



# **TOWNHILL TALKS**

**Issue 4**

**Newsletter Date  
January to August 2009**



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## KNOW MORE ABOUT MENTAL ILLNESS



**Townhill Hospital Principal psychologist  
Ms Mngoma**

Townhill Talks took its time to chat with Ms Mngoma the hospital principal psychologist about the mental health illness and the way it manifests itself. Ms Mngoma explained that there are many ways in which this illness can manifest itself. Some people may start to develop some poor memory whilst others their thinking might be disturbed and their

behavior change all of a sudden. Ms Mngoma also said that other signs of mental illness includes feeling anxious, sad and scared. Some people become aggressive whilst others become alcoholic. Hearing voices that other people do not hear and that is where a person starts to talk to him/herself. These people also see things that cannot be seen by other people as well as feeling touched by things. According to Ms Mngoma there are so many factors that can cause mental illness. Amongst those are biological, social, economic factors as well as stress. She stressed that most of the people who are having this problem tend to deny that they are having a problem. That is where he/she needs the family support who will then take him/her to the relevant facility. Such person can be taken to the local clinic, hospital, or private doctor who will then refer him/her to the next level.

Ms Mngoma also warned those family members who take the social grants of the mentally ill and utilize it for their personal that this is the criminal offence that can lead to imprisonment. She urged community members to report such cases to the department of Social Development

### **JOKE OF THE DAY.** **LUNCH TIME IS A LUNCH TIME**

The office phone rings, one of the employee picks up and says:

“What kind of an idiot is it that dares to phone me in the middle of my lunch break? The caller shouts back. Do you have any idea who you are talking to? Say who the hell are you before I drop this phone down, says the employee. “I am the CEO of this company” The employee replies. Do you have any idea who you are talking too? The CEO mumbles. “No”

The employee heaves a sigh of relief and says: “Thank goodness for that” and hangs up.

## STRESS MANAGEMENT WORKSHOP



**Mrs. K Naidoo educating the employees on how to deal with the stress.**

On the 16 of June 2009 Town Hill hospital held stress management workshop in order to assist staff on how they can deal with the stress. According to Mrs. Kirshnee Naidoo, the deputy EAP manager for Health department stress some people try to get rid of stress by doing things that will have detrimental effect on their lives. Some people tend to become alcoholic and take some drugs which can have a negative impact in the long run. She said that stress can manifest itself in various ways, one can feel tired, short tempered, sleepless night, some eat a lot and some do not like food etc. Due to stress some people can end up being admitted in psychiatric institutions. Mrs. Naidoo advised the audience that if

stressed they should refrain from disassociating themselves from the people. She also stressed the importance of seeking professional advice or assistance whilst the situation is still under control as some people tend to commit suicide due to stress.



**Some of the audience that attended the workshop**



**Volunteers who assisted in Waiting Times Service Times survey.**

Town Hill Hospital Management would like to commend the splendid job performed by the volunteers during the Town Hill hospital waiting Times Services Times surveys. Indeed, without their valuable contribution that survey would not have been a success. Your commitment and enthusiasm was characterized by being working in a very sunny day without expecting any remuneration.

## ASSUPOL LIFE 95TH ANIVERSARY

Assupol celebrated its 95th anniversary during the month of July by planting trees in some government institutions as well as private sectors. This, according to Mr. Mzoneli, the Sales Manager for Pietermaritzburg is intended to promote the culture of nature conservation which is initiated by the government. Town Hill Hospital was one of the institutions that were selected for this project. The Assupol Life officials planted the tree at Town Hill hospital on the 15th of July 2009. This tree will indeed symbolize the aspiration of Assupol Life of ensuring that people do take care of nature.



**Sr. Barichiev, Mr. O'Brien and Mr. Mkhize with the Assupol officials led by Mr. Parker Mzoneli**



**Sr. Barichiev assisting in the tree plantation**

related questions. This programme was some sort of Town Hill hospital outreach programme which is aimed at empowering the society about this illness.

