



# TOWNHILL TALKS

# NEWS

SEPT– DECEMBER 2025

## MESSAGE BY OFFICE OF THE CEO



**MR NR HADEBE — CEO**

As we conclude the year 2025, I would like to extend my sincere appreciation to all staff of Townhill Hospital for their outstanding commitment and dedication. Despite the ongoing challenges of staff shortages and financial constraints, service delivery was maintained, and patient care was never compromised. This demonstrates the resilience, professionalism, and unwavering dedication of our workforce.

I would also like to commend the Event Organising Committee for their exceptional efforts in ensuring the success of hospital events, despite the absence of a dedicated departmental budget.

Their initiative in fundraising, together with the generous support and donations from our stakeholders, made these events possible. Your hard work and collaboration are truly appreciated.

Furthermore, I was encouraged by the collaboration between CETU (Central Education and Training Unit) and the Mental Health Directorate in organising Mental Health initiatives that included participation from the private mental health sector. Such partnerships are vital in strengthening mental health services and increasing awareness across all spheres of care. It is my hope that these collaborations will continue to grow and yield lasting benefits.

The unity and togetherness among staff were evident during the Heritage Day celebrations, where our cultural diversity was proudly showcased. In addition, the Patient Event and Staff Wellness Day played a significant role in promoting staff morale, motivation, and productivity within the workplace.

Recognition of excellence remained a priority during 2025. Staff members were acknowledged for their dedication and outstanding contributions during the Service Excellence and Long Service Awards. These initiatives continue to motivate

our wards and departments to maintain high standards of service and professionalism.

Overall, the events of 2025 reflected strong teamwork, innovation, and professionalism among Townhill Hospital staff, even amid significant financial challenges. Once again, management would like to thank all staff members for their hard work, commitment, and continued dedication to providing excellent healthcare services.

As we move forward, we remain optimistic and prepared to face the challenges of 2026 together.



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# MENTAL HEALTH AWARENESS MONTH

## MENTAL HEALTH AWARENESS MONTH



The Clinical Educational Training Unit (CETU) at Townhill Hospital identified a critical need for hospital managers to be trained on the National Mental Health Policy Framework and Strategic Plan (2023–2030) to ensure effective implementation of the strategic priorities outlined in the document across all levels of mental health service delivery. In response, CETU approached the Mental Health and Substance Abuse Directorate to facilitate the training, and what initially began as a focused request evolved into a comprehensive Mental Health Symposium aligned with Mental Health Awareness Month activities in October 2025. The event was expanded beyond Townhill Hospital to include stakeholders from the public sector, private mental health institutions, non-profit organisations (NPOs), and academic institutions. The symposium was jointly coordinated by CETU and the Mental Health and Substance Abuse Directorate, with CETU—led by Assistant Nursing Manager Mrs N. Zondi and supported by Professional Nurses N Manilall and M. Pirbanandan—initiating the training need and overseeing planning and logistics. The Mental Health Directorate played a pivotal role by providing technical guidance, specialised expertise, and provincial leadership on the National Mental Health Policy Framework and Strategic Plan. Together, the two departments ensured the successful organisation, smooth execution, and professional delivery of the symposium.



Dr Bridgmohun

Programme Directors for the day were Mr K. Ruthanum and Ms Yolanda Thambiran, who steered the event under the theme “Making Mental Health Matter in both the Public and Private Sector – Enhancing Access to Mental Health Services in Catastrophes and Emergencies.”



Dr Hongo



Programme directors

The symposium featured an accomplished panel of speakers, including **Dr N. Hongo**, Director for Mental Health and Substance Abuse in KZN, who presented on the National Mental Health Policy Framework and Strategic Plan (2023–2030); **Professor Anthony Pillay**, Chief Clinical Psychologist for the UMgungundlovu District Specialist Mental Health Team, who addressed disasters and mental health service response;

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# MENTAL HEALTH AWARENESS MONTH

## Mental Health Symposium



CETU - STAFF



Townhill Doctors

**Professor N. Barker** from the University of Pretoria, who spoke on bridging the divide between mental health and substance abuse in research and practice; **Dr R. Bridgemohan** and **Dr S. Ansur** from Townhill Hospital, who delivered a wellness talk on resilience; **Mr L. Myaka**, Clinical Psychologist from Itheke Wellness Hospital, who presented on African families' perceptions of mental health; **Ms M. Sigwebela**, Occupational Therapist from Ashley Ramsoonder Occupational Therapists – Healing Hills Hospital, who discussed the role of occupational therapy in psychosocial rehabilitation; and **Mr R. Hadebe**, Chief Executive Officer of Townhill Hospital, who delivered the vote of thanks.



ECT department

Outside the venue, various institutions showcased stalls highlighting the services they provide within the mental health sector. Townhill Hospital exhibited three departments: the **ECT Department**, the **Occupational Therapy Department**, and the **Child and Adolescent Unit**. The Occupational Therapy stall displayed a variety of handcrafted items made by mental health care users, which were also available for sale on the day.

These exhibitions allowed attendees to gain insight into the specialised services offered at Townhill Hospital and to appreciate the therapeutic value and creativity of the work produced by mental health care users.



