



Fort Napier Psychiatric Hospital

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The C.E.O's Message

Mrs. N.T Nxaba

May you feel God's presence in the candles, that softly spread their glow at Christmas and may you experience the wonder of His abiding love, as He guides you, through each day of the coming year. May God's Blessings be with you. At Christmas and New Year!



Faith makes all things possible,
Hope makes all things work,
Love makes all things beautiful,
May you have all the three for this
Christmas.

MERRY CHRISTMAS

INSIDE THIS ISSUE:

**MENTAL HEALTH
AWARENESS** 1

We are approaching the end of 2014. Management would like to thank Fort Napier staff for their continuous commitment and dedication in providing the best quality care to Mental Health Care Users. This year we managed to renovate a number of wards, this will improve service delivery to our Mental Health Care Users.

WOMAN'S DAY 2

WELLNESS CORNER 3

FAREWELL PARTY 4

We hosted a Quality Day and Long Service Awards event which was a great success. We thank all committees for their hard work in ensuring that our Mental Health Care Users are kept active in terms of sports and other rehabilitation activities.

LONG SERVICE AWARDS 5

SPORTS CORNER 6

Management would like to wish all staff members a Merry Christmas and a Happy New year. May you enjoy your holiday with your families and loved ones.

WORLD AIDS DAY 7

To those who will be travelling are urged to please drive safe.



MENTAL HEALTH AWARENESS

Mental wellbeing is key to a healthy body. When we keep learning we tend to have better mental wellbeing. One of the big challenges faced by the department is awareness of mental health issues. This is critical in order to ensure that those with mental health problems are aware of services and treatment facilities available to them.

On 22 October 2014, Fort Napier Hospital embarked on an awareness campaign which was held at Maqonqho Community Hall. The awareness campaign was facilitated in conjunction with Umgungundlovu Health District. Other departments such as Social Development, SAPS and NGO's also participated in this event. Mrs. Zimu (Umgungundlovu District Mental Health Co-ordinator) welcomed everyone who was present and advised the community not to discriminate against people who are mentally ill. She was then followed by Mrs. Mkize (Deputy Manager on mental health and substance abuse) who pleaded with the community to work with the Department of Health in order to ensure that people who are mentally ill are well taken care of, and are not being abused. Mr. Mkize asked the community to remind people who are mentally ill to take their tablets regularly.

Other departments presented talks about their services they have to offer to the community of Maqonqho. The event was a success and the community was able to receive free eye tests, HIV Test, Sugar testing.

Fort Napier staff conducted screening services to all the elderly that participated on this day. Ms Nkabinde from the Social Work Department enlightened the community about the dangers of using drugs. She told the community about different drugs and the negative effect that drugs have on the human body. She then encouraged the community not to sell drugs to Mental Health Care Users.



The Mobile clinic provided services to the community.



Mr. Mthethwa gave a talk about Mental Health.



Mrs. Zimu asked the community to take care of mentally ill people as they still part of our communities



Mrs. Mkize advised the community not to sell drugs and alcohol to mentally ill people.



Maqongqo community waiting to be serviced on the mobile clinic.



Community received health service.



The community who attended the event.



Management singing together.

Events pictures on Mental Health Awareness



The community of Maqongqo came in a great numbers to fill the hall



The Health Promotions team hosted an out-reach program at the PMB Market Square .



The Health Promotion team in evaluation meeting after the event.



Health Promotions team members talking to the public at the Market Square about Mental Health.



Health Promotions team members talking to the public at the Market Square about Mental Health.

Woman's day

One of the important days in our institutional events calendar is Woman's Day. The events committee organized a Woman's day celebration for our Mental Health Care Users and staff members on 14 August 2015. The event was very colorful as Mental Health Care users were dressed up for the day. There were a lot gifts for our patients on their special day.

Management would like to place on record a special thanks to the Social Work Department for organizing the event . It is important to commemorate this day and understand the significance of this day. We must also acknowledge woman's inputs in fighting for a better South Africa. We must cherish all woman in our lives as they play a vital role in growing our families, providing service delivery in different levels of government and other work environments.

WE SALUTE ALL WOMAN !!!



The opening prayer was presented by Mrs. Ngcobo .



Woman were served with refreshments.



Woman celebrating their special day dancing.



Attendees of the event

Wellness Corner

One of the successful projects which was born this year at Fort Napier Hospital has been the Aerobic classes, taking place twice a week. Staff members are very excited about this initiative as they get a chance to keep fit and in shape. The project started on a perfect summer season when most people want to lose weight. With a professional trainer on site, training staff, the project has proved to be very successful.

The number of participants is growing from month to month which is very impressive. We thank management for encouraging and allowing staff members to participate on this venture. We believe that this project will attract more participants in 2015.

BELOW ARE PICTURES OF THE AEROBIC CLASSES:



SPORTS CORNER

The Fort Napier Hospital soccer team played against D.U.T Students and won the match by

4 — 2 on a very challenging encounter. It was an exhilarating game as it consisted of a lot of counter attacks from both sides. Students did all they could to match up with an experienced Fort Napier side. Supporters of both teams came in their numbers to this event.

Fort Napier soccer team proved to be a better team on the day, which has encouraged the team to improve their standards for future planned games.

BELOW ARE PICTURES OF THE GAME :



DUT STUDENTS VS FORT NAPIER HOSPITAL



EZIKANOBHUTSHUZWAYO



Sr. N. FIHLA FAREWELL PARTY



Sr Fihla bidding farewell to her colleagues



Sr Fihla with her family and friends

Fort Napier staff members bid farewell to Sr Fihla who was the hospital Infection and Prevention Control Co-ordinator for many years. Sr Fihla had 38 years of service in the government sector. She worked as a professional nurse at Baragwanath in Gauteng before coming to KwaZulu Natal. Prior to delivering her speech, she broke in to tears as it was a very emotional time for her. She thanked God, her family and friends for their support and love. She thanked God for the strength He has given her through over years.

