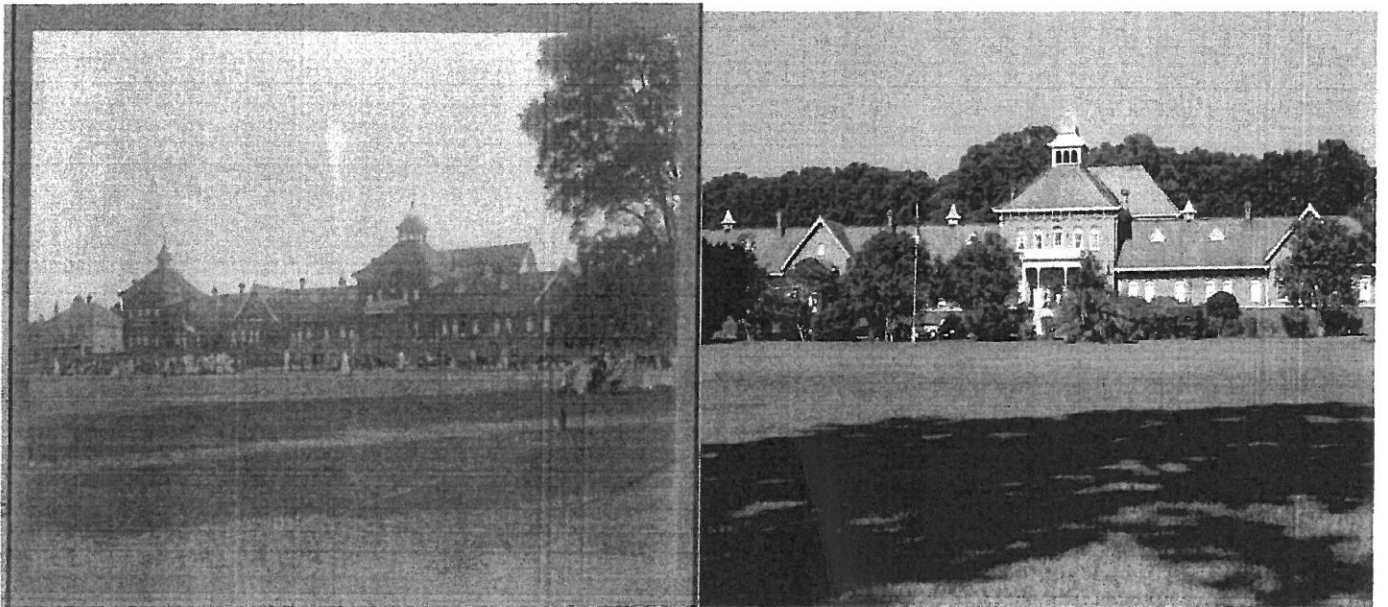
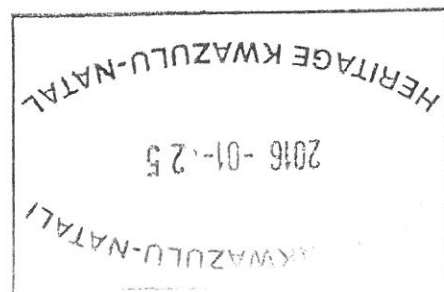


TOWN HILL HOSPITAL HERITAGE SITE REPORT



1875 TO 2016



Dear Ms. Devereux
AMAFA
Pietermaritzburg

25th January 2016

RE: DEPARTMENT OF INFRASTRUCTURE BUILDING PLANS – TOWN HILL HOSPITAL.

Please find below the response to your request that we prove the historical and social significance of the sports field attached to the main building as well as evidence that the field is still in use for patient therapeutic benefit. Also expressed are our views on the environmental impact the proposed building plans will have upon the hospital environment. The intimate knowledge we have of the Town Hill Hospital Grounds also enables us to propose an alternative site for the Department of Infrastructure to utilize.

1. HISTORIC BACKDROP

Our concerns should be viewed against the local and world historic backdrop of the care of the mentally ill.

