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Q1 - June 2026

From Drum Majorettes to the Nurses' Pledge: A Spectacular Tribute to Our Healthcare Backbone

Nurses from Christ The King Hospital lead the Nurses' Day celebration parade, marching from the main hospital administration building to the Old Nurses Home. Pictured (from front left to right) are Nurse Zwane, Sr Sithole, and Nurse Miya.

The spirit of dedication and compassionate care was palpable on 27 May 2026, as the nursing staff gathered for a special celebration in honour of Nurses' Day. The event was a heartfelt tribute to the unwavering commitment of the nurses who form the backbone of our healthcare institution. The celebration started with a vibrant nurses' drum majorette procession from the Main Hospital Admin Building to the historic Old Nurses Home, where the official programme began. The spirited march was proudly led by Sr Sheila Sithole, Nurse Mbali Miya, and Nurse Hlobisile Zwane, while Sr Norma Buntting and Nurse Mtomuhle Mbatha carried the nurses' flag high, setting a lively and dignified tone for the day.

The proceedings commenced with a warm welcome, under the expert direction of the Programme Director, Mr. M. R. Magomba, who ensured the event flowed seamlessly. The atmosphere was set with a solemn and moving prayer, led by Fr. K. N. Mngadi, who invoked blessings upon the nurses and their vital work.

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Our Chief Executive Officer, Mrs. N. M. Ngubane, delivered an inspiring welcoming address. She expressed her profound appreciation for the staff's resilience and empathy, acknowledging the challenging yet rewarding nature of the nursing profession. Following this, the Deputy Manager of Nursing, Ms. M. L. N. Mthembu, eloquently articulated the purpose of the day, reminding everyone of the importance of reflection, recognition, and rejuvenation.

The celebration was made even more significant by the generous support of our corporate partners. Representatives from Absa Bank, Assupol, and Old Mutual were present to show their solidarity and appreciation for the nursing staff, reaffirming their commitment to the well-being of the healthcare community.

Adding a touch of prestige to the occasion, the Hospital Board Deputy Chairperson, Mr. V. H. Msomi, delivered an encouraging speech, praising the nurses for their exceptional service and dedication to patient care.

In a moment of formal introduction, Mrs. N. C. Ngubo had the honour of welcoming the Keynote Speaker, Mr. R. B. J. Jaji. Mr. Jaji captivated the audience with a powerful and motivating keynote speech that resonated deeply with the nurses, inspiring them to continue their noble calling with renewed vigour.

The formalities culminated in a poignant and symbolic moment as the Deputy Manager of Nursing, Ms. M. L. N. Mthembu, led the nurses in the recitation of the Nurses' Pledge. The collective voices of the nurses renewing their oath was a powerful testament to their professional integrity and promise to their patients.

In closing, our CEO, Mrs. N. M. Ngubane, delivered a heartfelt vote of thanks, expressing gratitude to all the speakers, sponsors, and attendees for making the day a memorable success.

The celebration concluded on a high note, as a buffet of refreshments was served, allowing the nurses to unwind, network, and enjoy each other's company in a relaxed and festive atmosphere. It was a fitting end to a day dedicated entirely to celebrating the heroes in scrubs who give so much of themselves every day.

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Where The Hospital and Every Clinic Feels Like Home: A CEO's Promise of Unity

Mrs N. M. Nguabne
Chief Executive Officer

Dear Johannes Phumani Phungula Health Sub-District Family, Partners, and Valued Community Members,

Grace, peace, and warm greetings to you all.
It is with immense humility and great excitement that I write to you for the first time as the Chief Executive Officer of Christ The King Hospital and its clinics. To be entrusted with the leadership of this noble institution is not just a professional milestone for me; it is a calling, and I embrace it with my whole heart.

When I look at Christ The King Hospital, I see more than our main campus. I see a network of care that stretches into the very heart of our communities through our clinics. These clinics are not "satellites" to me; they are the frontline of our mission. They are where we meet our patients where they live, where we break down barriers to access, and where we bring healing directly to those who need it most. Whether within our hospital walls or in our clinics across the sub-district, our commitment remains the same: compassionate, dignified, and excellent care for every person who walks through our doors.

