

Addington



The Pride of Addington Staff

OCT—DEC 06

Edition

Addington Hospital's Quality Day, a huge success, says Nursing Management Unit

Inside
this issue



The Northwood Boys High School Brass Band displayed an amazing talent when they performed for the audience during the Quality Day. Amongst the groups that performed was, Tafta Dancers, Classical Indian Dancers, Linda's Boys, Ms M Myende, D& D Dance Routine, Noluthando, Kwaito, Sterile Dancers, Lay Counselors, Addington Choir, & Mr N Khumalo.

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EDITORIAL: The people of South Africa in the month of August embarked on various activities to observe Women's month. We saw the Women's Day combined with the Prayer Day in our department, and all this in honour of both the women who marched to Pretoria in protest, and the women of today, particularly women of the department who continue to face endless challenges in our society. We have just celebrated 16 Days of Activism Against Women and Children Abuse, and men throughout the country took a stand to make significant contribution to this end. We hope these celebrations were not only for sixteen days but will become part of man's culture throughout life.

We are quite close to the end of the year and the moment to celebrate successes of last year. It is now time to look back and ask ourselves what has the sweat and hardwork of last year meant to us? Have we played any meaningful role in the lives of others? But I guess our HOD Dr Nyembezi once answered this question when she said, "we must not get despondent and depressed as we face pain and suffering everyday. . . So while we know and do not underestimate the challenges faced by our department, everyday there is reason to feel that we are truly doing God's work, because everyday people that come to us helpless and in pain, are sent home, if not smiling, then certainly with a look of gratitude on their faces". Indeed, although we acknowledge the suffering, and the amount

of work to do with limited resources available, the power of our strength in unity to provide the best for our clients can not be underestimated.

Coincided with Womens Day in the history of our country, was our own Quality Day, which gave a sense of unity, a sense of belonging and really brought out the best in every one of us, and hence we all sang

“What a Wonderful World”

We now wish all staff a happy Christmas with your families and a prosperous happy new year.



Above: Sr Meyer pictured with Dr Hurst while Matron Visagie (below) also accepted her prize



NOTICES

All Staff with diabetes welcome to join support group. Contact Angie Ext: 2244.

The Social Work Department is facilitating an HIV/AIDS Support group

A PHILOSOPHY OF LIFE

Keep your actions positive because your actions become your habits

- Keep your habits positive because your habits become your values
- Keep your values positive because your values become your destiny

Addington's Quality Day, described as "a huge success" by the Quality Improvement Initiative Manager, and the Nursing Manager, Mrs Chinniah



Addington's Quality Day on the 22 August 2006, not only showcased the highest standards achieved over the years, but more importantly staff commitment to maintain and improve quality was witnessed by hundreds of participants in a packed Centenary Hall.

Various departments proudly provided proof and convincingly showed that there is a constant search for quality improvement for the benefit of patients. "Since 1996, during our first entry into COHSASA Accreditation programme, we have used every opportunity to our achievement", said the Hospital Manager, Dr Hurst. Although she cited maintaining the achieved standards as a challenge, it would

seem that this is no challenge as evidence of having maintained these standards were displayed on this day. The achievement of higher standards has according to Dr Hurst led to "Addington being called upon frequently to help other institutions for benchmarking. This has kept Addington hospital on its toes all the time, and thereby shifting from self-centredness to others." She however, warned that as much as there have been many successes, mistakes have also been made, which she believes "have given us an opportunity to learn and grow".

Sr. Johnson of the Clinical department, and a member of the organizing committee felt that the event was "a huge success", and was quite impressed with the enthusiasm displayed by all participants in showcasing their QIPs. While entertainment was the order of the day, much was learned in terms of patient focused care from the Oral / Poster Presentations, and the Models.

The following departments were unanimously selected by the external independent judges as the winners:

The Medical Records: **Above:** Mr S. Govender accepting a trophy on behalf of his department.



1



The following members of staff happily accepted trophies from the Hospital Manager, Dr Hurst on behalf of their departments.