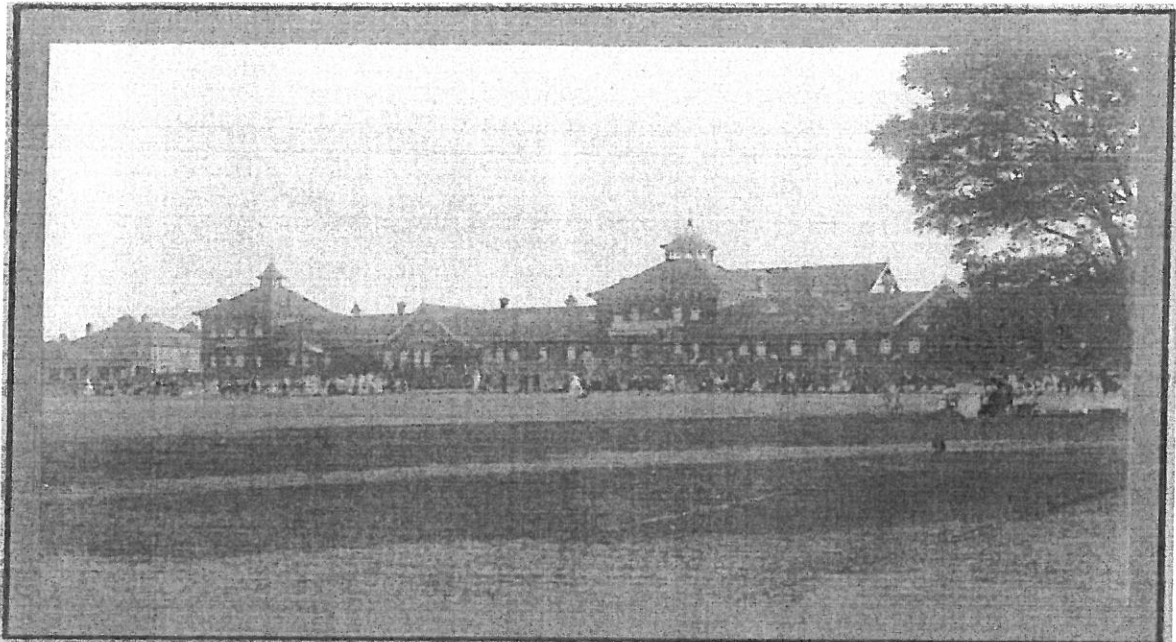
The following excerpts were taken from the book 'States Of Mind, Searching for Mental Health in Natal and Zululand 1868 to 1918', written by Julie Parle, senior lecturer in the Department of History at the University of KwaZulu Natal.

“Town Hill was Southern Africa’s first purpose designed lunatic asylum, opening its doors in 1880. Historically, Natal led the legal and moral precedents set for the custody of Lunatics”.

“Dr. James Hyslop, M.B., C.M was appointed first Resident Surgeon in 1882 and was one of the most respected ‘mental specialists’ in South Africa. Dr. Hyslop was a passionate gardener and here his interests meshed with his views on moral therapy for asylum inmates. Throughout his tenure at the Asylum Dr. Hyslop remained strongly convinced of the benefits of moral therapy. All patients were encouraged to become involved in the gardens and fieldwork”

“After 1935 came the realization that it was through the careful redirection of a sufferer’s thoughts and emotions that recovery could be effected. The therapeutic philosophy and practice to which this gave rise became known as le traitement moral (moral treatment or moral therapy). Important to moral treatment was meaningful occupation, whether at work or through supervised amusements”.

The photo attached was taken in the early 1900’s and shows patients and staff socializing on the sports field in front of the main building, most likely enjoying a game of croquette, bowls or cricket. Latterly, patients and families often can be seen picnicking beneath the large shady trees, and later you will read our Occupational Therapist’s Report on the present day use of the sports field.



(1891 cricket was played, with matches against town clubs. By 1897, tennis, croquet, and bowls were available.)

“Dr. Hyslop’s medical training and experience in his homeland probably exposed him to both moral therapy and asylum practice as instituted by such Scottish Luminaries as William Alexander Francis Browne who as head of the Montrose Asylum had been an early advocate of the abolition of physical restraints for patients. Browne was the author of the treatise “What Asylums Were, Are and Ought To Be, Published in 1837, this extolled the guiding principles of ‘kindness and Occupation’ in the treatment of the insane and of the material structures in which this should take place; asylums that were ‘spacious’, ‘light’, ‘elevated’ and surrounded by ‘extensive and swelling grounds and gardens, ‘not overlooked or intersected by public roads’. This was the aspiration of the Natal Colonial authorities in the 1870’s as they drew up plans for the new Asylum, and under Dr. Hyslop’s management some of these ideals were realized”.

