nkosi outlined the purpose of the day emphasizing the importance of awareness, early detection and community involvement in the fight against TB.

One of the key highlights was the discussion on the importance of screening contacts of TB patients. It was clearly explained that TB spreads through close contact, making it vital for those living with infected individuals to come forward for testing. The message was simple yet powerful: early detection can save lives and prevent further spread.

Staff members holding a TB day theme

Sr Mtshengu then addressed the audience on the importance of treatment adherence. She passionately reminded everyone that TB is treatable but only if patients commit to taking their medication consistently for the full six months. His message reinforced discipline, patience and hope as essential parts of recovery.

The session became interactive with a lively question and answer segment, where patients were encouraged to engage and share their thoughts. It was also an opportunity to assess how well the information had been received, creating a space for learning and clarification.

A truly inspiring moment came when Mrs Alice a TB survivor took to the stage as the guest speaker. With courage and honesty, she shared her personal journey her struggles, determination and eventual victory over TB. Her testimony deeply moved the patients serving as living proof that TB is treatable and that recovery is possible when one follows treatment faithfully.

MRS ALICE METHUSI: GUEST SPEAKER

As the day came to a close, there was a renewed sense of hope and empowerment among attendees. The event did not only educate but also united the community in the shared goal of ending TB. It was a reminder that through awareness, support and commitment: ***Yes we can end TB.***

Sr Malinga and Ms K Xulu from Ethekwini Commmunity Aid Food bank (sponsor)

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CAO - CARRIER GUIDANCE EXHIBITION SHOW

On the 14th March 2026, the grounds of Durban exhibition center came alive with excitement as students gathered for the CAO Career Guidance Exhibition. Among the many exhibitors stood a passionate team from the Department of Health, ready to make a difference beyond just career advice. They came with a mission to educate, empower and protect.

From the moment they arrived, it was clear that their focus would go beyond pamphlets and presentations. We spoke about health promotion placing special emphasis on challenges affecting young people particularly the rising rate of teenage pregnancy. With openness and care, we introduced learners to various family planning methods, explaining how modern options like implants and injectable contraceptives can offer long term protection. We also highlighted the importance of dual protection, reminding students that while contraceptives prevent pregnancy, condoms remain essential for protecting against infections like HIV.

L Mayoyo (PRO) & Sr F Khumalo (MCW—OM)

The conversations didn't stop there. The team introduced students to PrEP, a daily tablet that helps HIV negative individuals stay protected. It was a powerful moment seeing young people realize that they have control over their health and future. Questions flowed, curiosity grew and myths were gently replaced with facts.

As the day continued, the focus shifted to immunization, where the team emphasized how vaccines protect children from serious diseases such as measles and polio. Their message was simple but strong: prevention is always better than cure and every child deserves protection. We also spoke about tuberculosis (TB) a disease still affecting many communities. Students listened attentively as they learned to recognize symptoms like persistent coughing, night sweats and weight loss. The reassurance that TB is curable when treated early brought a sense of hope.

L Mayoyo (PRO) & Sr F Khumalo (MCWH - OM & Sr Cebekhulu

Beyond health education, something inspiring happened. Some students began to see themselves in the shoes of the healthcare workers standing before them. Interest in the nursing profession sparked and the team encouraged them to consider it as a meaningful career path one where they could one day change lives just as they were doing.

By the end of the exhibition, it was more than just an event it was a day of impact. Information had been shared, awareness had been raised and seeds of ambition had been planted. As pamphlets were handed out and goodbyes exchanged, one thing was certain: our visit to participate to the Exhibition had left a lasting impression not just on the students, but on the future of the community itself.

Learners visited to make enquiries

OPEN DAY EVENT

The sun rose brightly over Cato Manor CHC on the morning of 31 March 2026 marking a day that staff and patients alike had eagerly anticipated. It was not just any ordinary day it was an Open Day, a special occasion dedicated to bringing the clinic closer to the community it serves. The theme, *"Wazi Umtholampilo Wakho "* (Know your clinic), set the tone for a meaningful and informative experience.

From the early hours, the clinic was filled with energy and excitement. The day began with a warm welcome as patients arrived and were guided through a short morning programme. The management, staff members engaged with patient in waiting areas, explaining the purpose of the event and giving them a glimpse of what to expect throughout the day. There was a strong sense of connection as healthcare workers and patients interacted in a more personal and informative way.

All departments i.e Dental, Rehabilitation, Pharmacy, Acute Department, MCHW and Chronic Services proudly showcased their work. Each department had carefully prepared informative and visually appealing displays. As patients moved from one table to another, they were encouraged to ask questions and learn more about the services available to them. It was an opportunity not only to inform but also to empower the community with knowledge about their health and the support systems around them.

Operational Managers and healthcare professionals were actively involved, providing health education and answering questions with patience and care. Pamphlets were distributed, ensuring that patients could take valuable information home with them. The atmosphere was lively, educational and welcoming. Adding to the excitement was a friendly competition among departments. Each team put in great effort to present the most outstanding display, with a microwave prize awaiting the winner of the "Best Table." This encouraged creativity, teamwork and pride in their work.

As the day unfolded, entertainment brought smiles and laughter, making the experience even more enjoyable for everyone present. The joy was evident staff and patients alike shared moments of happiness, learning and unity. By the end of the day, it was clear that the Open Day had been a success. It not only showcased the clinic's services but also strengthened the relationship between the healthcare providers and the community. With grateful hearts, the organizers extended their sincere appreciation to everyone who participated and contributed to making the day memorable.

Pharmacy Department

Dental Department

Chronic Department

OPEN DAY PHOTO GALLERY

MCWH: methods of family planning

Acute Department

MCWH

Chronic Department

Rehabilitation table

Dental

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PEOPLE FIRST