



health

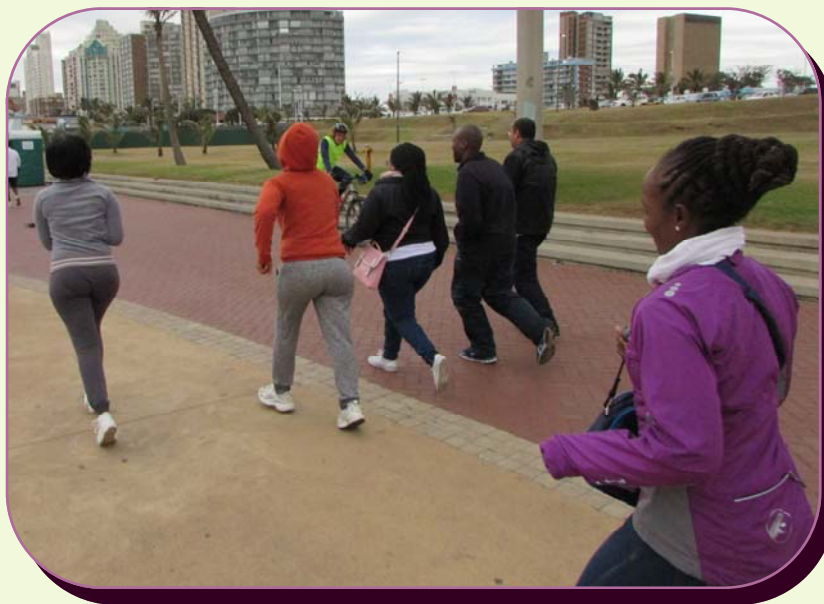
Department
Health
PROVINCE OF KWAZULU-NATAL

Fort Napier Hospital

THE FORT NEWSLETTER

30 June –31 August 2016

MENTAL HEALTH AWARENESS WALK



On 02 July 2016, Fort Napier Hospital Health Promotions team joined the Mental Health Advocacy's first annual walk, at the Durban BeachFront. This was a morning of non competitive stress-free enjoyable walking and interacting with different people to raise awareness about mental health, mental illness and substance abuse.

The 5km walk was organised by Psychiatrists and Clinical Psychologists that are based in Durban. They invited the different psychiatric hospitals and NGO's that render services to Mental Health Care Users (MHCUs). Among them were, Akeso, Ekuhlengeni Hospital, King George Hospital, Durban and Coastal Mental Health Society, as well as uMgungundlovu district offices. The walk was from the Beach Front Amphitheatre to uShaka marine and back. Staff and MHCUs who took part and completed the walk were awarded with medals, fruit, bottled water and refreshments.

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE



Fort Napier and Townhill hospital staff posing with a banner .



Walking to uShaka Marine World.



MHCUs from other mental health care facilities in Durban.



Townhill and Fort Napier hospital staff.



Ekuhlengeni Psychiatric Hospital stalls.



The staff posing with well-known professional athlete, Blanche Moila.

STUDENT STYLISH PARTY

Samukelisiwe N Zuma a 4th year student from the University of South Africa (UNISA) who had been placed at Fort Napier Hospital for her practical's.

She organized a stylish farewell party to acknowledge her leaning experience at FNH during the past 6 months that she had spent with them. She had conducted different sessions with the mental health care users in ward 10B and among other topics she enlightened the MHCUs about the following:

- ◆ Accepting their condition (mental illness)
- ◆ Importance of taking responsibility for themselves
- ◆ Knowing and understanding who they are
- ◆ Expected behavior of mental health care users when on LOA
- ◆ Unacceptable behavior of MHCUs when on LOA

She felt she should reward the participants with a party, for their respectful and active participation during their last session as she was coming to the end of her internship.

PICTURES OF THE PARTY



Social Workers preparing the meal for mental health care users (MHCUs).



MHCUs enjoying their delicious meal of chicken curry and rice.



MHCUs singing and dancing.



Social Work staff enjoying the entertainment.



Sr Mabea Ward 10B Operational Manager was singing with Abavangeli Gospel Group.



Ward 10B General assistants were also helping on this day.

THE MANDELA DAY COMMEMORATION



FNH Health Promotions Team commemorates Mandela Day

The multi-disciplinary Health Promotions Team took the opportunity to recognize Mandela Day by involving MHCUs in a community clean up by devoting 67 Minutes within the hospital on Monday 18 July 2016 (Charity begins at home).

Motivated by an underlying belief that MHCUs should be empowered and contribute meaningfully to society, Mandela Day saw 20 MHCUs take to the street with gloves and garbage collection bags to make Fort Napier cleaner and a place of dignity.

