



HEALTH
KwaZulu-Natal

Town Hill Hospital

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

Enquiries: Ginette, ext. 5632
Date: 6 May 2010

Attention: Hospital Board Members

Dear Madam / Sir

RE: SPECIAL EVENT REPORT FOR 2010

It was requested by Dr Thomson, as part of her handover, that a special event report be compiled and handed to the Hospital Board each quarter when you meet in order that the board members have full knowledge of how funds have been used as well as what programmes and events are provided to the Mental Health Care Users.

The following events and programmes have so far taken place in 2010:

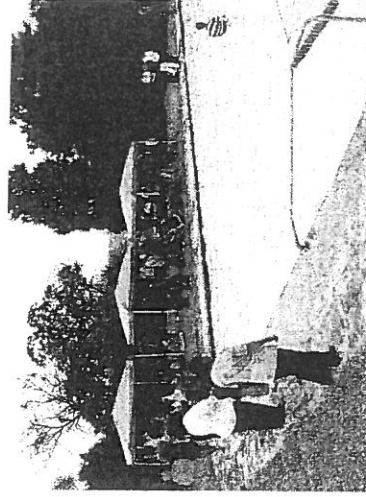
1. Swimming Gala / Putt Putt Day – 10 March 2010

An amount of R1300,00 was approved by the Hospital Board in order to fund this event. The event had to be postponed from the originally planned date due to bad weather and was thus moved to the following week. The Gala / Putt Putt day was a half day event where all wards were encouraged to bring their Mental Health Care Users (MHCUs) to the swimming pool so that they can enjoy the festivities that were prepared for them. A variety of different swimming races were planned that catered for those that can swim (i.e. normal gala events) as well as several races that did not require any swimming experience and had more of "fun" element (i.e. pyjama race, potato & spoon race, etc). We thought this was best as it did not exclude anyone who wanted to participate in the day's program. During the swimming races, MHCUs that were not swimming were encouraged to walk up to the putt putt course to play a short round of golf. These are generally the elderly and more frail MHCUs that enjoy the putt putt, as it is more of a relaxing, passive activity. On the day of the event, however, only a few MHCUs took part in the putt putt, which was less than previous years, as the weather was very warm that day and the MHCUs preferred being close to the music and festivities by the pool. At tea time, all MHCUs were provided with juice (large quantities were made so that they were able to drink as much as they wanted) as well as snack packs comprising of chips, sweets and biscuits. With regards to the prizes for races, we felt it was best to make the prizes all sweets and food items as in the past when providing other items such as caps, hankies, toiletries, etc, MHCUs have either sold their prizes to others or lost their prize. In this way we thought we would ensure that they could enjoy the food items at their own leisure and it also makes shopping for the event a simpler and more affordable task. The OT department had a small tuck shop open on the day at the swimming pool in order to raise further funds for the baking programme taking place in the department for the wards.

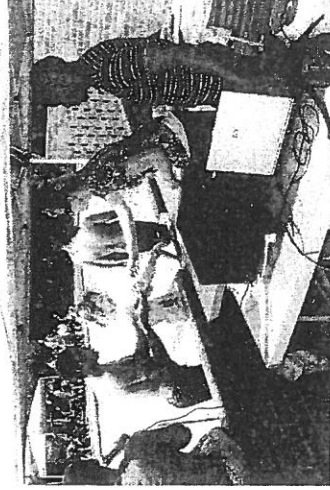
Some problems that arose at the event were the limited number of swimming costumes for MHCUs. Wards were issued with costumes approximately 3 years ago, however most wards now have no stock at all. Male wards were able to provide patients with shorts to swim in but unfortunately the female wards provided their ladies with nothing (only 1 female MHCUs had a costume on the day which was her own) which was very disappointing as the female wards did not inform us prior to the event. Hopefully the hospital can motivate to purchase more costumes this year for all wards so that anyone who wants to take part next year will be able to. Another recommendation is that additional gazebos be purchased for special events, as despite the fact that four gazebos were bought in 2009, it was not big enough to provide all MHCUs with shade on the day. If the hospital can purchase an additional 4 gazebos, it would be more than sufficient that anyone attending an event will be able to have a shaded area to prevent any person getting burnt from the sun. Sunblock was available at the gala, however, so it was ensured that no one got burnt on the day.