## MENTAL HEALTH AWARENESS

As part of Mental Illness awareness campaign Town Hill hospital had a stall at Liberty Mall. The essence of the campaign was to capacitate the members of the public with mental illness. This campaign was held on the 1st and 2nd of July 2009 as it is allocated as the Mental awareness month. Pamphlets were issued to the members of the public and one on one conversation educating about the illness. People came in

numbers to ask questions. Doctor Jhazbhay availed herself to assist in clinical re-



**(Above) Mrs. G Potgieter, Vicky and Mr K Ruthanum who were manning the stand during the awareness.**

**(On the Left) Doctor Jhazbhay responding to some of the questions asked by the community members**



## TOWN HILL HOSPITAL MUSIC LAUNCH



**The hospital CEO Ms Mfeka receiving the drum from the hospital Review Board member Mr Mbili**

four drums at the Scottsville Mall, Scottsville Mall Management for their support, Hospital Review Board members and the management of Golden Horse Casino the sponsorship of drums”, Says Sr. Smith. The main objective of this music programme is to benefit the mentally ill by bringing people out of isolation, improving their communication and cooperation with others. It also enables them to exercise concentration and memory. The hospital plans to extend this programme throughout Town Hill hospital. Any member of the public who would like to contribute musical instruments or money towards the drums may contact Sr. Kerry Smith at 033 341 5516 or Mr. Hlongwane at 033 341 5518 during office hours.

On the 24th of June 2009 the senior management of Town Hill hospital and invited guests were treated to an unusual musical experience. The occasion was the official launch of the hospital music programme for the patients. Amongst the invited guest were the head of the psychological services for the KZN health Ms. Lungiswa Mkhize who commended the hospital management for their innovation, traditional healers, and traditional healers from various health institutions around Umgungundlovu district. The music programme is part of the hospital's psychosocial rehabilitation programme. Sr. Kerry Smith has, with the help of Mike and Tracy Chanie and Joan Houston guided the programme's gradual development. "Grateful thanks to the Pietermaritzburg people who gave money for



**Some of the traditional healers with the hospital CEO Ms. Mfeka and Head of Psychological Services for KZN health Dept. Ms L Mkhize**



# INFECTION CONTROL TROPHY RECIPIENTS



Impala G for January and May



Peacehaven for February



North Park for June

Sr. Barichievy the Infection Control Practitioner commended the recipients of the Infection Floating Trophy for their efforts of ensuring that they comply with the principle of infection control measures. She in particular thanked the general assistants who are on the driving seat of keeping the departments clean. "It is no surprise as why the institution attained more than eighty percent during the infection control survey, it is because of these men and women who attributed to this success. **NB:** The PROs office regret that it could not take the pictures of the following wards due to circumstances that arose. Hillside E were the

recipients for the month of March whilst Uitsig G&H received it for the month of July.

## EDITORIAL COMMENT(PRO)

First and foremost I would like to thank all those men and women who sensitized the PROs office if there is any newsworthy items in their respective departments. Without you this publication would not have materialized. Your aspirations and desire to keep this publication going is awesome. In the same token I would not be doing justice if I fail to commend those brothers, sister, men and women who devoted their valuable time and energy to serve our beloved ones. It is acknowledged and noted that some of our staff members went beyond duty to assist our clients in various facets. Some of you were even using

their last cent to assist our patients who are not visited by their relatives. You are not obliged to do that but you opted to do it for the sake of our clients whom some of them come from very disadvantaged family who do not even have that money to visit their relatives. Indeed some people cannot be bystanders whilst other are suffering. Let that good spirit prevail amongst all Town Hill staff. Lastly I would be failing myself if I do not thank the lady by the name of Ntobeko Ngubo who is an intern in the CEOs office who assisted in editing this publication, sky is the limit my girl, keep up that good work.

# FEEDBACK FROM THE COMMUNITY

## TO: HILLSIDE B STAFF

Thank you so much for taking care of my son at the moment we needed someone to stand with our family. We really appreciate the love and kindness you have shown us especially to my son Bongani Ntombela ( not real name). I really saw a change in his health the moment he was transferred from Northdale hospital to your hospital. His mind suddenly relaxed and his brain recuperated. As his mother, I also felt your love and dedication. Indeed you are fulfilling your calling. May the Almighty God bless you all.

