

# NCDOH TIMES NEWSLETTER

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## A MODERN HEALTH SYSTEM DELIVERING QUALITY CARE TO A GROWING PROVINCE



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#### A NEW ERA OF HEALTHCARE IN MAPHINIKI COMMUNITY

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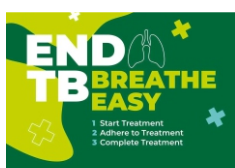
### CLOSING THE 1.1 MILLION GAP WITH BASIC HIV MANAGEMENT ART TRAINING.

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### END TB NC

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# HEALTH FOLLOWED THE SUN AT THE FIRST DIAMONDS AND DORINGS KIMBERLEY BIG HOLE MARATHON



The running scene in the province is what can be described as healthy and flourishing, particularly in road running, motivated by a large, enthusiastic community and recent growth. The country is globally recognized for its fast ultra-runners. Meanwhile the Northern Cape's sporting landscape unfolds the launch of the Diamonds & Dorings Kimberley Big Hole Marathon, with the theme "Follow the Sun".

This event took place in sunny Kimberley and was held on the 22 November 2025 with a dedicated activation team that has been on the ground way before the big day. The spirit-filled activation task team engaged and prepared hopeful participants and entrants for the Marathon. The launch of the marathon marks a significant step in positioning Kimberley as a premier sporting destination, while honouring the province's rich diamond heritage and the enduring spirit of its people.



The event started at 05:30 AM with the 42km, 21km, 10km, and 5km distances. The starting point was at the Sol Plaatje University grounds. The grounds were buzzing with electric energy and excitement, the runners took the historic routes of Kimberley and Galeshewe, and were cheered by the community members and by-standers.

The Northern Cape Province's entire government officials actively participated in the marathon demonstrating a united government that is fostering a "healthy lifestyle". The Northern Cape EXCO was accompanied by government officials, and their presence highlighted dedication in supporting all community centred accomplishments.

Acting HOD for the Northern Cape Department of Health (NCDOH), Mr. Mxolisi Mlatha also showed great excitement for the marathon "I would love to wish all the runners well for the upcoming Diamonds and Dorings Big Hole Marathon profoundly the runners from the department,



to wish them success as they enter in the marathon, this is an important event for this department as we have always promoted healthy living we see the rise in all Non-Communicable diseases which can be reduced by living active lifestyles, running contributes to our overall well-being". Mr. Mlatha concluded.

As the temperature rose above 37°C towards the end of the Marathon the distinctive smell of vaporising tar caught the air, the cheerful department officials dedicated at their water points, bringing encouragement, hydration and high energy to keep runners going strong showing team work across all distances.

The Department of Health social media platforms experienced inspiring athlete stories from one of the officials Ms Mpho Cwaile from Human Resource (HR) a first time runner "I did a 5km run for the first time ever and it was definitely not my last time, I've always been an athlete but never a runner before, running looks easy but is actually a very tough sport, but just like any other sport, practise makes perfect" Ms Cwaile said.



The Diamonds and Dorings Marathon has already earned recognition as an official qualifier for the Comrades Marathon and the Two Oceans Marathon, putting Kimberley on a national athletics map and opening broader pathways for local runners to compete at elite levels.

The event finished with LIVE announcements as part of the South African running tradition with over R1.2 million in prize money.

# A NEW ERA OF HEALTHCARE IN MAPHINIKI COMMUNITY



Clinics are often the first most accessible entry point for a community to receive healthcare services, providing everything from basic nursing care to referrals for specialised treatments and the growing and modernising of these clinics in the Northern Cape province promises good healthcare service delivery to the community.

Acting Head of Department for Health, Mr. Mxolisi Mlatha officiated the handing over the newly built Maphiniki Clinic in the Joe Morolong Local Municipality.

