



TOWNHILL TALKS

NEWS

DECEMBER 2020

MESSAGE FROM THE OFFICE OF THE CEO



Hospital CEO Mr N.R.Hadebe

Greetings of the new year!

How quick time fly, last year was the end of the second decade of the 2000 century. We have just started the third decade. We thank God for being with us during the course of last year, which was the most difficult year, in general, and for health care sector in particular because of COVID-19. For the first time in a long time we were reminded how it feel to lose people dear to us. What is sad is that we are still losing many of our dear ones and the end of bloodbath does not seem to be near. Nevertheless, we must soldier on because the health of South Africa depend on us.

My previous paragraph was not intended to frighten Town Hill hospital stakeholders but to motivate and inspire them.

I will be failing in my job if I do not salute

Town hill hospital staff that kept our hospital afloat last year. We really appreciate you and we call on you to dedicate yourself even harder this year.

There was a forced shake-up in the heart of our hospital. Town Hill hospital was forced to bid farewell to two members of EXCO for different reasons. Mr Ndlela, finance manager, left our hospital for Addington hospital to assume higher post at Addington hospital. The role he played in managing the finance affairs of this hospital is appreciated. We also appreciate the role which is being played by Mr Sithole who is holding the fort while the hospital look for Mr Ndlela` s replacement. The hospital also lost Dr Maharaj, medical manager, due to retirement. Dr Maharaj was an old school manager who expected managers to manage no matter what are the circumstances. One hope that he will enjoy his retirement. We will miss both of them.

Our three-year strategic plan is coming to an end in April. The plan was that a new Strategic plan be devised before the end of last year. Due to reasons beyond our control that did not happen. The new plan is that we will draft a new Strategic plan before the end of January. There are many strategic programmes that have been put on hold in anticipation of a new Strategic plan. The rationalisation of service Indaba that was held more than a year ago reached many resolutions to make our services more efficient. But because of the renovations that are currently happening in the Hillside the resolutions taken could not be implemented. Another good news is that the renovations in the Hillside will be the thing of the past by the end of January, according to project leader

Hospital CEO
Mr RN Hadebe

16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE



Townhill hospital women saying “NO TO GENDER BASED VIOLENCE “by wearing black during 16 days of activism.

16 days of activism against gender based violence is an initiative by World Health Organization (WHO) in order to create an awareness of the negative impact that violence and abuse have on women and children. It also aims at opposing violence against women and children. The campaign runs from 25 November to 10 December every year.

Townhill hospital women also played their role to say “NO TO

VIOLENCE AGAINST WOMEN AND CHILDREN” by wearing black attire.

This exercise was the symbol of showing some solidarity to all those women who died at the hands of men. TOWNHILL TALKS engaged Mrs Phume Zulu to find out how does she feel about gender based violence which engulfs our country since South is one of the countries with high rate of gender based violence.

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16 DAYS OF ACTIVISM CONTINUES

Ms Zulu gave an advice to all women who are in an abusive relationship to break the silence and speak up. She said that the abuse start small like verbal abuse to slap in the face. "Once you to tolerate the so called minor abuse, it will then lead to major one which can lead to even death, says Ms Zulu".

According to Ms Zulu there is no minor abuse, abuse is an abuse. She also warned women to stop finding excuse for their partners. She made an example of women who do not report such cases to law enforcement agencies simple because the husband is the breadwinner at home. "Being a breadwinner is not a ticket to abuse your partner, she says". She said that even if the woman has done something wrong the man does not have the right to beat her up.

She warned the women to learn to be independent and stop being objects on men. They must learn to live their lives the way they want without being dependent to their counterparts.

She said that women must stop forgiving their abusive partners simple because he is doing for the first time. It starts small then it becomes the habit and once it becomes habit it becomes difficult to stop it. According to Ms Zulu there is no person who has got the right to lay a hand on women simple because she is his wife or girlfriend.

She also warned all abusive men to learn to trust themselves. She believes that some men have got that inferiority complex sometimes simple because his partner earns more money than her as a result they become jealous of them. She acknowledged that women are also human being and they sometimes makes mistakes which might make their counterparts angry. In such instances she advises men that if they find themselves in such circumstances, they must walk away in order to cool their head before they do something stupid. Once you are sober then you can come back and try to resolve whatever issue you might have rather than trying to solve the issue whilst you are still angry.

At the end of the day the mindset of men needs to change. It does not



Ms Phume Zulu

make sense to beat up or even kill a women and end up in jail and you loose everything that you worked for. Men need to talk about these things and must all say "**NOT IN OUR NAME**". That is why there are men's forum to discuss such issues. These are our partners not punching bags. Let us respect women and children.

This is just a societal problem which needs to be tackled as a matter of urgency. This problem cannot be resolved by government but it needs the change of the mindset of men. As a nation we must stop to always rely on government to come up with solutions. At the end of the day the solutions of this problem lies with us not government as some people believe. Government cannot change the mindset of a person.



Townhill hospital women condemning gender based violence.

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SERVICES OF TOWNHILL HOSPITAL



Medical Manager Dr Maharaj

As with much over the past last century, there have been great advances in the treatment of mental illness. Paralleling our country's development, Mental Health Care has undergone a mindset shift from its original focus on custodial care and institutionalization to recognition of human rights and emphasis on prevention, care, treatment and rehabilitation.

A recent WHO study, the SASH study (2008), showed that as many as 1 in 3 south Africans may experience a mental health problem during the course of their lives, most commonly depression, anxiety and substance abuse. Many of the stresses that we are all exposed to, like financial pressures, living with and losing family and friends to HIV and other causes, exposure to violent crime and motor vehicle accidents contribute to the high levels of mental health problems. Stigma and discrimination surrounding mental health remains stumbling block for those who suffer from mental health problems. Mental illness is often not seen as a real illness and those who it affects are called 'crazy, dangerous and weak. Resulting in many suffering in silence, afraid to ask for help. And unfortunately, when help is sought, lack of knowledge about mental

health services may provide further stumbling blocks to accessing care.