### YOU ARE A WONDERFUL PEOPLE

Thank you

His mother  
Precious Zondi ( Not real name)

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**HILLSIDE B STAFF**

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### Dear Peacehaven

Nursing staff

As my stay at Peacehaven draws to a close, I say a huge thank you to each one of you for your dedication, helpfulness and endless patience. It takes a very special kind of person to do this kind of work. Each one of you contributed to my recovery and helped carry me when I could not walk by myself. I am deeply grateful to all of you. A special thank you to you Sr. Smart, Ramlucken and Mthembu.

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I do not care what other people say, as far as I am concerned from OPD nursing staff, clerks you are so polite and helpful. They make your life easy the way they communicate with you. At pharmacy they are quick, responsive and helpful. Not everything is bad in this hospital. Keep up the good work.

I want to compliment Sr. Smart and her staff at Peacehaven ward. They are like family to the patients and always there to help us. They have compassion for us and they need to get a pat on their backs the way they do their job

All nursing staff from Peacehaven ward are very caring and kind to the patients. They are friendly to us. I like to thank them all for their grateful work. What they did to us must be a continuous deed to others. They must continue with it even in future

Ngicela ukubonga kakhulu inhlonipho yamasecurity kulesisibhedlela. Bayafana bonke un-gathi bazalwa umfazi oyedwa. Niqhubeke njalo bantabami. UNkulunkulu anibusise emsebenzini wenu.

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The hospital management would like to commend all staff members who performed their duties in line with BATHO PELE principles and advancing the BATHO PELE campaign.

**Well done!**

# SKY IS THE LIMIT

The hospital management wishes to congratulate all staff members who were selected to further their career in nursing. The management sincerely hopes that they have grabbed this opportunity with both hands and become the shining star wherever you are posted to. Remember wherever you are you are representing Town Hill hospital and hope that you will be an ambassador for our institution. For those who are still on the waiting list must be patient till their turn comes. They always say that good things come to those who are patient.

This opportunity offered by our government to let these men and women further their studies is one of the efforts to ensure that South Africa becomes one of the best country in the world in terms of service delivery in health care. It is a well known fact that South Africa is still short of the nursing staff which is still a challenge to the SA government. Some of these challenges are caused by the overcrowding in our health facilities as well as some nursing officials leaving this country and some going to the private sectors. Town Hill hospi

Tal wishes to congratulate the following students for the opportunity they got to further their nursing career.

## NAME

## COURSE

Chetty M.	1 Year Psych Dipl.
Mannikom C.	1 Year Psych Dipl.
Michael J.M.	EN to PN
Lembethe B.P.	EN to PN
Dlamini D.S.	EN to PN
Zondi S.B.	EN to PN
Nxumalo Z.	EN to PN
Mkhwanazi A.	EN to PN
Ndlovu S.	EN to PN
Mthabela M.	EN to PN
Mbuyisa S.G.	ENA to Four year nursing diploma
Dludla L.	ENA to Four year nursing diploma
Gwama B.	ENA to Four year nursing diploma
Gasa N.P.	ENA to Four year nursing diploma
Thabethe M.P.	ENA to Four year nursing diploma
Nhleyama T.L.	ENA to Four year nursing diploma
Ngubane Z.M.	ENA to Four year nursing diploma
Smith C.T.V.	EN to Four year nursing diploma
Sibisi N.M.	EN to Four year nursing diploma
Mhlongo B.I.	EN to Four year nursing diploma
Botha J.E.	ENA to EN
Ngubane E.	ENA to EN
Bhengu E.	ENA to EN
Zondi G.	ENA to EN
Sikhosana S.	ENA to EN
Zuma E.J.	Pupil Nursing Assistant
Mthembu S.G	Pupil nursing Assistant



## TOWN HILL HOSPITAL COMMUNITY OUTREACH

On the 11th of February 2009 Town Hill hospital donated some food parcels to four family households of Tamboville informal settlement as part of social responsibility programme. The objective of this programme was to assist those people who are poorest of the poor and strengthen the relationship between the hospital and the community it serves. In order to achieve this objective staff members were urged to