“Considerably reduced in extent from the more than 300 acres of grounds that it occupied in the 1960’s, Town Hill Hospital is now bounded by the ‘new’ Greys Hospital, an upmarket retirement complex, and exclusive hotel and restaurant.....and a busy road that borders on a burgeoning commercial and light industrial area”.

The remaining gardens/grounds of Town Hill Hospital will be, in the near future further reduced by the planned building of the Natal Legislature below the patient’s sports field, and alongside Chatterton and lower Town Bush Road. Thus, the only remaining recreational area available for the benefit of the patients spanning a mere couple of acres, will be the sports field bordered by the swimming pool, tennis courts, putt putt course, club house and chapel.....all originally built for the patients use and benefit. (see attached Treasury article).

Removing the therapeutic availability of the outdoors and recreation facilities means the patients will have to remain locked up/fenced in behind closed doors and high fences, thus annihilating over one hundred years of progress in psychiatric care.

What a historic and therapeutic travesty this is. A violation of patients’ Rights to Privacy, Confidentiality, Safety, Freedom of movement and Access to Recreational Facilities.

(Historic Backdrop continued.)

An enquiry into the conditions and facilities at Town Hill Hospital by the Human Rights Commission in 2005 resulted in many improvements and the alignment of facilities and patient care to the New Mental Health Care Act (no. 17 of 2002). Violation of patients' Rights with regards to the proposed building plans could warrant their further attention and investigation.

Julie Parle stated; "It is to be hoped that in the twenty first century South African psychiatry is entering a third phase, characterized by a profession that is both supported by the State and independent of it. Indeed recent legislation, The Mental Health Care Act (no. 17 of 2002) calls for 'respect, human dignity and privacy of every health care user and for their care, treatment and rehabilitation'."

(Excerpts taken from 'States Of Mind – Searching for Mental Health in Natal and Zululand, 1868 to 1918' – Author, Julie Parle) (pages: 4, 44, 45, 88, 90, 96, 105, 284, 285, 306, 310.)

RE: USE OF TOWN HILL HOSPITAL FIELDS FOR THERAPEUTIC ACTIVITIES

(Compiled by Ginette Potgieter, Chief Occupational Therapist, Town Hill Hospital).

Dear Ms. Devereux,

It was brought to my attention that the sports fields in front of the Town Hill Hospital administration building have been earmarked for the erection of offices for the Department of Infrastructure.

I felt it imperative to provide you with information as to the regular use of the hospital's fields and facilities for patient related activities and events since my employment at Town Hill Hospital (late 2006 - present) to highlight the importance of these recreational areas.

I have been informed that prior to my employment the hospital had hosted a large number of events for the mental health care users (MHCUs) using the recreational facilities or grounds, however due to staffing changes these had reduced by the time that I started working in 2006. Thus in April 2007 I proposed that weekly sports afternoons be commenced whereby MHCUs were encouraged to engage in putt-putt as well as an inter-ward soccer league (see copy of memo attached – Annexure 1). At this stage a netball league was proposed but we did not have sufficient numbers of stable female MHCUs for this to be sustainable. This programme ran on an ongoing basis with regular use of the soccer field and putt-putt course taking place.

Over and above the weekly sporting programme, I had revived the hospitals' sport and recreation committee which we then renamed the psychosocial rehabilitation (PSR) committee. In this committee we ensured that a variety of regular therapeutic events were planned for the MHCUs, including inviting the Umgeni Band to play on the sports fields for the MHCUs for them to socialize and dance (see copy of memo attached – Annexure 2). We had also hosted a sports day in July 2007 in which the sports fields were utilized for this purpose and other hospitals were invited to attend. A report was compiled after the event and has been attached (Annexure 3). These initial events were well supported and thus events continued and a selection of a variety of events took place to ensure it catered for the interests of all the MHCUs. Please refer to the 2007 and 2008 PSR programmes (Annexure 4 and 5) which highlight all the planned events. You will notice that the events did not all take place at the field, however the grounds were still being used for the structured weekly sporting programme.