For years, this community has relied on mobile clinic services and establishing a new clinic from a mobile involved comprehensive engagement with the department and the Joe Morolong Community. A transformative milestone was marked when this permanent healthcare facility that will serve generations to come was opened in the community of Maphiniki. The Maphiniki community was initially served by the Batho Pelo Health Project, which provided care for minor ailments, chronic diseases and child health, but did not offer immunisation services. These limitations were due to the facility's operational restrictions.

Following the conclusion of the Batho Pelo Project in December 2024, the district maintained basic primary health care (PHC) services until May 2025. At that point, various units were reassigned to other facilities to strengthen overall healthcare service delivery.

The vision for the new clinic is to deliver the full primary healthcare package to the Maphiniki community on a regular basis. These services include: Acute services, chronic services, HAST, including TB treatment, immunisation services, antenatal and postnatal services.

This state-of-the-art clinic, funded by United Manganese of Kalahari (UMK), represents a significant leap forward in healthcare infrastructure and demonstrates exceptional leadership commitment to improving the lives of our communities.



This achievement reflects the power of collaboration between government, traditional leadership, and the private sector in delivering quality healthcare to every corner of the Northern Cape.

The department extends heartfelt gratitude to UMK and all stakeholders for their unwavering commitment to healthcare development and community of the Northern Cape's wellbeing.



# CLOSING THE 1.1 MILLION GAP WITH BASIC HIV MANAGEMENT ART TRAINING.



The 1.1 million individuals not yet on treatment or who disengaged from treatment represent a significant challenge in achieving the second 95% of the UNAIDS 95-95-95 strategy, ensuring that 95% of all people diagnosed with HIV are initiated on antiretroviral treatment (ART). Without this milestone, the third 95% achieving viral suppression will remain unattainable, to address the challenge on the 2<sup>nd</sup> 95 and attainment of the 3<sup>rd</sup> 95, the Northern Cape Department of Health (NCDOH) conducted a 5-day basic HIV management/NIMART training for healthcare professionals in Kimberley.

The Basic HIV Management/NIMART (Nurse Initiated Management of Antiretroviral Therapy) training is aimed at improving HIV services, scaling up access to antiretroviral treatment and enhancing the skills of healthcare workers in managing and treating patients initiated on antiretroviral treatment, this initiative underscored the department's commitment to continuous education and professional development within the healthcare sector. Investing in the development of healthcare professionals, the NCDOH is actively working towards closing the 1.1 million treatment gap, improving health outcomes and strengthening the provincial HIV response.

The week-long training program was particularly significant as it aligned with the global health targets known as the 95-95-95 targets. These goals aimed to diagnose 95% of people living with HIV, ensure that 95% of people diagnosed are initiated on antiretroviral therapy (ART), and 95% viral load suppression for those on treatment.

The “close the gap campaign's champion in the province, Mr Itumeleng Leburu also attended the training and highlighted that based on the Naomi HIV Modelling point estimates as at end August 2025, the province had an estimated one hundred thousand two hundred and eighty-five (100,285) people living with HIV and ninety-three thousand eight hundred and ninety-two (93 892) know their HIV status which means that six-thousand three hundred and ninety-three do not know their HIV status. He further elaborated that on the 2<sup>nd</sup> 95 the province had a total of eighty thousand four hundred and one (80 401) patients on treatment and that for the province to reach the 2<sup>nd</sup> 95 it is required that ten thousand one hundred and six (10 106) people living with HIV be initiated on life saving antiretroviral treatment they deserve, he further added that antiretroviral treatment works and helps people living with HIV to live a longer, healthier quality life and there is zero risk of transmitting the virus to your sexual partner if the patients adherent to treatment and have achieved the Undetectable equals Untransmittable (U=U) status of having at least 2 consecutive viral load results of less than 50 copies/ml over a 6 months period and that it is important to note that U=U does not mean cured from HIV, people living with HIV must still continue to take their treatment and practice safe sex to prevent against other sexually transmitted infections and pregnancy.

