

YOUR HEALTH

MARCH is Nutrition Month, and with this in mind, we present the first of a two-part guide to healthier living.

What is a healthy lifestyle? It is making good living practices a habit.

What can I do to lead a healthy lifestyle?

Nutrition:

Drink six to eight glasses of water a day.

Use salt in moderation.

Limit sugar intake.

Use fat and oil sparingly and avoid junk food.

Eat high-fibre food daily, for example whole wheat bread. Unrefined foods are better than refined food.

Eat sufficient fruit and vegetables.

Do not go to bed immediately after a heavy meal.

Milk provides calcium which strengthens bones and teeth.

Habits:

Eliminate habit-forming substances such as cigarettes, dagga, drugs and over-the-counter medication. Reduce alcohol intake.

Exercise and rest:

Exercise regularly at home, or if possible, join a gym.

Use stairs instead of the lift. Change TV channels manually, rather than with the remote control.

A good night's rest is vital to one's well-being.

Why is exercise important?

It strengthens the muscles. Deep breathing helps lungs function better.

It ensures the heart beats well so that blood flows to all parts of the body and supplies nutrients, especially to the important organs such as the brain, kidneys, lungs, and skin.

It reduces the risk of chronic diseases such as hypertension, asthma, diabetes and heart disease. It keeps the bowels regular. It keeps the mind alert. It burns calories, allowing you to maintain a healthy weight.

Social and emotional wellbeing:

Sports and other social activities keep you physically, mentally, socially and emotionally fulfilled. Have a hobby and be part of a social club. Don't neglect the spiritual aspect of life.

Medical check-up:

Regular visits to a health facility are recommended for routine checks. Consultation at the city clinics is free of charge.

Conclusion:

Look after your health early in life, to prevent and minimise problems. But, it's never too late to start.

□ In the next issue we will tell you how to start a garden, for a healthier life.

Compiled by the eThekweni Health Department

Residents to be quizzed on transport

THEMBA KHUMALO

AS FROM April, residents are to be surveyed about their travel habits, with a view to improving the city's transport system.

The eThekweni Transport Authority has commissioned a household survey, and the findings will be used in drafting a strategy for 2010 and beyond.

Residents can identify surveyors by their photo ID tags and special bibs.

Deputy Head of Strategic Transport Planning Logan Moodley said residents would be interviewed face-to-face and a questionnaire completed.

"A representative sample of 15 000 households will be interviewed from April to November," he said.

Information collected from the survey would be used to develop plans to make the best use of existing infrastructure, and for projects in the future, Moodley said.

Detail

He said there was no source of comprehensive data about travel behaviour patterns and trends of eThekweni's population at the level of detail needed for planning.

The last survey of this kind was done in the early 1980s and much has changed since

then, Moodley said.

"Before plans are developed, it is essential that accurate data is gathered.

"We will be gathering information on typical travel patterns from each member of the house surveyed.

"We will ask about where you work, how you travel there, and at what time. There will also be other questions related to travelling needs."

Moodley appealed to residents to support the endeavour by answering the questionnaires accurately.

A pilot survey of about 100 households will be done in mid March to test some of the questionnaire methodology.

KhumaloTK@durban.gov.za



ON THE MOVE: Wearing transport survey bibs are Managing Director of DALCA Research Stuart Baker, Surveyor Zinhle Mntambo; and eThekweni Transport Authority Deputy Head of Strategic Transport Planning Logan Moodley

Picture: THEMBA KHUMALO

New crisis centre for hospital

FINOLA QUARSINGH

PHOENIX'S Mahatma Gandhi Memorial Hospital is to get a new crisis centre.

KwaZulu-Natal Department of Health Superintendent-General, Dr Busi Nyembezi, and Afrisun KwaZulu-Natal Chairman, Oscar Dhlomo, made the announcement at a recent sod-turning ceremony. Afrisun KwaZulu-Natal's Sibaya casino is putting up nearly R2-million towards the centre as part of its corporate social investment initiative.

The hospital does not have a permanent, dedicated crisis facility for victims of crime, rape and other abuse.

The new facility will provide a place for support, counselling and treatment.