All in all the day definitely turned out to be a great success despite any problems that arose. All staff and MHCUs that attended the day were able to have a break from the containment of the wards and socialize and have fun with fellow inpatients.

Below are a few photos taken on the day:



Staff and MHCUs at the pool (as well as the newly bought gazebos in the background)



MHCUs receiving their prizes after the swimming race

definitely something we hope to carry out each year as MHCU's can still celebrate Easter even when they are away from their families and communities.

3. Baking Programme

Baking groups are continuing to run twice a week with chronic and acute female patients attending this programme in order to improve their domestic skills. This programme is always enjoyed by those who attend and we have recently added more recipes to the list so that patients have more variety in the programme. Non stock orders have been made for baking ingredients instead of having to organise fund raising events in the department as they not only require a large amount of work and preparation, but it becomes very time consuming for the OT staff.

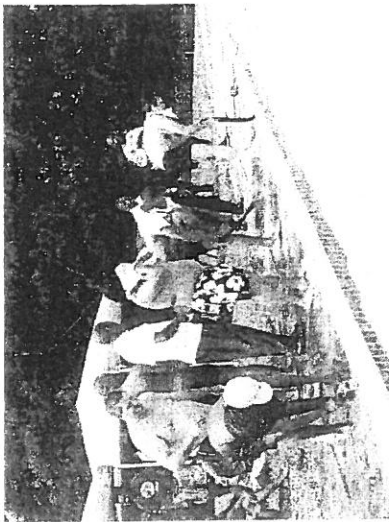
4. O.T. Library

This is a new project set up by the OT department with books being donated by various community members as well as staff. All books have been labeled and organized in the Utisig OT room and we are currently trying to design a method for MHCU's to be able to access the department to choose and borrow whichever books they would like. An OT policy will also be drawn up for the library before it opens to the wards as of June 2010. This is an exciting new venture for our department and we hope it will prove to be successful and enjoyed by the MHCUs.

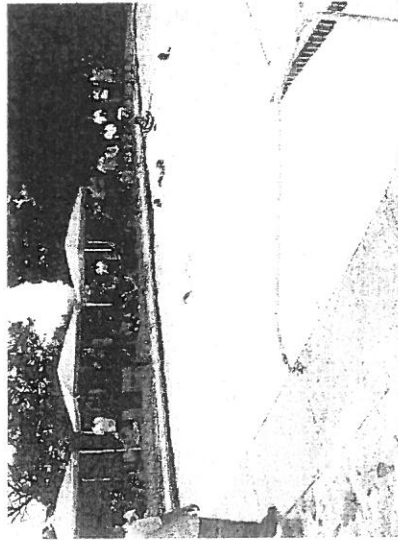
Feedback as well as photos will be given in the next quarterly report as to how successful and well received the library is by the patients.

On behalf of the OT Department, I would like to take the opportunity to thank the Hospital Board for your support in approving these programmes as it is evident that they are not only enjoyable but also therapeutic for the MHCU's. Being able to request for funds for events has become far easier this way making it more motivating for the OT Department to go the extra mile to make a patient's stay at Town Hill Hospital a memorable one.

Ginette Polgieter
Chief Occupational Therapist
Town Hill Hospital



MHCU's taking part in the pyjama race



MHCU's taking part in the freestyle race

2. Easter Treats – 1 April 2010

An amount of R500.00 was approved by the Hospital Board in order to provide all inpatients with treats over the Easter period. Arrangements were made with Parklane Spar to ensure 30 packs of freshly baked hot cross buns were available for collection as well as marshmallow Easter eggs for each MHCU. Parklane Spar was very generous and kindly donated an additional 4 boxes of chocolate marshmallow eggs for the MHCU's. With this very generous donation we were able to provide each inpatient with 2 eggs and a hot cross bun as well as all outpatients attending OPD on Thursday 1 April 2010 received one egg. Each Easter egg had a small message attached to it wishing them a Happy Easter. The treats were delivered to all wards on the morning of Thursday 1 April 2010 and ward staff were requested to hand out the hot cross buns on Good Friday and then the eggs on Easter Sunday while orientating patients to the meaning behind this Christian holiday (in accordance with Easter tradition). Feedback received from wards was very positive and inpatients were overjoyed to be provided with a tasty treat. This is