Picture 1. *Nerusha Chetty of the Physiotherapy proudly handling her department's trophy. Physio took the second prize on Poster presentation.*

2



Pic 2. *Thought that the Catering department only provides meals to staff and patients? Think again, the department emerged as winners in Poster presentation and Mr Simon Mfeka received the prize for his department.*

Pic3. *Mrs Moor seen here with members of her team, Infection Control, Sr Sitharam and Staff nurse Potter. This Unit walked away with the first prize in the Poster presentation.*



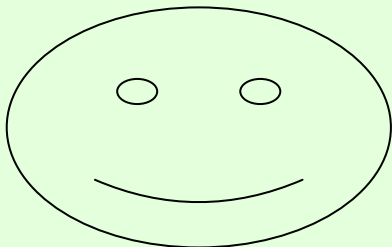
Cheers to the winning teams

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QUALITY DAY in PICTURES



Addington encourages innovation and rewards excellence



Her nomination was seen as evidence that a non-clinical General Orderly could also enjoy management's recognition, a clear indication of management's support of those who may consider themselves "lower categories" of staff.

Indeed, staff and our patients in general have bought into our ceremonies, and always see it fit, to nominate and applaud those who go the extra mile to maintain Addington's culture of excellence.

Addington hospital is known for its culture to reward staff for the passion displayed in carrying out their normal work. This ensures an environment where staff of all categories feel their contribution in the organization is recognized. Undoubtedly, such an environment promotes goodwill between management and staff and thus, good relations between staff and the organization's clients. This in turn brings about a win-win situation between the organization and its customers.

The above is an accepted principle in a healthy work environment where the company's employees take pride in excellence. Thus, our hospital management takes pride in recognizing such employees. Service Excellence Awards ceremonies remain a management activity to enhance and instill a sense of pride and recognition amongst staff.

Again in this period Addington's quarterly Service Excellence Awards including the Ethical award winners were nominated and trophies handed to the three winners. For the first time in this quarter three non-clinical winners were awarded for the same act which was viewed as the promotion of the Batho Pele Principles of Service Standards and Courtesy. The nomination was as a result of these three staff members who voluntarily went out of their way to work as mortuary attendants, and assisted mortuary staff by removing bodies from the wards. This did not go unnoticed, as the supervisors saw this and nominated staff for their dedication. It was a moment of excitement as they were not aware that this had captured attention of their supervisors who could not help but forward the names of the staff for Service Excellence.

The Ethical Award was awarded to a member of staff who found and returned money that was lost. This act was the promotion of Addington hospital's core values of integrity and trustworthiness



Above: The above picture show the winners of this quarter, from left Mr P.Pillay, Mr D. Dorasamy, Dr Hurst, Mr B. Zulu, and Ms Ntutulwana. and Sr. Best from ward 12A. Mr Khoza, (middle picture) the Deputy Nursing Manager and the HR Manager, Mr S. Govender (below) said a few words of commendation to all staff.

Towards a baby-friendly hospital environment



Some of the members of the Committee, from left standing are *L Carey, Sr. B. Mchunu, St/N van Wyk, Dr RS Naidoo, Sr. NC Mchunu*. Seated from left, *NH Mkhungo, PZ Nene, PJ Funn, & Sr MacDonald*.

The work has begun, foundation is being laid to create an environment where breastfeeding is the only method supported to raise babies. The gist of this initiative is to discourage bottle feeds to newborn babies unless medically indicated. The initiative will be extended to feeding clinics to ensure continuity of mother and baby care, said Sr Ncube.

The first meeting for this initiative kicked off on 16 August 2006, in a packed matron's lecture Theatre. Sr Ncube the Co-ordinator was applauded for spearheading this initiative. The programme is said to be extensive, however, the continued support and guidance from Thobile, a Nutritionist from eThekweni District has motivated staff to take the project to the highest level.

“We are not new to challenges, no matter how extensive the project may be, we boast of highly motivated multi skilled teams who will stop at nothing to achieve their goal.