These therapeutic events have continued over the years and up until 2015 quarterly therapeutic events took place for the MHCUs in which the sports field and swimming pool was used for the swimming gala/volleyball/putt-putt day (February/March each year) as well as the fields being used for a soccer tournament and annual soccer day from April to May. I have attached a few of the event reports to this letter for your perusal (Annexure 6). Over and above these events the wards are encouraged to make use of the sports fields by taking their respective MHCUs for sporting activities. The Occupational Therapy Department acts as a resource centre for all the wards to have open access to swimming equipment, soccer balls, netballs, basketballs, tennis equipment, etc. so as to ensure that if any MHCU would like to engage in sporting or recreational activities they may do so through their ward.

(Therapeutic activities continued):-

These special events are planned for our mental health care users in order to improve their quality of life and to facilitate appropriate social skills as part of their rehabilitation programme and therapeutic care, as well as to make their stay at Town Hill Hospital as pleasant an experience as possible. The benefit of these events and recreational programmes on the MHCUs themselves have been acknowledged since Town Hill began.

I do understand that the Department of Infrastructure would also want to make use of the hospital's clubhouse as well as potentially the other sport and recreational facilities Town Hill Hospital has to offer. I am deeply concerned that if this is the case that our MHCUs will no longer have access to any of these facilities. We also have to consider the huge ethical ramifications this would have as our MHCUs have the right to confidentiality and thus should not be visible to members of the public should they wish their stay at Town Hill Hospital to remain confidential. Over and above this it also provides an additional abscondment risk for our involuntarily admitted or unstable MHCUs. I also foresee challenges in running future therapeutic events because these events are generally very loud due to the music and PA system for communication and our MHCUs are encouraged to have fun and be comfortable interacting with one another. The sporting fields do not have functional ablutions and so for all sporting activities the clubhouse is used for toilet access for both staff and MHCUs. I do not know how this would then be able to continue should offices be erected over the fields they use.

I would also like to bring to your attention some previous research articles I have collected which all refer to the historic context of the fields and gardens at Town Hill Hospital dating back to when it was still known as the Natal Government Asylum. Below are some excerpts from the above-mentioned articles:

- *“The report for 1875 mentions that the asylum was situated on 8 ½ acres of ground of which 1 ½ acres were enclosed as a garden. The inmates worked in this from 7 a.m. to 6 p.m.”¹*
- *“The grounds were extended and developed, and are still probably the finest of any mental hospital in South Africa, with wooded parklands, lush meadows, rich orchards and vegetable gardens, and beautiful sports-grounds.”¹*
- *“In 1889 concerts and dances were begun, and in 1891 cricket was played, with matches against town clubs. By 1897, tennis, croquet, and bowls were available.”¹*
- *“Patients were kept occupied and amused in ‘household services, washing, needlework, working at trades, gardening, reading and writing, various games, music and dancing’.”²*
- *“Hyslop’s merging of his passion for horticulture and the regimes of moral management, especially purposeful work by patients meant that, by the 1890s, the grounds were well planted with trees and shrubs. All patients were encouraged to become involved in the garden and fieldwork, or in the laundry, on the asylum farm, or at the quarry. Hyslop once remarked that ‘You might as well deprive the inmates of the institution [asylum] of medicine as deprive them of work, and the most suitable work for most is on the land. I regard useful employment for inmates of an asylum as quite as important as medicine.’”²*

(Therapeutic activities continued):-

It would be an absolute tragedy that recreational facilities with such historic and therapeutic significance to Town Hill Hospital be obliterated for the use of office space.

I hope this had provided you with more clarity as to how essential these fields are in the care, treatment and rehabilitation of our MHCUs, as well as in the promotion of healthy lifestyles. Without the use of sport and recreation, this truly is a hindrance in the rehabilitation we can provide.

Kind regards,



Ginette Potgieter
Chief Occupational Therapist
Town Hill Hospital

References:

1. Minde, M. (1975). History of the Mental Health Services in South Africa, Part V Natal. *SA Medical Journal*, 49, 322 – 326.
2. Parle, J. (undated). The Mad in their Midst: Accommodating Insanity in Natal, 1868 – 1920. [electronic retrieval: January 2016].



