



# TOWNHILL TALKS

Volume 1, Issue 1

Message from the CEO's office



**HOSPITAL CEO MS ZG MFEKA**

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2007 has been a year of challenges, growth and achievements. I thank you very much for your diligence thus putting the institution onto a different level..

Let us build on the spirit of reconciliation and embrace one

Let us share the little we have and think for each other rather than ourselves.

Let us work together continuously and improve health care delivery for our Mental Health Care Users who solely depend on us.

Let us act professionally all the time. "Remember We are All Leaders". So let us lead constructively and not destructively where ever we are.

With these words I wish you the Best during this festive Season. Enjoy the Holidays and come back with a lot of zeal in 2008.

**MESSAGE FROM THE PRO'S DESK**



**PUBLIC RELATIONS OFFICER.**  
**UMXHUMANISI WESIBHEDELELA NOMPHAKATHI.**  
**MR THEMBA HLONGWANE**

It is a great pleasure for me as a PRO for this lovely institution to establish this internal publication which will portray the image of our institution as well as express your views pertaining to the institution. Even though I am some how disappointed about the feed back I received from guys in terms of submitting some newsworthy items to my office, but anyway it is the first publication and I am quiet optimistic that things will change soon.

By the way let me thank you guys and the entire Hospital Management team for the warm reception I received on my arrival here. Indeed I feel at home.

Hoping this festive season is a happy time for you and your families with lots of love and laughter and fun in all you do. Enjoy this special season of happiness and good cheer and may every dream come true throughout the coming year. My contact details: Ext: 5515

Email: Themba.hlongwane2@kznhealth.gov.za

You are also at liberty to suggest as to how to improve our newsletter. Looking forward to your response

## TOWNHILL HOSPITAL SPRINGDANCE

In the likes of the gorgeous Spring season and it is lovely weather, Townhill Hospital held its annual Spring dance on 19 September 2007 for its Mental health care Users. The spring dance was scheduled from 09:30 to 12:30 and took place in the Uitsig dining hall. The hall was beautifully decorated with plants, bright coloured balloons and posters that were made by our patients prior to the event so as to promote enthusiasm from the patients for this great day. A variety of great prizes were awarded for items such as dance competitions, best hat, best dressed Mr. and Miss Personality and lastly Mr. and Miss Spring Juice

The organizing team for this event would like to send out a big tank you to Spoornet Enviro Services, Eddels Shoes (Pty) Ltd, J.Leslie Smith & Co. and all others who sponsored this event.. Without the generous support of the above mentioned companies this event would not have been such a great success

Lastly, the hospital management appreciation is extended to all the staff who went above and beyond their normal form of duty to ensure that the day was once again a great success



**Unit Manager Bridget Zondi and social Worker Louise Syfret enjoying themselves with one of our Mental Health Care User**

## HEALTHY LIFE STYLE DAY



**“Thumbs up indeed” Says Curves Gym member**

An important part of psychosocial is caring for the carers. Unless we pay attention to the health and well being of our staff they will soon start to develop burn out and other stress related symptoms and be unable to care for their patients.

With this in mind the psychosocial rehab team at Townhill hospital under the expert guidance of Dr. Ramchandra organized a Healthy Life Styles on 12 September 2007

Fifteen stalls holders set up their stalls covering a wide range of health related matters from drug addiction to backache and this function was supported by amongst others Virgin Active, SANCA Active Physio etc



**Infection control team led by Sr Carol Barichievey**



**Dr Thomson assisting one of our staff mem-**

## TOWNHILL HOSPITAL ANNUAL SPORTS DAY



Ngisho uMarion Johns wayengeke alibone elidlayo lapha

In keeping with the spirit of the Mental Illness and Awareness Month, Townhill hospital hosted its annual sports day on 18 July 2007. Mental Health Care Users and staff from other hospitals such as Fortnapier, Umngeni, and Umzimkhulu were invited to participate and join in this filled event with us. The patients were divided into three houses namely Yellow Lions, Blue Cheaters and Red Tigers.

The exciting day was capped off with the prize giving ceremony. This event would not have been possible without the generous sup-

Poobie Naidoo's sports warehouse who sponsored this special day. A thank you also goes out to Miguels Bakery as well as Mini Market for their contribution. Our appreciation is also extended to all staff who went above and beyond to ensure that the day was once again a great success. What I noticed during these games is that people can be mentally ill but no one can take their Almighty God given talent from them.

## Siyixoxa ngezithombe ukuze uyizwe



Khanya Ngema after winning the staff race.