I come to you with a vision rooted in unity and growth. My goal is to ensure that the care you receive at our main hospital is seamlessly connected to the care you receive at any of our clinics. We are not separate entities; we are one family, one mission, and one standard of excellence. I am committed to strengthening this bond; improving communication, streamlining referrals, and ensuring that our patients experience a continuum of care that is both smooth and deeply personal.

To the dedicated staff at our main hospital and at every clinic: *I see you. I see the long hours you put in, the sacrifices you make, and the compassion you pour out day after day. Whether you are in a busy urban facility or a quiet rural outpost, your work is the heartbeat of this sub-district. I am here to listen to you, to support you, and to champion the resources you need to do your sacred work. Together, we will ensure that every site feels the strength of our collective mission.*

To our patients and communities: *Thank you for trusting us with your health and your lives. Please know that whether you visit our main hospital or one of our clinics, you are receiving care from a family that values you. We are exploring ways to expand our reach, improve our services, and ensure that quality healthcare is not a privilege for the few, but a right for all.*
I am a firm believer that the future of healthcare lies in reaching beyond our walls. Under my leadership, we will strengthen our clinics, invest in our people, and deepen our roots in the communities we serve. With God's guidance and our collective dedication, I know that Christ The King Hospital and its clinics will continue to be a beacon of hope and healing for generations to come.

I look forward to visiting our clinics, meeting our teams, and walking alongside you in this journey. My door and my heart are always open.
May God bless you, and may God bless Christ The King Hospital and all its clinics.
With deepest gratitude and unwavering commitment.

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Christ The King Hospital Board Represented At Regional Governance Training

In a continued effort to strengthen healthcare leadership and accountability, a delegation from Christ The King Hospital recently participated in a critical training workshop for Hospital Board Members. The session took place on 21 April 2026 at Greys Hospital in Pietermaritzburg.

The training was specifically convened for all health institutions within Region Two, encompassing the Harry Gwala Health District, UMgungundlovu Health District, and Ugu Health District.

Christ The King Hospital was well-represented by the following delegation:

- **Board Members:** Mr. V. H. Msomi and Ms. N. W. Dladla
- **Acting Chief Executive Officer:** Ms. M. L. N. Mthembu
- **Clinical Programme Coordinator: Quality Assurance:** Mrs. L. Z. Getyengana
- **Public Relations Officer:** Mr. S. N. Mkhize

A Collaborative Effort

The workshop was facilitated by the District Directors from the three respective districts, with additional support provided by the Provincial Head Office and other districts within the province. This collaborative approach ensured that the training was comprehensive and aligned with provincial healthcare objectives.

Empowering Governance

The primary purpose of the session was to orientate board members on their critical roles and mandates. Key focus areas included understanding the legal and fiduciary duties of board members, financial oversight, strategic planning, and the importance of quality assurance in clinical settings.

The training served as a platform to ensure that hospital boards are equipped with the necessary knowledge and skills to provide effective oversight, thereby improving governance standards and ultimately enhancing patient care across the region.

Acting CEO, Ms. M. L. N. Mthembu, expressed her appreciation for the opportunity, stating, “This training is vital in ensuring that our board members are fully empowered to guide the hospital's strategic direction and uphold the highest standards of accountability.”

Picture 1 *- Mr V. H. Msomi (Deputy Chairperson - Hospital Board)*

Picture 2 *- Ms N. W. Dladla (Hospital Board Member).*

Picture 3 *- Ms M. L. N. Mthembu (Acting Chief Executive Officer).*

Picture 4 *- Mrs L. Z. Getyengana (Clinical Programme Coordinator: Quality Assurance)*

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Empowering Young Minds: Christ The King Gateway Clinic Leads Teenage Pregnancy Awareness Campaign at Marithal Combined School

Picture 1 *- Sr Ndlovu and Sr Sithole demonstrating and educating pupils about contraceptive methods.*
Picture 2 *- Pupils presenting their discussions on stigma associated with teenage pregnancy.*
Picture 3 *- Grade 7 and 12 learners listening to health talks.*
Picture 4 *- Grade 12 learners presenting ways to prevent teenage pregnancy.*

On 9 June, the Christ The King Gateway Clinic took a decisive stand against the escalating challenges facing today's youth. In partnership with local health teams and community stakeholders, the Adolescent Youth Friendly Services (AYFS) team descended upon Marithal Combined School to tackle one of the most pressing issues threatening young futures: teenage pregnancy. What followed was not just a lecture, but a powerful, student-led dialogue that transformed the school hall into a hub of awareness, support, and empowerment.

