



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

WENTWORTH
HOSPITAL

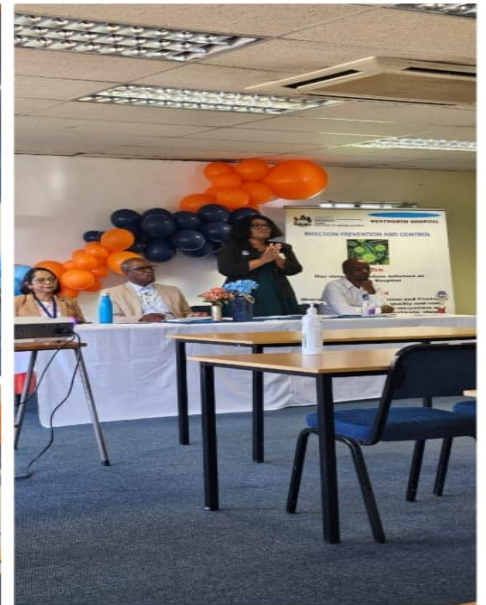
WENTWORTH FOUNTAIN

NEWS

KEEPING YOU INFORMED

SEPTEMBER 2025

HAND WASH AWARENESS DAY



In May, Wentworth hospital, lead by the IPC manager, Mrs. Claudelle Perumal, hosted the annual hand wash awareness day. This day was to educate all categories of staff about the importance of adhering to the

correct method of hand washing and how hand washing protects is vital in preventing health care associated illnesses.

By preventing the spread of germs, hand hygiene also helps

To prevent the transmission of multi-drug resistant organisms, which are a growing global threat.

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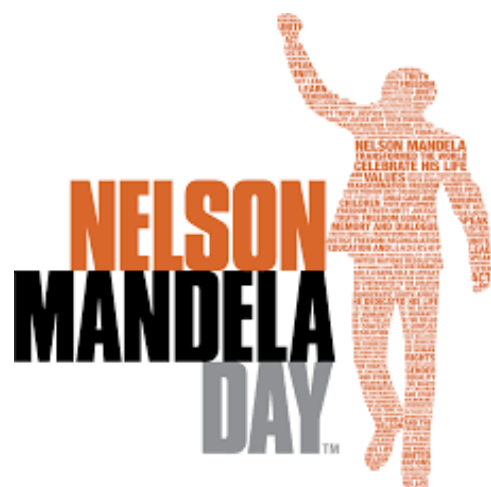
Mandela Day

18 July is Nelson Mandela Day. On this day, all South Africans embark on activities that empower and uplift those less fortunate. In 2025 the theme for Mandela day was **"its still in our hands to combat poverty and inequity"** On this day, Wentworth hospital was a buzz with multiple activities. First the social work department visited the children's ward to hand over gifts and treats to the admitted children. They then visited Isaiah 54 children's home, where they spent time with the children at the home and also shared some treats and gifts with them. This made a huge difference and put a smile on the children's faces.



Wentworth Hospital management and the social work team

The fun didn't end there, next the team visited , Colors of Bliss autism center in Bluff. The day was filled with fun activities for the children, gifts and food. The school is managed by Kubashnie and Jeeven Padayachee, In 2021 Kubashnie had already resigned from her teaching job to stay home and take care of their daughter because of the challenges they encountered. With Kubashnie being an ex-teacher, the couple armed with first-hand experience with an autistic child, Saiantha who is now 14, opened the centre to provide affordable quality care for children with autism in their community. The couple was grateful, for the support that Wentworth hospital showed them on this special day.



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Breastfeeding Awareness

Breastfeeding provides essential, adaptable nutrition with antibodies that protect infants from illnesses like ear infections, stomach bugs, obesity, and Sudden Infant Death Syndrome (SIDS). It also strengthens the baby's immune system, supports healthy growth, and fosters a crucial emotional bond. For mothers, breastfeeding helps with postpartum recovery, promotes a faster return to pre-pregnancy weight, and lowers the risk of certain cancers and type 2 diabetes.

Breastfeeding not only offers vital nutrients but also foster a deep emotional connection between mother and child, let's advocate for support for breastfeeding mothers and promote a workplace policies that facilitate their needs, ensuring every mother has the support she deserves.



Breastfeeding Awareness at the therapy department

Wentworth hospital hosted a breastfeeding awareness day. On this day, both patients and staff were educated on the importance of breastfeeding, there were some fun activities on the day. A big thank you to the organizing team for planning such a beautiful and informative event.



Heritage Day

A celebration of Culture



Sr. Majali, looking dapper in his attire

September is heritage month. South African heritage is rich, vast and beautiful, the day was first observed in 1996 to help build the new nation forged by the end of apartheid. Former President Nelson Mandela stated that the diverse cultural heritage has profound power to help build the nation.

Heritage Day acknowledges the cultural contributions of the many cultures that make up South Africa, including African, Asian, and European traditions.

The day encourages people to remember and reflect on their history, heritage, cultural traditions and the beauty of their country .

It serves as a reminder of the strength in unity within diversity, fostering an environment of mutual respect and understanding among people of different backgrounds.

The holiday also honour's the legacy of those who fought for democracy in South Africa, emphasizing how understanding our origins shapes a better future.

