



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

FORT NAPIER HOSPITAL

FORT NAPIER

NEWS

STAY INFORMED

SEPTEMBER 2019

FNH STAFF TAKE A STAND AGAINST FEMICIDE



(L-R) Operational Manager J.E Msikane , Sr BP Mnguni , Sr SN Zondi , CEO Mr S.B Mthethwa , Mr MJ Cwele and Pastor Phoswa

In 2017/18 financial year 2 930 adult women were murdered in South Africa . It is difficult to attribute South Africa's high rate of gender based violence to a single factor. But there are a number of contributing factors which are the drivers of this scourge.

In a 2017 study The Centre for Gender-Based Violence (GBV) in South Africa made a brief finding . The Centre found a number of issues that contribute to GBV.

The report cites a number of studies which have linked imbalances in power between males and females to gender inequality. It further points out that discriminatory patriarchal practices against women are likely to be the root causes of GBV.

It further highlights studies which show that some factors that influence GBV at an individual level include growing up in a home characterised by violence, which becomes normalised later in life as a means of communication.

On the 12 September 2019, Fort Napier hospital, held a prayer meeting in response to the scourge of femicide in the country . The prayer meeting was held in order to seek divine intervention from above .

The killing of women and children was also impacting on the staff morale , as often they serviced the perpetrator .The day began with a welcome address from the CEO, Mr. S Mthethwa who highlighted some of the contributing factors to femicide , one of which being "our violent past" .

The second speaker Sr Zondi touched on some of the prejudices faced by many women in South Africa , attributing this to the absent fathers. Mr. MJ Cwele the men's forum chairperson provided a message of support to all the women of South African saying men must do more to protect women and children against abuse. The day ended with a sermon from pastor Phoswa who prayed for the staff of the hospital .

Women's Day Celebration

Women's Day celebration was held on the 22 August 2019 . All the employees were invited to come to this special day . The day began with an opening prayer and welcome from Mr N Mncwabe .

The first guest speaker Warrant Officer Zaca from the gender base violence for women and children spoke on the importance of women knowing their right and reporting all case of women abuse to the police . He said it was important that women report these case of femicide and to not have a change of heart when these case must go to court. The officer said women have a tendency of reporting cases and after a while withdrawing them . This often results in women enduring endless abuse ,which result in women being killed by their spouses or partner .

The second guest speaker Mrs Nodumiso Hadabe spoke on the importance of self-love. She said it was important for women to love themselves .Often women tend to rely on a man's love to get self validations .

The day ended with a modelling competition where the ladies from rehab , Human resource , Security and Nursing strutted their stuff on the runway . Our partners from Clicks , Malady and Edgars shared beauty tips on skin maintenance, African Rain life , Metropolitan provided the staff with financial literacy and the importance of taking life cover for their self and loved ones .



L-R Mrs N Gcumisa presenting our guest speaker with a gift

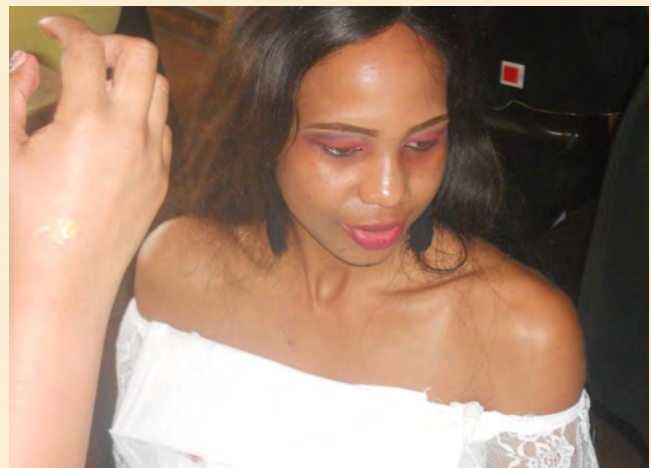


FNH staff attending the Women Day celebration



Our five Modeling contestants

Women's Day Photos



Heritage Day

Our south African heritage is made up of a diverse number of cultures and religions . Contained within South Africa's borders are Zulu, Xhosa, Pedi, Tswana, Ndebele, Khoisan, Hindu, Muslim, and Afrikaner people to name but a few. All of these people are united by calling South Africa home, and therefore their lives all contribute to forming a part of the country's heritage, identity and culture. Understanding that South Africa is composed of all these various influences is essential for helping South Africans to understand and respect each other and to learn from each other's cultural practices. This is part of the healing that democracy has brought after culture was used to divide South Africans in the past.

South Africa has 8 places declared as World Heritage Sites. These are:

- The iSimangaliso Greater St. Lucia Wetland Park
- The uKhahlamba Drakensberg Park
- Robben Island
- The Fossil Hominid Sites of Sterkfontein, Swartkrans, Kromdraai and environs
- The Mapungubwe Cultural Landscape
- Vredefort Dome
- The Cape Floral Region
- The Richtersveld Cultural and Botanical Landscape



Best dressed participate for Heritage Day 2019

On the 26 September 2019 Fort Napier hospital hosted its heritage day celebration at 9c hall all the employees were invited . Each department and ward had to submit 3 items , a heritage day menu , a stage play and poem. The staff had to learn other people's culture and had dress differently to their own culture

The patients were asked to draw art which was going to be judged by panel of judges . Live culture entertainment was also performed by wards 5 to 9 .

The day ended with different staff entering a competition for the best dressed ,best performance and best table . All staff were encouraged to drop their nomination in a box that was stationed at the hall entrance .

