



Fort Napier Hospital-CEO



**HEALTH**  
KwaZulu-Natal



The fort

# Fort Napier News

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I would like to thank the staff for their commitment in rendering quality services to our MHC users. Working in a psychiatric institution requires dedication and love for our patients. In spite of the shortage of staff, our staff still managed to render quality services.

As the Management of Fort Napier we are proud to announce that we had a zero incident rate in the past year, all because of the team work. Although we still have a few challenges but we are working towards addressing our gaps.

We have developed partnerships with the Correctional Services and we are conducting MMC to the prisons. Currently we have performed 890 circumcisions in the prison. Thanks to our HCT team.

I would therefore like to wish all the Fort Napier staff good health and a good year.





# HCT @ WORK

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# HCT @ WORK

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Fort Napier Hospital HCT Team visited the following places Peaceville ,Pietermarirzburg Prison (Female Prison),kwaMadlala Mission at Elandskop , Sevontein Prison offering the these services Mental Health Education , BP testing , HGT Testing , eye testing and providing reading glasses , HIV Counselling and Testing and providing older folks with walking sticks .

And the HCT team also visited a crèche in Peace Ville where the HCT team handed out toys , blanket ,clothes , food and also did some minor renovations to the crèche like painting and proper shelving .



# HCT end year prty

The Fort Napier Hospital HCT team ended the year in style.....

They have embarked on numerous campaigns throughout the year, working during their time off at times. Their hard work and dedication has really paid off...

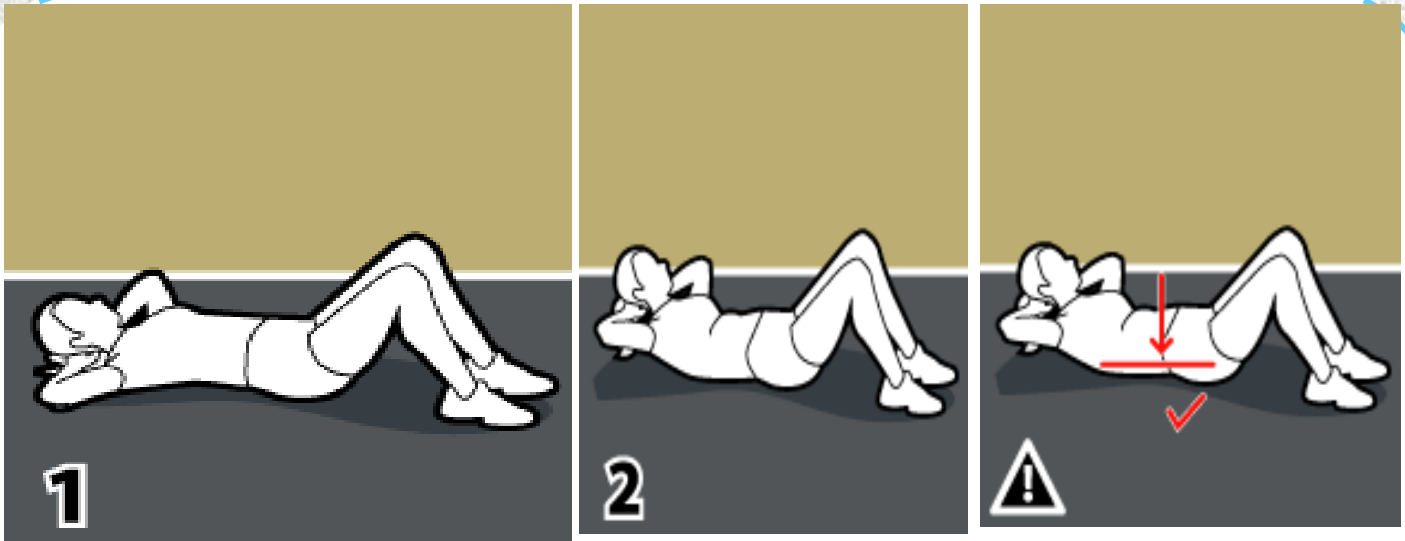


A big thank you goes to Nonhlanhla Skosana, Events coordinator, assisted by Nqobile Khanyile for organizing this fun filled

IXOXWA  
NGEZITHO  
MBE



# HEALTH CORNER –DUBULA UMKHABA



**1**  
Lie flat on your back with your knees bent and your feet together and flat on the floor, positioned about 25-30cm from your buttocks .