The words "Forever in our Hearts" was inscribed on posters as MHCUs and staff remembered the example our national leader made to the community despite the grave cost he paid. At the end of the 67 minute, MHCUs enjoyed a time of relaxation, refreshments, songs, dancing and prizes.

The staff and MHCUs should be particularly commended for their energy and together everyone achieved more than a teamwork.

CELEBRATING MANDELA DAY BY GIVING BACK



Psychologist Anne Kramers-Olen and OT director Margaux with the Sebenza patients picking up papers.



Participants wore posters bearing FOREVER IN OUR HEART, Nelson Mandela.



MHCUs clearing up the rubbish near Workshop.



Emily, the Clinical Psychologist and Sihle Kraai, Social Worker, proud of their work.



Everybody was committed on this day.



Staff and MHCUs picking up litter around Piter de Vos.



Participants showing packets full of rubbish which was collected.



Rubbish wall thrown into the rubbish skip.



Prizes won for the most picking of Rubbish.



The Sebenza patients singing and ululating after finishing their 67 minutes commitment.



After all the hard work participants shared a small lunch.



Thanks to all staff the Health Promotions team for participating on this day.

OCCUPATIONAL THERAPY



Occupational therapy technicians celebrate their achievements.
Nonhlanhla received Zinhle Phathakge's award in her absentia.

Fort Napier Hospital Occupational Therapy Department, Management and 3 Occupational Therapy Technicians attended the prestigious OTT Graduation ceremony, held at the University of KwaZulu-Natal on Tuesday 5 July 2016.

This proved to be a proud moment for Fort Napier's OT Department as Zinhle Phathakge, Mgcineni Lembethe and Duduzile Sithole received recognition for their success in completing the OTA qualification upgrade. This was proof of their hard work, determination and passion for occupational therapy.

Zinhle Phathakge, however received particular recognition for Top Achievement with a Merit Award in this second group of OTT graduates to have completed the top up training. Her award was received in absentia, however, she has been commended on various platforms for her achievement and the quality of service rendered to our Mental Health Care Users. It is onwards and upwards for the OT Department. Well done.

EXCITING MOMENTS



Zinhle Phathakge's award for her top achievement in the course.



Zinhle Phathakge, Mgcineni Lembethe and Duduzile Sithole received recognition for their success in completing the OTA qualification upgrade. Congratulations to them for their hard work.



OT Manager, Margaux, and OT Supervisor Nonhlanhla with Duduzile Sithole and Mgcineni Lembethe, celebrating the OT Department achievements at the UKZN campus. What an exciting day..

WELL DONE KEEP IT UP!

KZN PROVINCIAL SPORT GALA



On Thursday, 21st July 2016 Fort Napier hospital hosted the KZN Provincial Sport Gala 2016, for all psychiatric hospitals, at the Protea Grounds in Northdale. The hospitals who took part in the event were:

- Townhill Hospital
- Umgeni Hospital
- Ekuhlengeni Hospital
- Emadadeni Hospital
- Umzimkhulu Hospiital

Various sports codes were played. Each hospital had two representatives to participating per event.

Both Males and Females MHCUs took part in the following sport codes.

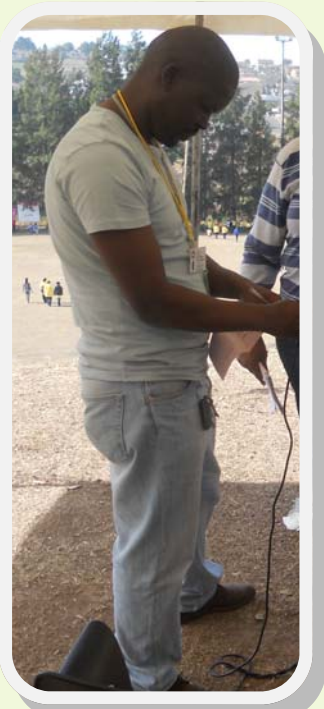
- 100m Sprint Race
- 100m Relay Race
- 100m Treasure Hunt
- 100m Basket Race
- 100m Threading the Breads
- 100m Potato Race
- Tug of war and Soccer



Some Mental Health Care Users (MHCUs) running to the finish line in the 100m Sprint Race



Management and our guests of the event.



Mr S Mthembu , Fort Napier Hospital Social Worker Manager, opened the event with prayer.



Fort Napier Hospital staff members.