The Hospital choir entertaining the audience during the event



One of our patients receiving the medal from Mr Zulu



Some of our medal recipients

## QUALITY ASSURANCE AND INFECTION PREVENTION AND CONTROL WORKSHOP



**District Quality Manager Ms BP Mthembu with the Infection Control Practitioners and Quality Managers**

On the 28 of August 2007 Townhill Hospital hosted the quality assurance and infection prevention and control workshop in order to fully equip all the infection control practitioners under Umgungundlovu district with the necessary skills pertinent to the infection control.

Ms Mthembu the district quality manager made an appeal to all practitioners to look at common challenges in their institutions and share those challenges with their counterparts. They were also advised to strengthen staff/team relationship with each other and develop service delivery improvement plan for their institutions

Isibhedleal saseTownhill sibe ngesinye salezo zibhedlela okuthe ngenyanga kaJune savakashelwa izithunywa zivela ehhovisi likazwelonke lomnyango wezempilo. Inhloso enkulu yalokhukuvakasha bekuwubheka indlela lesisibhedlela esisebenza ngayo kanye nezingqinamba esibhekana nazo. Emva kokucobelelana ngolwazi libe selivakashela amagumbi ukuzibonela isimo sawo. Yize ligculisekile ngendlela okusetshenzwa ngayo nangesimo sagemagunjini, kodwa kusekhona lapho kusafanele sense kangcono khona.



**Ithimba lezempilo kwihhovisi likazwelonke**

**On the Right:: Lezelle Prinsloo receiving the prize from the hospital CEO Ms Mfeka after coming up with the most suitable name for our newsletter "TOWNHILL TALKS" Nice name isn't it? You are right my girl, TOWNHILL TALKS. CONGRATULATIONS!!**



## WHAT IS THE ROLE OF THE OCCUPATIONAL HEALTH NURSE?



**Occupational Health Nurse  
Bekkie Palm**

It was late afternoon when I picked up my phone and asked Mrs Bekkie Palm our Occupational Health Nurse if it will be convenient for her to spare me just fifteen minutes of her time. At first she was some how reluctant since she had an appointment with the client in twenty minutes time. I then told her that my interview will not be more than fifteen minutes and she agreed.

I asked her what is Occupational Nurse is all about.. She basically told me that it is all about Human Resource Support Services which specifically deals with Occupational Health, Occupational Safety, Employee Assistance Programme and HIV/AIDS in the workplace. . She also gave an assurance that confidentiality is of utmost importance in executing their duties..

“Do not let the problem eat you alone, share your problem with someone you trust, occupational Health unit is there for you, Says Mrs Palm . Her ext. no. is 5538.

## TOWNHILL HOSPITAL FAMILY AND TEAM BUILDING DAY



**Hospital CEO Ms ZG Mfeka  
delivering the speech**

It was Wednesday morning when the day we have all been patiently waiting for finally arrives. For the last few weeks before this memorable day , the name “TOWNHILL HOSPITAL FAMILY AND TEAM BUILDING DAY” was on the lips of every person . This day was held on 03 October 2007.

Our Programme Director Rev. J.Mthethwa from the office of the MEC for Ms Peggy Nkonyeni was so inspirational and instrumental throughout the day. Our motivational speaker was none other than the principal for Edendale Nursing campus Mrs. Majola. Hospital board members were also part of this historic event.

The proceedings was blessed by Ministries from various congregations which represented almost every religion within the institution.

The key note address came from our Hospital CEO Ms ZG Mfeka who emphasized the importance of working together in order to achieve one common goal for the department. She also commended staff for their well behaviour and discipline during the industrial strike for public servants and urged them to keep that spirit of togetherness and mutual understanding for the benefit of our patients.



**Zaziviliyela kanje  
izintokazi zihola  
ithimba lezicu-  
kuthwane. Kwa-  
kungebumnandi  
lobu. Sr Mhlongo  
sikwethulela  
isigqoko  
“NJOMANE”**



**Nyam-  
bos’omhkul  
u, um-  
phathi woh-  
lelo. You  
added that  
special  
spice in our  
event.**

## PSYCC LAUNCH AT TOWNHOTAL

### PSYCHO GERIATRIC LAUNCH AT THH



Some of the audience listening attentively.

The launch of psycho geriatric unit took place on 8 November 2007 at the Uitsig dining hall. The event commenced at 09:00.

The purpose of the day was to provide contact and open communication between Townhill Hospital and the health care workers in the community with regards to psycho geriatric. It also provided Townhill hospital with the opportunity to show case the psycho geriatric unit and to provide information on the assessment programme and the services offered as well as the referral procedure.