Cross your hands over your chest , or have them extended by your sides cupped behind yours ears

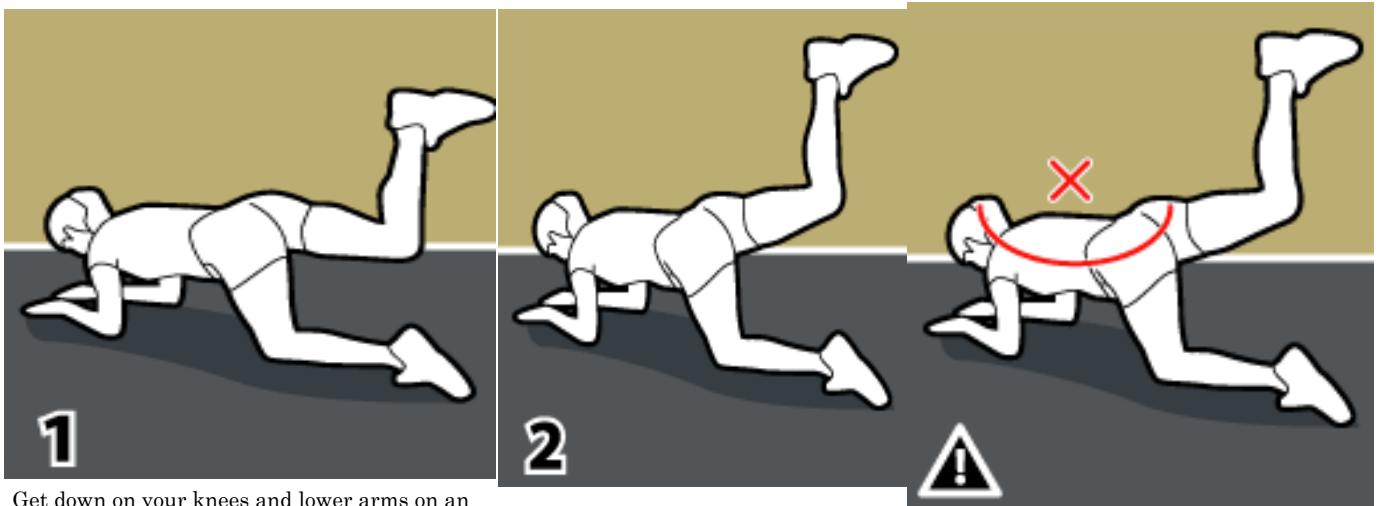
**2**  
Without moving lower body, curl your upper body up until your shoulder blades are as high off the ground as you can get them .

As you come to the highest point , tighten your abdominals for 5 seconds.

**!**  
Take care to keep your back straight . Keep your neck straight ( as an extension of your spine )

Keep your lower back pressed against the ground and your knees flexed.

## BUTTOCKS



**1**  
Get down on your knees and lower arms on an exercise mat, with your arms in front of you .

Keep your back straight and your neck in line with your spine. Look down at the floor.

**2**  
Raise one leg , bent at 90 degree angle , until your hamstring is parallel to the floor , and your heel is facing the ceiling .

Hold the position for 5 seconds while flexing your buttocks , then slowly lower your leg back to the mat. Switch to the other leg repeat .

**!**  
Keep your knee bent at 90 degree angle

Keep your back straight during this exercise –don't arch it .

Make sure your elbows are kept in a position directly underneath your shoulders during the entire movement .





On the 23rd of December ward 10a had a end of the year party, after fundraising money for the MHCUS and also bid farwell to Mr. N. Zondi who was deployed to Church of Scotland Hospital after completing his Community Service.

Mr M.E Khumalo thank you for being part of Fort Napier Hospital as an employee , you will be greatly missed by your colleagues .



Nursing management bid Farwell to Mr SA Mchunu after 27 years of service.



A Farewell party was held on the 20th January 2011 to say thank you after 42 years in-service .That is Sisi Gugu as Mrs G . Shezi was known , She was a senior Housekeeper .



