



# TOWNHILL TALKS

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## MEET THE NEW HOSPITAL DOCTOR

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**DR AHLEM**

Indeed South Africa is part of the global world as it cannot live in isolation from the rest of the world. That means for any country to be successful in terms of development it needs some good international relations with the rest of the world.

Since SA is still a developing country it is short of some other disciplines such as the doctors, engineers, scientists etc, it still relies on other countries for assistance. Dr Houidi Commenced her duties at Townhill hospital in March 2008. Houigi is a Tunisian and she is

Passionate about her country.

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Even though she confessed that she misses her family and friends but she does not regret to come to SA. Dr Houidi enjoys cooking during her leisure time and watching TV. Let us show Dr Houidi that indeed we are a nice and caring nation and make her feel at home. Let us show the world that we can live with our counterparts from other countries with peace and harmony



As part of the Take A Girl Child to work campaign Townhill Hospital was visited by Bhekizizwe school from Sweetwaters. The hospital management opted for the school from the rural area since they are the ones who are more disadvantaged as compared to their township counterparts. The children were taken to various departments for exposure and activities of that particular department. It is the intention of this hospital to engage itself in such activities

# SPECIAL THANKS FROM THE PRO INTERN



**Ms NF KHANYILE  
(PRO INTERN)**

When I arrived here at Townhill Hospital for my experiential learning I was welcomed with warm hands by everyone especially the PRO Mr RT Hlongwane who has taught me a lot and shown me a way to success. I have learnt a lot about the working industry since I have been given the opportunity to put into practice of what I have been taught at school. My special thanks also goes to the Hospital Quality Assurance Manager Ms T Mnikathi who works hand in hand with Mr Hlongwane for the great generous support she gave me, all the complaints committee members and everyone who contributed to my great stay at Townhill Hospital. **ENIK-WENZE KIMI NIKWENZE NAKWABANYE.**

## TOWNHILL HOSITAL WALK ABOUTS.

Every Wednesdays Hospital management do some walk abouts with the aim of getting the first hand information from both staff and the patients. This is also a good exercise to promote good relationship between the staff, patients and the management. During these rounds the patients are offered an opportunity to express their views to the management which is in line with the accessibility princi-



ple. Various problems encountered by all categories of staff are also recorded down and taken to the relevant committees. Indeed gone are those days where the managers enjoys air conditioners and heaters in their offices.

**(ON THE LEFT) HOSPITAL CEO MS MFEKA CHAT-**

## TOWNHILL HOSPITAL FAREWELL FUNCTIONS

On the 22 of February 2008 Townhill hospital held a farewell party for Mr MT Khwela . There was a mixed feeling of both joy and sadness. Indeed it was the painful experience to part ways with you but at the same time we realize that in life there is a beginning and end.

For all those brothers and sisters who left Townhill hospital for greener pastures or any other reason, we are quite certain that you are going to be the ambassadors of Townhill hospital as you are the product of this institution. We wish you all the best in your new careers.

### THE FOLLOWING PICTURES TELL THE STORY



Mr Khwela( in the middle) smiling for the last time for Townhill hospital



Mr Bruwer delivering a farewell speech



Some of the people who made the function possible



Mr Naidoo and Spires preparing ushisa nyama for Mr Khwela's farewell party

# TOWNHILL HOSPITAL SWIMMING GALA

In keeping with healthy living month, Townhill hospital hosted its annual swimming gala and putt putt day on 05 March 2008. This event was only opened to our Mental Health Care Users, staff and was an exciting, fun-filled day.

A variety of swimming races were planned for the Mental Health Care Users including Freestyle Breast/Relay Pyjama race etc. Staff were invited to take part in the Relay race which was brought about lot of laughs and fun. First, Second and third prizes were given for each event for our Mental Health Care Users and staff.

This event would not have been possible without the generous support of Parklane Superspar for their contribution towards our Psychosocial rehabilitation committee tuckshop. Our appreciation is extended to all the staff who went above and beyond their normal duties to ensure that the day was once again a great success



Khanya Ngema giving instructions to the MHCU before the swimming race starts



Conrad taking part in the swimming race with the MHCU.



