



University of Fort Hare  
*Together in Excellence*

Faculty of Health Sciences

# Newsletter

Vol 2, Issue 7 | July 2023

## The new Faculty of Health Sciences Prospectus

Article 1

A prospectus is a very important document for students. It outlines to the prospective students what the Faculty offers and give details of the rules that apply in the Faculty. The Faculty of Health Sciences Is happy to announce to you that it has published its updated Prospectus for 2024.

You can access the Prospectus on the website using this [link](#):

<https://www.ufh.ac.za/faculties/healthsciences/departments> if you have any further questions please feel free to contact the relevant Departments where you intend to study. You should also watch the careers video for the Faculty [here](https://www.youtube.com/watch?v=JMDNYtl6ZLg&t=66s): <https://www.youtube.com/watch?v=JMDNYtl6ZLg&t=66s> Should you have general questions please contact the Faculty manager. For admission and registration, please contact the Registrar's office.

Article 2

## Faculty of Health Sciences Writer's Retreat 20-22 July 2023

The Faculty of Health Sciences has a number of research projects and researchers to showcase. Recently, all the senior researchers who are principal investigators and project leaders met to share about their researcher and most importantly to explore and demonstrate how their research is intertwined with teaching and learning. This is important for the Faculty of Health Sciences as research active health sciences educator make better clinical lecturers, preceptors and trainers.

## THE DEPARTMENT OF HUMAN MOVEMENT SCIENCES DR PHILANI NONGOGO IN ROUND TABLE DISCUSSION ON AFRIKAN RUGBY



Figure : Dr Philani giving his expertise.

On Wednesday 5 July 2023, Dr Philani Nongogo, who is a corresponding editor and book project coordinator of an upcoming book with a running title: Making Rugby an Afrikan Game: Decolonial Narratives on the Origins, Cultures and Politics, 1886-1996, was invited to a Round Table Discussion on the lived rugby and sporting experiences of the Afrikan people in South Africa.

Two other discussants were Dr Buntu Siwisa, who is a co-editor of the book and Dr Thozamile Botha, a book chapter contributor. The discussion was anchored by the famous radio broadcasting legend, Mr Mphuthumi "Putco" Mafani, of the South African Broadcasting Association's (SABC), IsiXhosa national Radio, Umhlobo Wenene. Dr Nongogo is a sport scientist that has also ventured into the sport and society research niche. He has been working on research that seeks to Contextualise and Intellectualising black people's lived experiences in sport (specifically rugby and cricket) and society under colonial, apartheid and post-colonial dispensations. Dr Nongogo believes that sport is more than an enterprise solely to analyse blood, saliva and urine samples. The socio-historical, socio-cultural, socio-economic and socio-political aspects are also key in the broader understanding of sport in the 21st century society. There is a growing interest in the area of sport and society, and specifically focusing the social histories of sport in South Africa.

The focus is an attempt to look at how the social, economic, and political dispensations, at different times, places and spaces, affect how sports and sports opportunities are (and were) offered by those in positions of power and authority; and how sport was played and enjoyed by fans or spectators and consumers in the past and in present-day. It is no wonder that this research has a home in the Eastern Cape and the UFH, as one of the leading institutions in rugby, contributes to emerging and sustained discourses in this field.

## The Department of Nursing Science Article 4 Provides Mobile Clinic Services to the *Community at Smiling Valley Location*



Figure : Mrs Skepu shaking hands with community representatives and sharing health information.



Figure : Smiling Valley Location members, Mrs. Nolwando Skepu and eight 2nd year nursing students.



Figure : Smiling Valley Location Members, in attendance at the mobile clinic service.

## Smiling Valley Location



Figure : Second year Nursing Students ready to serve the community

The University of Fort Hare, Department of Nursing Science kept their word of offering mobile clinic services for the Smiling Valley Location which will benefit the community at large, students, and Department of Health (DoH).

The UFH Department of Nursing Science started the services on the 2nd semester, on time. This is a multistakeholder service with the involvement of the Eastern Cape DoH, clinic supervisors, NU 1 clinic staff, ward counsellor, ward committees, Location chairperson and clinic committee. DoH supplies the mobile clinic with medication which is ordered in advance from their mobile clinic stock.

The community was thrilled to receive this long-awaited service. The Community chairperson – Ms. Vathiswa Lugogwana gave the day a theme saying “Yonk’into inxesha layo” translated to everything has its own time. Residents from Smiling Valley walked a dangerous route to access the NU1 clinic, passing the railway through a bushy road with this mobile clinic service, they have been rescued. She mentioned that they have people who default treatment due to the distance but now that will be in the past. She promised that the committee will have a representative to assist and maintain order. In their committee they have a portfolio of a help desk being led by Ms. Nobantu Ntuku which will work closely with the mobile clinic.

in her address to the community, she empathized respect and gratitude. Mrs. Nolwando Skepu explained the services that will be offered and the fact that the community will be served compassionately. The patients are happy and satisfied and the students are also happy to get the experience of working in a mobile clinic.



