



**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA

# FORT NAPIER HOSPITAL

## FORT NAPIER

## NEWS

STAY INFORMED

OCTOBER 2025

# WOMEN'S DAY CELEBRATION



From L-R Ms. H. Dube (social worker), CEO Ms. F.N Mokwena, Ms. L. Mhlanzi, Ms. N. Sibisi and Dr N. Tsibiyane

On 20 August 2025, Fort Napier Hospital hosted a vibrant celebration of Women's Day, bringing together staff, to reflect on issues affecting women's lives. The event created a space for empowerment, learning, and awareness, with discussions led by professionals from different fields. The central aim was to honor women while equipping them with vital knowledge to improve their health and wellbeing.

The programme featured Ms. Nonhlanhla Sibisi, who focused on financial literacy. She guided attendees on practical steps for budgeting, saving, and making informed financial decisions. Her session aimed to empower women with the tools to achieve financial independence and stability, stressing that economic empowerment is an important part of women's overall wellbeing and ability to support their families.

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# WOMEN'S DAY CELEBRATION

The other key speakers, Sr. Mkhize, shared insights on breast cancer awareness. She highlighted the importance of early detection through regular self-examinations and screenings, while also addressing common myths surrounding the disease. Her talk encouraged women to take proactive steps in monitoring their health and emphasized that support systems and education are essential in the fight against cancer.

Dr. N. Tsibiyane spoke on women's health, addressing issues ranging from reproductive health to the importance of regular check-ups and mental wellbeing. She reminded women that caring for their health holistically allows them to lead fuller, more productive lives.

The last speaker spoke on the importance of back and spine care, encourage the women to visit the clinic if they having back and neck pain.

Closing the event was Sr Bhengu and Ms luleka Mhlanzi who read out their poems encouraging women to be strong and not to seek validations on their outwards appearance but rather on what in their heart. The day ended with the reading of the women's pledge.



Women's Committee with the FNH staff



Occupational Therapy staff during the Women's Day Event



# PHOTO GALLERY



Dr Sekese ( lime ) and Dr Tsibayane ( black and white )



Management dishing up lunch during the Women's Day Event



FNH staff / women standing for the prayer during the Women's Day



FNH staff dancing



CEO Ms. F.N Mokwena with FNH staff leading the dance during the Women 's Day Event



FNH staff having a nice lunch

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# HERITAGE DAY

On 10 September 2025, Fort Napier Hospital came alive with vibrant colour and cultural pride as it celebrated Heritage Day. The programme director, Matthews Sefoko, guided the event with warmth and enthusiasm, ensuring that everyone felt welcomed and part of the occasion. Staff, patients, and visitors gathered to honour the diverse traditions that make up the hospital community.



Ward 5 staff and patients making their way on stage for their heritage day performance

All ten wards presented unique cultural items, ranging from traditional dances and songs to creative displays that reflected their heritage. The atmosphere was filled with excitement as each ward showcased its talent, allowing patients and staff to express their identity and celebrate their roots. The programme highlighted unity, respect, and appreciation for South Africa's rich cultural landscape.

The Occupational Therapy department, along with several wards, added to the festivities by selling various traditional foods. From savoury favourites to sweet cultural treats, their stalls attracted staff and visitors throughout the event. The funds raised from these sales were dedicated to supporting the year-end Christmas



Staff dressed in their Zulu attire

party, making the day both meaningful and purposeful.

To close the celebration, every ward that participated received a Heritage Day certificate in recognition of their dedication and creativity. Patients who took

part in the cultural dance items were also honoured with gift packs, a gesture that celebrated their courage and participation. The event ended on a joyful note, leaving the Fort Napier community inspired and united through heritage, generosity, and shared celebration.



# PHOTO GALLERY



Finance and Nursing staff in their Zulu attire



Staff in their cultural apron attire



FNH senior management watching the cultural day performances



Staff dressed in different cultural heritage



Staff in her Swati attire



Occupational therapy staff selling traditional food

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# COLOR RUN



## FHN staff getting ready for the Color Run challenge

On the 17th of September 2025, Fort Napier Hospital hosted its highly anticipated Color Run event, bringing a burst of energy and fun to the hospital grounds. The event was expertly led by program directors Spha Buthelezi and Lwandisa Ndlela, whose enthusiasm and dedication kept the excitement alive throughout the day.

The morning kicked off with an invigorating aerobic session, setting the tone for the colorful adventure ahead. As the staff and participants gathered, their spirits soared, ready to take on the next challenge: a 3.5km run through the hospital grounds, filled with vibrant color stations.

The run was more than just a race; it was an experience that united the staff in an explosion of color and laughter.

Each kilometer brought a new splash of vivid powder as participants ran, jogged, or walked through the course, their faces lit up with joy and excitement.

The Color Run was a celebration of teamwork, health, and the simple joy of moving together, with the hospital's atmosphere brimming with camaraderie and fun.

For those in need of a quick energy boost, various snack stalls were set up, offering a variety of tasty treats for everyone to enjoy.