The initiative was spearheaded by the dedicated AYFS Champion, Sr Pearl Ndlovu, alongside Sr Sheila Sithole, Nurse Zipho Mkhize, and Mr Sthembiso Chiliza. Their efforts were bolstered by the combined strength of the Ixopo Clinic School Health Team and the Ndwebu Clinic School Health Team, ensuring a comprehensive approach to the students' well-being.

At the heart of the campaign was an engaging dialogue session that placed the learners at the centre of the conversation. Grade 7 and Grade 12 learners were divided into groups and assigned different topics related to teenage pregnancy, ranging from the physical and emotional challenges of early parenthood to the social stigma, legal implications, and the importance of contraception and peer pressure. After robust discussions within their groups, learners took to the stage to present their findings and perspectives to the entire hall. This powerful exercise not only gave the younger and older students a platform to voice their thoughts but also allowed the whole school to benefit from the diverse insights shared by their peers.

The campaign went beyond just health education; it was a holistic intervention designed to address the social and emotional factors contributing to teenage pregnancy. Recognizing that young people require multi-faceted support, the clinic team invited key community stakeholders to join the conversation. The South African Police Service (SAPS) from Ixopo provided crucial insights on legal implications and personal safety, while LIFE LINE offered guidance on emotional well-being, relationships, and counseling services. Additionally, the presence of CHOC (Childhood Cancer Foundation South Africa) highlighted the importance of overall health awareness, reminding the youth of the broader health challenges within their communities.

The event was interactive and deeply impactful, with the learner presentations sparking honest and thought-provoking discussions. The collaborative effort provided a safe space for learners to ask questions and access resources they might not have been aware of.

"We believe that every young person deserves the opportunity to reach their full potential," said Sr Pearl Ndlovu. "By bringing together the clinic, the police, and support organizations and most importantly, by letting the young people themselves lead the conversation we are showing these students that the entire community is behind them, ready to support them in making healthy and informed decisions."

The success of the Marithal Combined School campaign underscores the commitment of Christ The King Gateway Clinic and its partners to building a healthier, stronger future for the youth of our community. We thank all the stakeholders for their invaluable support and look forward to continuing these life-changing interventions.

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Nokweja Clinic Champions Youth Health with Impactful Teenage Pregnancy Awareness Campaign

In a proactive step towards safeguarding the future of the youth, the Nokweja Clinic School Health Team, in collaboration with the Adolescent Youth Friendly Services (AYFS), visited Nokweja High School on 21 June 2026. The visit, centered on a Teenage Pregnancy Awareness Campaign, aimed to equip learners with the knowledge and tools necessary to make informed decisions about their sexual and reproductive health.

Led by Sr Samke Memela (School Health Nurse) and Sr Nokubonga Dlamini (AYFS Champion), the campaign moved beyond the traditional class format to foster genuine engagement. A dynamic dialogue session was held, involving 197 eager learners. To encourage critical thinking and peer-to-peer learning, the learners were divided into groups and given different topics related to teenage pregnancy to discuss and present their findings.

The presentations and subsequent discussions provided a comprehensive look at the issue. The learners took the lead in covering the root causes of teenage pregnancy within their community, while Sr Samke Memela provided expert insight into the physical, emotional, and social dangers associated with teenage pregnancy. Furthermore, Sr Nokubonga Dlamini guided the learners through essential prevention and safety measures, including methods of contraception, as well as information on Pre-Exposure Prophylaxis (PrEP) and Post-Exposure Prophylaxis (PEP).

The campaign also provided vital clinical services to the learners. During the visit, the team successfully:

- Screened 197 learners for Tuberculosis (TB).
- Conducted 5 GeneXpert tests for TB diagnosis.
- Inserted 5 Implanon contraceptive devices.
- Administered 2 Depo-Provera injections.

