



Volume 1, Issue 1

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The Fort News

Editor's Comments

It is a greatest honour to be the Editor for the First ever Edition of Fort Napier Hospital newsletter...I believe this is a beginning of a beautiful story for all of us as we can all share our ideas and be heard...We coming to the year end period again—now that's exciting!!!

Time to reflect on our achievements and our down-falls...I hope we won't have much regrets but if we do,

Hey life goes on!! Take care and respect yourself and everyone around you, All your good work and dedication is appreciated...Well done , Keep it up and always strive for success. Looking forward to seeing you in the New Year!!

Stay Blessed!!!

Nobuhle Ndawonde
Facility Information Officer



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The Management Team Welcomes the Publication !!!

The FNH management collectively welcomes the publication of the first issue of Fort Napier newsletter. We wish to extend our appreciation and thanks to the team that initiated this project and saw its practical attainment.

We hope this newsletter will create a platform from which critical and constructive ideas will be exchanged , as we build towards a better Fort Napier Hospital. This is even more critical during transformation process as we face challenges of the implementation of the Mental Health Care Act No. 17 of 2002.

We also wish to take this opportunity to thank those staff members who despite limited resources under trying circumstances are able give their best towards delivery of services. We wish to encourage the Fort Napier community staff and patient alike to em-

brace this newsletter & contribute ideas, opinions to ensure its continued existence and publications.

Management wishes all staff & patients a Merry Christmas and a Happy new year!!!!



Back row: Mrs.R.N. Ndwandwe Dr. Raymond , Mrs. V.N. Hlophe
Front row: Dr. Khanyile and Mrs. T.N. Ngcobo

Let's make Fort Napier our home a better place to work at which we all can be proud of !!

Open Day Celebration

We had our first ever celebration again...A lovely day indeed...A job well done ,creativity and lots of commitment from all sections when preparing their stalls. The purpose of the day was to bring to the attention of public of the Mental illness and to encourage relatives to visit and love the mentally disturbed patients...Dr. Jogessar on her welcome explained the strategic plan for the institution and expressed her greatest

appreciation to all staff for their commitment and making everyday a success. Our guest speaker Dr. S.S.S. Buthelezi on behalf of the Hounrable MEC (Ms. Nkonyeni) thanked all staff for their commitment and for their willingness to succeed against all odds as year 2005 has not been a good one. Also highlighted Section 11 of the Mental Health Act of 2002 which is against exploitation of patients.

Thank you to everyone who made this day a success (public,visitors,sponsors



FNH Management and Dr. SSS Buthelezi—Area Manager

committee members and staff)

Nimenjalo Nje!!!



FNH Choir...

Living Healthy is our lifestyle

Healthy bodies =
Healthy minds + 100% performance

A great event organized by Health Promotions committee of FNH,The objective was to promote that all employee's live their lives in a Healthy style. Very exciting and informative to everyone. Different stalls from many different organizations where employees had a chance to ask questions and some booked ap-

pointments for further assistance. Great prizes were won.Tanx to Riffy the entertainer (Below)



Need help??
Do not hesitate...
Contact us

Employee Assistance Programme

What is EAP??
Programme designed to assist employees to deal with daily life problems related to job performance ,health ,family ,financial ,alcohol ,drugs, legal and emotional stress.

You can get assistance by directly contacting or be

referred to a trained prac-



Helping hands for you

itioner by your supervisor... Remember confidentiality is highly maintained... When you need to talk please contact any of these people—

It's your choice :

- Sr. N. Fihla @ 2204
- Mr. Mpulo @ 2144
- Mr. D.Z. Ngubane @ 2224
- Sr. Pillay @ 2163

Therapy and Rehabilitation Services

FNH is not just a Hospital but for some of our clients it becomes a home because they admitted for many years. Apart from being treated for their illnesses they involved in different rehabilitation activities which are the:

Car Wash services:

Getting a decent service for only R12.00,

Vegetable garden services:

Get a bunch of spinach and cabbage for a bargain of R3.00 ,

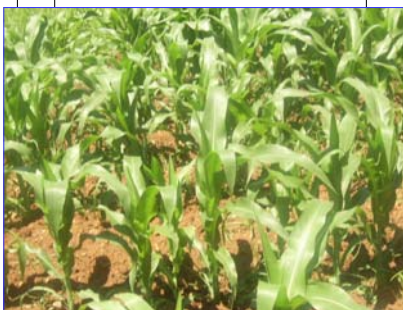
Blocks and Slabs:

SABS approved blocks @ R2.50 each and slabs @ R10.00 each

Carpentry and Shoe repairs

We do anything at your request from benches,

cupboards ,dog kennels and many more



Garden Services –Maize meal

Industrial Therapy

Receiving simple factory Engineering work done by men and constantly looking for more work .

Crafts and Handiwork

Patients are making fabric items such as cushions , doorstops, recently had a flea market and raise an amount of over R800.00



Job well done !! Painted by our patients

To place your order please contact O.T. Department @ 033 345 4221 ext 2169/2148/2174/2222

For more info visit our Website @ www.kznhealth.gov.za/fortnapierhospital.htm

**Amathambo
ahlakazwe
ubumbano lwe –
Katlehong!!!!
(5—2)**

Annual Sports Day

Another joyful occasion , the 26th of October 2006 we held our annual sports events a total of 8 teams of patients and staff members divided and playing against each other. Amongst those supporting we had Mr. Simphiwe Mbambo professional footballer playing for Supersport United .We had 8 teams (Townhill ,Paradise, Leopard, Kaizer Chiefs, Liverpool,Pirates and Katlehong)

The final was played between Katlehong United & Pirates and Yea!!! the best team Won beating Pirates 5 goals to 2



Men in action...



Mr. Dawood (Receiving the trophy) & Simphiwe Mbambo



Ginnete(Occupational Therapist) & Sr. Vani — Eshaya ivuvuzela

Welcoming All New Staff

We welcome you to our Home , some of us are coming from other institutions and others are new in the Department all joining this big family of FNH. We know in a family we can not all be the

same...but for sure there's a reason why we all here and let us all use this opportunity & learn as much as we can ,make changes only for better reasons. It can be diffi-

cult but only You can make a choice to be different and only You can make a difference.

Putting our Batho- Pele~~We Care !!
We Serve !! We Belong !!

Inspirational Thoughts!!

Life is a Mirror!!

What You want to see in others,
You must first see it inside you
What You expect from others
You must expect it from yourself

Life is just a Mirror

People come into your life for a reason, a season or a lifetime. When you know which one it is, you will know what to do for that person. When someone is in your life for a **REASON**, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spiritually. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a **SEASON**, because your turn has come to share, grow or learn. They bring you an experience of peace or! make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.!

LIFETIME relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to! accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life.



The way to be anxious about nothing is to be prayerful about everything

Let us have faith that right makes might, and in that faith let us, to the end, dare to do

Laughter

A guy walks into work, and both of his ears are all bandaged up. The boss says, "What happened to your ears?" He says, "Yesterday I was ironing a shirt when the phone rang and shhh! I accidentally answered the iron." The boss says, "Well, that explains one ear, but what happened to your other ear?" He says, "Well, jeez, I had to call the doctor!"

Doctor, Doctor, You've got to help me - I just can't stop my hands shaking!"
"Do you drink a lot?"
"Not really - I spill most of



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On the last note I would like to thank everyone who participated in the success of this newsletter and as this is the first edition we can expect to have more only with your assistance...

Editorial Team : Creative ?? Self-motivated ?? And Interested to be part of it make a difference join the team , Together we can be this drum.

For any suggestions ,comments or more information please contact Buhle on 033 345 4221 or
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