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News from the Desk of Mrs N Nxaba, CEO



HEALTH
KwaZulu-Natal

I have adjusted and adapted well to Fort Napier Hospital . I have been able to draw on my extensive Psychiatric Nurses Training in many situations. Though times have been challenging, I feel like I am starting to achieve some of my goals.

Support and team spirit within the staff have made me stronger.

In the past 6 months I have lost and gained weight weight...(the vetkoek and other delicious goodies sold for fundraising !!)



Thank You

A big thank you goes out from Sr Vanie and the QA team to everyone in the Hospital who has worked really hard to improve the Quality of our Service offered at Fort Napier Hospital. Staff shortages and budget constraints do not make this an easy task, so thank you again for the efforts.

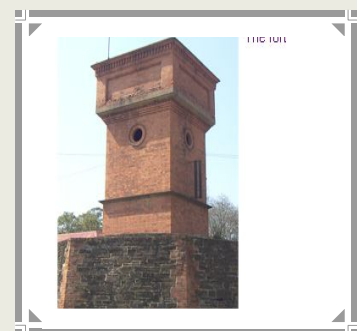


Thank You

They say it is never too late to show one's gratitude for the good, kind, support that people have shown us; so here am I, Dr. Sharma Jogessar, saying a big THANK YOU to **all the staff** of Fort Napier Hospital for your support during trying times when this hospital was being managed by all managers that were acting in managerial posts except for Matron Madlala. Well done guys! for we managed to keep our heads above water and managed to, with your patience, to continue to provide the service we are employed to do, by going that extra mile. I want to thank especially Matron Madlala, So Msomi, Veronica, Thuthukani and heads of all sections for pressing on and keeping the spirit of the Fort alive. This proves that together we can do it; Keep it up! Let us now do it bet-

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FORT NAPIER HOSPITAL

Fort News

FORT NAPIER HOSPITAL PSYCHOLOGY VOLUNTEER PROGRAMME

The Clinical Psychology Department of Fort Napier Hospital has been running a "volunteer group" for the past few years. This programme is aimed at third year Psychology students and Psychology Honours students, who are willing to dedicate their time to the mental health care users of the hospital. Since the students are not yet registered with the HPCSA, their contribution entails diversional therapy only, under the supervision of Clinical Psychology and Nursing staff. This includes recreational and social skills types of activities with the patients, aimed at contributing to the patient's psycho-social rehabilitation. Through music, art, social interaction, sport, etc., the mental health care users have a unique opportunity of practicing and enhancing their social skills.

This programme also provides a unique opportunity for Psychology students to gain valuable experience within the mental health context, especially since undergraduate Psychology courses do not include practical exposure to men-



The students and the programme coordinator, Mia Kritzinger, on the last day

tal health problems. The programme plays an important role in de-stigmatizing mental illness. It provides a context where students can interact with patients in a controlled, structured manner. It also helps to reduce the students' anxieties around working with mental health care users.

More than 40 students joined our 2010 programme – this

has been the largest group to date. Our mental health care users enjoyed these sessions tremendously. Even though everyone did not participate, those who joined the groups interacted surprisingly well with the students, and took part in the activities with enthusiasm.

Fort Napier Hospital and the Clinical Psychology Department are thankful to all the students who selflessly took part in the programme, as well as the mental health care users who provided the

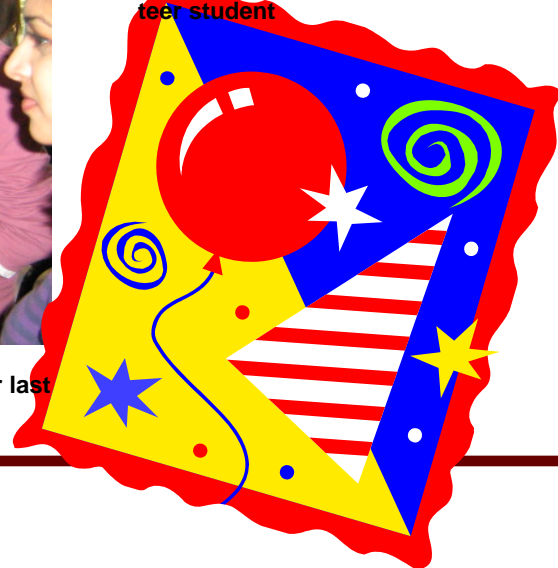
students with an experience to remember!