This holistic approach combining education, open dialogue, and direct access to healthcare represents the clinic's commitment to the well-being of the youth. We extend our sincere gratitude to the staff and learners of Nokweja High School, as well as Sr Memela and Sr Dlamini, for their dedication to creating a healthier and more informed generation.

Picture 1 and 2– *Sr Memela with Nokweja High School learners.*
Picture 3 *- Sr Dlamini demonstrating different contraceptives methods.*
Picture 4 *- Nokweja Clinic School Health and AYFS teams.*

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Ixopo Clinic School Health Team Leads SAAH Towards Provincial Health Promoting School Status

On 10 June 2026, the Sports, Arts, Academics and Humanities Learning Centre (SAAH) in the Christ The King Gateway Clinic jurisdiction took a monumental step toward official recognition as a Health Promoting School.

The day marked the Provincial Assessment, a critical evaluation that will determine the school's official status. This achievement is the result of months of dedication from the Ixopo Clinic School Health Team, led by the tireless efforts of Sr Gwala and Nurse Tshazi.

A Journey of Dedication

The road to this provincial milestone has been one of consistent hard work and collaboration:

- **November 2025 -** The Health Promotion concept was introduced to SAAH.
- **February 2026 -** SAAH was officially identified as a candidate for the Health Promoting School initiative.
- **March 2026 -** Under the guidance of Sr Gwala and Nurse Tshazi, the school successfully passed the District Assessment, proving their readiness for the provincial level.
- **June 2026 -** The team returned to facilitate the Provincial Assessment, which will ultimately grant the school its Health Promoting Status.

Picture 1 *- Sr Gwala and Nurse Tshazi.*

Picture 2 *- Discussions during the provincial assessment.*

Picture 3 *- Sr Gwala with Grade R learners and their teacher.*

Picture 4 *- SAAH Grade 4 learners*

A School on the Rise

During the assessment, Principal Mkhize provided a powerful update on the school's growth since its founding in 2023. What began as a humble initiative with just 2 learners has blossomed into a thriving educational environment now serving 35 learners from Grade R to Grade 5. This growth underscores the community's trust in SAAH's vision and the leadership of Principal Mkhize.

Collaborative Support

The provincial assessment was a collaborative effort, showcasing the strength of the local health ecosystem. The assessment was supported by the CTK Gateway Clinic Outreach Team, led by Nurse Zipho Mkhize and Mr Sthembiso Chiliza, whose presence ensured the smooth operation of the day.

Additionally, the Harry Gwala Health District Officer Health Promotion team was on-site to provide support and oversight, affirming the district's commitment to integrating health and wellness into the school environment.

Looking Ahead

Thanks to the unwavering dedication of Sr Gwala, Nurse Tshazi, and the entire support network, SAAH stands on the brink of achieving its Health Promoting School status. This recognition will not only benefit the 35 learners currently enrolled but will also set a standard for wellness and education in the region for years to come.

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Rehabilitation Department Whips Up Success With Monthly Bake Sales For A Cause

Since the beginning of this quarter, the Rehabilitation Department has been buzzing with activity and the irresistible aroma of freshly baked goods as they rally together for a heartwarming cause. Under the dedicated leadership of our Community Service therapists, the team has launched a monthly bake sale to raise funds for the annual Cerebral Palsy Christmas Party, a cherished event hosted for our young patients and their devoted caregivers.

The initiative is spearheaded by a dynamic team of Community Service practitioners: Londiwe Twala (Occupational Therapist), Natanya Naidoo (Speech Therapist), Nozibusiso Khumalo (Audiologist), and Fathima Ismail (Physiotherapist). With boundless energy and community spirit, they have transformed the hospital's assembly point into a bustling pop-up café once a month, offering a delectable spread that includes freshly baked muffins, savory samoosas, golden scones, glazed doughnuts, and comforting cups of coffee and hot chocolate. Hearty wors rolls and hot dogs have also proven to be firm favorites among staff and visitors alike, ensuring that no one leaves hungry.