Left: DJ Khanya entertaining the crowd, on his left hand side the crowd enjoying the event

## INFECTION CONTROL FLOATING TROPHY AWARD



**(From left to right) Mrs. L Prinsloo, Sr Masikane, Sr B Mkhize and Mrs. E Memela**

Encouraging innovation and rewarding excellence is one of the eleven BATHO PELE principles which has to be adhered to. This is some form of exercise to acknowledge the efforts and dedication put by some individuals or departments on good service delivery. At Townhill hospital the infection control floating trophy is awarded to that department which complied with the infection control principles this trophy is awarded on a monthly basis. The recipients of this trophy for March 2008 is North park 1. once again congratulations to NPI.

Guys which one is our Nkosi here, I'm really getting confused now. I heard some rumours that Nkosi took his twin brother's girlfriend out for lunch. Ngeshwa igirlfriend kabhuti wakhe ibingazi ukuthi kukhona itwin brother. Indaba isinekala ngenkathi intokazi itshela isoka ukuthi ngesikhathi begcina ukubonana yakhohlwa I ID emotweni, un-kunzana lo akanayo imoto futhi akakaze abe nayo kwasanhlobo and I ID idingakala urgently kwazise intokazi ithole umsebenzi kwenye yama NGO's khona lapha EMgungundlovu. Usungacabangake nawe ukuthi kwenzekani endodeni, yiyo leya ibika ukuthi imoto has been taken for

service and the girl friend insisted that she urgently needs her ID since this is a life time opportunity. Oh poor Nkosi, he tried to come up with some valid excuses and usisi akawubambi umshini kulowomzuzu. Ibona indoda ukuthi inhlanzi ishelwe amanzi decided to excuse himself for toilet and he never came back. After thirty minutes or so ifone intokazi kanti ukhishwa isisu yini. Amane amangale nje lo omunye ukuthi ukhishwa isisu uma kwenzekani. Usungacabangake nawe what followed thereafter. I'm warning our sisters out there not fall into the same trap. Identical twins like these two brothers can confuse you and end up in the wrong arms. Watch out don't be the next victim.

## IDENTICAL TWINS



**THANK YOU TOWNHILL HOSPITAL**

Doctors and nurses of Uitsig C for the excellent service rendered to my mother Catherine Lowe. God bless you—Joan Mahomed.

**This article appeared on the Witness of 21 April 2008**

Ngithanda ukubonga kakhulu impatho ekwi-staff, from i-Northpark 2, psychologist no sister smith. Bangiphathe kahle kakhulu ngifika bangimukela ngezandla ezifudumele futhi babe friendly. Yize noma ngingahlalanga nabo ngenxa yezimo azithile kodwa ngicela ukudlulisa ukubonga sengathi bengeshintshe

The wards staff from Uitsig A are caring, informative and good in dealing with patients they try hard to keep the patients occupied. I was impressed with their attention and care given to me.

The nurses of North Park 1 were so good to me. I hope they would do this to others who are patients in this ward. The place is wonderful. I thank them so much and wish them all the best in their career.

My son Rodney is a patient in Hillside D. I have nothing but praise for the staff of this ward. They treated my son and my family with love and respect. I would recommend this ward to any person needing this nursing care. Special thank you goes to nurses for the love and support given to me when I needed it most. To them I say thank you for being there when my husband Sydney and I needed it most.

**Names of people are not real in order to protect their identity**

I thank God for Townhill Hospital you really help the patients sent to OPD with kindness and patience . The staff are always smiling and caring “ keep up the good work”

In Townhill hospital they have got nice sisters, they take all the time, they are very supportive especially sister Smith, sister Mthembu and sister Roth. They are wonderful people I have met in my life. Thank you for your caring advices. The nice student sister Sithole. May God bless you guys. Thank you.

## ABLUTION FACILITIES FOR THE DISABLED



In line with the department of Health to cater for the disabled clients, as Townhill hospital we are doing our best to comply with this requirements as you can see nurse Sampson holding one of the bathroom facilities for the disabled. With the new renovations taking place in some of our wards, abluion facilities for the disabled was one of the priority of the hospital management. Some of the normal bathroom and toilets facilities were replaced by the facilities for the disabled. As Townhill hospital we are determined to

**Nurse Sampson holding some of the facilities for the disabled**

cater for all categories of our society. In this facility the patient get bath whilst sitting and relaxed in some sort of a bench. With this new facility it is so convenient for the nursing staff to bath the patient without getting wet. We are quit optimistic that we are on the right track.