The event not only encouraged physical activity but also provided a sense of community and shared experience.

Thanks to the tireless efforts of Spha Buthelezi and Lwandisa Ndlela, the Color Run was a smashing success, leaving everyone with unforgettable memories and a promise to do it all over again next year!



# PHOTO GALLERY



Color run aerobic session in the morning



The C EO completing her 3,5km color run



Staff getting their hang of thing during the aerobic session



Putting some color on staff during the color run



Staff having lunch after the run



Staff completing their color run challenge





# NELSON MANDELA

On 18 July 2025, the Fort Napier Hospital Events Committee proudly celebrated Nelson Mandela Day by reaching out to the nearby community of Peaceville. Staff members came together to distribute essential goods, including canned food, sugar, jam, clothing, and even packets of chips for the little ones. The atmosphere was filled with warmth and gratitude, as the hospital extended its spirit of service beyond its walls, directly touching the lives of families in need.

The celebration was rooted in the true meaning of Nelson Mandela Day, which is observed every year on Madiba's birthday, 18 July. The day was officially declared by the United Nations in recognition of Mandela's lifelong commitment to justice, freedom, and human dignity. It calls on people around the world to devote 67 minutes of service to others—one minute for each year Mandela dedicated to public service—showing that small acts of kindness can make a lasting difference.

Through their outreach in Peaceville, Fort Napier Hospital staff not only provided material support but also carried forward Mandela's legacy of compassion, unity, and equality. The food parcels and clothing were a reminder of the importance of community solidarity, especially during difficult times. For the children, receiving treats such as chips brought smiles and joy, reinforcing the message that even the simplest gestures can bring hope.



Fort Napier Hospital Events Committee Nelson Mandela 67 minute campaign at Peace Ville



Nelson Mandela 67 minute campaign at Peace Ville

The day concluded with a sense of pride and reflection, as both the givers and recipients felt the impact of Mandela's vision for a more caring and just society. By honoring his legacy through service, Fort Napier Hospital reaffirmed its commitment to uplifting communities and keeping the spirit of Ubuntu

alive—showing that together, positive change is possible.

Looking ahead, the hospital's Events Committee expressed their commitment to continuing such initiatives in future. They emphasized that Mandela Day should not be seen as a once-off event, but as a reminder that every day holds the opportunity to serve, uplift, and spread kindness.



# PHOTO GALLERY



Events Committee and food to be distributed to the community



Peace Ville Community queuing for the parcels



Fort Napier Events Committee



(right) One of the Events Committee member handing out a jersey to the community



The handing out of the parcel to the community



Peace Ville Community and FNH Events Committee

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# MEN'S DAY

On the 23rd of July 2025, Fort Napier Hospital's Men's Committee hosted a special event in celebration of Men's Month. The gathering took place at 9 Chall, where staff and guests came together to reflect on issues that affect men in their daily lives. The program was rich and engaging, featuring keynote addresses by three insightful speakers: Dr. Mkhize, Mr. Ncalane, and Njabulo. Each speaker highlighted a vital topic, shedding light on men's health, physical wellbeing, and the challenges of addiction.

Dr. Mkhize focused his address on men's health, a subject often overlooked in society. He emphasized the importance of regular medical check-ups and screenings for conditions such as prostate cancer, high blood pressure, and diabetes. He reminded the audience that many men delay seeking help until it is too late, which can lead to preventable illnesses becoming life-threatening. His call was for men to take ownership of their health by prioritizing exercise, balanced nutrition, and mental wellbeing, ensuring a better quality of life for themselves and their families.

Following this, Mr. Ncalane spoke about a problem many men silently endure: neck and back pain. He explained how poor posture, heavy lifting, and stress contribute to chronic pain that affects productivity and quality of life. His presentation included practical tips such as maintaining correct sitting posture at work, incorporating stretching into daily routines, and seeking physiotherapy when needed. He encouraged men to be proactive in managing their physical health, highlighting that caring for one's body is not a sign of weakness but of strength.

The third speaker, Njabulo,

addressed the sensitive but critical issue of addiction. He explored how substance abuse and other addictive behaviors can silently destroy men's health, relationships, and careers. Njabulo shared insights into how addiction often stems from unspoken emotional struggles and societal pressures for men to remain "strong." He urged the audience to break the stigma around seeking help, pointing out that support systems and rehabilitation programs

are available. His message was one of hope, encouraging men to choose healthier coping mechanisms and to support each other in overcoming challenges.

The Men's Month celebration at Fort Napier Hospital concluded on a powerful note, with all three speakers' messages tying into the theme of holistic wellbeing for men.



FNH men sharing a meal during the Men's Event



The men filled after having a delicious lunch during the Men's Event



# ACKNOWLEDGEMENTS

## EDITORIAL TEAM / DETAILS



**Ms. F.N Mokwena**  
**CEO**



**Mr S. Buthelezi**  
Writer & Designer

**Mrs. H. Wilkes**  
**Pharmacy Manager**  
Assistant Editor

