



# TOWNHILL TALKS

# NEWS

December 2022

## MESSAGE FROM THE OFFICE OF THE CEO



**Hospital CEO Mr NR Hadebe**

We are in December, about to wrap up 2022. Not long ago we were ushering in the new year, lamenting that this will be a long year. Little did we know that it will fly by. This has not been an easy joyful year. However, we have a lot to be thankful for. When the year started it was compulsory to wear masks in public places because of COVID-19 (it is still mandatory to wear it in a hospital setting). The pandemic situation improved and many regulations were relaxed. We should thank God for blessing our attempts of fighting this pandemic which has claimed many people, world-wide. pandemic.

The financial constraints in which we are working have not changed. The department is still reporting that we are going to overspend, come the end of the financial year. This problem is creating many problems which adversely affect the performance of our hospital. There are many posts that cannot be filled because of budgetary constraints. However, something positive happened during the course the year. The circular that prevented the filling of non-clinical posts was rescinded! Institutions were given powers to fill any post, provided they have budget. Consequently, the hospital will be able to fill some posts which have been vacant for a long time before the end of the financial year.

The infrastructure of this hospital is beautiful but a big liability, sometimes. For those that do not know, some buildings of the hospital were built in 1880. We need to do a lot of repairs which, needles to mention, cost a lot of money. There are many infrastructure challenges that we need to attend to but, unfortunately, budget is just not enough. We request staff to bear with us as we embark on this painful slow and long exercise of repairing our infrastructure.0'1''''

2022 was not a good year for Town hill hospital. We lost 3 nurses this year. ENA Ngcobo, Staff nurse Msuthu and Professional Nurse Nkosi. The latter died in a tragic accident that claimed other members of her family. The three nurses were our colleagues that departed from this world. We will never forget the contribution that they made in keeping this hospital moving forward, despite huge challenges. Experienced. They will always be missed!

As civil servants there is a lot that has been entrusted to us to make South Africa a better country. I could say a lot about our roles as civil servants but I choose to end by a quote that is aimed at inspiring you from one of the famous American presidents " Do not ask what you country could do for you but ask what can you do for your country." Those that attend some of the meetings I chair will know that this is one of my favorite quotes. Meditate about it because it is vital.



# KZN LEGISLATURE HEALTH PORTFOLIO COMMITTEE VISITS TOWNHILL HOSPITAL



## Townhill hospital staff during mental awareness outreach at Northdale hospital

The 10th October is recognized as world mental health day, the World Federation for Mental Health (WFMH), theme for 2022 is: making mental health and well-being for all a global priority. Over the last few years, the citizens of Kwazulu Natal have been exposed to tremendous impact of the multiple ordeals. KZN has not just been reeling under the effects of the coronavirus pandemic, but the effect of looting, crime violence as well as displacement due to climate emergencies, all of which have had adverse effects to the wellbeing of our citizens.

At Townhill hospital our vision is to “achieve excellence, holistic, transformed mental health care services for the KZN communities”, reaching out to just a portion of the close to 1 billion people around the world living with mental disorder. We integrated programs to incorporate the WFMH theme for this year into our outreach for the month of October 2022.

Talks were conducted by our mental officer discussing the mental impact of mental illness on

individual as well as families, to our support services staff. Providing insight on pathways of how to obtain assistance with psychiatric services. Our psychiatric, registrars, medical officers, medical interns, psychologists and occupational therapists engaged in presentations by out staff on burnout, language in mental health and how to prevent mental load shedding. Northdale hospital, which is one of our biggest referral hospitals hosted us for a visit. During the out-reach nursing staff, psychiatrist, occupational therapist and psychologists handed out pamphlets on different psychiatric disorders aiming to promote knowledge and improve patient and staff insight. This provided the opportunities for many citizens and staff to have their questions on mental health addressed individually. Our child and Adolescent team will be conducting outreach to school in the Greytown area, aiming to reach out to children and educators, providing insight into mental illness.

Our dedicated team of doctors, psychologist,

02



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KwaZulu-Natal Department of Health



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**GROWING  
KWAZULU-NATAL  
TOGETHER**



# TOWNHILL HOSPITAL MENTAL AWARENESS CAMPAIGNS

nurses, occupational therapists, social workers and support staff make every effort to make mental health a well - being a priority for the citizens of our province. Our continuous efforts to teach the lives of the citizens in our community are not limited to the month of October but forms part of an ongoing initiatives.

Above all let us thank our Acting Clinical Head Dr Reyanta Bridgmohun for organizing the entire event and of course assisted by her dedicated



**Dr Kheswa empowering Townhill hospital general orderlies about the mental related issues.**



**Dr Naidoo handing over the token appreciation to Dr Juby after delivering the speech**



**Operational Manager Mavangwe educating general orderlies as to how to identify a child who needs some psychiatric interven-**

tion



**Dr Naidoo handing over a token of appreciation to psychologists Marcia Peters after delivering the speech**



# PEOPLE FIRST, ABANTU PHAMBILI



These are **BATHO PELE** ambassadors from various wards and departments who pledged that they will at all material times ensure that **BATHO PELE** principles are adhered to.

One of my colleagues once said to me **“The best advertising tool for any entity whether it is private or public is the best service rendered to the client”**. He went on to say that what is best about this type of advertising tool is that you do not need any resources. “All what you need is the good attitude and top notch services” he said.