Nyembezi said: "It is laudable that Sibaya has a programme that ploughs back resources to communities and can address community issues such as this."

Dhlomo said: "We take our corporate social investment seriously. It makes for sound business practice.

"The idea for a crisis centre at the hospital came to us from research by our cor-

porate social investment team to establish the needs of people within communities close to our business.

"We are delighted to be able to assist with an initiative which we believe will have important benefits for communities serviced by this hospital."

Shocking stats

Hospital Manager Dr Lungile Ndlovu said the hospital served Phoenix, Inanda, KwaMashu and neighbouring townships – areas where shocking abuse statistics have emerged.

The centre, which will adjoin the hospital, will provide a victim-friendly environment, with a one-stop response to all forms of abuse. There will be a waiting area, reception, a counselling room, two examination rooms, ablution facilities, a staff room and offices.

Abuse victims will be referred to the centre for treatment in a calm environment, away from the hustle and bustle of the hospital's casualty department.

QuarsinghF@durban.gov.za



DOWN TO WORK: Dr Busi Nyembezi, Superintendent-General of the KwaZulu-Natal Department of Health, Oscar Dhlomo, Chairman of Afrisun KZN, Dr Lungile Ndlovu, Manager of Mahatma Gandhi Hospital, and eThekweni Cllr Mpume Chamane take part in a sod turning ceremony to mark the start of work on a new crisis centre

Boost for building industry

DERRICK DLAMINI

THE eThekweni Construction Incubator, supported by the Small Enterprise Development Agency, recently launched a programme to provide business support services to emerging construction industry contractors.

SMMEs (small, medium and micro enterprises) will be given help to grow their operations, helping the economy grow and creating jobs.

The incubator will provide businesses with structure, office space, mentors and administrative support.

The Chief Executive of the agency's eThekweni Construction Incubator, Mthunzi Nyandeni, said: "The incubator will empower businesses, which will create jobs."

The city has invested R6-million to renovate a building which will house the 40 small businesses taking part in the incubator programme. The money will also be spent on reducing the rates bill for the building to R100 a year. And to help the 40 small businesses even further, the municipality has recruited organisations with expertise in mentorship, administration, management, and finance.

Themba Msomi, Deputy Head of the Business Support Unit, said: "The agency's technology programme is responsible for the administration, mentorship and management of the SMMEs, while Absa will be responsible for financial resource assistance and planning through its Small Business Advisory Centre."

Msomi said the municipality has entered into a lease with the agency's technology programme and Absa to provide services to SMMEs over the next five to 10 years.

eThekweni has a budget for about 600 capital projects, worth more than R2.5-billion in the 2006/2007 financial year. The city's targeted procurement policy requires that more than 30% of the budget for capital projects must be spent on SMMEs and emerging contractors.

QuarsinghF@durban.gov.za

DlaminiSD@durban.gov.za

Top caddies to battle it out in Durbs

FINOLA QUARSINGH

DURBAN will be hosting an inter-provincial tournament for golf caddies next month.

The inaugural tournament will be held at the Mount Edgecombe Country Club, under the auspices of the Senior Golfers' Union of South Africa.

"The union has, for some time, been looking for ways to put something back into golf," said union President Ted Quin.

"We want to recognise the

role caddies play in this sport and to help identify and develop previously disadvantaged players."

The idea for the event was born of the successful inter-club caddie competitions established by the eThekweni Caddies' Association in 2003.

Superb golf

Over the past three years, 22 KwaZulu-Natal clubs have participated in the competitions with some

superb golf being played.

For the inter-provincials, 16 teams of four from the Western Cape, Southern Cape, Eastern Cape, Border, Free State, Northern Cape, Gauteng and KwaZulu-Natal will be regionally selected and brought to Durban.

Trials are now under way to select the best players to represent their provinces.

"Most of these caddies are from a generation that missed out on the development opportunities provided to younger players.

"We believe we have a social responsibility to these caddies to help develop their talent."

Les Lloyd, the union's Chairman, said: "We hope this fixture will unearth unheralded players who as caddies make meaningful contributions to golf."

For more details, call Lynda Johnson on 083 300 4401, Carol Hubert on 083 377 9263, or John Terry-Lloyd on 083 252 5200.