The hospital C.E.O thanked her for her contribution to patient care and ensuring that the hospital met the infection control guidelines. The C.E.O also thanked staff members for their support in making Sr Fihla's farewell a success.

Her friends Matron Nolte, Sr Vanie and other colleagues said they will miss her for her sense of humor and hard work. She will be greatly missed by her colleagues at Fort Napier Hospital, and we wish her well.

makazini ndlelanhle



Picture 1 Sr. Ross
(opening prayer.)



Picture 2 Mrs. T.N
Ngcobo welcomed all
visitor's and gave a
short speech about Sr
Fihla.



Picture 3 Dr. N. Hongo
shared what she will
miss most about Sr Fi-
hla.



Picture 4 Sr. V. Govindasamy shared with attendees how her and Sr Fihla worked together



Picture 5 Sr. E. Nolte shared how she will miss Sr Fihla's sense of humor .



Picture 6 Mrs. Khumalo talked about Sr Fihla's input as IPC Co-ordinate and how important her role in the institution.

QUALITY DAY AND LONG SERVICE AWARDS.

Fort Napier Hospital held a successful Quality Day and Long Service Awards Ceremony on 27 November 2014. Wards and departments showcased their stalls for assessment by panel of judges. All participants gave their very best in ensuring that they impress the panel of judges. Our guest speaker for the day was Mrs. Mkhize (Manager specialized hospital).

In her talk, Mrs. Mkhize spoke about the importance of patient care she also spoke about challenges face by Specialized hospital in terms of National Core Standard. She congratulated all staff members who were receiving certificates for long service. She commended them their continuous hard work in providing the best services to Mental Health Care Users.

The organizing Team would like to place on record their gratitude to all our guests . We further thank all participants as they made the event a great success.



Mrs. N.T. Nxaba receiving her Long Service Award Certificate for 30 years.



Mrs. V Hlope receiving her Long Service Award Certificate for 30 years.



Fort Napier Hospital Management team



Attendees of the event



Mrs. N Mhlongo introduced the guest speaker



Mrs. Mkize, one of our guest speakers



Mr. S Mncwabe, guest speaker on the day gave a motivational talk to staff



Mr. M Gasa was the program director for the day



Ward 5 Team won a trophy for the best QIP



Mr. M. Msimang our Hospital board chairperson handing over a long service certificate



Mr. Mthembu received a certificate for the substance abuse initiative



The Psychology department received a certificate of appreciation



Mr. J Phakamile received a certificate for his work in Waste Management



Mr. T. Khumalo received a certificate for Security Management



Ward 10B received a trophy for best innovation



The HCT team received a trophy for outreach programs



Attendees of the event



Staff members who received certificates for long service awards



Ward 10B received a certificate



Ward 6 received a certificate



Ward 9 A received a certificate



Joyful staff members with their Long service certificate



The Medical Team received a certificate



The Hospital Choir entertained us with music items



Hospital Board Members were also present on the day.



Joyful staff members with their Long service certificates

WORLD AIDS DAY



World Aids day was the first ever global health day and the first such event was held in 1988. World Aids day is important as it reminds the public and Government that HIV has not gone away. In commemorating World Aids day, Fort Napier Staff members held an event on 4 December 2014. During the event, there were speeches during the pandemic, reminding attendees about the dangers related to the virus. More than 35 million people globally have died from the virus, making it one of

the most destructive pandemics in history. The national theme for this year is ZERO STIGMA, ZERO DISCRIMINATION.

It is hoped that with this theme, people around the world will stop discriminating people living and affected with Aids. There is still a vital need to raise money, increase awareness, fight prejudice and improve education regarding the disease. The event also related to 16 Days of Activism Against for no violence against Woman and Children. Our guest speaker for the day touched on different types of abuse faced by our society. She pleaded with everyone present to take charge and fight abuse against woman and children. In closing the event, a candle lighting ceremony was held to remind us of all the people living infected and affected with Aids and those who have passed on due to the pandemic.



Mr. S . Mthethwa program director



Mrs. L Makhonza our guest speaker



Attendees holding candles remembering those affected with HIV/Aids.



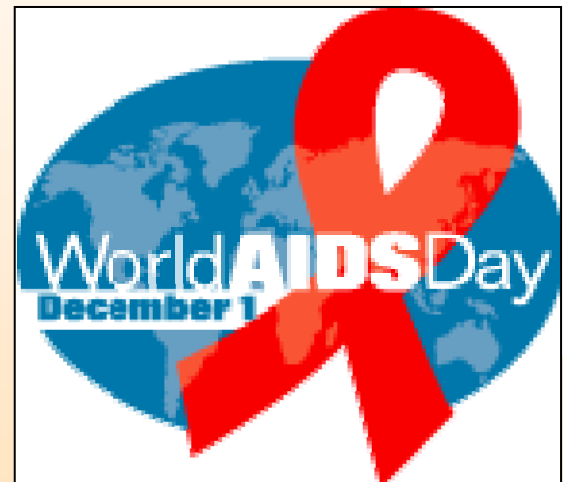
Attendees observing a moment of silence in commemoration of deceased loved ones, family and friends.



Sr Sikwerqe Hospital HCT Co-ordinator. Giving a talk on HIV/Aids



Dr N Raymond and Mrs. H Wilkens with Mrs. L Makhonza



Ms. T Mpungose singing for attendees



Mr. S. Mthembu doing the vote of thanks