



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

## THE FORT NEWSLETTER OCTOBER 2013 EDITION

### OCTOBER MENTAL HEALTH AWARENESS MONTH

Our main focus in October was to do Awareness on Mental Health issues. The target population was rural schools and churches. This is critical not only to ensure that those with mental health problems are aware of services and treatment facilities available to them – but also to correct the misconceptions surrounding intellectual and psychiatric disability and reduce the stigma and isolation of people with these conditions. The promotion of mental well-being is equally important and the focus is on prevention rather than cure.

In ensuring that we reduce the stigma around mentally challenged people, the Fort Napier Health Promotions Team held campaigns in different areas of Umgungundlovu Health district. The team visited Camperdown and eNkanyezini working hand in hand with Bramfontein Mobile Clinic.



The Health Promotions Team

Both teams worked tirelessly to ensure that they provided effective mental health education in these communities. Mr. S Mthethwa gave a talk about mental health and the team handed out reading material to the community. The community had an opportunity to ask questions on issues around mental health and other diseases affecting them.

**Inside this Issue :** Mental Health Awareness  
HCT Outreach Campaigns  
Sport Day Event  
Woman's Day Celebration  
Hand wash Campaign  
H R Corner





The community of Camperdown



Registration was done by Sr Sabela



The Health Promotions team



Mr. Mthethwa doing a presentation on Mental Health to the community of Nkanyezini



The Mobile Clinic was also available to provide services to the community



Mr. S. Mthethwa with Ms X. Ngcobo handing out reading material on Mental Health



## HCT CAMPAIGNS

On the 8th August 2013 the HCT team went to Mondi to conduct an HCT outreach Program. The team from Fort Napier Hospital has forged a good working relationship with Mondi, as we have conducted HCT with their employees on an annual base. Management from Mondi appreciate our efforts in ensuring that their staff are aware of their health status.

The success of the HCT initiative, was evidenced by the large number of people who attended and were tested for different health conditions. The day proved to be a great success as one hundred and seventy two Mondi staff were attended to on the day. We would like to express our sincere appreciation to Mondi management for the collaborative and effective relationship that we share.

On the 5<sup>th</sup> of September the Health Promotions team went to KwaPata Community Hall in order to conduct HCT within the community that resides around the area. HCT is a critical gateway program to prevent the spread of HIV/AIDS while providing appropriate and necessary counseling. The community of KwaPata came out in their numbers and one hundred and twenty five people were attended to.



KwaPata Community who came in numbers



Registration and counseling table





HCT was conducted at KwaPata



Pre Counselling



The community of KwaPata



Blood Pressure testing



The technical team assisting with registration



Staff at Mondli attending the campaign



# SPORTS DAY EVENT

On the 28<sup>th</sup> August 2013 Fort Napier Hospital (FNH) staff and Mental Health Care Users (MCHU's) got together for a sports day event. The event was organized by the FNH events committee and took place on the sports field. The objective was to encourage staff and MCHU's to keep fit and promote healthy lifestyles. Our guests for the day were from Umngeni Hospital and Townhill Hospital. PMB Fire Department displayed fire fighting techniques to the staff.



Activities like tug of war, egg and spoon race and 100m races were enjoyed by very enthusiastic and excited participants. FNH management team, dressed in casual gear enthusiastically supported the event and participated in various games.



The C.E.O Mrs. NT Nxaba welcoming our guests.



Mr. M Nxumalo was the program director for the day



Water was provided for participants



Our guests from Umngeni Hospital





100 meter race for male MHU's



Tag of War in action



Participants in action, filling 2l bottles with water.



Winners of the 100 meter MHCU's male race



Winners of the 100 meter MHCU's female race



From Left to Right : Mrs. N Nxaba (C.E.O), Mrs. V. Hlope (Systems Manager), Mr. M. Gasa (HR Manager) Mrs. T Ngcobo (Nursing Manager)



# WOMANS DAY CELEBRATION (wathinta abafazi wathinta imbokodo)

In South Africa, the month of August is known as Woman's Month.

FNH staff and MHCU's held an event celebrating Woman's Day, on the 8th August 2013. On this day all the female participants marched from the Hospital entrance to the grounds where the event was staged to take place. The guest speaker of the day,

Ms. T. Mpungose spoke words of encouragement to all women as they face different challenges in different spheres of their lives. She said 'as women we must stand together in fighting the inequalities our society places on women'. She emphasized that women must be courageous fighting against the challenges which women face.



Woman were spoiled with all types of cakes



Staff members together with MHCU's staging a march



# HANDWASHING CAMPAIGN AT PIET RETEIF PRIMARY



The first ever Global Hand Washing Day took place on 15th October 2008, in countries all over the world. The guiding vision of Global Hand Washing Day, now an annual event, is to create a culture of hand washing with soap. Although people around the world wash their

hands with water, very few wash their hands with soap at critical times, for example after using the toilet, during and after cleaning a baby and before handing food.

On 17th October 2013 FNH infection and Prevention Practitioner, Sr Fihla, together with IPC reps, visited Piet Retief Primary School in Napierville, to conduct a hand washing campaign. School children were taught how to wash their hands properly using soap at each wash. The campaign also served to alert scholars to how easily germs are spread through unwashed hands. Sr Ngcobo demonstrated the correct way to wash hands using soap and excited scholars were able to demonstrate their learned hand washing skills to the team. The campaign was a huge success, well done to the IPC team



Piet Retief Scholars listen attentively to the IPC TEAM



Sr Fihla interacting with scholars during the hand washing demonstration



# IPC HAND WASH PICTURES



Sr Ngcobo explained to scholars the importance of washing hands properly



The IPC Team



A very clever girl, who was able to grasp how to wash her hands properly showed her classmates as the IPC Team watches on.



Scholars demonstrating how they wash their hands.



This young boy also showed his fellow classmates how to wash hands properly



All scholars present during the program were given gifts.



# Welcoming Our New Appointees



**N M Mncwabe**  
Finance Management Of-  
ficer



**T B Khumalo**  
Principal Security Officer



**X. P Mnyandu**  
S C Management Officer



**M S Ndlovu**  
General Orderly



**J S Ntombela**  
General Orderly



**M.S Ntombela**  
General Orderly



**S.S Mhlongo**  
General Orderly



**T.P. Black**  
Professional Nurse



**F.P Magebula**  
E.N.A

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