Mr M Mncwabe has worked for 23 years in Fort Napier Laundry Department and the staff at Laundry Department bids him farewell on 31/01/2011.





# Weight loss Journey

By : Nonto Dlamini

Should I lose some weight? Why do I want to lose weight? How did I get to this weight? When did I get to this weight? How much weight do I need to lose? These were some of the questions I had to ask myself when one day in 2008 my bathroom scale read 114kgs! There's nothing worse than trying a nice outfit, the biggest size of it and you still don't fit! Just to dent you more-somebody more/less your age calling you an "AUNTIE"! The bigger clothing cuts came to my rescue though, but deep inside I was still not happy because the "Nonto" I know has never been overweight! I had tried all sorts of crash diets-I'd lose but immediately gain the weight back and more! I thought eating out in the restaurants and eating whatever I want is "The life"! That's how I moved from a 65kg (28-30) I was in 1999 to 114kg (size 44-46) in 2008! I had to make a decision! Fortunately two of my colleagues were on a diet; I asked them how it works etc. and I kept an eye on them. Few months down I noticed they were both losing and they were very happy! I looked for the same diet club near me, joined and started in May 2009-I figured there's no way I'd turn 31 yrs looking like an "AUNTIE". That meant I had to make a difference within 6 months. I had to have my BMI (Body Mass Index) calculated before starting the diet. I also had to set my goal weight-which I set at 80kg! For my height and age my BMI had to be between 78-82kg. That wasn't an easy journey for me, because I realized I had to lose +/-36kg! Every week on Tuesday I had to go for my weigh-ins, and each week I'd lose. There were two weeks where I hadn't complied and the results were not good but I'd immediately get on with it the right way! Prior to this diet I'd spend lunch with my colleagues who bought lunch everyday and their lunch was always greasy fast food and which still is to date! I couldn't stop spending lunch with them because I had to put "Nonto" to a test! 1<sup>st</sup> day went by, 1 week went by, 1 moth went by and "Nonto" was with it! Guess what-in November 2009 I got the best present ever because I reached my goal weight 80kg (size 32-34), it wasn't just in November it's was on my birth date the 17th! I was over the moon! I also started gym just for toning! December 2009 I had to change my wardrobe! Ooh and it felt so good! It's been 16 months and I'm still with it! I also realized that I can still eat out so long as I eat the correct foods and control my portions! Maintaining a healthy diet and following an exercise regime are the best ways to ward off diseases and maintaining a healthy weight. Here are some tips for you to make an informed choice. I've used these two:



Year 1999



Year 2003



Year 2007



**Going on a Diet-**Using this method you cut down on your intake of staple food and carbohydrates, protein, you eat fruits, vegetables and soup, and drink loads of water.

**Advantage:** It is a drug-free method.

**Disadvantage:** Going on a diet sounds natural but it is dangerous. It will cause malnutrition, low metabolic rate, anaemia, insomnia, mood swings, depression, and drop in immunity and slack skin. Moreover, long-term diet will highly threaten life. Therefore get a balanced diet, and make sure you are guided and supported at least each week!

**Doing Exercises-**This way is based on the principles of aerobics to enhance basal metabolic rate and burn body fat rapidly.

**Advantage:** You can lose weight while improving the functions of the heart and lung. It is a healthy and effective weight-loss method and it also can prevent cardiovascular disease.

**Disadvantage:** Not all exercises are effective in losing weight. After heavy exercise, you will have a good appetite as your blood sugar level drops. You may eat excessive food if you do not watch out. Some sports which require speed can only help exercise your muscle fiber to make you stronger instead of slimmer. Even if you reach your weight-loss aim through the right exercises, you will become stout once you stop. Nothing but sticking to long-term sports keeps you fit. Therefore consult your fitness instructor to make sure you are doing the right exercises for your body!

## Now



## "GOOD LAUGHS"

An eight year old girl goes to her grandfather and asks,  
Grandpa what is "secs?"

The old man is taken aback but being a preacher, he makes a moral decision.

He thinks to himself " if she asks a question like this it means she is old enough to get a straight answer!"

Steeling himself he goes on to explain in detail about reproduction and the joys and responsibilities of sex.