## PSYCHO SOCIAL REHABILITATION

On the 23rd of April 2008 North Park 1 and 2 had a psycho social rehabilitation in order to have fun with their patients. This is a good exercise to familiarize the patients with the normal living. Both staff and patients donated some money to have tea and some fun together. By this exercise our patients realize that they are not outcast but treated as normal people without being discriminated against. The culture of unity between the staff and the patients is always promoted. Indeed it is a nice thing to see the patient having fun with the staff members showing that togetherness.

The following pictures tell the story



**PATIENTS AND STAFF ENJOYING THEMSELVES**



**ONE OF OUR MHCU ENJOYING HIMSELF**

## NEW BROOM SWEEPS WELL/ NEW APPOINTMENTS



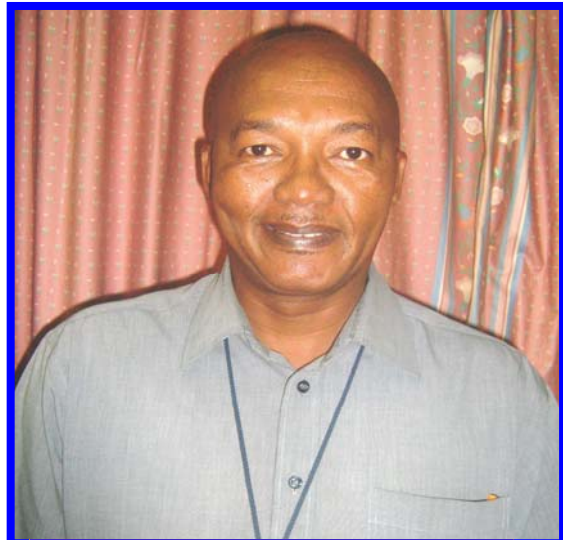
Ms BG Mbedu-PHRO



Ms K Shabalala HRO-In-service



Ms L Nxumalo –Finance Intern



Mr MK Khwela-HR Officer



Ms T Ngubane– HRO– Intern



Ms NF Khanyile-PRO Intern



## HE HAS BEEN AROUND FOR MORE THAN FOUR DECADES



Mr M Pillay

This time around we decided to visit one of our long service members in the Public sector who have been around for more than forty years. This man is Mr M Pillay who revealed to us that he started working for the department of Health as from 1967. (I wasn't even born that time!) According to him the nursing profession in those days was a real call unlike nowadays whereby some people go for nursing profession for financial gain and do not have that passion of nursing care. Mr Pillay agrees that he still enjoys this profession and he is proud to be part of this new profession after transformation.

He also worked at Fort Napier for some couple of years before coming back to Townhill hospital again, (Yoh! This man is only dealing with psychiatric patients only. What about general hospitals

He was some how reluctant to answer that question. Anyway it is your right Mr Pillay not to answer it as we are living in a democratic country.

Mr Pillay is passionate about soccer and his favourite team is the Maritzburg United, the Team of choice from the City of Choice. Good Mr Pillay, why you should support Kaizer Chiefs, Pirates etc whereas there is a local team. I am 100% with you. Local is lekker. Really you are so patriotic about your province. Asked about his favourite food, I was expecting breyana, not this time, he loves chicken curry and rice. He is a family man with four daughters and two sons.

Every time before you drive your car in the morning the first thing you have to do is to ensure that it is warm enough otherwise you will damage the engine. That tells me that you have to waste that scarce petrol for almost ten minutes before starting your journey. But some people are fortunate enough to find their cars ready to go.

Mr Ngema has been acting as a PRO for this institution prior to my arrival despite having his own permanent job. Despite being tasked with an extra duties he managed to handle both duties without compromising his permanent duties.

The PRO's duties were effectively and efficiently performed. Mr Ngema is also a Townhill hospital sports organizer in conjunction with Mr Z Dube.



