KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

CHURCH OF SCOTLAND HOSPITAL
DISTRICT HOSPITAL

COSH MAG

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COSH CELEBRATES WOMEN'S DAY

Umtholampilo wase mhlangana ukhuthaza ukuncelisa ubisi lwebele

COSH WELCOMES THE HOSPITAL BOARD

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A WARM WELCOME FOR THE HOSPITAL BOARD

Church Of Scotland Hospital is pleased to welcome the appointment of its new Hospital Board, as appointed by the honorable MEC for Health in Kwazulu-Natal.

The new board was officially introduced to the hospital management, during the first meeting held at COSH boardroom shortly after their appointment by the MEC for health in KwaZulu– Natal Miss Nomagugug Simelane, in line with the national health act. The appointment of the board is aimed at strengthening governance, community participation and accountability in the delivery of quality health care services.

Chairperson Ms. Sindiswa Bhengu, the Chairperson of the board welcomed their appointment and thanked the hospital management for the warm welcome and stated that they are looking forward to a healthy working relationship. Ms Bhengu also acknowledged the MEC for trusting them with the responsibility and she committed to serve with integrity, transparency and dedication and promised to be the bridge between the hospital and community, ensuring that the voice of the community is heard and that COSH Continues to be a centre of care and hope.

UMZINYATHI HEALTH

DISTRICT DIRECTOR Mr. K. DLAMINI

Mr. Mthethwa the COSH CEO stated that they are honored to welcome the new Hospital Board stating that their diverse experience, community roots and leadership will be invaluable as we continue to strive for excellence in healthcare delivery. We look forward to working together to achieve our vision of providing accessible, quality healthcare to people of Msinga and beyond.

The board then participated in a comprehensive induction facilitated by Mrs Sakyi, amaJuba District Director and Mr Dlamini, the district Director for Umzinyathi . The training programme covered critical areas such as the roles and functions of the hospital board and also the understanding of hospital management structures.

The Board then assumed their duties and accompanied the hospital management during the legislature visits to COSH, and was very pleased with the work currently being done to try and resolve some of the issues faced by the hospital.

IVIKI LOKUQWASHISA NGOKUNCELISA UBISI LWEBELE EMTHOLAMPILO WASE MHLANGANA

Umtholampilo waseMhlangana ngomsombuluko wamhlaka 24 ku Ncwaba uhlanganyele nomhlaba wonke ukugubha omama abancelisa izingane zabo ngothando nangokuzinikela ubisi lwebele.

Ubisi lwebele luchazwe njengesakha mzimba esibaluleke kakhulu futhi akukona nje ukudla kodwa yimpilo, uphawu lothando bese libe isivikelo sezifo.

Ngokomnyango Wezempilo, kunconywa ukuthi umama ancelise kuphela ngobisi lwebele izinyanga eziyisithupha (6) zokuqala zokuphila kwengane. Kulesikhathi kukhuthazwa ukuthi ingane inganikwa amanzi, tiye, noma phalishi, kodwa kune ubisi lwebele lodwa.

Ngemuva kwezinyanga eziyisithupha, umama angaqhubeka nokuncelisa kanye nokunikeza ukudla okuqinile kuze kube yiminyaka emibili noma ngaphezulu kuchaza u Mnumzane u Mathonsi osebenza njengodokotela wezokudla, ophinde wachaza kabanzi ngamaphuzu amane okubaluleka kokuncelisa ibele:

1. Kuvikela ingane kwizifo, ngoba Ubisi lwebele lunamasosha omzimba avikela ingane esifweni sohudo, umkhuhlane, nezifo zendlebe.
2. Lusiza ingane ikhule ngobuhlakani ngoba Luqukethe konke okudingwa ubuchopho bengane ukuze bukhule kahle.
3. Lwakha isibopho sothando phakathi kukaMama nengane ngoba Isikhathi sokuncelisa yisikhathi sothando nokuxhumana phakathi kukaMama nengane.
4. Lusiza umama naye ukuba isibeletho sibuyele esimweni, kunciphisa ingozi yomdlavuza webele, futhi lumahhala.

u Nkosazane Nokuthula osebenza njengomeluleki wezokudla emtholampilo wase Mhlangana, eluleka omama ngezinye izindlela abangenza ngazo ukuqinisekisa ukuthi abantwana bayaluthola ubisi lwebele, uthe bayazi ukuthi akulula ngaso sonke isikhathi ngenxa yezidingo zempilo njengoba abanye omama bayasebenza, Abanye bayafunda, futhi abanye baba nobuhlungu, kodwa Emtholampilo waseMhlangana, bahlale bekhona ukukweseka futhi nokufundisa izindlela eziningi zokuthi ukwazi ukunika umtwana wakho ubisi lwebele.

