



# In Corpore Sano

1st issue: 2010

The Newsletter of the South African Association of Campus Health Services

## Starting up a new year 2010

### INSIDE INFORMATION

#### *In Corpore Sano*

The official newsletter of the South African Association of Campus Health Services

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DUT: Sr Lesie Mbewu

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Nelson Mandela Metropolitan University:

Sr. Antoinette. P. Goosen : Deputy Director and

HOD Campus Health Service and Chairperson

SAACHS

Appeal to Members

Could you please update your email addresses as after the merger some have changed

Welcome to the 1st issue of the 2010 (*In Corpore Sano*)

#### Editorial

Congratulations to the Free State Region for an inspiring and soulful conference. **AN EPIDEMIC OF WELLNESS** has begun. This is what we want for 2010 - certainly, unless the caring and sharing begins with ourselves how can we possibly care for others. This in turn extends to the healing of our Nation - we have so much to be proud of but a lot more needs to be done. Each and everyone of us can and must make a contribution. By heeding and incorporating the concept of Ubuntu into our daily lives provide us with the courage to move forward. Thanks also for the conference we had in Free State. This will be of valuable use to the Eastern Cape Region as they plan to host the next conference but also for all future conference hosts. Editor-in-chief... *Milly Ndaba*

Congratulations also to the Executive members for 2010, and the faith that members have in you.

#### **Honorary President**

Ingrid Peters  
UKZN(PmBurg Campus)

#### **Executive Committee Members:**

##### **Chairperson:**

Antoinette Goosen  
NMSU

##### **Deputy chairperson**

Dorothy Jonathan  
UWS

##### **Treasurer:**

Yvonne Matimba  
Wits University

##### **Secretary:**

Soorie Wardthen  
DUT (Durban)

##### **Editor in Chief:**

Milly Ndaba  
UKZN (Howard College Campus)

### Work-life balance

Work-life balance applies to a person's effort to be effective in their work life and in their personal life, as well. This topic wasn't as important in the past as it is today because, in the past, people often were able to attend primarily to one major role in their life (e.g., working, housework, etc.), rather than to several (e.g., to a career, being a mother, being happy as an individual., etc). Employees need to recognize that, it is becoming increasingly important to cultivate, balance and support their demanding and challenging lifestyles in order to be productive and to maintain complete wellness. ◻

Everyone faces the issue of time management at one point or another, but as more and more people deal with working at one or more jobs, fighting long commutes, managing a household, attending school or other training, raising one or more children, responding to increasing work and time pressures of the shrinking workplace, and dealing with aging parents, the days often seem to last long into the night and vacation and leisure time seem to be consumed with issues other than relaxation and personal fulfillment.

The lack of balance "is due to long work hours, changing demographics, more time in the car, the deterioration of boundaries between work and home, and increased work pressure".

Directions: Answer true or false to each statement below.

- *I find myself spending more and more time on work-related projects.*
  - *I often feel I don't have any time for myself -- or for my family and friends.*
  - *No matter what I do, it seems that often every minute of every day is always scheduled for something.*
  - *Sometimes I feel as though I've lost sight of who am I and why I chose this job/career.*
  - *I can't remember the last time I was able to find the time to take a day off to do something fun -- something just for me.*
  - *I feel stressed out most of the time.*
  - *I can't even remember the last time I used all my allotted vacation and personal days.*
  - *It sometimes feels as though I never even have a chance to catch my breath before I have to move on to the next project/crisis.*
  - *I can't remember the last time I read -- and finished -- a book that I was reading purely for pleasure.*
  - *I wish I had more time for some outside interests and hobbies, but I simply don't.*
  - *I often feel exhausted -- even early in the week.*
  - *I can't remember the last time I went to the movies or visited a museum or attended some other cultural event.*
  - *I do what I do because so many people (children, partners, parents) depend on me for support.*
  - *I've missed many of my family's important events because of work-related time pressures and responsibilities.*
  - *I almost always bring work home with me.*
- .....achieve career success without missing out on life.....