It is for this reason we at Townhill hospital always emphasized the importance of ensuring that **BATHO PELE** principles becomes our daily bread. But it all starts with the right frame of mind which leads to the right attitude. But at the end of the day we are human beings who always need to be reminded as to why we are here. That is why we have got this committee for **BATHO PELE** ambassadors which keeps the fire the burning at all times. After the meeting these committee members committed themselves that they will ensure that in their respective wards and department they will make it a

point that the principles of **BATHO PELE** are honoured and implemented. They agreed that the point of departure should be change of attitude before we even implement these principles.

The members were also given an opportunity to raise issues that might hinder the implementation of these principles. It is unfortunate that some of the issues they raised need some financial resources which might not be easily available. But there is no doubt that they are very much committed to do their level best to keep our clients happy with the services rendered by Townhill hospital. Of course, this is not an event, is it a process that will take time up until we all pull towards one direction.

09



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**GROWING  
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**Hospital CEO Mr Hadebe giving a farewell speech during the farewell party of Mr Ntombela which was held at Leadwood Lodge at Tala Valley.**

“Goodbye has never been a nice word to say particularly to someone whom you were still looking forward to work with”. These are some of the sentiments expressed by hospital CEO Mr Hadebe. Mr Hadebe expressed this gratitude during the farewell party of our nursing manager Mr Ntombela. He also thanked Mr Ntombela for his contribution towards improving service delivery within the nursing component. Assistant Manager Nursing (AMN) Zondi on behalf of the nursing component echoed the same sentiments and thanked him for his wisdom and wished him all the best.

But the most emotional part of the speech was from Mr Ntombela himself who thanked hospital management for giving him an opportunity to lead such an important component. He told the attendees that he is quite certain that the nursing component is still under capable hands of the AMNs that are left behind whilst the hospital is still in the process of getting a

new nursing manager. He also reminded the AMNs that they need to continue with the programmes that they had which were meant to enhance the operation of the nursing component. He said that he does not regret to work with such a committed and dedicated team of men and women who were always prepared to go extra miles to ensure that the component fulfil its constitutional duties of serving our patients with pride.

Thanks to the Assistant Nursing Managers who organised such a wonderful farewell party. The party was held at Leadwood Lodge at Tala Valley game reserve. It was a perfect venue for Mr Ntombela since he is so passionate about the animals.

We wish you all the best Mahlobo in your new endeavours and we do not have doubt in our minds that you definitely be an asset to wherever you going. Your good advices and ideas on different issues made some of us realize your intelligence and wisdom

# TOWNHILL HOSPITAL NEWS RECRUITS



ENA: L Miya



Staff nurse: N.I.Ndlovu



Occ. Nurse: N Shange



Professional nurse: T Mahlase



ENA: S.B.Phungula



IPC: F Shange





# TOWNHILL HOSPITAL TAKES PART IN PROVINCIAL TOURNAMENT



**TOWNHILL HOSPITAL SOCCER TEAM THAT TOOK PART IN UMGUNGUNDLOVU HEALTH DISTRICT TOURNAMENT**

We are all aware of the old saying which goes as **“PREVENTION IS BETTER THAN CURE”**. Healthy life style is of paramount importance when it comes to prevention of various diseases. It is for this reason we as department of health should play a pivotal role in promoting a healthy life style and it should start with us before we cascade that information to the general public and our patients.

That is why Townhill hospital always be part of annual UMgungundlovu health district tournament. For Townhill hospital participating in such a tournament does not necessary mean that we are going there to win trophies but to promote a healthy life style. Of course if we win that will be a bonus, but we do not loose focus as to why we take part in such a prestigious tournament.

This year’s tournament was held on 25 November 2022 at Wanderers sports ground at Durban University of Technology (DUT). Townhill hospital teams participated in sports, tug of

war, chess and umlabalaba. Townhill hospital sports organizer Mr Ngema and our Employee assistant practitioner (EAP) Mr Mthimkhulu urge Townhill hospital staff members to be part of such tournament in order to promote a healthy life style within the institution. They emphasize the importance of healthy living because we are duty bound as employees of the department of health to lead by example.

They also pointed out that the physical exercise alone is not good enough if it is not accompanied by a healthy eating . They said the two go hand in hand when we want to accomplish a complete healthy life style.

We hope that more and more staff members will heed the call and try to be part of a healthy nation by becoming part of our teams and live a healthy life. We should bear in mind that we as department of health employees have got a constitutional obligation of educating the nation about a healthy living, but that should start with us.





## TOWNHILL HOSPITAL MHCUS TAKE PART IN THE PROVINCIAL SPORTS GALA



FROM L to R) Mr Ngema MHCU and Mr Skhosana handing over a trophy to hospital CEO Mr Hadebe

The holistic approach to patient management should definitely include education on healthy life style inter alia, physical exercise, healthy eating, etc. Surely, healthy life style plays an important role in ensuring that our patients are well empowered as to how to look after themselves. It is for this reason Townhill hospital patients always participate in an annual Mental Health Awareness Sports Gala.

Such an event gives an opportunity to patients to be actively involved in healthy life style activity.

Even though winning trophies was not the primary objective but it was encouraging seeing our patients coming back with some rewards in the form of trophies. This motivated our patients a lot.

This tournament was held on the 20th of July 2022 at Ekuhlengeni hospital. We will not be doing justice if we do not applaud our OT staff, some nursing personnel and other stakeholders who for ensuring that our patient indeed participate in this tournament.