CAU department



OT department

# PHOTO GALLERY

## Mental Health Symposium



# PSYCHOSOCIAL DISABILITY AWARENESS MONTH

THE 2025 THEME, "IT'S THE HOUR TO MAKE YOUTH EMPOWERED,"

Townhill Hospital proudly participated in the Annual Provincial Sports Gala for Mental Health Care Users held on **30 July 2025** at the **Protea Sports Grounds in Northdale**. This event formed part of the **Psychosocial Disability Awareness Month** activities, observed every July to promote awareness, empowerment, and inclusion for mental health care users across KwaZulu-Natal.



The sports gala brought together patients from all specialized psychiatric hospitals in the province, including **Townhill Hospital, Umngeni Hospital, Fort Napier Hospital, Madadeni Hospital, Ekuhlengeni Hospital, and Umzimkhulu Hospital**. The 2025 theme, "It's the Hour to Make Youth Empowered," highlighted the growing concern over the rise of psychosocial disabilities among young people, particularly those linked to substance abuse. The awareness programme aimed to address these challenges by promoting healthy living, social interaction, and physical wellness through sport.

Participants competed in **athletics events** and **soccer matches**, creating an atmosphere of excitement, unity, and encouragement. The event was successfully coordinated by the **Provincial Sport Gala Committee**, in collaboration with the **Mental Health Directorate, the Office of the Premier, and Right to Care**.



ATHLETICS DURING THE EVENT

Townhill Hospital performed exceptionally well, winning the award for **Best Banner**, securing **second position in soccer**, and achieving **third position overall**. These trophies were proudly presented to EXCO, showcasing the dedication and talent of our mental health care users.

All participants received **certificates of participation** in recognition of their involvement and effort. The day was a meaningful celebration of ability, resilience, and the importance of promoting psychosocial wellbeing through active and inclusive initiatives.



PRESENTATION OF TROPHIES TO EXCO



ANDISWA MNCWABE(OT) HANDING CERTIFICATE TO THE MHUC'S

# MENTAL HEALTH AWARENESS MONTH

## WORLD MENTAL HEALTH DAY

THEME: "ACCESS TO SERVICE: MENTAL HEALTH IN CATASTROPHES AND EMERGENCIES"



The event served as a meaningful reminder to both staff and patients of the importance of good mental health, and the need to priorities and invest in mental well-being, particularly during catastrophes and emergencies.

World Mental Health Day is commemorated annually on 10 October. Townhill Hospital marked this important day by hosting a variety of awareness activities throughout the month of October. This year's theme, "**Access to Services: Mental Health in Catastrophes and Emergencies,**" highlighted the importance of ensuring mental health care remains accessible during times of crisis.

As part of the commemoration, the hospital hosted a **fun walk**, where members of the multidisciplinary team were encouraged to dress in green and participate in a walk around the Townhill Hospital grounds. In keeping with the theme, the walk concluded with an informative presentation on **building resilience**, delivered by **Dr Myeni (Specialist Psychiatrist)** and **Dr Ansur (Registrar, Department of Psychiatry – UKZN)**.



### OUTPATIENT DEPARTMENT (OPD) OPEN DAY

The Operational Manager for Outpatient Department, **Mrs A. Phetha**, together with her multidisciplinary team, successfully organized an **OPD Open Day** as part of the Mental Health Awareness Month activities held in October. Visitors were educated about various mental health conditions and the importance of early intervention. Informative pamphlets were distributed for attendees to take home and share with their families. After the awareness session, everyone enjoyed refreshments, including cakes, snacks, and tea, creating a warm and engaging atmosphere for all.



# HERITAGE DAY CELEBRATION

“UNITY IN DIVERSITY”

Townhill Hospital proudly celebrated Heritage Day on 30 September 2025, an event that brought together employees from diverse cultural backgrounds to honour South Africa’s rich and vibrant heritage. The celebration showcased the hospital’s commitment to inclusivity, unity, and respect for multiculturalism within the workplace.

Staff members attended in their beautiful traditional attire, representing various cultures and languages. The atmosphere was filled with colour, music, and a strong sense of togetherness. Employees shared stories about their heritage, traditions, and the significance of the day, fostering a deeper understanding and appreciation of cultural diversity among colleagues.



The programme included traditional songs, dances, poetry, and a display of cultural artefacts. Some employees prepared cultural cuisine, allowing everyone to experience flavours from different communities. The event served not only as a celebration but also as an opportunity to strengthen workplace relationships and promote

HR PLAY ILLUSTRATION ON THE TRADITIONAL LOBOLA PROCESS



As part of the programme, each department was given a cultural theme and tasked with preparing a performance that showcased their assigned tradition. The Human Resource Department presented a captivating play illustrating the traditional *lobola* process. Their performance creatively depicted the journey from **ukushela intombazane emfuleni** (approaching and expressing interest to a young woman) all the way to the **wedding day**.

