



**health**

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

Richmond Hospital

**R.H INDABA**

**NEWS**

**STAY INFORMED**

**JULY-SEPT 2018**

## MANDELA DAY AT RICHMOND



Staff member doing BP, Sugar and HIV testing during health & wellness



Chief Dietician presenting during Nutrition and Obesity week

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# 2018 MANDELA DAY



STAFF OF LINCOLN HAVEN AND RICHMOND HOSPITAL

Mandela day is meant to honour the legacy of Dr Nelson Mandela and his values through volunteering and community service. Richmond Hospital spent their 67 minutes (internal and external) on the 17th of July visiting the old aged home at Lincoln Haven, and on the 31st of July, Richmond Hospital's staff and patients participated in the activities set out for Mandela day as shown below. We truly believe that small difference were made towards improving the community and patients overall quality of life.

## ACTIVITIES FOR THE DAY AT LINCOLN HAVEN:

- ◆ Hiv & Aids testing
- ◆ BP/ Sugar/ BMI
- ◆ Healthy eating talk by our Dietician Mrs. C Martinuzzi
- ◆ Strengthening and back support exercise demonstration by our physiotherapist Miss R Harripersad

## ACTIVITIES ON MANDELA DAY WITHIN THE INSTITUTION:

- ◆ Picture puzzles/ musical chairs/ 3 legged race for patients
- ◆ Aerobics session, netball and soccer with staff.

PHOTO GALLERY DURING MANDELA DAY 2018



# NATIONAL NUTRITION & OBESITY WEEK



Our Hospital Dietician (Mrs C Martinuzzi) created a PowerPoint presentation with this years theme for National Nutrition & Obesity Week : “BREAKFAST: THE BEST WAY TO START YOUR DAY”.

The talk was done four times running from the 9th of October till the 18th October 2018. All staff were covered (85 clinical and non-clinical attended).

Some of the features presented were:

- ◆ The health benefits of eating breakfast regularly.
- ◆ Ways to get into the habit of having breakfast every day.
- ◆ Preparing and enjoying breakfast together as a family
- ◆ Tips in planning ahead to have a healthy breakfast every day.
- ◆ Examples of healthy breakfasts.

Staff were very interested and enjoyed the presentation.

## HERITAGE DAY 2018



In South Africa heritage day is celebrated every year on the 24th of September . The celebration includes our cultures, customs, history, languages and cuisine. On the 26th of September Richmond staff gathered together to celebrates heritage day. Departments were given the opportunity to create their own entertainment to educate other staff members on the various cultures. The event was a great success. A big thank you to all participant and the organising committee.



# HERITAGE DAY 2018 PHOTO GALLERY



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# HEALTH AND WELLNESS EVENT



## RICHMOND STAFF PARTICIPATING IN THE HEALTH AND WELLNESS DAY

We at Richmond Hospital had 64 staff members participating in the health and wellness day conducted by GEMS and various other components. The services offered were as follows:

- ◆ GEMS (BP/Cholesterol/Blood sugar/BMI/neck massage and HCT)
- ◆ Vision Screening by Dr. Mohammed
- ◆ Blood typing by SANBS
- ◆ Aerobics Class conducted by Mr. Phungula

Out of the health and wellness screening conducted by GEMS it showed 60% of the staff who participated were OBESE!!

# PHOTOS FOR HEALTH&WELLNESS EVENT



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# ACKNOWLEDGEMENTS



**Hlanganani Bhengu**



**Nombali Nyawo**



**CANDICE MARTINUZZI**  
EDITOR



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