ABOVE: Mental health care user presenting a certificate to a volunteer student



Above: The volunteer students held a party for the patients on their last visit



Organization

FORT NAPIER HOSPITAL

1 Devonshire road
Napierville

Phone: 033 34542215
Fax: 033 3455730
E-mail:
admin.fortnapier@kznhealth.gov.za

We're on the Web!
example.microsoft.com

How to be a good leader:

- *A good leader doesn't show off his or her leadership but works within the team.*
- *Grow your team, allow them to learn new tasks so that they can also grow.*
- *Praise and compliment your employees good work*
- *Socialize with your team*
- *Never criticize or underestimate your employees abilities to do their job's*
- *The words **THANK YOU** go a long way. Learn to use them regularly*
- *Review the performance of each team member and inspire them.*
- *Greet everyone with a smile, not as if it is a chore to do so.*
- *Respect each member in your workplace no matter their position.*

ABOVE: Submitted by Mpume Phungula (Procurement Department)

Ward 5 Patients on an Outing to Bisley Park.





Marc Archery led prayers for the Easter Celebration.

EASTER CELEBRATIONS.

Much hard work went into a very successful Easter Celebration! Clients got involved in the decorating process buy making posters about Easter which were displayed in the Hall



Lots of hard work by the cheerful ward clerks and OT's helped make the morning a success.



A very energetic dance competition was held during the celebrations and winners were announced by Sr Nonto



Top and Below: Coach Sbu Mthetwa giving the captains the rules of the games for the tournament.



Staff enjoyed supporting Fort Napier 's rising soccer stars.

Soccer, The game, is happening at FNH.

Soccer league ended in Nov 2009 with a tournament played in by patients and staff. This was a very successful day ending off the season and preparing everyone for the Soccer world cup.

All players were awarded with a medal for their commitment to the practice sessions and then playing in the tournament.

Hopefully this will become a annual event on the FNH calendar.



Mr Mpulo, Sstanding next to the staff team.

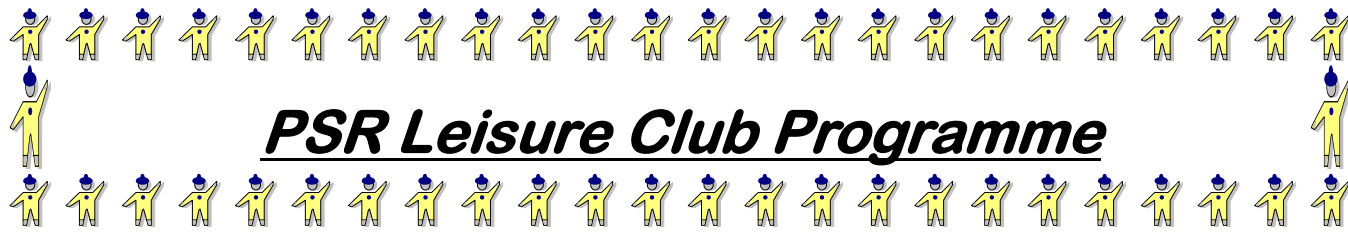


Mr Sbu Mthetwa, standing with the patient team.



OT, Jocelyn handing out medals to all the winners.