We have always been known for our strength and an intense drive in each one of us to remain on top of challenges”, says the PRO. With this in mind, the team is well on its way towards accreditation “by an outside national accreditation body”, said the Nursing Manager, Mrs Chnniah.



WHERE TO FROM HERE (see more on next page)

Look at how far we have travelled with the Baby Friendly Hospital Initiative (BFHI)



Above:

Members of the Committee confidently looking forward to pass the first assessment.

Far right: the Hospital Manager, Dr Hurst delivering the opening address on this occasion.



An event to create awareness and to update staff on the progress made in this initiative, was held at the Centenary Hall on the 7 December, 2006. The opening address by the hospital Manager, Dr Hurst gave a brief background on the origin of this initiative particularly the early stages of Addington hospital's participation in this initiative. "Representatives from twenty six hospitals were trained by the World Health Organization (WHO) and UNICEF", and five members from our institution attended this training. As a result of this training, the five participants held their first meeting with the Nursing Service Manager to introduce this programme. The proposal was welcomed by hospital management, and a Committee was set up to drive this initiative. Dr Hurst further explained that, sometime in April next year the District Office will conduct an initial assessment to determine "how we are coping" after which an independent external delegation from UNICEF will do the final assessment which will determine our Accreditation.

Today, the Committee boasts a number of achievements since its inception. These include 77 trained members of staff, documented well displayed policies, on-going training of staff to gain necessary skills for implementation, training and awareness initiatives to non-clinical members of staff, counseling of mothers on proper breastfeeding methods which is said to have started at the Ante-Natal clinic already, these are some of success stories achieved in the short span of time that our staff have started on this programme. Sr MacDonald explained. The initiative promotes breastfeeding to all mothers by ensuring that "no more bottles for newborn babies, thereby ensuring a healthy baby—healthy mother.

Matron Zwane delivered a key note address. She reiterated that the main focus of this initiative is to ensure that the work to build a healthy nation begins with such initiatives as we focus on nurturing newborn babies at the early stages of life.

The new face at Public Relations Office

By Tammy Govender



The PRO office recently bid farewell to their 1st intern Tyrone Khuzwayo, as his internship came to an end in July this year. However you will be glad to know that Tyrone is currently employed elsewhere within the Department of Health, which brings me to the picture you see above, our new internship student, Siphso Dlamini.

Siphso of Hammersdale completed his matric at Cresmor Secondary and then ventured on to studying Public Management at the Mangosuthu Technikon in Durban. Siphso's interest in people and his community has inspired him to pursue a career in Public Management.

Siphso in pursuing his one year internship programme, has been keeping himself busy with all the events that have been taking place at the hospital. So, people I advise you to keep an eye out for the next issue of the Addington, because you are sure to spot some of the events covered by Siphso.

Staff at the PRO's Office would like to wish Siphso all the best in his chosen career, and hope his stay at Addington will prove to be a fruitful one.

LUNCH AT IKUSASA

"Contributing few cents from their own salaries just for the children"

In the spirit of giving , the staff from the Dietetics department had decided to serve lunch to the children at the Ikusasa clinic. The Dietician Ishana Maharaj and her colleagues Anisa Ebrahim and Olga Mahlaba



were at the forefront of this “amazing gift” to the kids. The meal was served to the children as a kind gesture from the staff.

The kind members of staff, Anisa Ebrahim, Ishana Maharaj and Olga Mahalaba prepared a tasty meal for the kids.

It came with all the necessary nutrients that they required. The happy smiles on the children faces and the satisfaction has motivated these staff members to continue with this gesture throughout the year, contributing a few cents from their salary every month to put together this meal for the children.

On the right: The lovely kids of our clinic



Children who were the main VIPs looking forward to the meal of the day whilst the three members of staff are ready to be the waiters .



The 2006 East Coast Radio Toy Story Team's visit

This year's Toy Story initiative has come and gone. Leaving wide smiles, a sense of belonging and fulfillment, a strong feeling in the children that they belong to a society that cares, they are loved despite their sickness, and that they are remembered while they are in hospital beds. The giving hands of the Toy Story Team had touched the children's little hearts, and continues to assure the little patients that they are valued, and that we believe in them.

