



# TOWNHILL TALKS

# NEWS

June 2023

## MESSAGE FROM THE OFFICE OF THE CEO



**Hospital CEO Mr NR Hadebe**

Greetings

We are more than half way through with 2023. Not long ago, we were celebrating a beginning of a new year. There is something said about time flying when one is having a good year. From Townhill hospital perspective, we have been working hard to deliver on our mandate as a specialized psychiatric facility. Last year's challenges, (shortage of staff insufficient budget, etc.) still persist. I hate to be a prophet of doom but it does not look like we will the light at the end of the tunnel anytime soon. But we need to persist with hard work. We are applaud all employees that give their best for this hospital.

We are happy that the hospital was able to hold a belated nurse's day celebration and commemoration! Nurses must always be celebrated. The work that they do is commendable. The nurses are not called "backbone of health care" for nothing. Together with doctors, they form a core of health care.

This newsletter is published at an interesting time. The NHI bill was passed by parliament not long ago. The next step is for it to be tabled and approved by the National Council of Provinces. Thereafter, it will be sent to the president for sign-ing and it will become a law. This bill has caused division among South Africans in a way that has not been seen in a long time. Already, there are people who are threatening to challenge it in a Constitutional court. This is a shame because one of it's aims is to make quality health care to everybody., irrespective of their socio-economic status. Recently, I was at public hearing about this bill. Many people from poor background welcomed the bill. My personal view is that South Africa is spending a lot of money on health but it's Outcomes are not improving. To me the status quo is not working and it need to be changed. How it is changed is the responsibility of the government of the day.

Last month there was an annual sport gala event for admitted mental health patients in KZN province. As always, this event mean a lot to our patients. To them it is more than a sport event. Patients, some of them do not get visitors, need to get out of the ward and attending a sport gala, to them, is like going on excursion. It give them an opportunity to prove that they are capable of achieving anything that other people can achieve. One MHCU told me that she had never won a medal in her life before. The medal that she won in the Sport gala was the first one. Excitement was written all over her face.it. We take this opportunity to thank the organizers and everyone who took part in the logistics of the sport gala.

Our hospital is one of the facilities that was chosen to implement E-Health system. This system is aimed at doing everything online. E-Health will make lost files to be things of the past.



# HAPPY RETIREMENT TO MAGEBA



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

There were mixed feelings when our Assistant Director: Human Resource Manager Mr Zulu popularly known as Mageba say goodbye to Townhill hospital staff after his 41 years of service to the department.

Mageba started working during the era of Zulu government previously known as ZG. He worked for various government departments including department of agriculture. He also worked at Harry Gwala regional hospital previously known as Edendale hospital before coming to Townhill hospital. Isthuli SikaNdaba is one of the humblest person I have ever come across in my life. I hope many Townhill hospital staff members may attest to my sentiment.

Mr Zulu has been inspirational and exemplary to many young staff members as to how to conduct yourself and be disciplined in the workplace. To be frank, OkaMageba was an outstanding employee and manager to all of us.

In the entire institution, he was the only one who sometimes finishes the year without being

off sick from work.

Hospital CEO Mr Hadebe commended Mr Zulu for his dedication and commitment. He wished him all the best during his retirement and advised him to look after himself and spend his money wisely. He also encouraged him to continue with his healthy life style as he is so passionate about exercising. He thanked Mr Zulu for staying away from alcohol and smoking which contributed immensely to his wellbeing. After getting used to wake up every morning from Monday to Friday and come to work for forty one years, all of a sudden that comes to an end will be a huge life changer.

In his speech, Mr Zulu thanked all his colleagues for the fare well party and promised that he will indeed continue to look after himself through exercising. He even promised that from now onwards he will join virgin active

**“The trouble with retirement is that you never get a day off ~ Abe Solomons.**

Mageba, Ndabezitha, Sthuli SkaNdaba.