In September 23. Wentworth hospital staff joined the rest of South Africa in celebrating this beautiful and colorful day. Different departments were dressed in their beautiful traditional attire, not only that, but they also brought delicacies representing their heritage for their fellow colleagues to sample.

To all the staff members and departments who participated. We thank you for making the effort and in so doing, you improved the staff moral of the facility.

Here's to hoping that next year we do it bigger and better.



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Mental Health Awareness

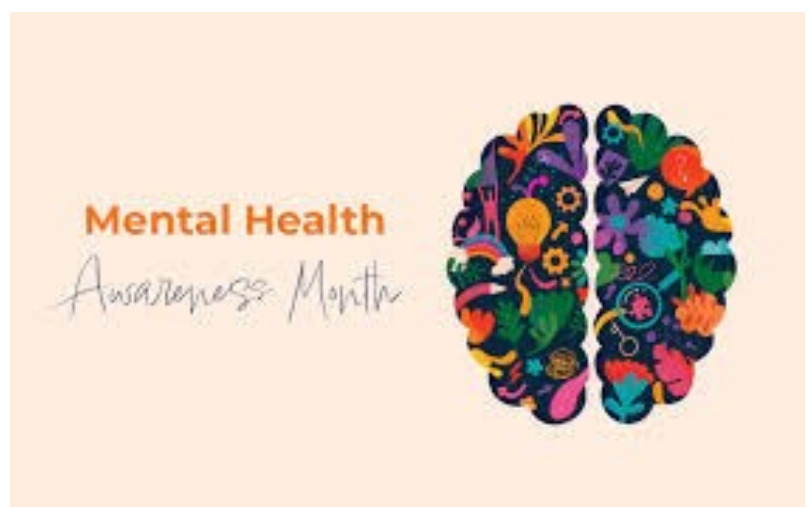
The month of October has been declared Mental Health Awareness Month with the objective of not only educating the public about mental health but also to reduce the stigma and discrimination that people with mental illness are often subjected to.

Mental health problems, such as depression, anxiety, substance abuse and job stress are common, affecting individuals, their families and co-workers, and the broader community. In addition, they have a direct impact on workplaces through increased absenteeism, reduced productivity, and increased costs. Very few South Africans seek treatment for their mental disorders. Mental illness can be treated at your nearest clinic, hospital or healthcare provider.

Mental health problems are the result of a complex interplay between biological, psychological, social and environmental factors. There is increasing evidence that both the content and context of work can play a role in the development of mental health problems in the workplace.

Key factors include:

- workload (both excessive and insufficient work)
 - lack of participation and control in the workplace
 - monotonous or unpleasant tasks
 - role ambiguity or conflict
 - lack of recognition at work
 - inequity
 - poor interpersonal relationships
 - poor working conditions
 - poor leadership and communication
- conflicting home and work demands



What's Cooking Good Looking?



Salmon with Asparagus

- **Prep** – Preheat oven to **450°** (set the rack in the top third of the oven – this gives the salmon some colour). Line a large baking sheet with parchment (trim it to fit so it doesn't burn).
- **Place salmon** fillets in the center add asparagus on the sides. Drizzle asparagus with olive oil and roll to coat in the oil. Season both salmon and asparagus with salt and pepper.
- **Mash together the flavoured butter** ingredients in a small bowl until the lemon juice is incorporated (by hand with a fork, or use a small food processor or an immersion blender to speed up the process).

Finish and Bake – Spread most of the butter over salmon, dab the rest on asparagus. Top salmon with lemon slices and bake **10–12 min** (depends on thickness). You can finish under the **broiler for 2–3 min** for a golden top. Bake until the salmon is flaky and cooked through.

Chuckles

Why did the doctor carry the red pen? In case they needed to draw blood.



Why did the skeleton go to the hospital?
Because he was feeling a little bony.



Pharmacy's collect and Go initiative



Our friendly, Pharmacy staff

The Wentworth hospital pharmacy department has embarked on a groundbreaking project aimed at reducing patient waiting time and increasing patient satisfaction. The project, ensures that chronic, stable patients who collect medication on a monthly basis do not wait in long queues. They arrive at the facility and head straight to pharmacy, window two, where they find all their medication pre-packed and ready for collection.

The collect and go project has assisted in decongesting the pharmacy department and saves our patients plenty of time, who previously were waiting for a long time just to collect medication.

Wentworth hospital management wishes to thank the pharmacy staff for this amazing initiative and for being innovative.

This is just one of the ways in which we are aiming to improve service delivery and ensure that the patients get the best care in record time.

Collect & Go our priority is you

Attention Patient



**Collector's to bring the
following documents**

- 1- Copy of patients ID**
- 2. Letter of permission to
collect medication**
- 3. Copy of they ID or
drivers licence**
- 4. White appointment
card**

7:30am to 10:00am service

Strictly on your dates

Please do not default



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PHOTO GALLERY



Heritage Day



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Mandela Day



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Mandela Day



ACKNOWLEDGEMENTS



I would like to take this opportunity to thank all the Staff of Wentworth hospital who have worked tirelessly everyday to ensure that patients are taken care of and that service delivery is not compromised. As you let your light shine, you allow others to experience the beauty of your love for humanity. I am humbled and grateful.

The CEO

Ms. IN Mdima Masendo

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We would love to hear from you.