The winners have been identified and they will be announced on Quality Day which is in November 2019



Staff celebrating Heritage Day at 9c hall

Heritage Day Photos



Ward Five Family Day

On the 4 July 2019 Ward 5 held its Annual family Day function. The function was to educate and encourage family members to support their loved one who are admitted in the hospital

The hospital's multi disciplinary team which is made up of a doctor , a psychologist , social worker and occupational therapist gave individual presentation on how they go about providing clinical support to patients .

The Occupational therapist explained what was occupational therapist and how they go about rehabilitating patients. She said it was important for patients to participate in daily activities so as to strengthen their mental and psychical wellbeing. The OT mentioned some of programmes the patients were involved in. namely the carwash , block and slab and gardening. The doctor , psychologist and social worker touched their area of specialty when it came to treating patient .

The doctor emphasizing on the importance of patient taking their medication on time , the psychologist emphasizing on the counselling and the social worker emphasizing on a good family support structure

The day ended with patients and their loved ones sharing a meal together which was prepared by Sr Ross and her team.



The Multi Disciplinary Team for ward 5



Family members and their relative



The serving station :- staff dishing up for patient and families

Provincial Sport Day

Exercise improves mental health by reducing anxiety, depression, negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. Thirty minutes of exercise of moderate intensity, such as brisk walking for 3 days a week, is sufficient for these health benefits. Moreover, these 30 minutes need not to be continuous; three 10-minute walks are believed to be as equally useful as one 30-minute walk.

On the 23 July 2019 the MHCU provincial sport game were held at Umgeni sporting complex . Six psychiatric hospitals participated in the games. The day began with athletics where the different hospital were pitted against each other in a 100m and 300m relay . Different sporting codes were also held . The day ended with a soccer tournament . Below are the tournaments schedule and winners



The lifting of the trophy celebration by UMZH

ATHLETIC RESULT POINTS FOR BOTH CATEGORY A AND CATEGORY B ARE INCLUDED: -

PARTICIPATING HOSPITAL	ATHLETICS & TAG OR WAR POINTS SCORED	REMARKS
Townhill Hospital (THH)	315 points	Overall winner received a trophy
UMzimkhulu Hospital (UMZH)	225 points	Overall 1 st runners' up received a trophy
Madadeni Hospital (MDH)	195 points	Overall 2 nd runners' up received a trophy
Ekuhlengeni Psych. Hospital (EPH)	150 points	
Fort Napier Hospital (FNH)	125 points	
UMngeni Hospital (UMGH)	---	

PARTICIPATING HOSPITAL	SOCCER RESULTS	REMARKS
FNH vs THH	FNH 1 - THH 0	Quarter final
EPH vs MDH	EPH 5 - MDH 1	Quarter final
EPH vs UMZH	EPH 2 - UMZH 0	Semi-final (UMZH received a losers' semi-final trophy)
EPH vs FNH	EPH 1 - FNH 1	Final (FNH received a losers' final trophy)
EPH vs FNH	EPH 4 - FNH 4	Penalty shoot-out
EPH vs FNH	EPH 1- FNH 0	Sudden death (EPH received 2019 Soccer Champion trophy)

Nelson Mandela Day

Nelson Mandela Day is an annual international day in honour of Nelson Mandela, celebrated each year on Mandela's birthday, 18 July. The day was officially declared as Mandela Day by the United Nations in November 2009, with the first UN Mandela Day held in 2010.

Mandela Day is a global call to action that celebrates the idea that everyone has the power to transform the world, the ability to make an impact. This year's Mandela Day campaign message is "Nelson Mandela has fought for social justice for 67 years. We're asking you to start with 67 minutes."

Likewise Fort Napier hospital staff and management played their role in the 67 minutes of Nelson Mandela day. Led by the CEO Mr S Mthethwa the staff got into their white overalls and boots to clean the old building ward 3 A and 3 B. Old beds, chairs, cardboards and all sort of rubble were moved to an old unused building. The floors and wall of these building were thoroughly cleaned. They ended with a braai where staff members contributed R50 each.



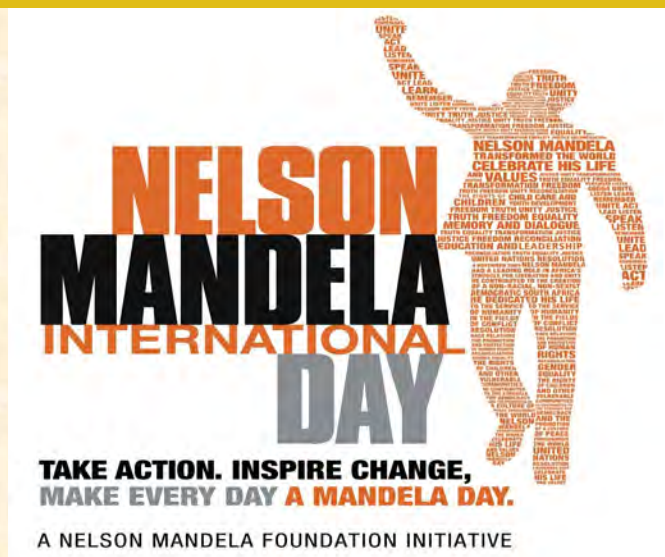
Staff cleaning up ward 3 A and 3 B



Ann Mr. S. Simelane and a staff member



From the back to front CEO Mr S.B Mthethwa and Mr N Mncwabe



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