Year End Soccer Function



PSR Leisure Club Programme



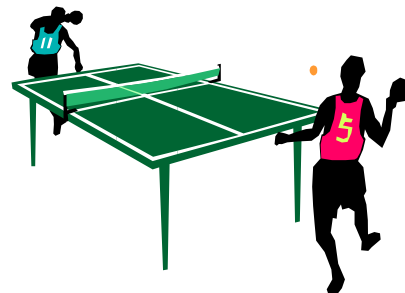
Open to all Mental Health Care Users
Run jointly by the clinical team, Fort Napier Hospital

Clubs currently running and schedule of times:

	Tuesday	Thursday	Place	Club Captain
Table Tennis	2 – 3 pm	2 – 3 pm	Carpentry court yard	Bingo Skosana
Bowls		2 – 3 pm	Bowling field (by tennis courts)	Nokukhanya Musa
Indoor Games	1:30- 2:30 pm		IT building	Ernest (SE) Ngcobo
Movie Club		2:30 pm	Ward 7 lounge	
Soccer	2 - 3:15 pm	2 – 3:15 pm	Soccer field	Sbu Mthethwa
Creative Writing	1:30 – 2:30 pm		Female Therapy	Jocelyn Mngomezulu

Clubs yet to start:

	Tuesday	Thursday	Place	Club Captain
Music/Dance				Nhlanhla (NB) Khoza and Cosmas (CT) Hlongwane
Gym				Mzwandile Nxumalo



These clubs were started to give the Mental Health Care Users a chance to meet socially for some fun. They also allow the Mental Health Care Users a chance to try out something new for a while without committing to it long-term.

If you would like to get involved in any of these clubs, please approach the club captain of your chosen club or enquire at the OT office.

The more people involved the better the outcome for the



more fun it will be! The more fun it is, MHCU!



HCT Launch

HCT stands for HIV Counseling and Treatment and this is now to be offered to all persons who attend any health facility anywhere in the country for whatever reason, be it Diabetes, hypertension, influenza etc.

The aim is to inform all persons in South Africa that this is an illness that can be prevented as well as treatable to prolong a normal life as long as one takes responsibility for one's health.

The screening and treatment is more easily available throughout the country, thanks be to our esteemed President, Mr. Zuma and our Minister of Health, Dr. Aaron Motsoaledi.

The responsibility of overcoming the scourge of this disease rests on each and every individual in that each individual is responsible for her/his health and to counsel others to make correct choices, either to remain negative or if positive to seek medical attention.

Tuberculosis being a common co-morbid disease is also treatable and persons that are HIV positive are to be screened for Tuberculosis. Those persons that screen negative are to be prescribed prophylactic medication and those that are positive are to be given anti-Tuberculosis treatment. Good compliance would further prevent MDR and XDR Tuberculosis.



Fort Napier Hospital C.E.O Mrs N Nxaba with Edendale C.E.O, Ms Ndwandwe and acting CEO @ Imbalenhle CHC Ms T Binase signing a South African flag made by patients and staff.

At each screening point the clients will be checked for other more common medical conditions like hypertension, diabetes etc. So colleagues take responsibility for yourselves, your families, friends and neighbors and tell them all about how we can overcome and rid ourselves of this dreaded illness. Also teach our young people to make the right choices and to maintain a high moral standard.

Dr SB Jogessar

Right: Some of the organizers of the day having a well deserved rest



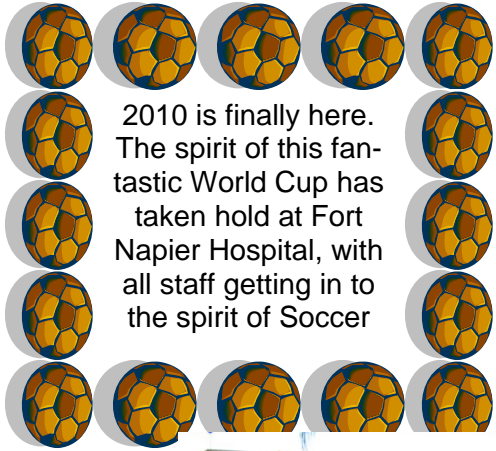
Left and below right: Volunteer staff busy testing clients



Crowds were treated to a display of DISKI DANCE by pupils from Willowfontein.

Ayoba 2010 Ayoba

Feel it, It is here



2010 is finally here. The spirit of this fantastic World Cup has taken hold at Fort Napier Hospital, with all staff getting in to the spirit of Soccer



Staff posing in front of the flag painted by Mental Health Care Users



Mental Health Care Users painted a large South African Flag which they took around the Hospital and everyone signed.

Club members enjoying the activities on offer to them.