East Coast Radio DJ Dave Gusseli and the rest of the team including the East Coast Radio Managing Director, Trish Taylor warmly chatted to all children, giving them presents. In return children were pleased to receive their Christmas presents, just in time.

"It has always been a pleasure for us at Addington to welcome the Toy Story Team, for this is the time when our little patients look forward to their first Christmas gifts in the year.

A SPECIAL THANK YOU

**GOES TO THE COMPANIES ,
THE EAST COAST RADIO**

AND THE PEOPLE WHO HAD

MADE ALL OF THIS

POSSIBLE FOR OUR KIDS,

WE ARE LOOKING FORWARD

TO NEXT YEAR'S TOY STORY,



The prominent East Coast Radio DJ, Dave Gusseli handing out one of the gifts to the young patient, with her mother watching.



The Toy Story Team took time to pose for a picture before the hospital entrance with Mr Canham, the hospital's PRO.



It would not have been enough without some Christmas Carols., the former Pop Idols celebrity, Mealanie Lowe sang for the kids.

This is how we celebrated the World Aids Day



WORLD AIDS DAY

The day was full of smile, laughter, kids playing showing excitement and all troubles, sadness put aside. This was a very special day for Iku-sasa clinic, particularly, the kids. The Nursing Manager, Mrs Chinniah delivered a motivating, and touching speech at the time when such was needed. She said, “it doesn’t matter whether you are HIV positive or negative, because there will be always someone who adores you, and feels that you are special in his or her life. Keep smiling for each time you smile, someone else will smile back to you”.

The event was well sponsored by Pick ‘n Pay stores who provided a big cake.



A member of staff, Belinda helped cut the cake with the kids chanting songs of joy, and giving thanks for the food they are about to receive.

One member of staff also delivered a message of support and encouraging all staff to volunteer and get tested for HIV and Aids. The message came after she had testified and revealed her status. This was welcome by the audience who in turn showed their support and empathy.

Amongst many activities taking place on this day was, the Poster Competition designed to display a theme of the day.



“IT DOES NOT
MATTER WHETHER
YOU ARE HIV
POSITIVE
OR NEGATIVE,
BEAUSE THERE
WILL ALWAYS BE
SOMEONE WHO
ADORES YOU...”

Laryngectomy Support Group Review



The members of Speech and Audiology departments were behind the coordinating of this day. From left to right: Ms Michelle Madonsela, Ashton Naidoo, Suvanya Naidu.

The Department of Speech-Language Pathology recently held for the first time a Laryngectomy Support Group for their small group of laryngectomees at Addington Hospital. A laryngectomy is the surgical removal of the larynx. The aim of the support group was to highlight the vital team members involved in laryngectomy care, namely the oncologist, ENT specialist, speech therapist, and the dietician. The vital team members from Addington Hospital were each invited to discuss their roles with the laryngectomy community. ENT specialist Dr V Govender spoke about the nature and assessment of laryngeal cancer and the rationale behind the surgical procedure of removing the larynx. Dr P Veerasamy, the oncologist spoke about laryngeal cancer and the profession's various cancer treatment methods available namely; chemotherapy, radiation therapy and laser treatment. Dietetic interns from UKZN spoke about the nutritional needs of laryngectomees, and the dietary modifications one can make to ensure that eating can be a pleasurable experience.

Community-Service speech-language pathologist, Suvanya Naidu discussed the various methods of alaryngeal communication methods available, namely oesophageal speech, tracheo-oesophageal puncture with voice prosthesis and the use of artificial larynx devices, as well as the use of mouthing, gesturing and writing, should communication via the verbal modality not be reached. The guest speaker was Mr Kitty Govender, a laryngectomee who is a fully rehabilitated oesophageal speaker. Oesophageal speech is a process in which air is injected or inhaled into the upper part of the oesophagus, and immediately released in a manner that sound is produced. Working closely with a speech therapist, this sound can be modified to words and ultimately conversational speech. Mr Govender explained how he has mastered this difficult technique, and gave very inspirational advice to laryngectomees currently practicing this technique, and stressed that one practising this technique should never give up. A demonstration was provided by a representative from Smith's Medical, on an artificial larynx device called Optivox. The support group was attended by laryngec-

Staff on the Move



Staff promotions

Siyanda Vilakazi from HR Officer to Principal HR Officer, and has moved to Murchison Hospital.