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# Our nurse. Our Future



**Nursing manager matron Dlamini (Far left) together with Townhill hospital nurses during the event**

One of the credentials of being a good leader is to be able to motivate your employees by acknowledging their hard work and effort. That is why one of the Batho Pele principles are “Encouraging innovation and rewarding excellence”, which basically means reward those who are doing their level best and try your to motivate those who are lacking behind. Even those who are being rewarded get motivated for their hard work and aim to do more.

That is exactly what the nurses day is all about, “reward and motivate”. It is for this reason that Townhill hospital hosted this day on the 31st of May 2023. As you see the above picture tells the story how happy they are, “Umama nezingane zakhe with those smiling faces.

The day kicked off with the prayer by our former operational manager Mr Mathura followed by welcoming address by our Acting CEO Dr Luthuli. The most emotional activity was when we remembered all our colleagues from different departments who departed due covid 19 with their boots on. Indeed , without their presence “**Asiphelelanga**”.

They might have gone, but they are not forgotten. Different wards were awarded certificates for their outstanding performance in their respective tasks . There was a task of selecting the best nurse in terms of uniform, posture, facial expression etc. which was won by two nurse. On the day, all nurses were requested to wear white uniform which symbolizes the basics of the nursing profession.

One of the speakers who was invited for the motivational speech was Mr Keith Ruthanum from provincial mental health directorate.

The hospital choir entertained the audience with their sensational music throughout the event.

Our guest speaker was Mr Langa from the provincial office who encouraged the nurses to ensure that they always put the patient first. “Nursing is a calling, not a career path” said Mr Langa. He reminded nurses that it is their constitutional right to be part of organised labour, but that right should not lead to the neglect of our patients. He also emphasized the importance of going back to the basics and asked the nurses to ask themselves a critical question as to why I am a nurse

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# NURSES DAY CONTINUES

For any event to organize you need financial resources. It is an open secret that the department does not have a budget for events. For any hospital to organize an event, they need to secure some donation from the corporate sector and have some fundraising campaigns in order to realize their objectives. Townhill hospital is no different. The event organizing committee had to rely on some Samaritans to be generous enough to give something towards the event. It is not an easy exercise indeed to knock on each and every door asking for some donations. Some do open the door and some do the opposite. But to be honest almost 100% of businesses that were approached responded positively.

Hospital management would like to convey their sincere appreciation to the following donors who donated towards our nurses day. Save Hyper, Mi7 Security company, Noorjahan, Mr Khan– Ethekwini Motor spares and repairs, our catering service provider Bidvest, our garden and grounds service providers Nonhlanhla Zulu Consulting, our security service provider Mbodla security, APC cars sales, SANZAF, Avbob, Brandon and Ntsiki lethuka. Hospital management and organizing team also contributed financially towards the event.

entertaining the audience, to our guests who honoured our invitation such as Mr Langa, Mr Ruthanum, our former matron Dlamini and Mr Malthura. An outstanding job of an organizing committee is also acknowledged. To organize an event of that magnitude was not a child's play. But mostly importantly, the nurses themselves under the leadership of matron Dlamini for coming in their number to ensure that indeed the event becomes a resounding success.

Indeed, you put "encouraging innovation and rewarding excellence" principle into action by saying, thank you to all the nursing personnel for their hard work.

We also hope that this event will go a long way in ensuring that indeed our nurses feel appreciated and recognized for taking care of those who cannot take care of themselves. Such exercise proves that even those who take care of others need to be taken care of. If the carer is taken care of he/she will be able to take care of his/her client, that is a basic principle of business.

Credit should go to nursing management under the leadership of Matron Dlamini for being instrumental in ensuring that this event indeed does



**Matron Dlamini together with Townhill hospital nurses getting ready for the function**



**Nurses showing off the resemblance of the nurses initial uniform**





# GALLERY PHOTOS OF THE EVENT





# TOWNHILL HOSPITAL HAND HYGIENE DAY



Townhill hospital IPC Mrs Shange (in the middle with yellow ) with some of the attendees of the event.

