



The Fort Newsletter : Edition January-July 2014



Mrs. N.T Nxaba
C.E.O

The C.E.O's Message

On behalf of the management of Fort Napier Hospital, I wish to take this opportunity to thank all staff of Fort Napier Hospital for their commitment dedication and hard work since the start of the new financial year. The highlight for 2014 was our Strategic planning which took place on 20 February 2014.

During the 67 minutes for Mandela day the staff of Fort Napier hospital were engaged in various activities including painting, cleaning of drains, renovating staff unused gym and cleaning ablution facilities . This was to achieve key priority of cleanliness, the team spirit that prevailed among staff was a motivating factor to other staff members as some of the staff came back from leave and others came with their relatives to support the event. Staff worked as a team and this was highly appreciated as the activities continued for 5 hours.

Finally its with pleasure that we welcome all newly appointed staff and hope that your innovative contribution will improve the Quality of care rendered to our Mental Health Care users

WHATS INSIDE :

- ◆ The C.E.O's Corner
- ◆ Child Protection Week.
- ◆ Academic Seminar
- ◆ Wellness Day Event
- ◆ Royal Show 2014
- ◆ Youth Day Celebration
- ◆ HCT Outreach program

CHILD PROTECTION EVENT

On 29 May 2014 the Social Worker's Department conducted an awareness campaign on Child Protection. The theme for the day was **"My child and your child are our children, together lets protect them"**.

The programme director was Mr Sipiwe Mthembu who articulated the relevance of the event in relation to the services rendered in our institution.

The opening prayer was led by Mrs. Mpungose from Human Resources and the programme was jointly presented by the Multidisciplinary Team of Fort Napier Hospital.

Purpose of the day was covered by Matron S Mthethwa who highlighted child abuse in the South African context and its relation to legislative framework.

To mention a few he covered different types of child abuse such as deprivation, hunger and malnutrition which is experienced not only by South Africans but African countries in general which is a result of poverty.

Intense dialogue presentations were conducted by different units with ward 7 securing the 1st prize. It was humbling to note the skills and integrity demonstrated by our Mental Health Care Users' during the presentations.

Ms. Nkabinde gave a summary by

highlighting the event as one which is important to the community of Fort Napier Hospital.

We hope that with this initiative we will be able to make meaningful contribution to the well-being of our children.

Candle lighting was conducted in memory and as a sign of solidarity for girls abducted by extremists (Boko Haram) in Nigeria. A touching moment of silence was observed by attendees under the theme **"Bring back our girls".**

Besides sombre mood resulting from the sad memories of the abducted girls, Sr Silindile Zondi managed to lift the mood of the audience when reciting her moving poem, "Saddest Smiles" by Onalethus Petrus Nteme .

Dr Hongo our Medical Manager gave a word on behalf of management in support of the event. Her summary of the event was motivating and encouraging



PICTURES FROM THE CHILD PROTECTION WEEK EVENT



**MR. MTHEMBU WAS THE PROGRAM
DIRECTOR FOR THE DAY.**



**DR. N. HONGO GAVE A TALK ON
CHILD AND WOMAN ABUSE.**



SR. S. ZONDI RECITING A POEM



**ATTENDEES PRAYED FOR ALL THOSE
CHILDREN AND WOMAN WHO WERE VICTIMS
OF ABUSE.**

ACADEMIC SEMINAR

The Fort Napier Academic Seminars Programme was fortunate to have had a presentation on Mental Health Literacy by the renowned Clinical Psychologist, academic and researcher Molelekoa Kometsi on 19 March 2014. Mr Kometsi is lecturer in the School of Psychology at the University of KwaZulu-Natal, and has previously worked as a Senior Clinical Psychologist at Fort Napier Hospital.

The Mental Health Literacy presentation focused on the important issue of community awareness and understanding of mental health problems, the need for treatment, as well as the services that are available and should be accessed in the face of mental distress. This area of study and research are critical in countries like South Africa where educational levels have been seriously hampered by apartheid policies that were geared towards preventing educational advancement in certain sectors of the population. Those policies resulted in communities being denied much information on health care (and other areas), and left communities with no other service options, but to rely almost exclusively on indigenous care. The presentation examined the problems faced by communities in identifying mental health problems, and the need to facilitate the development of knowledge about mental illness. Mr Kometsi emphasized the importance of mental health workers taking up the challenge of ensuring that all communities gain this knowledge, especially those in non-urban areas, and those in disadvantaged communities.

He warned that unless people are made more aware of mental health problems, the country runs the risk of increasing its mental health care burden, as the severity and chronicity of mental disorders are likely to result from the lack of early recognition and intervention.

The presentation was well received, and was followed by much robust discussion. Since Mr Kometsi is currently researching this area for his Doctoral degree, it is hoped that he will return in the near future to reveal the latest findings from his investigations.



**MR. M. KOMETSI PRESENTED ON
MENTAL HEALTH LITERACY**



**PROF PILLAY AND MR. KOMETSI
DISCUSSING BEFORE THE PRESENTATION.**

ACADEMIC SEMINAR PICTURES



ATTENDEES OF THE ACADEMIC SEMINAR



**ALL ATTENDEES WERE LISTENING
ATTENTIVELY**



**MANAGEMENT WAS PART OF THE
PRESENTATION**

WELLNESS DAY EVENT

Fort Napier Hospital commemorated Wellness Day on the 3rd of July 2014. The Staff Wellness Day incorporated activities aimed at promoting and enhancing physical, social, emotional and financial wellness. The day started with a wellness walk, which served as a warm up and set the tone for the day. Staff came in numbers and were very excited to be part of the wellness walk which is fast gaining momentum in the institution .