Mr J Pather HR Officer to Principal HR staff Relations Officer. **Mr G. Hendricks** Artisan to Artisan Foreman

Physiotherapist to Senior Physiotherapist both **Mr N Naicker** **Ms P Singh**. **Mr NS Buthelezi** Senior Radiographer to Chief Radiographer.

Mrs R Gounden Senior Pharmacist to Principal Pharmacist joining us from Clairwood Hospital.

E Makhanya from Ceza Hospital to a Chief Pharmacist.

Mr Hoosen from Ladysmith Hospital to Finance Management Officer.

Sagie Subramoney promoted from Senior Admin Clerk to Finance Management Officer, and **Sagren Govender** to a Senior Finance Management Officer.

Congratulations!! to all the staff promoted within our hospital, and those joining us from other institutions, have a lengthy stay at Addington Hospital we are happy to have you.

Staff going on Retirement

Mrs Coughalan, Mrs Steyn and Mrs Classens all from the College of Nursing. Thank you for the contribution you made to all our students who went through you, may you continue to provide light wherever you are.

Congratulations to Angie Hall, our Dietician who got married to the Steyn.

Congratulations to Mr Kunene, our Charge Nurse in Casualty for nomination for Cecilia Makhiwane Award. You made us proud.

The Intern Award Ceremony



It was another year of bidding farewell to the Intern doctors of 2006. The tables at the Paddington, all topped with orange overlays, bouquets of flowers, all around the wall, the well prepared food for our important guests, the Interns, was the type of display we saw when we attended this event.

There were cheerful moments when certificates of commendation were handed out to all the Interns. But the great moment came when the announcement for the Intern of the year was made.



Dr L. Wise was nominated as the Intern of year, and received a shield which Dr Hurst, the Hospital Manager describes as, "a part of Addington as it is crafted out of wood of the old windows of the hospital". The criteria for this category begins by sending out voting sheets to all wards, MOs, Registers, HODs etc. and the Intern with the most votes gets the award.

Mrs Mary Strachan and her team in Human Resources Medical section thanked all the Interns for the contribution they had made throughout the year and wishing them every success in their careers. She also welcomed the new group of 2007/2008 Interns. "You will find that the adjustment from varsity to the "real thing" will be huge, strength of character will see you in good stead throughout your career". She concluded by assuring all the Interns that she, Noeleen, and Debbie will always miss them.

A well experienced EAP Practitioner joins our team of practitioners

For sometime, a group of staff have been driving the programme, but now one individual has been officially tasked to focus fully on the Employee Assistance Programme (EAP). The EAP team, however, will continue to assist and support the newly appointed practitioner. Zandile Mathe, qualified Secondary School Teacher, and now an EAP Practitioner. Zandile began her career as a teacher, a profession she held for nine years at a school in Ndwedwe. In 2002 she joined a Non-governmental organization, The Valley Trust as a VCT Co-ordinator dealing with HIV prevention, for four years. She wanted in our institution on the December, 1, 2006.

After completing her Diploma in teaching, she studied for a Bachelors of Arts degree with particular focus on Psychology in Education. She also completed a Post graduate Diploma in the Management of HIV



and Aids in the world of work. Ms Mathe is currently studying for a diploma in Human Resources Management with Business Management Training College in Johannesburg. Asked what she thinks of the new work place, she said, “staff are so welcoming, which is very encouraging. In addition I feel that the hospital cares so much for the well-being of employees, with its HR retention strategy, it would seem that there is a general commitment to want not to lose staff”. Ms Mathe describes her job as that of a Facilitator, who facilitates a process of finding solutions to people’s challenges rather than being the solution. “It is the responsibility of an employee to find his/ her own



solutions”, she emphasized. She prefers to use the term, challenges rather than, problems. According to Zandile the EAP is a programme that aims at improving the quality of life of employees and their families by providing support whilst at the same time increasing organizational effectiveness and profitability. Her work includes, assisting staff in challenges related to marital, family, health, financial etc. Referrals are made for appropriate diagnosis, treatment and assistance

She appeals to all staff to make use of this opportunity and utilize the available services that are meant to benefit staff. Zandile assures all staff of confidentiality in all matters dealt with by her office.