HEALTH

KwaZulu-Natal

ANNEXURE 1
MEMORANDUM

Tel: 033 – 341 5539
Fax: 033 – 345 5720

TO	: ALL WARDS
FROM	: GINETTE (O.T.)
COPY TO	: DR. THOMSON, MR. PILLAY
DATE	: 16 APRIL 2007
RE	: WEEKLY SPORTS AFTERNOONS

Please will you be aware that the Wednesday sporting afternoons will be commencing as of Wednesday 18 April 2007. On this specific day there will be putt-putt available for patients to play at the putt-putt course from 14:30 – 15:30hrs. Wards may start bringing patients down to the field from 14:00hrs. As it will be difficult to handle large numbers of patients there must be a 1 nurse : 3 patient ratio, therefore for each nursing staff who is sent down to the field, not more than 3 patients will be able to participate. As from Wednesday 25 April 2007, wards will have to phone Industrial Therapy and book to use the putt-putt equipment the day before the time. Thus to play putt-putt on the Wednesday afternoon, wards must phone on the Tuesday to book.

These is also an inter-ward soccer league commencing as of 17 April 2007, in which wards will be playing on either Tuesdays, Wednesdays or Thursdays from 15:00 – 16:00hrs. Patients from other wards who are not set to play on the day are welcome to come watch and support the players. Please see the attached programme as to find out on which days you will be playing. If you have any enquiries regarding the soccer please contact Clinton in Hillside C on ext. 5548. A netball league will be commencing on a later date.

If you have any enquiries or concerns regarding the sporting afternoons please feel free to contact me on ext. 5632 / 6053.

We look forward to seeing the patients enjoying this sporting programme.

Ginette Woosey
Senior Occupational Therapist

Male wards soccer timetable

	H/B	H/C	H/D	H/E	O/W	U/G	U/E
H/B		17/04	02/05	12/06	28/06	10/07	03/07
H/C	07/06		25/04	12/07	22/05	04/07	08/05
H/D	16/05	17/07		06/06	05/07	24/05	20/06
H/E	29/05	11/07	18/04		26/04	03/05	27/06
O/W	18/07	21/06	17/05	10/05		19/04	30/05
U/G	09/05	26/06	14/06	19/06	16/05		01/05
U/E	24/04	15/05	31/05	23/05	13/06	05/06	

Start time: 15h00-16h00

7 aside (Min 5 MHCU)



HEALTH

KwaZulu-Natal

ANNEXURE 2

MEMORANDUM

Tel: 033 – 341 5539
Fax: 033 – 345 5720

TO	: ALL WARDS
FROM	: GINETTE (O.T.)
COPY TO	: DR. THOMSON, MR. MAHLASE, MR. PILLAY
DATE	: 17 MAY 2007
RE	: UMGENI BAND

Please note that the **Umgeni Band** will be coming to play for the patients on **Wednesday 23 May 2007** as part of our Psychosocial Rehabilitation music month.

They will be playing from **14:00hrs to 16:00hrs**. This will take place on the field outside the clubhouse. **PLEASE ENSURE THAT ALL PATIENTS ARE AT THE FIELD BY 14:00HRS.** This is a big treat for them and should not be missed.

If you have any enquiries about this event please contact Dr. Thomson on ext. 5654.

Your assistance and cooperation is highly appreciated.

Ginette Woosey
Senior Occupational Therapist



HEALTH

KwaZulu-Natal

Town Hill Hospital

Hyslop Road, Pietermaritzburg, 3209
 P.O.Box 400, Pietermaritzburg, 3200
 Tel.: 033 3415500, Fax.: 033 345 5720

Enquiries: Ginette, ext. 5632

Date: 23 July 2007

Dear Miss Mfeka
 CC: Dr. Thomson
 Mr. Mahlase
 Mr. Makhubu

RE: SPORTS DAY

As you are aware, the Sports Day was held for our Mental Health Care Users as part of their annual PSR Programme on Wednesday 18 July 2007. The day was enjoyed by all those who attended as it was once again a great success.