The objective of the basic HIV management/NIMART training was to empower healthcare professional to be knowledgeable, skilled and competent health professionals. Other objective of this training was to inculcate positive attitudes in the practitioners as they provide services to people living with HIV with the ultimate stride being to improve overall health outcomes i.e linkage to care, adherence and retention in care of people living with HIV and by conducting this training, the department demonstrated its unwavering commitment to providing quality healthcare services to those in need.



# NORTHERN CAPE MARKS MAJOR MILESTONE IN GLOBAL FUND TRANSITION

The Department of Health marked a significant milestone in its collaborative journey to discuss the transition of Global Fund's Primary Recipients (PRs) and Sub-Recipients (Srs).



This meeting brought together key stakeholders who have been instrumental in driving progress in the district's health initiatives. Over the past three years, the partnership between the Department of Health and the Global Fund's PRs and SRs has achieved remarkable success. Together, they have improved access to healthcare services, enhanced the capacity of healthcare facilities, and increased awareness

and education on HIV and TB prevention and treatment. The partnership has also provided valuable lessons on the importance of collaboration, flexibility, and adaptability in responding to emerging challenges and responsibilities. The facilities are poised to provide continued support to those who have benefited from the partnership. The Department acknowledges the tireless efforts and dedication of its partners and extends its sincere gratitude for their contributions. As the Department embarks on this new chapter, it is committed to building on the momentum established and ensuring a seamless handover. Department will prioritize capacity building and training for healthcare workers, strengthen its monitoring and evaluation systems, and continue to engage with its partners and stakeholders to ensure a coordinated response to HIV and TB.



NCDOH together with has achieved remarkable success, and it is confident that the best is yet to come. The NCDOH looks forward to continuing its work with its partners and stakeholders to improve the health and well-being of its communities. The NCDOH has made significant progress in improving access to healthcare services and enhancing the capacity of healthcare facilities. The partnership has provided valuable lessons on the importance of collaboration, flexibility, and adaptability. NCDOH shows great confidence in its readiness to assume full ownership and responsibility. NCDOH will prioritize capacity building and training for healthcare workers and strengthen its monitoring and evaluation systems. NCDOH would like to extend its sincere gratitude to its partners for their tireless efforts and dedication to the district's health initiatives.

## END TB NORTHERN CAPE

The Northern Cape Province remains focused on overcoming a historically high TB burden, aggravated by the HIV co-epidemic and socioeconomic factors. South Africa's End TB campaign is guided by the National Strategic Plan for HIV, TB, and STIs, with the current plan covering 2023–2028-time span. The plan includes multi-sectoral strategies to address inequalities and systemic issues that affect treatment and prevention efforts highlighting recent advancements, ongoing challenges, and future strategies.



An ambitious operational plan to test five million people for TB by March 2026 was adopted by the country with input from provinces. This targeted approach focuses on high-risk groups, such as people living with HIV (PLHIV), household contacts of TB patients, and those with a previous TB history in the last 2 years, regardless of their symptoms.

Following setbacks from the COVID-19 pandemic, the National Department of Health developed the TB Recovery Plan 1.0 in the year 2021 to intensify TB control efforts. Its goals include reversing the declines in testing and diagnoses and accelerating progress toward national and global End TB targets.

While incidence has decreased, TB mortality remains high. In 2023, TB was still one of the Northern Cape province leading causes of death claiming lives and challenges remain in achieving favourable outcomes due to high rates of health care user deaths and losses to TB care.

We are encouraged to see more people in Northern Cape province are choosing to protect themselves and their communities by testing for TB, it is important to know that everyone can be affected by TB, hence encouraging early testing to help curb the spread of TB is important.

The Northern Cape Department of Health (NCDOH) is committed to ending TB– ensuring every health care user is diagnosed early, treated successfully, and supported throughout their journey in our quest to have a TB Free province, country and the world.

## GLOBAL HANDWASH DAY



The De Aar Hospital Infection, Prevention and Control (IPC) Committee hosted a successful Global Handwashing Day event, supported by the Provincial Department of Water and Sanitation, Pixley ka Seme District Municipal Health Services, and the District Health Environmental Health Unit.

