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Southern Region Pioneers Initiative to Groom Young Males Into Healthy Responsible Men

The Southern Regional Health Authority (SRHA) through a partnership with the National Association for the Family has embarked on an intervention titled “Man-Up- A Call to Healthy, Responsible Manhood”.

Regional Technical Director of the SRHA, Dr. Michael Coombs who is the pioneer explained that the initiative targets young men between the ages of 15 to 25 years and was developed from evidence showing that male related issues are linked to crime and violence, substance abuse, sexual promiscuity and other issues which are having devastating effects on the social fabric of the country.

He added that the programme is a brainchild of a wider initiative called “Good Health Begins at Home” targeting parents to foster a healthy and happy home which will impact the society positively.

Scores of young men from secondary and tertiary institutions across the southern region attended the first in a series of the programme’s retreats on Friday, February 19 at the Kendal Camp and Conference Centre in Manchester. The retreat facilitated oral and video presentations, testimonials and group discussions which addressed key male related issues while highlighting the importance of fatherhood, families, marriage and treating women with respect.

The Technical Director who is also the founder and chair of the National Association of the Family pointed out that though changes will not occur in one day he hopes the initiative will become a movement and “with God’s help will transform the nation”. He added that he hopes the initiative will

continue in schools through “Man Up” Clubs.

“There are many voices competing for the minds of men, which has added to the confusion in our society especially among young men. I hope you will join the journey to becoming healthy responsible men” Dr. Coombs told the young men.

Regional Director for the SRHA, Michael Bent lauded the initiative noting that it is

well needed in today’s society. He encouraged the young men to share what they learnt with their peers and encouraged them to begin the journey of becoming responsible men.



Dr. Coombs challenges the young men to understand the importance of fatherhood, families and marriage.



Scores of young men engage in an interactive session at the “Man Up” retreat.

In the News: Southern Regional Health Authority

Mass Cervical Cancer Screening for Manchester on Tuesday, February 23

Hundreds of women between the ages of 25 and 54 enjoyed free cervical cancer screenings on Tuesday, February 23 at the St. Mark's Anglican Church Hall in the town centre.

The initiative was spearheaded by the Southern Regional Health Authority's Non-Communicable Disease Prevention and Control team in commemoration of World Cancer Day which was celebrated on February 4, 2016 under the theme, "We Can I Can".

The day's activities began with a march at 8:30 a.m. through the town and followed by an opening ceremony at 10:00 a.m. In addition to the screening activities free health checks for adults were provided. Members of the public also had access to health education activities throughout the day.

Regional Chronic Disease Coordinator for the Southern Regional Health Authority, Dr. Nadine Williams noted that the team utilized the Visual Inspection with Acetic Acid method for the cervical cancer screenings which allows for immediate results.

"This method allows for us to give the clients their results on the spot and if there is no abnormality then the test would not have to be repeated for another three years. This screening test has been utilized in Manchester since 2014 with a favourable response from the clients" Dr. Williams explained.



THANK YOU

**From:
Dr. Nadine
Williams**

We thank the Community Health Aides of the Manchester Health Services, Ms Sasha Sweeney, Julia Johnson and Maxine Evans who assisted with the body checks.

The Manchester Health Promotion team was out in their full capacity Shereen Williamson-Reid, Barbara Williams, Meshia Forbes, and volunteer Lavern Forbes led by Mrs Faith Lyttle.

Special thanks to Mr Rohan McNally of Three Angels Pharmacy and Mrs Andrea James of James Family Pharmacy for their contribution to the cause.

We were grateful for the full support and participation of our Regional Technical Director, Dr Michael Coombs and from the Ministry of Health, Dr Tamu Davidson, the Director of Non-communicable Diseases and Injuries Prevention, and Non-communicable Disease Focal Point for Jamaica.

The young men of the Manchester High School marching band did a fantastic job with the support of the traffic police who guided us safely through the town during our march.

We thank the various media houses who assisted us in spreading the message and Mrs Latoya Laylor-Brown who used her expertise to get them on board.