The day was successful for the following reasons:

1. This day was attended by approximately 80% of our inpatients as well guests from the hospital board, Umgeni and Fort Napier. An invite was also extended to Umzimkhulu Hospital as well as the review board but unfortunately they could not attend.
2. We were able to network with community members and businesses with regards to sponsoring the event as well as creating interest in the 'Friends of Town Hill'.
3. The day proved to be a good team building exercise with staff from all departments working together to ensure the success of the event.
4. Most of the patients that attended were from closed wards and this event provided them with the opportunity of practicing their social skills and appropriate social behaviour by mingling with other Mental Health Care Users, staff and guests.
5. No adverse incidents occurred on the day that were related to the Sports Day.
6. Lastly, but most importantly, It was evident on the faces of our Mental Health Care Users that this day was thoroughly enjoyed and a great success as it gave them a change from their normal daily ward programme and routine.

There were a few problems that were identified with regards to this event:

1. Due to the fact that very minimal funds are regularly deposited into the Sports and Recreation fund we had to rely on sponsors and donations to make this day possible.
2. As there were no bakkies available for us to use, we had to pay companies to deliver items to the hospital for the event, thus forcing us to use donated funds that could have been put to better use. (Delivery charges were not budgeted for in our original estimates.)
3. Items from previous sports days were found to be missing, e.g. tug of war rope and buntings.

4. As there are no functioning ablution facilities for the Mental Health Care Users, approximately 300 people (staff, guests and patients) were forced to use 2 toilets and to share a hand wash basin in the clubhouse.
5. The sports field was littered with broken bottles from the royal show when the grounds were used as a parking lot. These had to be picked up by hand by the staff who assisted in marking the field as they were a hazard for the patients who took part since they generally ran barefoot.
6. The food that was ordered for staff, guests and VIP's came prepacked from kitchen and arrived cold even though we had spoken to kitchen with regards to ensuring this does not occur. Kitchen charged R35,00 per head for the extra meals and juice which amounted to R5915,00 for 169 people. On our original proposal we had planned to cook the lunch meal at the field and had budgeted to cater for lunch for patients, staff, guests and VIP's at a cost of R10,00 per head which would've totaled in R3000,00 being used for all meals. This would have ensured that everyone would have received their meals hot. The patients were brought their food in their normal containers used to deliver meals to wards. Some containers had little or no meat in them and resulted in a large amount of patients complaining.

Suggestions for future events:

1. Buses not be allowed to park on the top sports field during the Royal Show period.
2. If possible, funds to be allocated from the hospital budget to cater for these events.
3. Meals for such events be prepared at the event.
4. Ablution facilities at the field be repaired and maintained on a regular basis.

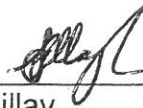
These special events are planned for our mental health care users in order to improve their quality of life and to facilitate appropriate social skills as part of their rehabilitation programme and therapeutic care, as well as to make their stay at Town Hill Hospital as pleasant an experience as possible.

We hope this letter will help to improve to coordination and running of future events.

Yours faithfully



Ginette Woosey
Senior Occupational Therapist
Event coordinator



Clinton Pillay
Unit Manager, Hillside C
Event coordinator

In keeping with the spirit of the Mental Illness and Awareness month as well as to celebrate Madiba's 89th birthday, Town Hill Hospital hosted its annual Sports Day on 18 July 2007. Mental Health Care Users and staff from other hospitals such as Fort Napier Hospital, Umgeni Hospital and Umzimkhulu Hospital were invited to participate and join in on this fun-filled event with us.

The sports day was scheduled from 09:00 – 15:00 hours and took place on the hospital sports field. Mental Health Care Users as well as staff were divided into 3 houses, namely the yellow lions, blue cheetahs and red tigers. A variety of races were planned for the Mental Health Care Users, including 50m, 100m, 200m, and 1000m races as well as novelty races such as the egg and spoon race, sack race, 3-legged race and lastly the relay. Several races specifically for staff also took place. 1st, 2nd and 3rd place prizes were given for each event. Jam doughnuts, tea, juice and oranges were provided during the tea break and lunch consisted of chicken breyani, salad and juice.

This exciting day was capped off with the prizegiving ceremony (by Acting Hospital Manager Mr. S. Zulu and Sr. S. Anthoo). Trophies were presented to each house with first place medals being awarded to the winner of each race. Special prizes were given to the sportsman and sportswoman of the day as well as the sportsman and sportswoman of each house.