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

Enquiries: Ginette, ext. 5632
Date: 24 May 2012

Dear Hospital Board Members
CC: EXCO Committee Members

RE: REPORT ON TOWN HILL SOCCER DAY 2012

As you are aware, the annual Soccer Day was held for our Mental Health Care Users (MHCUs) as part of their annual Therapeutic Events Programme on Wednesday 23 May 2012. This day turned out to be a great success with numerous positive feedback being received by staff members from various wards who escorted MHCUs to the event.

The day was successful for the following reasons:

1. OT staff were once again motivated to obtain further treats for the MHCUs and thus carried out a fund raising initiative in April 2012 selling food to staff. The OT staff were able to raise R310 from this with all this money being used to buy the necessary items to make hotdogs for the MHCUs's again. The feedback received from MHCUs was that the hotdogs were one of their highlights from the Gala/Put-Put Day and so we felt it necessary to provide it to them again. Snack packs, coldrink and oranges were also provided to the MHCUs as outlined in the annual budget.
2. The floating trophy which was won by the Hillside B ward at the Gala was formally handed over to OT staff as part of the Soccer Day. This handing over ceremony aroused great competitiveness and motivation by all the wards who watched the ceremony and proved to be a great part of the Soccer Day programme. The winning ward for the soccer (Uitsig E/F) have now taken the trophy and will hand it over again at the next therapeutic event, i.e. the Spring Day.
3. The bakkie was booked a week in advance with the Transport Department. Despite the fact that the event, once again, clashed with a HCT campaign, this did not have any influence on the Soccer Day.
4. No adverse incidents or injuries occurred on the day, although a first aider (C. Stoffels) was available with the first aid kit if anything did happen.
5. Use of a loud hailer for the event proved to be very useful due to the fact that it is portable.

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

1. Despite the fact that the 2012 annual budget for the therapeutic events approved by the Hospital Board early in the year, we still experienced delays in receiving the funds for this event as staff who were signatories to draw the money were unavailable to go to the bank which caused delays of up to approximately 2 weeks.
2. The original date planned for the Soccer Day (30 May 2012) clashed with the Annual Royal Show. Due to this reason the event was brought forward by a week to try to avoid any challenges taking place due to the fact that the grounds are used for parking for the Royal Show. Some challenges arose with accessing the soccer field due to chevron tape and wire fencing which had already been put up for the Royal Show, however this did not significantly impact on the event. This will be taken into consideration, however, when we plan the 2013 event dates so this does not get repeated.
3. All wards, except Northpark ward, attended the event. We were very impressed that both the acute male wards (Hillside B and C) brought all their MHCUs to the event despite them

often being the most challenging MHCUs to supervise. The total numbers of MHCUs at the event were approximately 116 MHCUs (68% of total admitted MHCUs). Wards who had the most MHCUs not attend the event and remain in the ward were Uitsig E/F and Peacehaven wards.

4. Despite the fact that the female wards were provided with items to make decorations for the event, as they were asked to provide the cheerleading for the male wards who were taking part in the event, only 1 female ward (Impala H) made the effort for their MHCUs to wear the items made to the event to support their allocated team. Due to this, Impala H won the prize money towards a ward party, although it is disappointing. Impala G and made little attempt and Peacehaven made no attempt at all with this despite the fact that they could have won the prize.
5. The line marking machine is broken which made it impossible for us to mark the lines on the field ourselves. The caretaker at Clarendon Primary School was of great assistance and came to mark the lines on the field for us. We are very appreciative of their support to our therapeutic events at the hospital.
6. The hospital's microphone has still not been sent for repairs and thus could not be used for the event. Due to this reason the loud hailer was borrowed from the QAM to use on the day. The loud hailer works very well due to the fact that it is portable and it is recommended that a loud hailer be used at all future outdoor events. The indoor events (i.e. the dances) will require the use of the microphone.
7. Litter such as empty alcohol bottles were piled next to the field where the MHCUs were sitting. This is not conducive to a therapeutic environment as alcohol is not permitted on the property. The hospital staff must also ensure that litter must be picked up after any events that may take place on the property.
8. The state of the fencing around the soccer field is very poor. Parts of the fence is falling over and this proved a health and safety hazard and MHCUs tripped over the falling fence in trying to fetch the soccer ball that would have been stopped by the fence had it been in a decent condition.

