



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA

TOWNHILL SPECIALISED PSYCHIATRIC HOSPITAL

TOWNHILL TALKS

NEWS

JAN – MARCH 2026

MESSAGE BY OFFICE OF THE CEO



MR NR HADEBE — CEO

It is my pleasure to welcome you to the first edition of the Townhill Talks Newsletter for 2026.

As we reflect on the first quarter of the year, I am proud of the dedication, resilience, and compassion demonstrated by our staff in delivering quality mental healthcare services. Despite the increasing demand for mental health services, particularly those associated with substance abuse among young people, our teams have remained committed to providing patient-centered care with

professionalism and dignity.

This edition showcases several important milestones, including our opening prayer programme, which reminded us of the importance of compassion, hope, and unity in the workplace. It also highlights the

Office of Health Standards Compliance (OHSC) visit, where Townhill Specialised Psychiatric Hospital was

honoured to be selected as the first psychiatric hospital in KwaZulu-Natal to pilot a draft audit tool. This recognition reflects our commitment to continuous quality improvement and excellence in mental healthcare.

You will also read about our Outpatient Department's successful Sleep Hygiene Seminar, an initiative aimed at educating the community on healthy lifestyles

and mental wellness, as well as the Nursing Management Team Building programme, which reinforced the importance of teamwork, staff wellness, and effective leadership.

These achievements would not have been possible without the unwavering commitment of every employee, our partners, and the communities we serve. I sincerely thank all staff members for your hard work, dedication, and passion. Together, we continue to build a culture of excellence, innovation, and compassionate care.

As we move forward through 2026, let us continue working together to strengthen mental health services, uphold the highest standards of patient care, and make a positive difference in the lives of those who depend on us.

I trust that you will enjoy reading this edition of Townhill Talks.



OHSC visit Page03

01



KwaZulu-Natal Department of Health



kznhealth



KZN Department of Health



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

YEAR 2026 OPENING PRAYER

“PROMOTING MENTAL WELLNESS THROUGH COMPASSION AND PRAYER”



Townhill Hospital officially opened the year with a special prayer session, recognising the importance of promoting mental wellness, compassion, and emotional support for staff members within the institution.

uMgungundlovu District has seen an increase in mental health admissions at our hospitals, largely linked to substance abuse, especially among the youth. This growing challenge has highlighted the need for support systems that strengthen and encourage healthcare workers as they continue to care for patients facing mental health challenges.

As part of the programme, Pastor Nokuthula Dlamani was invited to share the Word of God and offer encouragement to staff members. The session was well received and inspired hope, unity, compassion, and strength among employees.



Ms S. Mngoma, Mrs Mhlongo, Mrs Mbhambo (on the picture from the left—“OMAMA BOMTHANDAZO”, and G. Nhlenyama (who was not on event that day), initiated a weekly prayer programme. What began as a small gathering has now been extended to include all staff members within the institution.



02



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health

KZN Department of Health



kznhealth

@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

OHSC VISIT



On 24 and 25 March 2026, the Office of Health Standards Compliance (OHSC) conducted an oversight/scoping visit to Townhill Specialised Psychiatric Hospital. The purpose of the visit was to assist in the development and testing of a draft audit tool specifically designed for psychiatric hospitals.

Townhill Hospital was selected as the first psychiatric hospital in KZN Province to pilot the draft tool before it is tested at other psychiatric facilities and finalized for implementation.

During the two-day visit, the OHSC team toured several departments and service areas, including the Child and Adolescent Unit, Security Department, Occupational Therapy Department, Social Work Department, Registry, Outpatient Department, Psychology Department, and inpatient wards.

The OHSC team expressed appreciation for the opportunity to observe the different psychiatric service settings and acknowledged the valuable insights gained during the visit. Particular recognition was given to the Electroconvulsive Therapy (ECT) Unit, which was highlighted as one of the leading ECT services in KwaZulu-Natal due to its

The visit also provided a valuable learning opportunity for both the hospital and the OHSC team.

While many areas of good practice were observed, several opportunities for improvement were identified to further strengthen service delivery and compliance with quality standards.



ECT department



ECT department



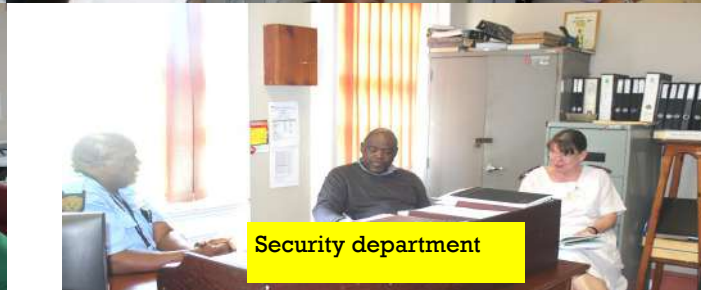
ECT department

PHOTO GALLERY

OHSC VISIT



Registry department



Security department



Social work department



Maintenance department



OT department



Child/Adolescent Unit



OUTPATIENT DEPARTMENT OPEN DAY

“SLEEP HYGIENE SEMINAR— PROMOTES BETTER REST AND SELF-CARE”



OPD Sleep Hygiene Seminar Promotes Better Rest and Self-Care

As part of its commitment to promoting mental wellness and healthy lifestyles, the Outpatient Department (OPD) hosted a successful Sleep Hygiene Seminar on 4 March 2026. Members of the public were invited to attend the informative open day, which focused on the importance of quality sleep and practical self-care strategies.