The EAP practitioner is located at S-Block, Occupational Health Unit (Sick parade) on the 1st floor. She can be contacted on the ext. 2275.

Proudly Celebrating 2007 Nurses' Awards Ceremony

It was a moment of fulfillment, and dreams coming true for most of our nursing staff at an annual prize giving function held at the Centenary Hall, on November, 28, 2006,



“Most of them were cleaners and now all of a sudden the whole world has opened up for them. They can now further their education and become clinical sisters”, the Nursing Service Manager, Mrs Chinniah said when congratulating nursing staff during the Nurses’ Prize Giving ceremony held at the Centenary hall on November, 28, 2006.

The hospital is proud to have trained the newly qualified Nursing Assistance who had received on the job-training. Mrs Chinniah had referred to them as “the backbone of our hospital, as they are in direct contact with the patients”.

There were 90 students who graduated on that special event. The year end Addington’s Prize giving for other members of staff was held concurrently with this graduation ceremony. Amongst many awards presented were the, eThekweni Municipality Award presented to the student whose examination results, ward reports, and attributes closely subscribe to the ideal and traditions of nursing.

The winners in this category were Claire Lyn Pretorius, and Kate Tarryn Brymer. Student Nurses’ Awards included, Nelson Mandela School of Medicine-winner , Floating Shield- ClaireLyn Pretorius, the Johnson & Johnson Midwifery Nursing Science floating shield-Claire Lynn, Nestle’s floating shield, Leane Dubru, Senior Surgical staff trophy– Menzi Coka, Hospital Board trophy-Gugu Faith Mbokazi, etc.

Family members have come to celebrate the achievements of their loved ones.

A keynote address was delivered by Ms Dorning from St.Mary’s Hospital. Her motivation focused more on what it means to be a nurse, the expectations of the community towards a nurse.



THE CHIT-CHAT COLOUMN



A Big thank you....

Greetings to all, shoo! What a month it has been. As I am sure you all have been aware of Quality Day and the preparations that preceded. Well thank Heavens its all over and what an awesome day it was. The Staff of Addington really out did themselves proving to be part of the accredited team and nothing short of being the best when it comes to team work. I would like to thank everyone who participated in helping with the fund raising for Quality Day. Your support made it

READY STEADY GO, HERE COMES SUMMER.



I am sure most of us are anxiously waiting the days of summer, watching what we eat, so we can fit into our swim gear and head for the beaches. I for one know how tuff that can be, especially when it comes to eating correctly and following a diet. So I thought I'd share some of the dieting blunders with you that backfire:

- **Don't** skip meals, because if your body feels like its being starved, it'll start storing fats and your metabolic rate (the speed at which you burn calories) will slow down.
- **Don't** completely stop eating fats, essential fatty acids in oily fish and avocodo actually regulate your metabolism.
- **Don't** miss breakfast, your metabolism slows overnight so you need a morning munch to give it a kick start again.

HOPE YOU ENJOYED THESE USEFUL .TIPS....



INTERESTING FACTS ABOUT DRINKING AND DRIVING.....

As the festive season approaches us, there is just no choice when it comes to having a drink and being behind the wheel. The answer to this is a NO.

You endanger yourself and you risk taking the life of every person you pass on the road. If that's not enough to convince you, in the coming months traffic officers will be out in full force...and being arrested and charged for drunken driving is an experience you don't want to go through. The penalty if you're caught drunk driving? A minimum of 3 years imprisonment or a R23 000 fine.