The day began with a lively aerobics session led by Mr. Ndala from the South African National Defence Force, followed by an official opening by District Director, Ms. Sheila McCloen, and a warm welcome from De Aar Hospital CEO, Mr. Shushu.

A highlight of the day was a tippy tap competition, where teams from the District Office, EMS, Allied Health, and Housekeeping showcased their creativity in promoting hand hygiene. Allied Health emerged victorious in the contest!

A special word of appreciation was shared by Ms. McCloen, who thanked all partners and stakeholders for making the event a success.



# STRENGTHENING OUR COMMITMENT TO QUALITY CARE



The Northern Cape Department of Health (NCDOH) continued its tradition of conducting quality assurance reviews at all health facilities around the province. These regular visits have proven to be essential as they provide ongoing opportunities to identify areas of improvement and implement necessary changes. Engaging directly with the facilities. These reviews have allowed the NCDOH to remain aligned with its mission to deliver the highest quality of care to its clients.

The Frances Baard District director Mr. M Joka attended these visits with the quality assurance team, during the visits he has consistently reinforced commitment to service delivery and emphasized the importance of client-centred care, Mr Joka said that “healthcare practitioners must look beyond the technical aspects of healthcare and focus on the emotional and psychological needs of those they serve, we should all fostering a culture of compassion and understanding, which is vital in the healthcare sector” Mr Joka concluded.

During the quality assurance reviews determined and meaningful discussions were held about the ongoing initiatives and the challenges NCDOH is faced with. These conversations allowed everyone to reflect on both their achievements and areas needing attention, each team member brought unique perspectives and experiences to the table, contributing to a rich dialogue that encouraged collaboration and innovation. It was evident that a team that works together can harness collective expertise to create solutions that will benefit the NCDOH’s patients and the Northern Cape community as a whole.

The highlights of the visits were the showcase of the successful initiatives NCDOH has implemented over the past year. From new patient care protocols to improved communication strategies, shared stories of how efforts have positively impacted client and service outcomes. The feedback received during these discussions was vital, as it not only validated hard work and provided constructive criticism that can be used to refine further process, celebrating successes while remaining open to improvement is a balancing act that the NCDOH strive to achieve continually.

The commitment to quality care is an ongoing journey that requires dedication and collaboration.

# LET'S TALK NUTRITION!!

The Nutritional Unit of Bergsig Clinic in Namakwa District visited Dr. Izak Van Niekerk Primary School to empower Grade R learners with the importance of nutrition and healthy eating.

The fun and interactive session highlighted staying hydrated, staying active, making informed food choices, and exploring affordable, home-grown options, showing that healthy eating doesn't have to be expensive.

By teaching these habits early, we're helping the next generation make smart choices for a healthier future.

Nutrition is the process of taking in and using food to support life, growth, health and is essential from as early as PREGNANCY (BEFORE BIRTH) a baby's body and brain are built during pregnancy and what the parent eats affects their weight, growth, and future health a variety of foods including protein, eating food rich in vitamin C alongside iron rich food can boost the body's absorption.

0 – 6 MONTH BABIES: breastmilk protects your baby from illness and gives all the nutrients needed to grow strong, mothers are encouraged to exclusively breastfeed – no water, tea, porridge or other foods, breastmilk provides all the water a baby needs giving more water can fill a baby's stomach without providing the essential nutrients found in breastmilk, and their small kidneys are not yet able to process water efficiently giving a baby water exposes the baby to risks such as: diarrhoea, low weight gain, poor development.



6 – 12 MONTHS (BABIES) brain and body development happens at this stage, the right types of food can help prevent stunting and support learning. Nutritionists advise to start introducing solids around 6 months. offer purees, soft mashed foods, and gradually small soft pieces.