The final results for the day placed the houses as follows:

1st place - Blue Cheetahs

2nd place - Yellow Lions

3rd place - Red Tigers

This event would not have been possible without the generous support of 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 extended to all the staff who went above and beyond to ensure that the day was once again a great success.

Our next major special event will be our Spring Dance planned for 5 September 2007.



Town Hill Hospital
 Hyslop Road, Pietermaritzburg, 3201
 P.O.Box 400, Pietermaritzburg, 3200
 Tel.: 033 3415500, Fax.: 033 345 5720

HEALTH
 KwaZulu-Natal

Enquiries: Ginette, ext. 5632

**TOWN HILL OFFICIAL PSYCHOSOCIAL REHABILITATION /
 SPORTS AND RECREATION PROGRAMME FOR 2007**

AN OFFICIAL SPORTS AND RECREATION COMMITTEE WILL BE FORMED IN JULY 2007. A MEETING DATE WILL BE SCHEDULED FOR THIS.

SPECIAL EVENTS FOR 2007:

- SPORTS DAY – 18 JULY 2007
- SPRING DANCE – 5 SEPTEMBER 2007
- HEALTHY LIFESTYLE DAY (FOR STAFF) – 12 SEPTEMBER 2007
- CULTURAL DAY / XMAS DANCE – 28 NOVEMBER 2007

MUSIC PROGRAMME (to take place on Wednesday afternoons):

- PLEASE NOTE THAT MONTHLY DANCES WILL TAKE PLACE ON THE LAST WEDNESDAY OF EVERY MONTH FOR 13:00 – 15:00 HOURS AT THE UITSIG DINING HALL.
- JULY
 - MONTHLY DANCE
 - ST. JOHN (for female wards)
 - Ward music competition (prize is a party for the winning ward)
- AUGUST
 - MONTHLY DANCE
 - ST. NICHOLAS (Steel drums)
- SEPTEMBER
 - MONTHLY DANCE
 - WYKHEM COLLEGIATE
- OCTOBER
 - MONTHLY DANCE
 - UMGENI BAND
- NOVEMBER
 - MONTHLY DANCE
 - TO BE ANNOUNCED WHO WILL PERFORM
- DECEMBER
 - MONTHLY DANCE
 - TO BE ANNOUNCED WHO WILL PERFORM FOR XMAS PROGRAMME

SOCCER TOURNAMENTS:

- INTER-WARD TOURNAMENT TO START AGAIN AFTER STRIKE (A meeting will be planned with the wards to discuss this)
- JULY – SOCCER MATCH AGAINST PMB MENTAL HEALTH SOCIETY
- AUGUST – SOCCER MATCH AGAINST FORT NAPIER HOSPITAL PATIENTS

- SEPTEMBER – SOCCER MATCH AGAINST UMGENI HOSPITAL PATIENTS
- OCTOBER – SOCCER MATCH AGAINST UMGENI HOSPITAL PATIENTS
- NOVEMBER AND DECEMBER MATCHES TO STILL BE ANNOUNCED

NETBALL PROGRAMME

- Netball matches will be organized to take place on the same day as the soccer tournaments with other institutions / NGO's. This will cater for all female patients.

BAKING PROGRAMME

- This will start initially for the female wards. Baking groups will take place once a week.
- Peacehaven ward – Tersia (Umgenei Hospital – Dietician) MONDAYS
- Uitsig wards – Louise (social worker) THURSDAYS
- Impala wards – Ginette (O.T) To be decided.

VEGETABLE GARDEN

- This will start again after the strike. Zanele (social work) to draw up a ward timetable and programme for this.
- Money generated from this to possibly be put in Sports and Recreation Fund to assist in funding for all the other programmes?

MARKET DAY

- This will be arranged between the baking programme and vegetable garden where items will be sold at Admin building entrance to generate money for the Sports and Recreation fund and for patient rewards (income generation to practice money management and budgeting).

WARD OUTINGS AND PARTIES

- This will be arranged by the ward TOGETHER WITH the Sports and Recreation Committee. If wards want to raise money for events they cannot do this without working through the committee.
- Dates of outings and events will vary depending on the wards specific needs.