World Hand Hygiene Day is celebrated every year on 5 May. The primary objective of it is to mobilize people around the world to increase adherence to hand hygiene in health care facilities, thus protecting health care workers and patients from infections. The theme for 2023 was **“Accelerate action together –save lives clean your hands”**.

Townhill hospital campaign was divided into two categories. Day one was dedicated specifically to all Townhill hospital patients and day two focused on health care workers. During day one, Mental Health Care Users (MHCUs) were requested to participate on various activities including a colouring in competition, word puzzle and hand hygiene demonstration which was very recreational and entertaining for them. Our IC Sr Shange gave an interactive and engaging health talk on the importance of hand hygiene for the MHCUs. To make it even more interesting, MHCUs were incentivized for their participation with cup cakes and juice

provided by food service provider Bidvest catering and some snacks.

During day two, which mainly focused on health care workers. All wards and departments were requested to participate in the hand hygiene poster competition. The posters designed by staff members were displayed during the day for everyone to learn from and admire. Winners for the poster competition were awarded. First place winners were uitsig A and outpatient department and second place went to occupational health, child adolescent unit and occupational therapy department. There were so many activities that took place on the second day including word puzzle, poster competition, word search, question and answers, spin and win etc. all those who participated were awarded with some prizes.

IPC department would like to thank all those men and women who made this day possible





# THE FOLLOWING PICTURES TELL THE STORY OF THE DAY



Hospital IPC Sr Shange emphasizing the importance of hand hygiene to the audience



Sr Shange and Sr Ntuli with mental health care users showing off their drawings





# THE FOLLOWING PICTURES TELL THE STORY OF THE DAY



Left) Nursing staff together with MHCUs (in the middle) with the task that have been given. (On the right) Sr Shange monitoring how MHCUs demonstrate hand washing



(On the left) Mrs Mbambo being innovative with hand washing and hospital CEO Mr Hadebe (on the right ) when he was opening the event.





# THE FOLLOWING PICTURES TELL THE STORY OF THE DAY



Mrs Potgieter playing one of the games whilst on the right Sr Phoswa demonstrating hand washing technique



Ms Mchunu receiving her prize after winning one of the games played on the day.( On the right) Even our private service providers were part and parcel of the event.





# NEW BROOM SWEEPS CLEAN



Staff nurse NB Maduna



Ward clerk A Hurilall:



Professional nurse N Mchunu



Admin Clerk AP Nondlazi



Staff nurse S Cele



Staff nurse SH Dladla



Nursing assistant NG Msomi



Professional nurse DN Dlamini



Food Services Manager Mrs LP Mshengu



Transport Officer Mr MD Mzolo



Asset Manager Mr N Sibiya



Professional nurse NP Ntuli



Health and Safety Officer Mr SW Sokhela



Operational manager SB Mazibuko



Professional nurse EP Magwenyana



Social Worker Mr M Mthembu

## OUR NEWLY PROMOTED OPERATIONAL MANAGERS: "SKY IS THE LIMIT"



Operational manager SG Mbuyisa



Operational manager NP Phoswa



Operational manager M Ebrahim



Operational manager L Mavundla





# TOWNHILL HOSPITAL TOOK PART IN THE MENTAL HEALTH PROVINCIAL SPORTS GALA



Hospital CEO Mr Hadebe together with staff members who were part and parcel of the tournament showing off the trophies won by our Mental Health Care Users (MHCUs)

Provincial Mental Health Awareness Provincial Sports gala was held on the 19th of July 2023 at Umngeni hospital sports ground. This annual tournament is aimed at commemorating July as mental awareness month. It also provides an opportunity for our mental health care users to show off their sports skills. It also gives an opportunity to our users to have an outing since most of our users spent a lot of time being inpatients.