Suggestions for future events:

1. The EXCO Committee should discuss the possibility of adding further staff members to the list of signatories for the Recreation Fund so as to prevent delays in drawing funds due to the limited current signatories being unavailable.
2. The O.T. Department must order a loud hailer in this current financial year to be kept as a part of PSR Stock which may be used at all necessary events.
3. The line marking machine for the field needs to be fixed. O.T. will send the machine to workshops in hope that they can repair it, or if not, if they can send it to be repaired.
4. The hospital must ensure that the fencing around the soccer field is fixed and then regularly maintained.
5. The hospital must ensure that when sports grounds are used, that the staff using the field for whatever reason pick up their litter afterwards.

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.

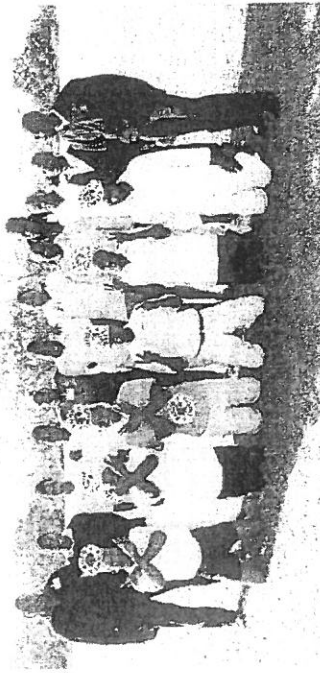
We hope this letter will help to improve to coordination and running of future events. Please find attached some photos from the event for your perusal.

Yours faithfully

Ginette Potgieter
Chief Occupational Therapist
Town Hill Hospital



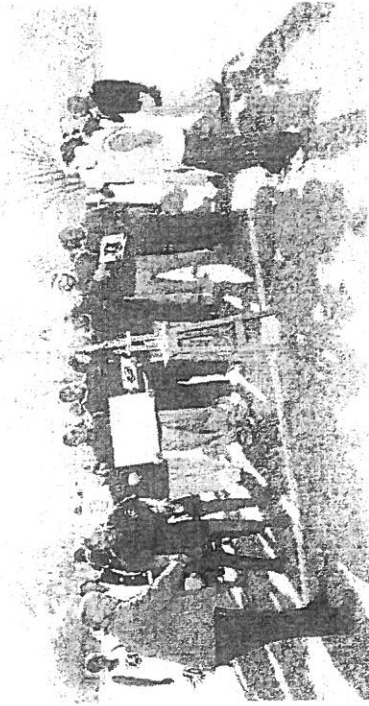
A view of the poster next to the field



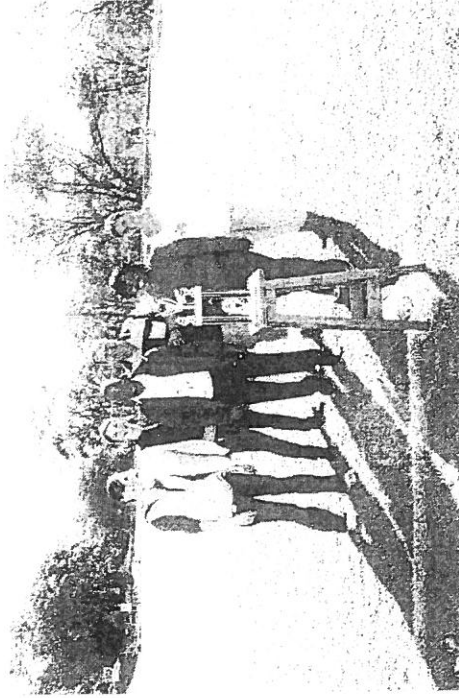
The MHCUs wearing some of the items made in OT groups to support their soccer team