When he is finished, the little girl's lower jaw is on the floor and her eyes are big balls of amazement.

Seeing the look in her innocent face, the grandpa asks, "Why did you ask that question little one?"

"Well, says the shocked little girl, "Granny said dinner will be ready in a couple of SECS."





The PSR events task team put together a memorable sports day for 2010 with events MHCU from Town hill and UMgeni in attendance fun and games commenced.





## Viva Abet Viva By: Themba Richard Mdluli



My name is Richard Mdluli, I am a married man and I am blessed by God with three sons, and all of them have finished their matric.

I grew up in Table Mountain under the late chief Mhlabunzima Maphumulo, but because of violence I moved to Eastwood in the area called Thembalihle.

After years of looking for job, I found a job at Ron Fraser Motors, where I worked as a petrol attendance for three and half years.

On the 1<sup>st</sup> of June 2001, I found a job at Fort Napier Hospital and I was employed as a grounds man. My duties are, cutting grass using all type of machinery like: kudu, brush cutters and Ride on, but I do other tasks like move furniture from wards for repairs and collecting black bags in the wards twice a week on Monday and Friday.

After a few years the staff at the workshop told me about Abet classes, I decided to attend because of this reason, I never had a chance to learn when I was young my parents were very poor to push me more further, that caused me to leave school at early age.

I like to thank our government for opening this opportunity to people like us, and their strength to promote adult education, because there are many people who are uneducated because of different reasons. And I would like to thank our management team and all departments at Fort Napier Hospital for giving us time to attend Adult Basic Education and Training, to open our mind and those people who are behind in education.

I remember before I was not able to fill forms by myself, and my English was very poor, although it does not mean that I am good but I know many things. I started from level 2 and I passed and moved to level 3. I also passed that level, now I am in level 4, and I passed 4 subjects in level 4, I passed English, Travel and Tourism, Life orientation and small and micro enterprise. Now I do Maths.

I encourage others to attend Abet to open their mind like me; I prove that education is key for success. You can open any door for bright future in life. Where I am today I am because of Adult education and Training.

Wozani bafowethu wozani  
Sizoncela embeleni wolwazi.

Viva Abet Viva  
Viva Abet Viva

From: Themba Richard Mdluli



## SUBSTANCE ABUSE IN THE WORKPLACE BY : EAP PRACTITIONER



### SUBSTANCE ABUSE IN THE WORKPLACE

One of the studies that was conducted on substance abuse reveals that, most of the people who are using alcohol are working. While alcohol is one of the legal drugs, it still remains a highly addictive drug which can also have negative impact on the lives of the users, their families and their work life. It is for these reasons that in this article, one decided to look at the impact of alcohol abuse in the workplace.

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The most obvious impact of alcohol abuse in the workplace is the decline of productivity. This does not only affect the functioning of the department, it also affect the colleagues who have to cover up for the employee who is not on duty simply because alcohol is interfering with his/her duties. It can potentially lead to departmental conflicts, when the honest, dedicated and hardworking employees become tired of the cover up. Imagine working in a ward with someone who is always absent on Month Ends, Mondays and will not come on duty on week-ends. The picture one is trying to paint is that, the abuse of alcohol can affect the functioning of the team and can kill the morale of all staff members in that particular department.

This can also lead to financial problems because it is very expensive to support this habit. I often ask myself that if you are a problem at work, how the people at home are coping with you. The most difficult part is that, there are now programmes to assist employees, like (EAP) employee Assistance Programme. But the very same employee's state that they will not use EAP it is not effective. Guess what I agree with them, without their commitment no programme will ever be effective and secondly EAP won't work but a referral to a Rehabilitation centre will help.



Editors Note :K M Nkala ( Facility Information Officer )



I would like to thank everybody who have contributed to this issue 1st issue of 2011.

Hope you enjoyed our inspirational stories and I would like to welcome more input from every staff members for our next edition .

They say a picture tells a thousands words clearly from the pictures of our awareness campaign it is evident that millstones were reached during our awareness campaigns .

It gave me great joy to edit this newsletter for the first time , my job was made easier by the co-operation of the management , mangers and all staff who were very enthusiastic in contributing towards this edition , I wouldn't have done it without you.

*Thank You*