There are some key persons that I wanted to acknowledge for their contribution.

The Manchester Health Services provided much support especially Dr Beverley Wright, Mr Earl McLaughlin, Nurse Pamela Ulett, Nurse Sonia Fletcher, Nurse Llelia Miller-Beecher, Mrs Sandia Chambers-Ferguson and her team of orderlies namely Mr Dwayne Copeland, Mr Fitzoy Rowe, Mr Lloyd Sutherland and driver Mr Richard Nelson. Ms Patricia Williams and Nurse Norma Roper Watson outdid themselves in decorating the hall.

We thank Dr Kimberley Scarlett-Campbell and Ms Carol Mason-Rowe of the Clarendon Health Services who ensured that the bus was available.

Special thanks to Nurse Nadine Rowe from Clarendon Health Services, Nurses Theresa Hinds-Thorpe, Lynette Brown-Salmon, Sandra Thompson and Opal Miller-Bennett of St Elizabeth Health Services, Nurse Marciana Foster of Manchester Health Services, and Nurse Kayann Telfer of the Mandeville Regional Hospital for their outstanding efforts.

Facilities on the Move

Manchester: Mass Cervical Cancer Screening– A Success

The mass screening activity organized by the SRHA Non-Communicable Disease Prevention and Control team on Tuesday, February 23 was a success.

One hundred and twenty persons were in attendance, male and female and benefited from blood pressure, blood sugar and body mass index checks and health education talks. 80 women had cervical cancer screenings using the Visual Inspection with Acetic Acid (VIAA) method. Referrals were made for those persons found to have abnormal readings.

Please see below highlight's of the day's event:



Facilities on the Move

Manchester: Retired Public Health Nurses Honoured

It is said that being a nurse is more than a job, it is a way of life.

Recently two retired public health nurses from the Manchester Health Department were honoured for their invaluable service to health care.



Nurses Christiana Goulbourne-Wright (right) and Jean Robinson proudly display their awards for their contribution to health care.



Wellness Bytes

Benefits of Aloe Vera



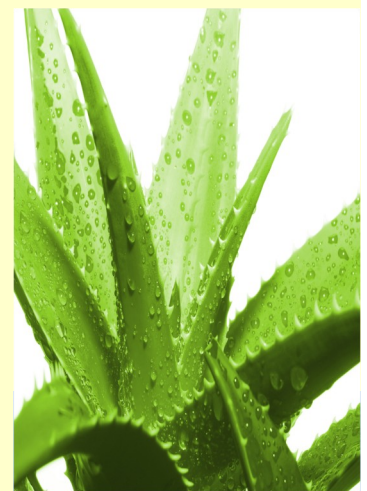
Did you know that Aloe Vera acts as a natural conditioning agent: It also:

- Restores the hair's sheen, luster and shine.
- It not only makes the hair soft but enhances strength and elasticity.
- It naturally combats

frizz but does not have the greasy buildup that many hair care products leave behind.

- Regardless of the scalp or hair's condition, whether too oily or too dry, Aloe Vera can restore the proper balance.

- It has amazing results for promoting hair growth as well as staving off hair loss.
- It is nature's own remedy for restoring health and beauty to hair.



Credit:
The Central Times

HR And You:

“Internal Communication”

Please see below excerpts regarding internal communication taken from the Ministry of Health’s Communication Policy.

6.2.1 The Minister and Permanent Secretary will approve the communication policy, strategies, action plans, and commit to the communication process by providing adequate resources to enable implementation.

6.2.2 The Permanent Secretary will regularly communicate the strategic direction of the Ministry, its policies, requirements, objectives, accomplishments, projects, and priorities to all staff.

6.2.3 The Permanent Secretary, the Chief Medical Officer or their designate shall approve information on critical issues for release to the media.

6.2.4 The Senior Management team shall be actively involved in the development and maintenance of an effective communication system, both internally and externally, and especially in providing timely, accurate information for the media, in order to achieve the Ministry’s objectives.