Behind this flavorful fundraising effort is a strong support system of senior staff who provide guidance and strategic oversight. The team extends its sincere gratitude to Mrs. Nompilo Mkhize (Chief Occupational Therapist), Miss Nosipho Xaba (Physiotherapist), Mr. Mcebisi Maduna (Occupational Therapist), and Mr. Iviwe Gabisa (Audiologist), who host weekly planning meetings to review preparations, share feedback after each sale, and ensure that every detail is fine-tuned for success.

These weekly gatherings have become a cornerstone of the project, fostering collaboration, accountability, and a shared sense of purpose. Each meeting allows the team to celebrate wins like sell-out batches of samosas and brainstorm improvements, such as introducing new menu items or streamlining service during busy lunch hours.

So far, the bake sales have not only generated vital funds for the upcoming Cerebral Palsy Christmas Party but have also strengthened team morale and brought staff across the hospital together in a fun, informal setting. The Christmas Party, which promises to be a day of joy, music, and celebration for patients and their families, will be made all the more special thanks to the generosity of everyone who has supported these monthly treats.

The Rehabilitation Department encourages all staff to keep an eye out for the next bake sale date and to come hungry because every muffin, every sausage roll, and every cup of coffee brings us one step closer to creating unforgettable Christmas memories for our Cerebral Palsy patients and their caregivers.

Picture 1 *- Rehab Department Comm Serve Therapists (from left, Nozibusiso Khumalo, Londiwe Twala, Fathima Ismail and Natanya Naidoo).*
Picture 2 *- Bake Sale menu and display board.*
Picture 3 *- Some of the goodies on sale.*

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Ixopo Clinic Celebrates Youth Day with Hope, Song, and Testimony

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Picture 1 *- Some of the Ixopo Clinic staff in school uniform.*
Picture 2 *- Sr Dlamini delivering her speech..*
Picture 3 *- Isicathamiya led by Nurse Ngcongo.*
Picture 4 *- Staff preparing of their Isicathamiya performance.*

The parking lot of the Ixopo Clinic was transformed into a vibrant stage of celebration and reflection on 25 June 2026 as the facility hosted a special event in commemoration of Youth Day.

Staff members set the tone for the day by donning school uniforms, a symbolic nod to the students of 1976 who stood up for their right to education. The proceedings kicked off with a lively and formal dance step, expertly led by the rhythm and energy of Nurse Ndlovu and Nurse Ngcongo, getting the crowd energised for the morning ahead.

The spirit of resilience was further invoked through a powerful dance performance from the iconic musical Sarafina, followed by the singing of classic youth day songs that echoed the struggles and triumphs of the past. These performances served as a poignant reminder of the sacrifices made by the youth of 1976 and the freedoms that were hard-won.

The highlight of the event was a heartfelt speech delivered by Sr Nokwazi Dlamini, the Operational Manager Nursing. In her address, she encouraged the young attendees to look to the future with ambition and determination, emphasising the importance of health, education, and self-worth.

A Story of Redemption

The day took a deeply personal turn when a patient, Ntobeko Dube from Springvale, stepped up to share his testimony. At 29 years old, Ntobeko's story is one of incredible transformation. He candidly shared his struggles with substance and alcohol abuse, detailing how he spent 10 years living on the streets and enduring multiple stints in prison.

However, Ntobeko's journey took a turn for the better in 2020 when he found his faith. He spoke passionately about turning his life around and the power of making informed choices. His testimony reached its triumphant crescendo when he shared that he recently got married on 31 May 2026. Now a motivational speaker, he is dedicated to steering the youth away from the path of destruction and towards a life of purpose.

The event was organised by the clinic's dedicated Adolescent and Youth Friendly Services (AYFS) team, who continue to demonstrate a commitment to supporting the health and well-being of the youth in the Ixopo community. The celebration was a beautiful blend of commemorating the past, celebrating the present, and inspiring hope for the future.

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Photo Gallery

Ntobeko Dube (left) with Sr Nokwazi Dlamini

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Yellow, Green and Healing: How Bafana Bafana Jerseys Turned Therapy Into A Victory Celebration

There is a special kind of magic that happens when a nation comes together to support its heroes. Here at Christ The King Hospital, that magic was on full display as we celebrated the spirit of the 2026 FIFA World Cup in the most vibrant way possible.

