

GREEN PLAN  EBONY PLAN  IVORY PLAN  MAHOGANY PLAN



It's at times like this you need to know you're covered by

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**GENERATION Health MEDICAL FUND**  
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**HOSPITAL VISITING TIMES**

**Mpilo Central Hospital:** Paediatric Unit: (Monday to Friday) - 6 to 6.30am and 5 to 6pm. Adult wards: (Monday to Friday) - 6 to 6.30am, 1.15 to 2pm and 5 to 6pm.

Weekends: All other times remain the same except the evening, which changes to 4 to 6pm.

**United Bulawayo Hospitals:** All wards (Monday to Friday) - 6 to 6.30am, 1.15 to 2pm, 5 to 6pm. Weekends: All other times the same except for the evening changes to 4 to 6pm.

**Mater Dei Hospital:** 10 to 12 noon, 4.30 to 6.30pm daily.

**Ingutsheni Central Hospital:** 6am to 6pm daily.

**Gweru General Hospital:** All wards: (Monday to Friday) - 6 to 7am, 1 to 2pm, 5 to 6pm. Weekends: 6.30 - 7am and 4.30 to 6pm.

**Kwekwe General Hospital:** All wards: (Monday to Friday) - 6.30 to 7am, 1 to 2pm, 4 to 6pm. Weekends: 6.30 - 7am and 4.30 to 6pm.

**Gokwe District Hospital:** All wards: (Monday to Friday) - 6 to 7am, 1 to 2pm, 5 to 6pm. Weekends: 6 - 7am, 1 to 2pm and 4.30 to 6pm.

**Gwanda Provincial Hospital:** All wards: (Monday to Friday) - 6 to 6.45am, 1 to 2pm, 5 to 6pm. Weekends: 6.30 - 6.45am and 4 to 6pm.

**Nkayi District Hospital:** All wards: (Monday to Friday) - 6 to 7am, 1 to 2pm, 5 to 6pm. Weekends: 6 - 7am, 1 to 2pm and 4 to 6pm.

**Maphisa District Hospital:** All wards: 5 to 6am, 1 to 2pm and 5 to 6pm daily.

**Tsholotsho District Hospital:** All wards: 6 to 7am, 10 to 10.30am, 1 to 2pm and 4.30 to 6pm daily.

**St. Luke's Hospital (Lupane):** All wards: 6 to 7am, 10.30 to 11.30am, 4.30 to 6pm daily.

**Plumtree District Hospital:** All wards: 6 to 6.30am, 10.10am, 1 to 2pm, 5 to 6pm daily.

**Beitbridge District Hospital:** All wards: 6 to 7am, 1 to 2pm and 5 to 6pm daily.

**Harare East Memorial Clinic:** Morning: 10am-11am, Evening: 5pm-6pm

**Harare Central Hospital:** All wards: 6 to 7am, 1 to 2pm and 5.30 to 6.30pm daily.

**Parienyatwa Hospital:** General Wards: 1 to 2pm and 5 to 6pm. Private wards: 10.30 to 12noon, 3.30 to 6pm.

**Mbuya Nehanda:** 6 to 6.30am, 1 to 2pm all, 5 to 6pm (husbands) only.

**Chitungwiza Hospital:** All wards: 6 to 7am, 1 to 2pm and 6 to 7pm.

**Queen of Peace:** 10.30 to 12noon, 4.30 to 6pm.

**Baines Avenues Clinic:** 10 to 12noon, 4 to 6pm, 6 to 6.30 pm (husbands) only.

**Avenues Clinic:** General Wards: 10 to 11am, 4.30 to 6pm. Maternity Wards: 10 to 11am, 4.30 to 6pm, 6 to 7pm (husbands) only. High Dependence/Intensive Care/Coronary Care Units: (Visiting restricted to immediate family only): 10 to 11am, 5 to 6pm. Children's Wards: Visiting all day by parents or guardian only.

**Belvedere Maternity:** 12 to 2pm, 4 to 6pm.

**St. Annes Hospital:** 11 to 12noon, 4.30 to 6pm.

**West End Hospital:** 10 to 11am, 4.30 to 6pm.

**Ray of Hope Nursing Home:** 12 to 2pm, 5 to 6pm. Weekends: 11 to 12noon, 5 to 6pm.

**Suburban:** 5.30 to 6.30am, 1 to 2pm, 5 to 6.30pm.

**Beatrice Road Infectious Disease Hospital:** 1 to 2pm, 4 to 6pm.

**Wilkins Infectious Disease Hospital:** 6 to 7am, 1 to 2pm, 4.30 to 6pm.

**Makuma Medical Centre (Rusape) Mon-Sun** 6am-7am, 11.30am-1pm, 4.30pm-5.30pm

# Hope for Mtshabezi treats Umzingwane for free

BY NKULULEKO SIBANDA

BULAWAYO — Over a thousand villagers in Umzingwane district last week received free treatment for various ailments at an outreach programme meant to alleviate the lack of health centres in rural areas.

The villagers from Nsazwi, Munkula, Bezha and surrounding areas were treated by doctors and nurses under the Hope for Mtshabezi (HFM) initiative at Nswazi Secondary School on Saturday.

HFM is made up of volunteers who have been providing assistance to Mtshabezi Mission Hospital, one of the biggest health centres serving Umzingwane and Gwanda districts.

Mbongeni Ndlovu who led the volunteers said the outreach was meant to ease pressure on the mission hospital, which was being overwhelmed by the number of patients seeking treatment every day.

He said 1 102 villagers received treatment and several patients were advised to go to referral hospitals in Gwanda and Bulawayo for specialist treatment.

"We are doing some smaller cases although we

also have eye specialists from the Council for the Blind who have volunteered their time to be part of this programme," Ndlovu said.

Usually the villagers walk more than five kilometres to receive treatment at the Brethren In Christ Church run Mtshabezi Hospital.

The outreach programmes began in 2008 and so far several villages have been visited by nurses and doctors offering free treatment.

HFM has also helped secure doctors for Mtshabezi Hospital by providing a vehicle and refurbishing dilapidated residences.

Former broadcaster, Abbie Dube who is overseeing the project attributed its success to the support it has received from Zimbabweans in the diaspora.

However, she said they were still short of funds to run more outreach programmes.

Zimbabwe's health delivery system has been weighed down by a decade of economic collapse.

Rural hospitals have been the hardest hit by the brain drain caused by deteriorating conditions of service and poor salaries. But mission hospitals throughout the country have come to the rescue of desperate villagers as they have fared better than government institutions during the crisis.



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1. Healthcare providers make a record of the ailments. 2. An old man is helped out of a scotch cart as villagers take advantage of free treatment. 3. Patients await their turn to be seen by the health practitioners.