**The hospital CEO Ms ZG Mfeka standing with the events organizing committee. In front is the food parcels donated by the staff members**

donate any food parcels they can afford. The positive response from the staff was overwhelming. The hospital was assisted by the Tamboville community leaders to identify the most needy families. Truly speaking, this programme would not have been successful without the generous support of the operations managers who were busy facilitating this programme at the ward level. The operational managers were the first ones to donate to set an example to the rest of the staff. In

deed guys you led by example. May almighty God bless you abundantly. For some couple of days some people slept with something in their stomachs

due to your humanity. Special thanks also goes to the Royal Sechaba Catering Company which contributed some food parcels towards the project. We hope that contribution played a very magnificent part in terms of enhancing the image of our hospital

### WOMEN'S MONTH.

**Town Talks** takes this opportunity to wish all women of South Africa the best during August the women's month. We know that women are the back bones of any households as they are the ones who look after the well being of the children whilst men play that supportive role within the family. In 1956 women of this country marched to the Union buildings demanding the abolition of pass laws. Women from all walks of lives and of all races said "enough is enough". Amongst women who were leading the march we can count Mrs. Lillian Ngoyi, Ruth First, Helen Suzman, Adelaide Tambo Fatima Meer etc. We hope the struggle of those women is starting to bear some fruits as we have seen some provincial legislatures and national legislature is in the process of implementing fifty fifty in the legislatures as well as ministry for women, children and persons with disability.



**One of the recipients of the food parcels Ms Alfosina Mokoena thanking the hospital after receiving it.**

# NEW BROOM SWEEPS CLEAN



**Sr. N.C. Majola**



**Sr. N. Shaik**



**Sr. N. Maganbeharie**



**Nurse T.C. Zuma**



**Mr. M.F. Mthiyane**



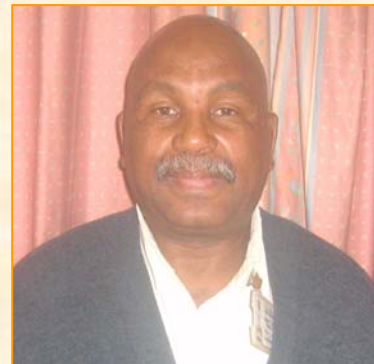
**Sr. M. Budram**



**Sr. C.T. Dludla**



**Sr. P. Govender**



**Mr. S.P. Mkhize-Health & Safety Officer**



**Ms. L. Mnisi—Principal social Worker**

I sincerely hope that you are indeed going to be the shining stars of Town Hill hospital and take our institution to the next level in terms of service delivery. The MEC for Dept. of Health Dr S Dlomo highlighted in his budget speech that “the core function of the department of health is to provide quality health care services to the people of KwaZulu Natal”. We believe that you will make this objective of the MEC flourish and hope that you will live up to the standard and make things happen for Town Hill hospital. It’s true that it is an up hill battle fight due to financial constraints faced by the department but with that limited resources at our disposal we can make a difference. We are quiet optimistic that you will endeavour to achieve the departmental goals under those difficult circumstances.

## TOWN HILL HOSPITAL LOCKED HORNS WITH UMZIMKHULU HOSPITAL



The entertaining football and netball displayed by both hospitals kept the spectators cheering throughout the games. It is true that the game of football and netball are entertaining when there goals are scored. The sterling performance displayed by both soccer teams resulted in three goals scored by both sides with Khanya Ngema scoring the brace and Nhlanhla Malunga converting the penalty for Town Hill hospital after Khanya was brought down in the box by Umzimkhulu defender. The final score for team A was 3-3 draw. Town Hill hospital team B won by 4-0. The

netball results was 23-20 in favour of the visitors. Even though our ladies lost the game but they managed to keep the score respectable. Our Mental Health Care Users soccer team lost by 4-0 to the visitors. Finally let us thank both Town Hill soccer and netball players for their contribution in providing meal for our visitors as the hospital could not afford due to financial constraints . The hospital only managed to cater for the Mental Health Care Users. ( See some actions below)