The programme commenced with a welcome address by **Dr Myeni**, followed by a presentation on **Self-Care and Sleep** by **Dr Motebele**, who highlighted the vital role that adequate rest plays in maintaining both physical and mental health.

A key feature of the seminar was an interactive relaxation session facilitated by **Ms Marcia**, who guided participants through practical techniques designed to improve sleep quality and reduce stress. During an interview with the Public Relations Officer, Ms Marcia explained that difficulties with falling asleep are often linked to an overactive mind and a body that has not fully transitioned out of “day mode.”

She noted that many people move directly from daily stimulation, such as screen time, work pressures, and other responsibilities, into bed, expecting sleep to occur naturally. However, both the body and mind require a gradual transition into a restful state.



Ms Marcia encouraged participants to use simple relaxation techniques, including slow and controlled breathing exercises, particularly where the exhale is longer than the inhale. Such practices can help calm the body's stress response and reduce physical tension. She also demonstrated progressive muscle relaxation,

a technique that involves systematically tensing and releasing different muscle groups to relieve built-up stress.

Other helpful methods discussed included guided imagery and visualisation exercises to quiet mental chatter and promote relaxation.

Participants were also advised to establish a consistent wind-down routine before bedtime. Suggested practices included dimming lights, limiting screen exposure, taking a warm bath or shower, and writing down worries or tasks for the following day. Even a few minutes spent focusing on breathing or performing a simple body scan before sleep can contribute to better rest.



OUTPATIENT DEPARTMENT OPEN DAY

“SLEEP HYGIENE SEMINAR— PROMOTES BETTER REST AND SELF-CARE”



The seminar concluded with an engaging question-and-answer session involving members of the multidisciplinary team, providing attendees with an opportunity to discuss sleep-related concerns and receive practical advice. The event ended with closing remarks and refreshments.

Attendees were treated to tea, cakes, and snacks following the seminar, which were well received and enjoyed by all. Many participants expressed their appreciation for the informative and practical nature of the session, noting that the information shared would assist them in improving their sleep habits and overall wellbeing. Attendees also thanked the OPD staff and members of the multidisciplinary team for organising such a valuable and educational event, and for their commitment to promoting health and wellness within the community.

Townhill Hospital remains committed to educating the community on mental wellness and healthy living practices. The Sleep Hygiene Seminar served as a valuable reminder that small, intentional changes to daily routines can significantly improve sleep quality, overall wellbeing, and the ability to cope with the demands of everyday life.



TEAM BUILDING

"Stronger Together, Leading with Excellence."

Nursing Management Team Building 2026

On 13 February 2026, the Nursing Management Team officially opened the year with a team-building event attended by Assistant Nursing Managers, CETU and the Monitoring and Evaluation Manager.

The team enjoyed a variety of activities designed to promote teamwork, communication and camaraderie. Activities included paintball, swimming slides and pool table games, creating a fun-filled atmosphere where managers could interact outside the workplace and strengthen professional relationships.

The event was enjoyed by all attendees, with plenty of laughter, team spirit, and memorable moments throughout the day.

Ms TM Dlamini, the Nursing Manager, led the team-building event and took the opportunity to thank the management team for their dedication, leadership, and hard work during the previous year. She also encouraged everyone to continue working together to achieve excellence in patient care and service delivery throughout 2026.

The team-building session was a great success and highlighted the importance of collaboration, strong leadership, and staff wellness in creating a positive and productive



07



KWAZULU-NATAL PROVINCE
HEALTH
REPUBLIC OF SOUTH AFRICA



KwaZulu-Natal Department of Health



KZN Department of Health



kznhealth



@kznhealth

**GROWING
KWAZULU-NATAL
TOGETHER**

ACKNOWLEDGEMENTS

EDITORIAL TEAM / DETAILS



KHANYA NGEMA
ACTING PRO
WRITER , PHOTOGRAPHER



MR NR HADEBE
CEO
EDITOR

CONTACT DETAILS

Physical Address:

27 Hayslope Road
Pietermaritzburg
3201

contact numbers:

033 342 0176
033 342 1183
033 341 5500

Web address:

[Www.kznhealth.gov.za](http://www.kznhealth.gov.za)