During this year's Wellness Day our emphasis was placed on the development of partnerships to assist with wellness activities. We developed partnerships with organizations such as, Virgin Active (Physical wellness), Old Mutual & Nedbank(Financial wellness), Gems (Physiological wellness), Vikesh Optometrists (Eye Testing), and internal stakeholders such as our Health promotion team. All of our partners had stalls during the event including our internal stakeholders who had a stall on Mental Health.

Health screenings were conducted by GEMS.

Testing was done free of charge for the following :

- ◆ **Blood pressure testing.**
- ◆ **HIV/AIDS testing (optional)**
- ◆ **Cholesterol Testing**
- ◆ **BMI**

Approximately 56 staff members went for Eye testing, and those who were found to have eye problems were referred for further treatment. On the day Virgin Active conducted a 30 minutes aerobics class for the staff to promote physical wellbeing. Massages were also offered to all staff. The staff enjoyed the class and have shown interest in having these kind of classes on a weekly basis. There were also a number of games played on the day to ensure that staff had fun. The games also provided an ideal platform for staff to interact socially.

The wellness team, Occupational Health Nurse, EAP Practitioner and Occupational Health & Safety Officer, wish to thank Management and all staff members in the institution. We further thank the companies who were present to make our Wellness Day a great success.

PICTURES OF THE EVENT BELOW:



Virgin Active gave Aerobic classes to attendees



Left:

Massage from Gems staff

Right: Eye testing by Vikesh Optometrists

Optometrists



LEFT : Mr. M. Gasa speaking on the purpose of the day

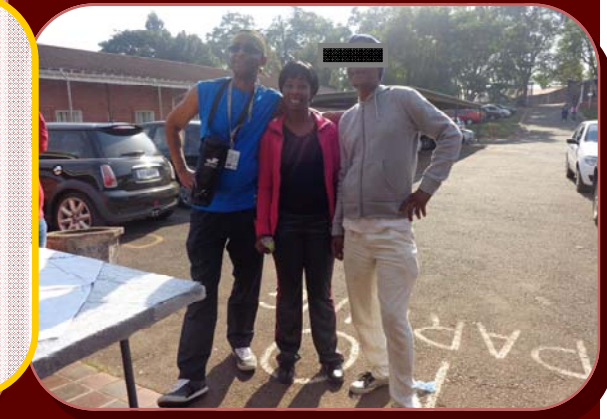
RIGHT : Winner of the Half Marathon .



LEFT : Three Legged race.

Right :

Winners of the Half Marathon.



ROYAL SHOW 2014

Fifty Mental Health Care User's attended the Royal Agricultural Show on the 28th May this year accompanied by FNH staff members . The Fort Napier Events committee had raised funds within the institution and coordinated this outing . MHCU's returned with goodie bags provided for by the different stall

holders from the show . They were also treated to different food tasting experiences in the Food Hall as well as being able to view the latest technology and be entertained by a Military Tattoo during lunch.

Our MHCU's were given informative talks by community safety partners and they had an eventful day as this was the highlight in the MHCU's event calendar.

The FNH Events committee would like to thank all those who made this day a success .



LUNCH TIME ENTERTAINMENT



**MHCU'S AND STAFF
FOOD TASTING IN THE
FOOD HALL**



**VIEWING THE ART ON
DISPLAY**



**RAFEEQA TAJOODEN AND LINDA ALBERS FROM OUR OT
DEPARTMENT HAVING FUN IN THE CRAFT HALL**

YOUTH DAY CELEBRATION

Youth Day in South Africa commemorates the Soweto Uprising. The day is celebrated on June 16 every year. The day is celebrated in order to recognize the role of youth in the liberation of South Africa from the Apartheid regime.

Fort Napier staff and Mental Health Care Users commemorated June 16 on 19 June 2014. The event was held on the sport field, staff members were encouraged to wear their school uniform to remember the Youth of 1974 who fought and some died for education.

The grounds of the movement lay in a 1974 official order which made Afrikaans compulsory in schools. The order stated that Afrikaans be used in conjunction with English for teaching in schools. Certain subjects like social studies, mathematics and algebra were required to be taught in Afrikaans while others like home science and general science were required to be taught in English.

The Health Promotions Committee would like to thank all staff members who participated on the event. The committee further thank management for allowing staff to host such an event.

CONTINUED PICTURES OF THE EVENT

YOUTH DAY CELEBRATION



Picture 1 Old Mutual rep presenting a gift.

Picture 2 : O T Department jumble sale



Picture 3 : Staff wearing their school uniform

Picture 4: Attendees of the event



Picture 5: Staff in their Uniform.

Pic 6: Soccer



Picture 7 : Soccer match in action.

Picture 8: Fund raising initiative.



Picture 9: Mr. Dlamini handing over the trophy to the winning team



HCT OUTREACH PROGRAM

The HCT Team conducted HCT In different areas of Umgungundlovu District . The team firstly teamed up with Rotary NPO and conducted HCT at KwaDambuza where the team was able to seen to more than one hundred (100) clients. The campaign was very successful considering experienced

The team also visited Ramsay Engineering, a company based in Woodlands. The team had a very good turn out, they were able to see more than two hundred (200) clients.

Fort Napier Hospital has forged an excellent working relationship with Ramsay Engineering as we visit there annually.

Management together with HCT coordinator would like to thank all HCT members for their continuous dedication and ensuring that our communities are receive quality health care mandated by government.



SR S. MZIMELA GIVING COUNSELLING



NURSING MANAGEMENT GAVE SUPPORT TO THE HCT TEAM

Compiled by : Mr. T.M Dlamini (PRO)

Editorial Team : Mrs. H. Wilkes

: Mrs. A Kramers Olsen

: Ms. M. Rampersadh

Physical Address:1 Devonshire Road

Pietermaritzburg

3200

Tel: 033 260 4308

Fax no: 033 345 5730