On the morning of 11 June 2026, a wave of yellow and green swept through our corridors. It was a sight to behold as our dedicated teams from the Rehabilitation Department and the Medical Component staff traded their traditional clinical whites and scrubs for the iconic jerseys of our beloved national team, Bafana Bafana.

More Than Just a Jersey

It wasn't just about wearing a shirt; it was a powerful statement of unity. For our patients, many of whom are on challenging journeys toward recovery, walking into a therapy session or a medical consultation to find their therapists and doctors beaming with national pride is a boost that goes beyond medicine.

"We wanted to bring the energy of the stadium right here to our patients," said Mrs Nompilo Mkhize, Chief Occupational Therapist. "For many of our patients, the road to recovery can feel isolating. By celebrating together, we reminded them that they are part of a larger community; a team cheering them on just as we cheer for our players."

A Team Effort

The collaboration between our Rehabilitation and Medical teams on this day highlighted the very essence of teamwork both on the pitch and in our facility. Whether it was our Physiotherapists leading exercises in their Bafana Bafana tops, our Nurses checking vitals with a "Viva Bafana" chant, or our Occupational Therapists incorporating the colors into their activities, the synergy was palpable.

What made the day truly special was seeing how the shared excitement translated into tangible motivation. Several patients who had been hesitant with their exercises found new energy, drawing inspiration from the national pride around them. The jerseys became conversation starters, breaking down clinical barriers and allowing staff and patients to connect as fellow South Africans first. Many patients shared their own fond memories of past World Cups, and these stories became a form of group encouragement, turning routine therapy sessions into moments of genuine camaraderie and emotional uplift.

The Heartbeat of the Nation

As Bafana Bafana takes on the world on the pitch, we reminded ourselves that the "I" in "Team" stands for "Inclusion." In a healthcare setting, the World Cup is more than just a sporting event; it is a reminder of resilience, strategy, and the will to win against the odds; values that our staff uphold every single day.

We wish Bafana Bafana the best of luck as they continue their campaign. Win or lose, they have already brought us together in a beautiful way.

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New Appointments

Mrs N. M. Ngubane
Chief Executive Officer
Christ The King Hospital

Ms S. P. Ngcobo
Enrolled Nurse
Jolivet Clinic

*We are pleased to announce the appointment of **Mrs. N. M. Ngubane** as the new Chief Executive Officer of Christ The King Hospital. Mrs. Ngubane joins us with a distinguished background in healthcare leadership and a steadfast commitment to service excellence. Her strategic acumen and patient-first philosophy will be instrumental in steering the hospital toward continued growth and innovation. We look forward to witnessing the positive impact of her stewardship on our staff, patients, and the broader community.*

*We equally welcome **Ms. S. P. Ngcobo**, who has joined our team as an Enrolled Nurse at Jolivet Clinic. Ms. Ngcobo brings warmth, dedication, and clinical competence to her new position. As a frontline caregiver, she will play an essential role in ensuring the comfort, dignity, and well-being of every patient who walks through the clinic's doors. Her presence strengthens our ability to deliver compassionate, quality care at the community level.*

Please join us in extending a warm welcome to both Mrs. Ngubane and Ms. Ngcobo. We wish them fulfilling and impactful journeys with us as they embark on this new chapter.

Staff Exits

*After years of dedicated service to Christ The King Hospital, we bid a fond and grateful farewell to **Mrs I. B. Nguse**, who has officially retired from her role as a Food Service Aid.*

Mrs Nguse has been a quiet yet indispensable presence in our hospital, ensuring that patients nourishing meals prepared with care and consistency. Her work may often have taken place behind the scenes, but its impact was felt at every bedside and in every dining hall. She understood that food is not just sustenance; it is comfort, it is dignity, and it is an essential part of healing.

Throughout her tenure, Mrs Nguse demonstrated reliability, kindness, and a strong work ethic. She treated every patient with respect and every colleague with warmth, earning the admiration and appreciation of all who had the privilege of working alongside her.

While we are sad to see her go, we rejoice with her as she enters this well-deserved chapter of rest and relaxation. Her contribution to this hospital and its mission will not be forgotten.

We invite all staff to join us in thanking Mrs Nguse for her loyal service and wishing her a retirement filled with good health, happiness, and the peace she has so richly earned.

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