

# News Flash

*Official LDPW News Update*

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## MEC VISITS MNINWA MAHLANGU P SCHOOL

Limpopo Department of Public Works' MEC Mme Thabitha Mohlala together with officials from LDPW and Office of the Premier visited the small school in Sywerfontein (Talane village) Elias Motsoaledi Local Municipality. This is part of the Executive Council Outreach (EXCO) Public Participation Programme, wherein MECs visits projects and interact with community members to obtain first-hand information on service delivery outputs.

The school was established in 1993 with 475 children from 180 villages, after a breakaway from Marobe Senior Primary School. Mninwa Mahlagu P School was named after Mninwa Mahlagu who is the former member of Limpopo Provincial Legislature. The principal Mr. Mamphekgo T shared some of the challenges encoun-



**MEC for Public Works, Mme Thabitha Mohlala and the principal, Mr. Mamphekgo T dancing with the learners at Mninwa Mahlagu Primary School**

tered by learners and teachers; accommodation, furniture, textbooks, administration block and sports facilities were among challenges, and these impacts negatively on the smooth operation of the school. In her response MEC Thabitha Mohlala said "all your challenges are recorded and will be given to the responsible MEC for Limpopo Department of Education, Dickson Masemola, Local Municipality and the councillor Mr. Lepota T on his absence" She further advised the school to discuss issues related to electricity and others with School Governing Body (SGB) as it involves community and the ward councillor"



**From left: Mr. David Sebata, Ms. Sophy Shai and Audrey Tloana exhibiting during EXCO outreach Programme Elias Motsoaledi Local municipality**

# Stress Management Workshop

The Limpopo Department of Public Works' Employee Wellness Programme engaged employees on Stress Management workshop. This is an intervention by the sub unit Employees Assistant Programme (EAP) after surveys conducted within the department on a monthly basis. The workshop was planned to help employees to be able to manage stress based on the following signs and symptoms:

Cognitive Symptoms	Emotional Symptoms
<ul style="list-style-type: none"><li>•Memory problems</li><li>•Inability to concentrate</li><li>•Poor judgment</li><li>•Seeing only the negative</li><li>•Anxious or racing thoughts</li><li>•Constant worrying</li></ul>	<ul style="list-style-type: none"><li>•Moodiness</li><li>•Irritability or short temper</li><li>•Agitation, inability to relax</li><li>•Feeling overwhelmed</li><li>•Sense of loneliness and isolation</li><li>•Depression or general unhappiness</li></ul>
Physical Symptoms	Behavioral Symptoms
<ul style="list-style-type: none"><li>•Aches and pains</li><li>•Diarrhea or constipation</li><li>•Nausea, dizziness</li><li>•Chest pain, rapid heartbeat</li><li>•Loss of sex drive</li><li>•Frequent colds</li></ul>	<ul style="list-style-type: none"><li>•Eating more or less</li><li>•Sleeping too much or too little</li><li>•Isolating yourself from others</li><li>•Procrastinating or neglecting responsibilities</li><li>•Using alcohol, cigarettes, or drugs to relax</li><li>•Nervous habits (e.g. nail biting, pacing)</li></ul>

## How to manage stress

- ♦ Acknowledge
- ♦ Identify the source
- ♦ Take charge of own life and activities
- ♦ Relaxation techniques
- ♦ Proper planning
- ♦ Time management
- ♦ Exercise

***Remember "There are things that we can change, there are those we can't, minimize impact"***





1. Ms. Hlebela Tsakane facilitates the workshop
2. Officials from Strategic Management listening to facilitator
3. Employees engaging in the stress management exercise after the workshop
4. From left: Ms. Madale Olivia, Ms. Makhonza Lindokuhle and Ms. Malungana Selina from Employee Wellness Unit



# LIMPOPO

PROVINCIAL GOVERNMENT  
REPUBLIC OF SOUTH AFRICA

## DEPARTMENT OF PUBLIC WORKS

### VISION

A leader in the provision and management of land and buildings.

### MISSION

Optimal utilization of resources in the provision and management of provincial land and buildings and the coordination of Expanded Public Works Programme.

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*“Remember the values  
Happy people  
Professionalism”*

*Re a Sama*