DIVERSIONAL THERAPY ITEMS AVAILABLE FROM O.T. (ext. 5632)

- Cardboard
- Glitter
- Pritt glue
- Wood glue
- Prestick
- Koki pens
- Wax crayons
- Powder paints
- Wool (very little stock available)

PLEASE NOTE THAT THE WARDS HAVE ALREADY BEEN ISSUED WITH SOME OF THIS STOCK RECENTLY FROM O.T. WILL NOT BE GIVEN AGAIN. WARDS ARE RESPONSIBLE FOR THE SAFE KEEPING OF THE REMAINING UNUSED STOCK.

- Paint brushes
- Putt putt golf clubs and balls
- Baking equipment (but NO food ingredients)

THESE ITEMS MUST BE RETURNED IN A CLEAN, GOOD CONDITION TO O.T. ONCE THE GROUP IS FINISHED. IF ANY ITEMS ARE BROKEN PLEASE REPORT THIS TO THE O.T.

2008 PSR PROGRAMME

FEBRUARY	Valentines dance (wards) Swimming gala & putt putt day
MARCH	Monthly dance Easter treats
APRIL	Healthy lifestyles ward programmes (wards) Monthly dance
MAY	Cultural day (All) Monthly dance
JUNE	Soccer tournament (wards) Monthly dance
JULY	Sports day (All) Monthly dance
AUGUST	Music month / Pop Idols (wards) Monthly dance
SEPTEMBER	Spring dance (All) Monthly dance Healthy lifestyles day (staff)
OCTOBER	Mental health awareness ward programmes (wards) Monthly dance
NOVEMBER	Family month Monthly dance
DECEMBER	Christmas parties (wards) Monthly dance

- Weekly sporting afternoons to take place on Wednesday afternoons from 2:30pm – 3:45pm.
- The 3rd Wednesday of every month will be a dance for the patients from 1:00pm – 3:00pm.

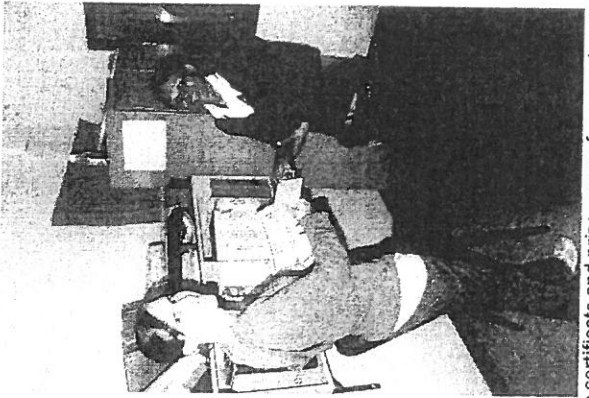
In keeping with Healthy Living Month, Town Hill Hospital hosted its annual Swimming Gala and Putt Putt Day on 5 March 2008. This event was only open to our Mental Health Care Users and staff and was an exciting, fun-filled day.

The Swimming Gala and Putt Putt was scheduled from 09:00 – 13:00 hours and took place by the hospital's putt putt course and crystal clear swimming pool. A variety of swimming races were planned for the Mental Health Care Users, including Freestyle, Breast stroke, Back stroke, Relay, Pyjama race, Potato and spoon race, Polystyrene board race, Sack race and lastly a Tennis ball race. Staff were invited to take part in the Relay race which was brought about lots of laughs and fun. 1st, 2nd and 3rd place prizes were given for each event for our Mental Health Care Users and Staff. Snack packs consisting of chips, sweets, ice lollies and biscuits as well as juice were provided during the tea break.

Our 9-hole Putt Putt Course forms part of Town Hill's historical beauty and proves very challenging and entertaining with its varying levels of difficulty. Due to the terribly hot weather, the Putt Putt was unfortunately not as popular as was anticipated but those that took part found it a fun and interesting activity.

This event would not have been possible without the generous support of Parklane Superspar for their contribution towards our Psychosocial Rehabilitation Committee Tuck Shop. 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.

Our next major special event will be our Cultural Day Dance planned for May 2008.



OT handing over the certificate and prize money for a ward party to staff of Impala H



OT handing over the certificate and prize money for a ward party to staff of Uitsig E/F