The programme included the visit to the psycho geriatric unit, social care forum

enlightened the audience with their informative presentations. The hall was packed into capacity

## WELL DONE NORTH PARK I STAFF



(Left to Right) Sr J.G.Masikane, Miss Lezelle Prinsloo and Sr A Reddy from North Park I

**The following letter was written by our patient during her discharge from North Park Unit 1: It reads as follows:**

“I would like to express my deep gratitude for all the help you gave me during my stay in North Park Unit I in Townhill Hospital. I m now feeling so well and alert and in charge of myself after 4 years of deep, dragging depression. I have been helped so much through my stay by nurses, doctors, psychologists, and psychiatrists.

I challenge everyone to come and get help– you will be justly rewarded.

The nursing staff are wonderful and very competent and well trained. They looked after us even during the difficult times. In North Park 1, the psychologists holds daily life skills groups and psychotherapy groups that help you understand your disease, genetics and treatment and how to come into terms with your diagnosis. I am so grateful to God and the whole multidisciplinary team for putting me back together again. It also helped me through knowledge, empowerment, and support to find the light at the end of dark, scary, haunting, lonely tunnel”

From an Ex patient.

# MEET SOME OF THE UNIT MANAGERS



**UNIT MANAGER SR  
J.G.MASIKANE**



**UNIT MANAGER SR H  
ROTH**



**UNIT MANAGER MR  
D.CHETTY**



**UNIT MANAGER SR  
A THEOPHILUS**



**UNIT MANAGER SR  
V.C.GOVENDER**



**UNIT MANAGER MR  
M.TITI**



**UNIT MANAGER SR  
N.N.MNTUNGWA**



**UNIT MANAGER MR A.B  
LETSHUMA**



**UNIT MANAGER SR.  
F. SHAIK**



**UNIT MANAGER SR N.B.  
ZONDI**



**UNIT MANAGER MR  
C. PILLAY**



**UNIT MANAGER SR  
D.P.NAIDOO**

## MESSAGE FROM TOWNHILL HOSPITAL NURSING COLLEGE PRINCIPAL



The Principal of Iris Marwick College Ms JM Nkabinde wishes all the college staff members as well as the hospital Management a happy and Prosperous Christmas and New year

Ms JM Nkabinde, the college Principal of Iris Marwick College wishes all her staff members a happy and prosperous Christmas and new year and advised everyone to believe in their resolution for the forthcoming year. "Count your achievements and downfalls for the 2006/7 financial year and try to improve from there" Says Ms Nkabinde.

Ms Nkabinde also wishes to say ndlelanhle to Mrs. S Thakurdin who has served this college for 15 years. She is also so proud of twenty eight students who graduated at a prestigious event at the Durban City Hall on the 09th October 2007 and wishes them every success in their career. Ms Nkabinde is walking tall with the 100% pass rate achieved by group 7/2006.

On a sad note, Ms Nkabinde wishes to send her condolences to all hospital staff members for the loss of one of the valuable staff member Ms S.O.Nxele (Sane) who passed away in December 2007. In the name of Townhill hospital management and the staff we all wish you a peaceful rest.



On the Left:: Meet the Hospital Board members as well as the hospital management team

## TOWNHILL HOSPITAL WORLD AIDS DAY CELEBRATION

On 27 November 2007 Townhill hospital commemorated our beloved ones who passed away due to HIV AIDS pandemic. The other intended objective of this event was to caution the staff members that even if you live with HIV virus, you can still live long provided you look after yourself.

In order to accomplish this mission, two brave and courageous ladies Lungi Dlamini and Nonhlanhla Shabalala from Springs of Hope who have been living with this virus for more than A decade were invited to come and educate our employees.

The ceremony was officially opened by our Medical Manager Dr Thomson where she advised the audience that even if you are not infected you may be some how affected. She also made an appeal to all present to ensure that if they are on ARV treatment, they must ensure that they have a good nutrition and live a healthy lifestyle.



Dr Thomson delivering the speech.

Both Lungi and Nonhlanhla empowered us with their informative speech where they emphasized the importance of positive living. Sr Barichievey summed up everything by advising audience that they must practice what they have been told and live positively.





TOWNHILL HOSPITAL SOCCER TEAM

Isibhedlela saseTownhill sibhekene neSevontein Prison



Uspiderman ngempela phela lo. Zacishe zaphuma ngomlomo izinhliziyi kuvinjwa lephenathi



Uma unepuleti ekhanda wawungeke ulunge lapha.

Nakuba singaphumelelanga ukuwina lomdlalo kodwa abantu bafundiswa ukuthi ibhola lidlalwa kanjani. Anyway sesiyazi ukuthi badlala kanjani next induku yodwa ungathi awuzwanga