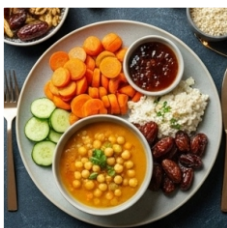




**12 – 24 MONTHS (TODDLERS)** Ideal nutrition would be 5 small meals a day, offer nutritious meals and avoid sugary snacks and Keep utensils clean and make sure iron-rich food are still included every day. If not breastfeeding anymore, you can also offer your child milk or maas. Exposing children to a diverse range of foods ensures they get a wide range of essential nutrients and broadens their taste preferences. Children can also develop their sense of touch through touching and tasting food with different textures. Even though solids are being introduced, milk should still provide most of your baby's energy and nutrients up to 12 months.



Adolescence is a critical time for developing healthy eating habits that can last a lifetime. Adolescents are becoming more independent in their food choices, making it important to educate them about nutrition. **ADULTS (20–59 YEARS)** eating helps to stay strong for work, family, and prevents chronic illness. It helps maintain a healthy weight that keeps you mobile and mentally well. A balanced diet prevents low-energy, iron-deficiency anaemia, obesity, poor mental health, plan meals in advance to ensure you and your family eat nutritious foods amongst busy days, where possible, choose whole foods (foods that are as close to their raw or natural state as possible) limit your oil, salt and sugar intake. Drink water and avoid sugary drinks, caffeinated beverages. Stay active daily good nutrition can help prevent the risk of non-communicable diseases. It also supports bone density and muscle mass for when you get older. Adults are at risk of high blood pressure, diabetes, overweight or obesity, low energy, early ageing.



**OLDER ADULTS (60+ YEARS)** in the old age, you may need fewer calories but more nutrients to protect your muscles, bones, memory, and independence, eat nutrient-dense foods but keep meal portions small yet packed with the essential nutrients needed with age, enjoy a variety of foods such as fruits and vegetables, whole grains, eggs, lentils, beans, milk and maas. Keep moving stay connected to your community, eat fibre-rich foods contribute to maintaining a healthy digestive system, eat plenty of fruits and vegetables (with skin on, if possible) and stay well hydrated.

On the 24 November 2025, Acting MEC for Health Ms. Mase Manopole hosted an inspiring health imbizo in Douglas, Siyancuma Municipality. The atmosphere was filled with joy as community members, particularly our respected elders, came together to learn about the importance of staying on treatment and maintaining their health journey. The Acting MEC emphasized the power of staying active—reminding us that a little exercise each day goes a long way in keeping our bodies strong and our spirits high! Whether it's a morning walk, gardening, or dancing. Thank you to our District Health leadership, the dedicated Sr. Malgas and the entire Hester Malan CHC team for serving this community with care and commitment.



## WORLD AIDS DAY 01 DECEMBER 2025

Renewed Efforts and Sustainable Commitments to End AIDS.