**Mr Khanya Ngema the former acting Public Relations Officer. Thanks for keeping this seat warm.**

Ibhayibheli lithi usathane uyazisebenzisa izandla okanye umqondo ongenzi lutho. Kanjaloke neziguli ezisezibhedlela zabagula ngengqondo zingagcina sezibhekene nenkinga efana naleyo. Lokhu ngikushiswo into eyodwa ukuthi leziguli zihlala isikhathi eside ezibhedlela uma ziqhathaniswa nozwakabo basezibhedlela ezi-jwayelekile.

Ukuhlala ndawonye ungenzi lutho usuku lonke lokho kungaholela ekutheni iziguli zigcine sezicabanga ukweqa ngenxa yesithukuthezi nomzwangedwa. Yingakhoke USr Mhlongo ethathe iziguli zasegungunjini lakhe iPeacehaven wazikhipha ukuze zibone umhlaba ngaphandle. Iziguli kunye nabasebenzi baleligumbi bake bazikhiphela epaki okwesikhashana. Lena enye nje yezindlela zokunakekela iziguli zethu ukuze zingaze zifikelwe umoya ongalungile ngenxa yomzwangedwa.



**Patients ready for the fun**



**MHCUs enjoying themselves**



**Sr Mhlongo enjoying herself during the patient concert.**



**Some of the staff members chatting with one of the patients**

## NEW BROOM SWEEPS WELL/ NEW APPOINTMENTS



DR A Houdi



MR S Gumede Safety Officer



Ms SG Mngoma-Principal Psychologist



Ms DH Shezi-PN



Ms RM Plakie-SPN



Mrs. NV Maphanga-OTA

**NEW APPOINTMENTS/ NEW BROOM SWEEPS WELL**



**Miss N.C k Khwela– OT Assistant**



**Mrs. J Wainwright– CSO Therapist**



**Ms SI Thabethe-OT Assistant**



**Ms GN Mchunu-OT Assistant**



**Dr PG Luthuli-Registrar**



**Ms P Malinga -Intern Psychologist**

# CONGRATULATIONS

Siyazi sonke ukuthi kuhlala kuba yisikhathi esihle ukusebenza nabantu kakhulukazi laba esibabona lapha ezithombeni ezilandelayo, kodwa sihlala sazi ukuthi kunesikhathi soku-valelisa futhi loyo kuyaye kube umzuzu onzima.. Ngokunjalo-ke nathi lapha e-Townhill hospital sikesabanawo lowomzuzu wokuthi sihlukane nabanye babalingani bethu kodwa-ke siyababongela njengoba kuzwakele ukuthi bathole amadlelo aluhlaza abanye bayozisungulela amabhizinisi abo (Empeleni ikona kanye lokho okugqugquzelwa uhulimeni wethu ukuziqalela amabhizinisi ethu singathembeli ekuqashweni) abanye bathole umhlala phansi.

U-Mr Dube usengumakhelwane wethu khona lapha e-Greys Hospital, kanti U-Khwela yena use-Bruntville CHC, U-Mrs. Ramsbag sizwe ngandlebenye ukuthi useyoziqalela ibhizinisi lakhe bese kuthi U-mama Betty njengoba kade aziwa kanjalo uthathe umhlala phansi.



Mr AA Dube



Mr MT Khwela



Mrs. S Ramsbag



Mrs. N B Ndlovu

# SPORTS



**The boys getting instructions from the technical team during the interval.**

The boys played with more composure and created more scoring chances when they locked horns with Correctional Services Department. It was not a surprise when they beat them by 2-1. Guys this is one the best performance you have ever displayed. Defensively the boys did well as Correctional Services was struggling to penetrate our defence. In the middle of the park the boys were in control which made it easier for the strikers to convert the created chances. But thanks to our goal keeper Patrick who made those brilliant saves. I'm quiet optimistic that you will keep the momentum going for the rest of the season. Keep on displaying that superb performance

On the Right: Akumangazi ukubona lendoda isukela isithunzi ngalendlela nayo yayingazenzi yayiphoqwa isimo eyayibhekene naso. Phela uma usutshengiswa inimbolo yejezi ngaloluhlobo kusuke kusho kona ukuthi you must go back to your drawing board and come back with some turnaround strategies. Thanks to Delani for his brilliant brace which earned us three valuable points. Guys keep on harassing our opponents and teach them some few soc-