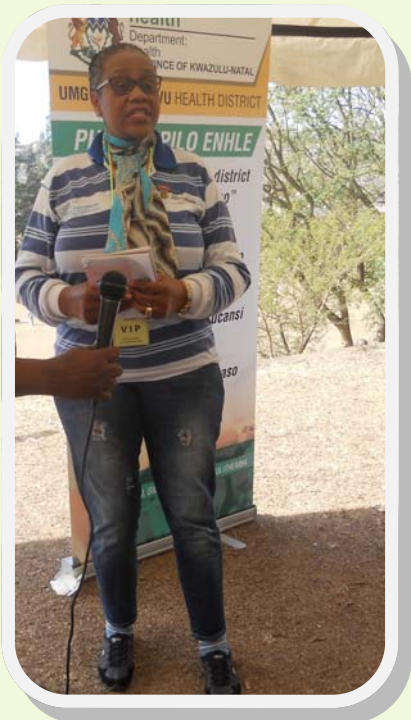
Mrs N.T Nxaba , Fort Napier Hospital CEO.



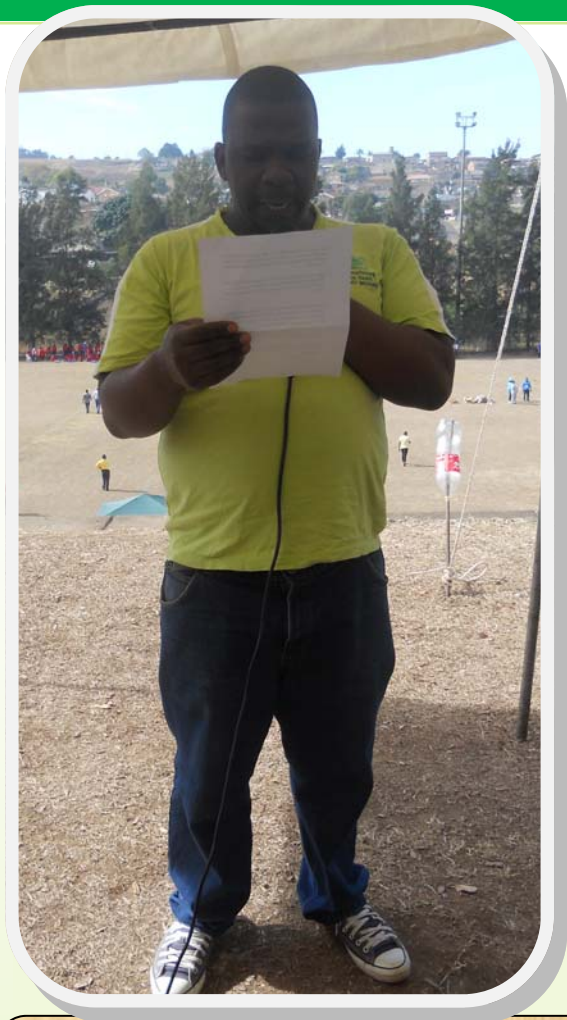
Mrs N Zimu District Health Coordinator Geriatric and Mental Health Services.



Mrs N.T Ngcobo, Fort Napier Hospital Nursing Manager.



Guest Speaker Mrs L Mkhize technical advisor Mental Health Services.



Mr S Sithole, PMB Mental Health care Representative.



The registration table for attendees of the event.



Trophies and medals table.



Fort Napier Hospital Occupational Therapy stalls.

OVARALL SCORES

The soccer results were as follows:

FORT NAPIER HOSPITAL	TOWNHILL HOSPITAL
4	2
MADADENI HOSPITAL	UMZIMKHULU HOSPITAL
2	3

FINALSCORE

FORT NAPIER HOSPITAL	UMZIMKHULU HOSPITAL
6	0



Soccer game in action



FNH SOCCER TEAM

SOCCER



Fort Napier Hospital celebrating their first position win in soccer.



Mrs. N.T Nxaba, FNH CEO awarding UMzimkhulu Hospital with their trophy and medals for second place.



Ekuhlengeni Hospital accepts the 3rd position trophy and medals for soccer, Congratulations to everybody.

CONGRATULATIONS



Madadeni Hospital were awarded the trophy for the first position in all the sporting code activities for the day. Well done.



Umzimkhulu Hospital receives the 2nd position trophy from FNH & Umngeni Hospitals CEO's well done!



Ekuhlengeni Hospital shared 2nd place trophy with Umzimkhulu Hospital as they were tied second place winner.

WE WELCOMED OUR NEW APPOINTEES

<u>NAME</u>	<u>INITIALS</u>	<u>DESIGNATION</u>
Ndlovu	L.N	Supply Chain Management In-serve
Gumede	P	Supply Chain Management In-serve
Sibiya	M.N	Medical Officer
Zulu	N.N	Professional Nurse Comm Serve
Ndlovu	N.C	Professional Nurse Comm Serve
Sosibo	L	Professional Nurse Comm Serve
Mdabe	S	Professional Nurse Comm Serve
Dlamini	N	Human Resource In-serve
Ngcobo	N	Human Resource In-serve
Kirsten	M	Occupational Therapy Comm Serve

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