**Sam Rajcoomar**  
**EAP Specialist**  
**Nomvuyo Mbewu**  
**Senior Prof.Nurse**  
**Durban University of**  
**Technology**

I have finally got my Dispensing license from the Department of Health, and it was issued to me on the 16th of March, I also would advise you to write about the primary Health care special compensation from the Department of Health!!like with the Government staff. Yvonne, said they were going to check with SACCHS

lawyers if we can be represented in order to get that!!

We need to get that going as well, so that we can get better salaries!!

I also suggest that we get the Department of Health, to give us in service training, on anything, that is related to our

work!! I actually do not know who to contact, but it will be nice to get lectures now and then, on any condition, and what is the treatment etc, anybody who has a better input kindly help me out!!

**Sr Phoebe Thlaku  
University of Pretoria  
Tukkies**

Dear Colleagues  
The national DOH and SANAC will be providing training on the new ARV protocols and HCT program. Please could all persons that have not yet had this training via their Provincial DOH send me their names. SANAC will then arrange for such training in your area within the next

two months.  
All HEI must endeavour to have completed this training by mid July. It is envisaged that we shall have a national HE HCT launch by the end of July and start HCT on all campuses by 1 August 2010.

All institutions that have already had the training and started HCT must please continue!!

**Keep up the great work and let us all be on the same page by 1 august 2010!!!**

**Sr. Antoinette. P. Goosen  
Deputy Director and HOD Campus Health Service  
Nelson Mandela Metropolitan University  
Summerstrand North campus**

Dear All,

It is with great sadness to announce the death of our former member Mrs. Ivy Sello. She will be buried at Ga-Rankuwa (kgabalatsane cemetery) on Saturday.

**Sr M. C.Mahlangu  
Health & Wellness  
Tshwane University of Technology  
H.O.D (Soshanguve & Polokwane)**

**REACHING OUT TO 2010  
FIRST YEAR STUDENTS**  
*“CPUt show’s it’s World Cup  
Spirit”*

The Cape Town Campus Health Clinic 2010 Extended Orientation Programme in collaboration with Academic sector, was designed to facilitate the 1<sup>st</sup> year integration into the tertiary environment by familiarizing them with the University policies and procedures. This programme identified the basic responsibilities attached to being a student, acquainting them with Campus societies, and facilities which are available to them to enhance social and academic adjustment.

The highlight in the first term was **CPUT’s 100** days count down to the kick-off of the **FIFA 2010 WORLD CUP**. The event was organized by the Department of Student Affairs.

**The stress 2010 is giving our kids!!!!**



**“STRESS”**

The Confusion created when One’s mind overrides the Body’s basic desire to choke the living daylight out of somebody who desperately  
Need it!!!!!!

One of the main attractions for the day was the highly acclaimed Capetonian Afro-fusion band, Freshly Ground. MTN, an official sponsor for the World Cup and major brand Red bull supported the event by handing out promotional hats and energy drinks.

The Ajax Cape Town football team were also there to sign autographs for their fans. Master of ceremonies (MC) for the event was Carol Manana, SABC Sport’s award winning radio and television presenter. She captivated the audience with her natural charm. We also included several musical and dance acts. The CPUT disk dancers led by Cape Town Tourism ambassador, Amanda Martins gave an enthusiastic demonstration. They were followed by the World Champion hip hop dance group called the Ubuntu B-Boys, who absolutely wowed the crowd. The MTN dancers, who hail from the local township of Nyanga, also gave great performance with their pantsula dance moves.

As a grand finale, 100 green and yellow balloons were symbolically released to represent the days remaining to start the **FIFA WORLD CUP 2010**.

On the 25<sup>th</sup> March a similar spectacular program was held

at our Bellville Campus. The Bellville Campus Clinic also played an integral part in the event. Their theme was **“Soccer Awareness”**.

**“STRESS”**

The Confusion created when One’s mind overrides the Body’s basic desire to choke the living daylight out of somebody who desperately  
Need it !!!!

**Submitted by:**  
**Dorothy Jonathan**  
**HEALTH COORDINATOR**  
**CPUT – CAPE TOWN**  
**CAMPUS**