**OVERCOMING DISRUPTION,  
TRANSFORMING THE  
AIDS RESPONSE”.**



## 16 DAYS

OF ACTIVISM FOR NO VIOLENCE  
AGAINST WOMEN AND CHILDREN  
25 NOVEMBER – 10 DECEMBER



**LETSEMA:**  
MEN, WOMEN, BOYS AND GIRLS  
WORKING TOGETHER TO END GBV



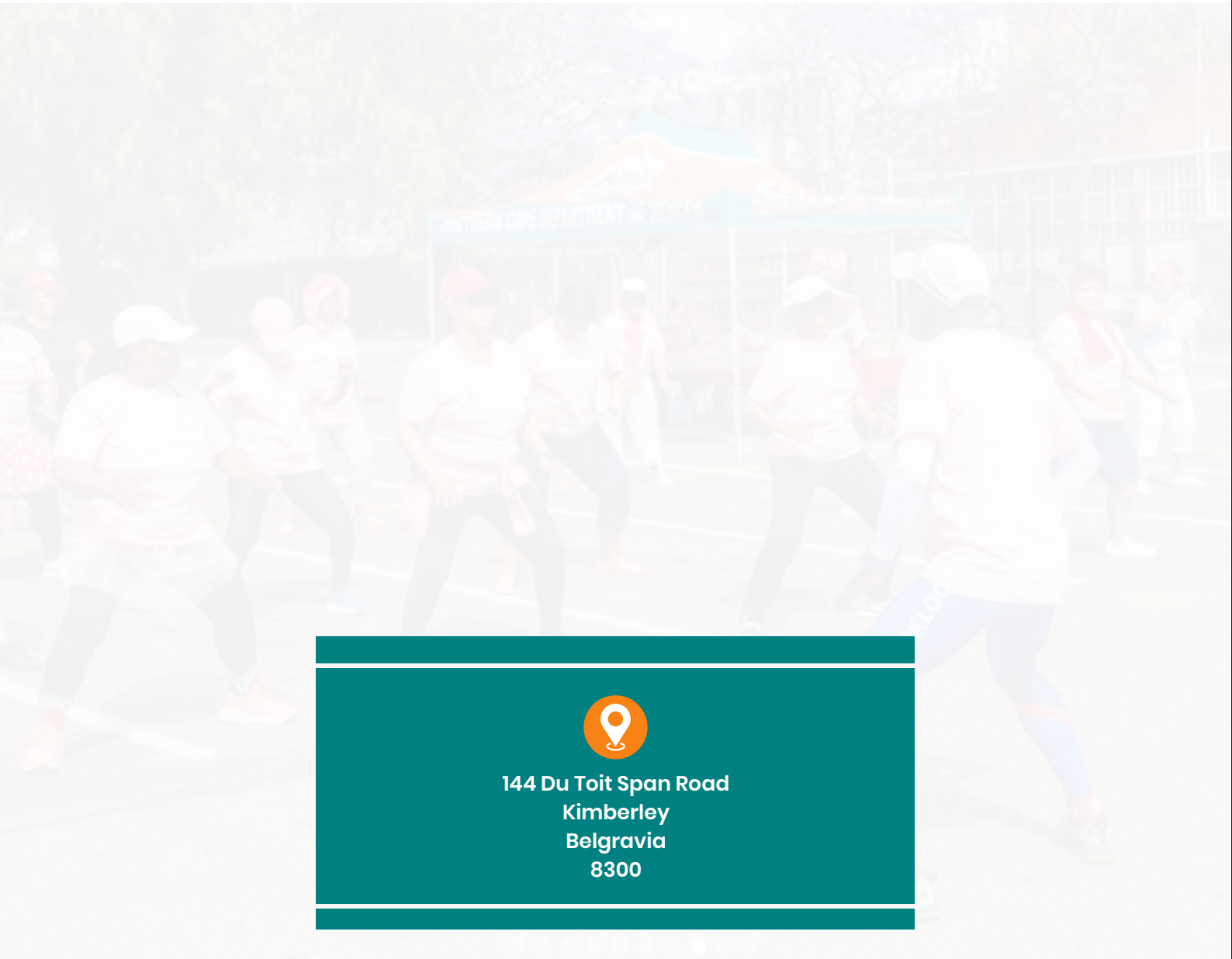


The Hollard Daredevil Run is an annual event that motivates men to take charge of their health and raise awareness about male cancer, specifically prostate and testicular cancer. The event is driven by a desire to promote early detection and encourage men to talk openly about health.

The Northern Cape Department of Health Nursing Directorate held the Nursing Leadership & Management workshop under the theme "Building Strong and Accountable Leadership in Nursing". The three days workshop focused on setting the context and leadership in nursing with insightful sessions covering: ethical & accountable leadership in nursing, building resilience among nurse leaders, record keeping, medico-legal responsibilities and HR management and leadership challenges.



The Robert Mangaliso Sobukwe Hospital (RSMH) hosted a successful Staff Family Fun Day and Social Wellness Event at the iconic A.R. Abass Stadium earlier. This initiative forms part of RMHS's ongoing commitment to promoting employee wellbeing, strengthening family support structures, and fostering unity within the healthcare sector.



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