6.2.5 Managers at all levels shall maintain open communication with their staff by:

- Providing feedback from Management meetings to update staff on new policies, projects and programmes.
- Creating an environment that promotes free expression of employees’ needs, expectations and opinions
- Allowing for feedback from staff, including information gleaned in the public domain on projects, programmes and any health related issues, which may affect the Ministry’s operations/image/reputation.



- Communicating with employees about their job requirements, performance, well-being, development, safety and health policies/programmes,
- Communicating customer complaints and satisfaction
- Providing any other information considered relevant to the proper functioning of the organisation/division/department.



Please submit your articles and feedback to:

latoya.laylor@srha.gov.jm

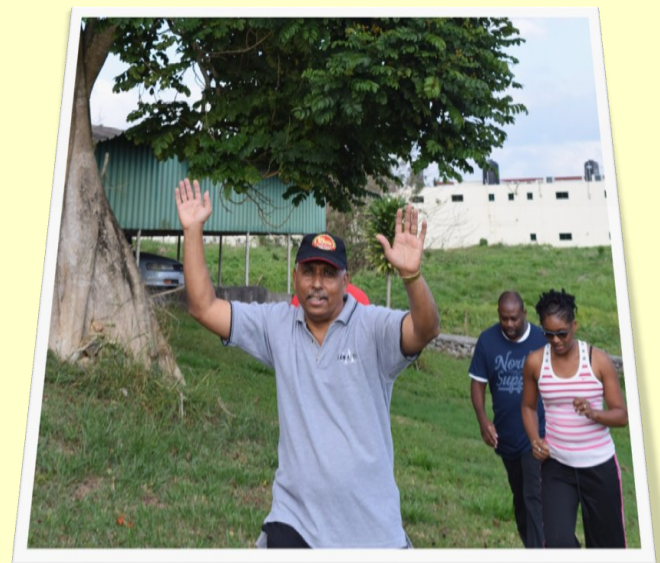
Deadline: March 31, 2016

Staff Highlight

Southern Regional Health Authority's Directors' Lapathon

The Directors hosted a Lapathon in February to raise money for the Staff Welfare Fund. Some persons showed up with their cheerleaders while others came with their confidence peaked. Some proved that the race is not for the swift and others demonstrated that they were fit and ready. Please see below photographic highlights.







A DAY IN THE LIFE OF:

**Doranie
Morgan**

**Systems
Administrator,
SRHA**

1. How long have you been working with the Ministry of Health/southern region?

Over 10 years. I was working at the Mandeville Regional Hospital (X-ray Dept.) and I started working at the Regional Office in September 2015.

2. What has your experience been like?

The experience has been great; I get the opportunity to learn many things (health related) outside of my job description and I also get the chance to meet new people.

3. What inspired you to choose your profession?

I always like problem solving, and I think it's really awesome to design or implement systems/computer programs that can make the way of life easier.

4. If you did not choose your present profession, what would you have chosen?

I appreciate innovation so it would have to be a Mechanical Engineering.

5. Are you guided or driven by any philosophy or mantra?

Yes, Know more today about the world than you knew yesterday.

6. What do you consider to be your biggest achievement to date, personally or professionally?

Acquiring my BSc with a full-time job.

7. Who or what inspires you to do your best?

My mother and I have decided to always make her proud.

8. What is the most important life lesson you have learnt?

I have learnt that procrastination is a deterrence of opportunity and growth.

9. Describe yourself in five words using letters that begin only with S and M.

Neat, ambitious, sincere, meticulous and loving.

10. If you were to get an unexpected visit from a colleague on a day off or on the weekend, what is the most likely thing you would be doing?

Cooking, sitting and chatting, watching some football or some other kind of sports.

11. Who are your favourite actor and singer?

Sandra Bullock, Macy Gray

12. Do you have any professional advice for fellow colleagues?

Don't be afraid to grab on to opportunities when they come your way, opportunities are missed by most people because it is sometimes dressed in overalls and look like work.