The HR team used storytelling, humour, and dramatization to highlight each step of the *lobola* negotiations, including family introductions, gift exchanges, and cultural rituals. Their play was both educational and entertaining, offering the audience valuable insight into the significance and beauty of this traditional practice. The performance was well-received and stood out as one of the highlights of the event.

NURSING DEPARTMENT GETTING INTO ACTION



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**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# PHOTO GALLERY



1. Mr. Mbambo, 2. Mr. Shabane and 3. Miss Nzimande



From the left is Mr.NR Hadebe (CEO) and Mr. S Mgwaba (AD HRM)



Mrs F Shange—Programme director



Event Organising committee



oMama bendawo



oBaba bendawo



# SERVICE EXCELLENCE AND LONG SERVICE AWARDS CELEBRATION

Townhill Hospital hosted its Service Excellence and Long Service Awards on 12 November 2025 to recognize outstanding performance and dedication by staff and departments. As part of the celebration, departments showcased their services through informative posters, promoting awareness and engagement across the hospital. Awards were presented in the areas of eHealth, Infection Prevention and Control (IPC), Quality Improvement, and the Poster Competition, highlighting excellence, innovation, and consistent service delivery.



In the **eHealth Awards**, Impala H and O Ward were recognised for the highest number of patients captured daily, while Uitsig A and North Park were awarded for daily duplication of nursing documentation. Dr K. Padayachee and Dr S. Van der Sandt were acknowledged as the most active medical practitioners on eHealth, and Patient Administration (OPD and Patient Registry), together with Revenue and Accounts, received recognition for consistent utilisation of eHealth.

The **IPC Awards** were presented to OPD, Impala G, Impala H, North Park, and O Ward for their commitment to infection prevention and control. Hillside D was recognised as the most improved in WHO Hand Hygiene eTools, while Hillside C received an award for consistently maintaining high standards of compliance in WHO Hand Hygiene eTools 2025. Under the **Quality Awards**, Hillside C, OPD, Impala G, Uitsig A, and North Park were acknowledged for excellence in quality improvement. Dr C. Ankhiah received recognition for individual contribution to quality in 2025, while the Clinical Education and Training Unit (CETU) was awarded as the department that made the most valuable contribution to quality.



The **Poster Competition** overall winner was Hillside E, receiving a prize of R500. Clinical category winners included Clinical Psychology, ECT, and Psychiatry, while non-clinical category winners were CETU and Registry. Mr S. Mgwaba, Assistant Director: Human Resources, presented the 20-year and 30-year Long Service Awards, acknowledging employees for their commitment, loyalty, and many years of dedicated service to Townhill Hospital.

**Mr M. Nguse** was presented with an award

for his active participation in the **Wellness Programme** and for his outstanding achievement in **Induku**, where he won **first position at both district and provincial levels**. The award was presented by **Mr Khanya Ngema, Acting Public Relations Officer**, who encouraged other employees to actively participate in the Wellness Programme, highlighting that good health and well-being contribute positively to improved work performance.



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**KWAZULU-NATAL PROVINCE**  
HEALTH  
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING  
KWAZULU-NATAL  
TOGETHER**

# PHOTO GALLERY

## SERVICE EXCELLENCE AND LONG SERVICE AWARDS



# EMPLOYEE WELLNESS DAY

“Promoting Wellness for a Productive Workforce”

On 28 November 2025, Townhill Hospital hosted a Staff Wellness Day organised by the Employee Wellness Practitioner, Mr S. Mthimkhulu. GEMS was invited to provide health services to staff members, including blood pressure checks, diabetes screening, HIV testing, and TB screening, promoting early detection and overall staff wellbeing.



The day also featured a mini soccer tournament with teams from Townhill Hospital, Office Park, and private stakeholders Bidvest Catering Services and Jackson Cleaning Services. Three teams competed against each other, and the Townhill Soccer Team emerged victorious by winning all their matches and taking home the trophy.



Townhill soccer team



Townhill interns



Office Park staff



Bidvest + Jackson soccer team



# RETIREMENTS

## ACKNOWLEDGEMENT



Mr. HLONGWANE

Townhill Hospital would like to extend its sincere gratitude and appreciation to **Mr R.T. Hlongwane**, who retired after dedicated service as the **Public Relations Officer** from **2007 to 2025**.

Throughout his 18 years of service, Mr Hlongwane played a vital role in strengthening communication, stakeholder relations, and the public image of Townhill Hospital.

His professionalism, commitment, and passion for public service have left a lasting impact on the institution.

We thank him for his invaluable contribution and unwavering dedication, and we wish him good health, happiness, and fulfillment in his well-deserved retirement.

Mr D. Chetty, who served the Department with dedication from **1988 to 2025**, retired as an **Operational Manager**. His many years of committed leadership and service have made a lasting contribution to the institution.

The Department extends its heartfelt gratitude to both retirees for their long and loyal service and wishes them good health, happiness, and fulfillment in their well-deserved retirement.



Mr. Chetty

Mrs Reddy, who served the Department from **1997 to 2025**, retired as a **Professional Nurse**. Her compassion, professionalism, and commitment to patient care are sincerely appreciated.



Mrs Reddy

# ACKNOWLEDGEMENTS

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