# RESEARCH SEMINARS

**The Faculty of Health Science & Health Sciences Institute hosted Dr Colin Moran as he presented his research on “Using The Daily Mile™ physical activity intervention to improve the physiological health, wellbeing and learning of primary school children.” during transnational dialogues in health.**



**Dr Colin Moran** is an Associate Professor in the Faculty of Health Sciences and Sport at the University of Stirling, Scotland. He is also Faculty Deputy Associate Dean for Research, Deputy Chair of university NICR research ethics committee, and Section Editor of All Life. The aim of his work is to make people healthier. Dr Moran does it through three main channels; Research on genetic and epigenetic aspects of response to exercise/nutrition, Research on physical activity interventions and public engagement activities to spread understanding of biomedical science and health research. His background is in understanding how genetics and epigenetics contribute to inter-individual differences in elite sports performance, in exercise response and in metabolic disease risk (obesity or thinness). His physical activity interventions, particularly the popular Daily Mile intervention which originated at a local primary school and can now be found in more than 17,000 schools in more than 90 countries, including more than 50% of Scottish primary schools. These projects have attracted a great deal of attention from a wide range of organisations and individuals both at home and abroad including governments, policy makers, television, newspapers, teachers, parents and academics. Dr Moran co-leads a multidisciplinary team which includes physiologists, developmental psychologists and behaviour change experts. You may get more info of his scholarly research on the following links: LINKEDIN @ColinMoran; THREADS @Jockuliser; TWITTER @DrMoran

If you would like to present your study in our research seminar series, please contact Dr Chitnis Pratima at [PChitnis@ufh.ac.za](mailto:PChitnis@ufh.ac.za)

**The Faculty of Health Science & Health Sciences Institute hosted Ms. Avela Mathe during PhD Seminar Series as she presented her research on “The comparison of 12 to 18-year-old adolescents at risk and not at risk for non-communicable diseases (NCDs) according to sex, school quintiles and perceived stress in the Eastern Cape, South Africa.”**



**Ms. Avela Mathe** completed her undergraduate and post graduate studies (Bachelor of Human Movement Sciences honors) at the university of Fort Hare. She is currently concluding her Master's Degree in Human Movement Science. Miss Mathe has a passion for sport and exercise physiology, and she enjoys working in the field with different sporting codes. You may get more info of her scholarly research on the following link.

LINKEDIN PROFILE:

<https://za.linkedin.com/in/avela-mathe-a03b20279>



University of Fort Hare  
*Together in Excellence*

The Speech-Language Pathology department

## Speech-Language Clinic

The Speech-Language Pathology department at Fort Hare University currently services the community by running a speech-language clinic.

Patients are allocated among the days via appointment-basis only. The clinic is student-led and supervised by qualified speech-language pathologists.

A variety of conditions are assessed and managed, namely: speech errors, difficulties with understanding and producing language, stuttering, voice problems, swallowing and feeding difficulties, individuals with learning difficulties, as well as those patients with cognitive-linguistic impairments (such problems with memory or problem-solving skills).

In the event of needing a referral to book an appointment with the speech clinic, Mrs. Pinkie Gqiba  
[pgqiba@ufh.ac.za](mailto:pgqiba@ufh.ac.za)

**Operational Times: 13h00 - 16h00**

**Operational Days: Monday, Wednesdays & Thursdays**

**Venue: Third Floor, New Teaching & Learning Building  
(Opposite the Magistrate Court)**





University of Fort Hare  
*Together in Excellence*

## **NOTICE**

### **HMS RESEARCH AND FITNESS FACILITY (GYM)**

Please Note that The Hms Research  
And Fitness Facility (gym)  
Will be closed for Public use due to hailstorm damages  
on the roof causing water leaks which could  
be a hazard to the users.

Notice will be sent to the public once we are  
reopening the Facility.

Call: 062 597 9831 for more information



University of Fort Hare  
*Together in Excellence*

# Newsletter Production Team

**Editor-in-Chief:** Prof. Mzi Nduna

**Editor:** Dr Funanani Mashau

**Writers:** Ms Nambitha Hoyana, Ms Charne Christians,  
Ms Lungelo Mccunu,

Dr Funanani Mashau, Ms Cleo Mthethwa, and Ms  
Abongile Solwandlee

**For Comments Ideas and Stories**

[nhoyana@ufh.ac.za](mailto:nhoyana@ufh.ac.za), [lmccunu@ufh.ac.za](mailto:lmccunu@ufh.ac.za)