In keeping with the department of Health's goal to decentralize mental health services, and strengthen primary mental health care provided at a community level through local clinics, district and regional hospitals, Townhill hospital has had to again re-evaluate its role in providing quality mental health services to its community. As a specialist Mental Health facility, Townhill hospital needs to not only provide care for acutely, severely ill mental health care users requiring involuntary care, but also to provide specialist level of care for more common mental health problems.

Specialist services currently available at Townhill hospital are as follows:

First episode mental illness:

Early identification, evaluation and treatment of mental illness, has been proven to provide the patient with a better quality of life. Experiencing the symptoms of mental illness for the first time is quite distressing and scary

Outpatient psychotherapy:

Individual and group psychotherapy services are provided in line with each person's need

Inpatient psychotherapy:

Stress, abuse and trauma have become part of many people's lives. These three things contribute considerably to mental illness like depression, post traumatic stress disorder and personality disorders.

OPD:

Daily specialist outpatient clinics are run under the supervision of psychiatrist.

Psycho geriatric:

Both in and outpatient, assessment and treatment of late life mental health disorders.

Neuropsychiatry

New at THH and unique in KZN, services focus on cognitive, emotional and behavioural problems resulting from direct damage or disease of the brain through e.g. trauma, stroke, epilepsy.

Child and Adolescent:

It is committed to care for children and adolescents with emotional and behavioural problems. We focus on family-centered care and our aim is to help young person's behaviour develop to their full potential and help them and their families build better and healthie relationship

HIV and psychiatry:

The burden of HIV has increased episodes of mental illness. This needs to be brought under control with proper assessment and management.

Dual diagnosis:

Specialist dual diagnosis services are currently being developed at THH> These services at to provide a comprehensive care package for those suffering from dual burden of mental illness and substance abuse.

Article written and provided by medical manager doctor Maharaj

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BIDDING FAREWELL TO OUR FINANCE MANAGER

Former Townhill hospital finance manager Mr Ndlela left Townhill hospital on 31 October 2020 for greener pastures. He joined Townhill hospital family in November 2013.

Immediately after his arrival, he made his presence felt due to the changes that he implemented in the procurement department. When he was announced as our new finance manager, many people doubted his ability due to his age. Many people were asking themselves whether he will be able to cope with the challenges facing department of finance. After few months of his arrival he proved to all those who doubted his ability that competency does not depend on the age of a person.

During his farewell all speakers commended him for his dedication and passion for his work. Mr Ndlela is a humble person who is easy to work with. He is that type of a leader who communicates well with his colleagues and is a very approachable person.

Even our hospital CEO Mr Hadebe expressed his disappointment to lose such a dedicated EXCO member. But that did not prevent him from wishing Mr Ndlela all the best in his new endeavours. He said that he hopes whoever will take over from where Mr. Ndlela left off will be equal to the task and keep the standard.

The supply chain department also praised him for his leadership and guidance. They emphasized that he is an



Finance Manager Mr Ndlela

approachable leader who is easy to communicate with. They said that even though Mr Ndlela was young to them but they looked at him as a father figure because of his humbleness and respect for other people.

He thanked all those who organized his farewell party and those who were in attendance. But most importantly he thanked all Townhill hospital staff members who work with him for the past seven years.

“The past seven years at Townhill hospital as a finance manager have been wonderful one” Says Mr Ndlela. He said that his work has been made much easier by all those who worked with him from all departments. He thanked Townhill hospital management for entrusting him with such great responsibility of looking after their finance affairs. He attributed his success to the good working relationship that he had with managers of various departments which made things much easier for him

to execute his duties with less headache. He urged Townhill hospital staff and managers of different departments to give the same support to the person who will succeed him.

The sad part of Mr Ndlela was to part ways with his best friend Mr Zulu who is a Human Resources Manager.

In a nutshell Mr Ndlela was a great asset to Townhill hospital and has set the standard high for the person who will take over from him. In the same token we also need to be fair to the person that will take over from him and allow him to do things his own way. We must not expect him to be Mr Ndlela but we must give him all the support that he might need.

Without any shadow of doubt Mr Ndlela will be a great asset to his new management. He has proven his competency beyond reasonable doubt.

We will always miss you Bayeni. “SKY IS THE LIMIT BAYENI!”

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DR MAHARAJ BIDDING FAREWELL TO TOWNHILL HOSPITAL



Dr S R H Maharaj

It is bittersweet to leave a workplace you have enjoyed and bidding farewell is probably the hardest task in the world.

My ten years at Townhill hospital may be the most significant years of my life. To represent the underprivileged and the most stigmatized individuals and talk on their behalf has been a pivotal period in my life. I wish to acknowledge all staff at Townhill hospital for their selfless service. Thank you for your belief in me, your support and your friendship.

None of us achieve in isolation and the successes we have enjoyed together have been the result of our mutual cooperation and collaboration.

It is a pleasure and privilege to have worked alongside colleagues who understand how to bring the best out in each other.

I hope that my vision of a structured psychosocial rehabilitation program is not forgotten. I take this opportunity to thank all of you for the dedication you have shown towards our users and those that have come up with ingenious ways to improve our services. Our users need us, represent and talk on their behalf, in most cases we are all that they have. I have already packed memories of fun, collaboration, consultation and friendship into my heart to take with me. Those I am deeply grateful

GOD BLESS YOU ALL. Take Care and Stay safe

Dr S R H Maharaj



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