As Townhill hospital management we are so delighted that our patients became an overall winner for the entire tournament and they got number one on category A and B. Thanks to our staff members who were so instrumental in preparing our patients for this tournament through training sessions, particularly nursing and OT staff as well as Mr Ngema who always plays that leading role when it comes to sports activities.

Such activities means a lot for our clients as one of the patients told Mr Hadebe that she had never won a trophy in her entire life. She said she is happy that now she can be proud that she can tell other people that at some stage she had ever won a trophy.

Mr Hadebe thanked our patients for their sterling performance during the tournament. He also advised them that playing sports is one of the most important healthy life style. "Even if you get discharge from the hospital, you must continue to practice a healthy life style like playing different sports and exercising," said Mr Hadebe. He also thanked the staff for supporting the patients and giving them appropriate training prior to the tournament.

Once again well done to our mental health care users.



Nurse Khanyile and Majozi with the trophies won by MHCUs

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# MR NGEMA MADE US PROUD



**Mr Ngema playing chess with his opponents during interdepartmental games**

Townhill hospital management is so proud of Mr Ngema who represented department of on chess during the interdepartmental games that were held on the 1st to the 3rd of June 2023. The tournament was held at Ugu sports and Leisure Centre in Gamalakhe under Ugu district where all provincial departments partake in various sports code.

One of our own Mr Ngema took part in chess where he was representing the provincial department of health. It is an honour and privilege to represent the entire provincial department on its own, let alone to come 3rd with the bronze . With all provincial government departments taking part in the tournament and come out with the bronze is a huge achievement.

Of course, the primary objective of these games

is not about winning but to create the culture of a healthy life style. Indeed, chess game is not about being physically healthy and fit but psychologically and mentally healthy and fit as you use a lot of mind as opposed to using your body. You can be physically healthy and fit but you also need to be mentally and psychologically fit as well. These two compliment each other. Chess is one of the games that cannot be played by every Tom Dick and Harry because of its complexity.

Well done Madlokovu, we are so proud of you for representing Townhill hospital through provincial department of health.





# TOWNHILL HOSPITAL WELLNESS DAY



Mvi from admin up against Aubrey from maintenance department

Townhill hospital held its wellness day on the 26th of April 2023. The event was organised by the office of the Employee Health and Wellness Practitioner under the leadership of Mr Sihle Mthimkhulu. Amongst activities that took place on the day were aerobics conducted by Planet Fitness, 5 KM fun run and indigenous games as well as soccer. Soccer teams were formed by Administration, Maintenance as well as Nursing department staff. Administration staff team came up victorious after beating both maintenance and nursing staff team. Other stakeholders who availed themselves on the day were GEMS who were tasked with pension matters Old Mutual and Metropolitan financial services providers who were providing financial advices to our staff members as well as Old mutual who specialized in



Hospital CEO Mr Hadebe being screened by nursing the nursing personnel.

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advising our staff members about the importance funeral cover and various options that are available.

The principal objective of this event was not only about having fun, but was all about trying to sensitize employees about the importance of their welfare and wellbeing. Our EAP Mr Mthimkhulu always emphasized that as public health officials, we need to play a leading role in promoting a healthy life style. But he says that should start with us before we advise our patients and members of the public to do the same. Indeed, we must not indicate to the left but turn to the right.



**Mr Sakhile Khoza being screened by mobile clinic nurse**



**Mr N Zulu with the nurse who was screening him**



**Ms N Makhathini during screening session**



**Our Quality Assurance Manager Sr Unwin with one of the mobile clinic staff member**



**Mr Masondo checking his Blod Pressure**







Walk was part of the game



Mr Hlengwa enquiring with Metropolitan



Daddy from maintenance department when they were facing admin dept.



Mbazo from nursing trying to navigate his way through



Nursing department up against admin team



Admin players in defence against maintenance department





# ACKNOWLEDGEMENTS

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