Ezinye zezindlela ezingalekelela ukwazi ukunika umtwana wakho ubisi lwebele uma uya emsebenzin noma uya eskoleni wukukhama ubisi bese ulugcina njengoba likwazi ukuhlala amahora ayisi-6 kuya kwayi-8 ngaphandle kwesiqandisi noma amahora angama-24 efrijini, kanye nezinyanga eziyisi-6 efrijini eqandisayo.

waphinde wachaza ukuthi Kulabo mama ababuyela emsebenzini, nisengakwazi ukuncelisa uma ubuya emsebenzini Khama ubisi, ulugcine endaweni ehlanzekile, bese ingane yakho iphuziswa ngenkomishi encane, hhayi ngebhodlela.

Esevala ukhuthaze omama ukuba basondele emtholampilo bangesabi uma bedinga usizo, emtholampilo waseMhlangana ngoba bakhona ukukweseka, ukukulalela, nokukufundisa.

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Church of Scotland Hospital came together to celebrate Women's Day under the powerful theme "She Lead, We Succeed". The event honoured the strength, dedication, and leadership of women in healthcare and in the community.

The day started with a march of solidarity as female staff walked together in their white dresses and elegant doeks, symbolising unity, strength, and pride, similar to the women who marched to the Union Buildings in 1956 to protest apartheid laws that restricted the movement of Black women in South Africa.
Programme Director, Mrs. G.C. Gumede, welcomed everyone and set the tone for the day. The programme featured inspiring talks and music mosly by the late Scebi Dlamini" inkosi yamagcokama" and also by the COSH Choir.

Dr. Madondo spoke on Common Diseases Affecting Women, such as hypertension, diabetes, tuberculosis, high cholesterol, cervical cancer, and heart disease. She noted that these are among the leading causes of death among women in South Africa. This remains the case because women often present to healthcare facilities too late, when the damage is already at an advanced stage. Doctor emphasised the importance of self-care to prevent diseases like high blood pressure, which she described as a "silent killer". She explained that many women can have high blood pressure and still function normally while caring for their loved ones, but it silently damages blood vessels and can eventually lead to a stroke, one of the irreversible results of poor self-care.

In her closing remarks, Dr. Madondo also highlighted non-medical challenges that affect women. She spoke about "loving too much", especially towards children, and reminded mothers that their duty is not to make a child comfortable from birth until death, but to prepare children for life ahead, even when parents are no longer there. She warned that this can lead to problems such as the compulsive and obsessive use of mobile phones. This often results in children lacking a social life, struggling to socialise, and being unable to be creative or solve their own problems. It also replaces physical activity, which can contribute to conditions like hypertension at a very early age.

Mrs. Mabaso, Deputy Nursing Manager, reflected on Women in the Workplace and emphasised the importance of women's empowerment. She stated that women possess a special gift from God which is the ability to multitask and it is evident even in the workplace because women can hold positions while also playing the role of counsellors and social workers to other employees because of this natural gift.
Mabaso encouraged women to love themselves and embrace the way they look, stating that it is one of the precious gifts God has given them. She further encouraged women to empower and complement one another.

She noted that although the government has opened doors for women to occupy positions, the sad reality is that only 25.8% are in leadership positions. The only way to increase this percentage, she said, is for women to empower themselves through education, since all positions require qualifications.
Hospital Management thanked all female staff for their commitment to patient care and for being the backbone of COSH. The day was a reminder that when women lead, communities succeed and COSH continues to support and uplift the women who serve with compassion every day.
The event closed with prayer and refreshments.

ABOVE: Dr. PC Madondo

COSH PHYSIOTHERAPY DEPARTMENT HOST SPORTS DAY IN CELEBRATION OF WORLD PHYSIOTHERAPY DAY

It was fun and laughter during a hot sunny day at Church of Scotland Hospital, When the Physio department hosted its annual physiotherapy day which brought staff and neighboring department such as Umsinga municipality together.

The day held under the theme “Movement for Health”, in the aim to minimise cardiovascular diseases, stroke and physical fitness and most importantly team cohesion among all departments within the hospital and neighboring departments.

Staff members from all units, traded in their uniforms for sport kits and participated in various sporting codes including, relay races, Tug-of-war and fun games like sack race and Egg-and- Spoon.

Miss Ismail in her opening remarks said “At COSH, we believe that a healthy workforce is the backbone of Quality health care. Today is not just about winning, but promoting unity and promoting wellness because when we are well, we serve our communities better”

The atmosphere was electric as teams chanted, danced and cheered for their colleagues. Mr. Matlala took the lead in warm up exercises with aerobics and Ms. Nxumalo gave a health education and injury prevention.

Staff members expressed gratitude to the physiotherapy department for organizing the event, noting that such initiatives help reduce work- related stress and strengthen interpersonal relationships

The highlights of the day included tug-of war which drew the loudest cheer followed by wheelchair demonstration, which showed most people who cannot use a wheel chair and the day was closed with a prize giving for the winning teams.

IMAGE GALLARY

Above: Physiotherapy

Above: Women s day celebration

ABOVE: BREAST FEEDING WEEK AT MHLANGANA CLINIC

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