Alcohol impairs your judgement and slows down your reaction time. Even if you aren't the one who makes a mistake on the road, you might not be able to react in the correct manner, or fast enough.

So how much can you drink before you're committing a criminal offence? Legally, you are driving under the influence if you exceed a blood alcohol level of 0.05mg per 100ml of blood or a breath alcohol level of 0.24mg per 1 000ml of breath.

In simple terms: the average woman (60kgs) is over the limit if she has two drinks in an hour (a drink being a beer, a glass of wine or a whiskey). Smaller women are on the limit at one drink an hour!

Women absorb more alcohol than men because they have less ADH, an enzyme in the stomach that breaks down alcohol. It takes about one hour for your liver to break down the alcohol in one standard drink.

According to survey 46.5% of drivers killed in crashes exceeded the legal blood alcohol limit. So if you're planning a bender any time soon, remember to appoint a designated driver or call a taxi.

*2008 Traffic Offence Survey
Research-Glamour.



Another point of view about the origin of the name Addington

(Last year we covered a story about the origin of the name, Addington, here we go with another version from the Mercury)

We may never be completely sure of how Durban's Addington Hospital came to be so named. After reading about it in this column a few days ago, Stacie Gibson of the Killie Campbell Africana Library has sent me a couple of snippets on the subject.

One in George Russell's *The History of Old Durban*, is a quote from *The Natal Mercury* of May 1860:" A new township to be called Addington is being laid out in the Back Beach bush between the Point Road and the sea.

The very bestowal of a separate name, whence derived we know not, unless it be in honour of Mr. (Henry) Addington, afterwards Viscount Sidmouth, a statesman famous, or rather infamous, in the annals of bigotry."

The other suggestion is that the township and hospital might have been named after Addington, the English ancestral estate of Dr W. H. Addison district surgeon of Durban in 1868.

But a doctor has called to say I should forget about Addington Hospital's name and concentrate on its colourful history," I am sure there is a wealth of wonderful anecdotes about it," he said .

"For instance, my grandmother , the late Seamus 'Bones' Maguire, was on duty late one night in the early 20th century during the Anglo Boer War, when the Boer command was doing its best to isolate or wipe out the British forces at Dundee and Ladysmith.

"As you know, troops on their way inland were billeted in Durban's foreshore, were often treated at Addington for their various soldierly ailments, and wounds. They might even have camped in the building.

"My grandfather , 'good old Bones ' as he was later to be dubbed, was doing the rounds one night when kitchen staff rushed up to him and cried:' Doctor doctor, Please come down to the kitchen and tell us this bone we've found are human ones.

When he got downstairs, he found that part of a wall had collapsed, presumably from alterations. Inside the cavity was a perfectly well-preserved human skeleton.

"Around its cervical spine was a gold chain, from which dangled a large medallion. On it these words were inscribed: Irish Hide and Seek Champion, 1899."

Surf to sure

I'm sure that story is authentic, I feel it in my bones. It was also Stacie Gibson who sent today's picture of the wreck of the Ovington Court from the Killie Campbell Library. Stacie remembers swimming out to the wreck in the 1960s and '70s. "It was quiet a popular thing to do, especially when the tide was low." The Ovington Court was one of ships at outer anchor dragged in heavy surf and she drifted towards the beach and ran aground. The Mercury of the next day described the scene, with a search light on the Bluff "silhouetting the form-topped waves and bringing the vessels out in relief against the blackness of the sea"

Crowds of onlookers arrived at the beach and soldiers had trouble keeping them back.

The captain decided to abandon ship and The Mercury reported that cheering went up from the beach as the first boat made its way in. But the second capsized, throwing 12 passengers into the water.

All were rescued, but four later died in Addington Hospital. The Mercury listed them as cabin boy Gordon Hunter, 15, Michael Kennedy, Mahomed Abdo Shaali and Said Ben Said. The remaining eight men on the Ovington Court waited out the night on board and were than safely brought to shore. The last to leave ship was the captain...with the ship's mascot, a monkey, in his arms.