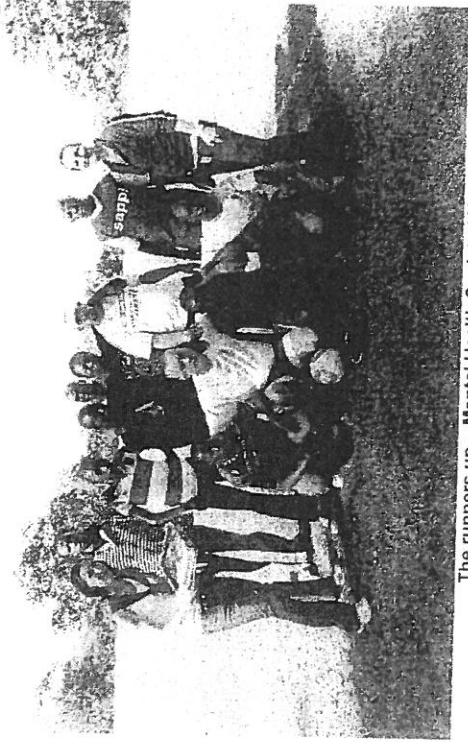
The Motto for the day: "ONE GOAL: MENTAL HEALTH FOR ALL"



Hillside B formally handing over the floating trophy to OT



A photo taken of the OT staff with the caretaker from Clarendon Primary School who kindly marked the field for THH



The runners up – Mental Health Society (Ajaxis)



The Operational Manager from Impala G (Mamelodi Sundowns) receiving the prize for best supporters of the day.



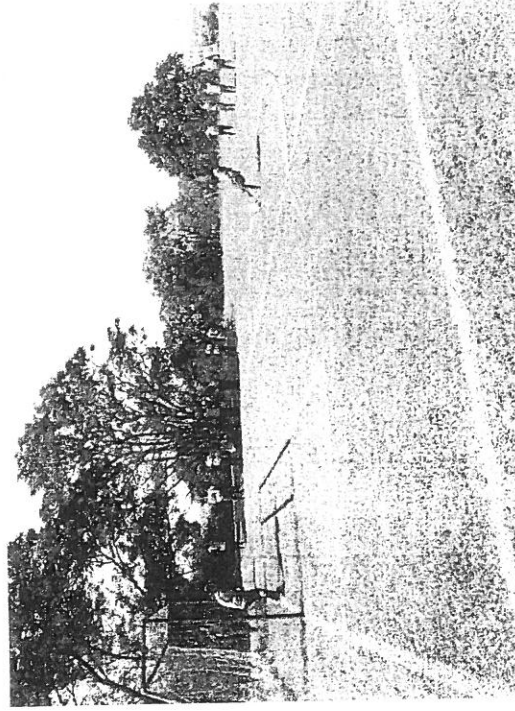
OT staff busy preparing the hotdogs for all the MHCUs who attended the event.



MHCUs enjoying their tea time snacks as well as the cool drinks kindly sponsored by Akesco.



The supporters were glued to the field. Additional supporters items (like bandanas, glasses and flags) were made during OT groups in the wards as a part of the build-up to the event.



The final match's penalty shootout which resulted in Town Hill's O Ward winning the event.



Numerous positive comments were received by MHCUs who enjoyed the hotdogs as an additional treat.



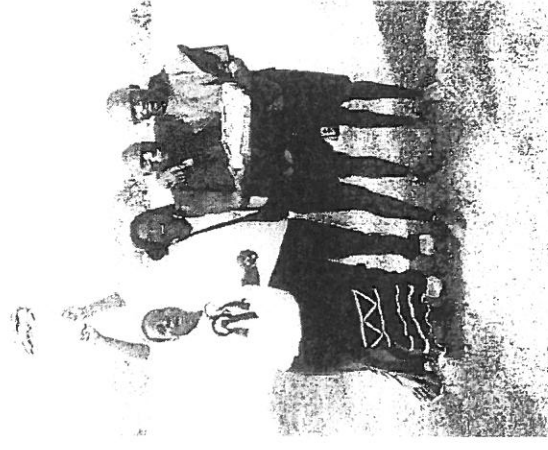
Impala H (Orlando Pirates supporters) all dressed up to cheer and shout for their allocated team.



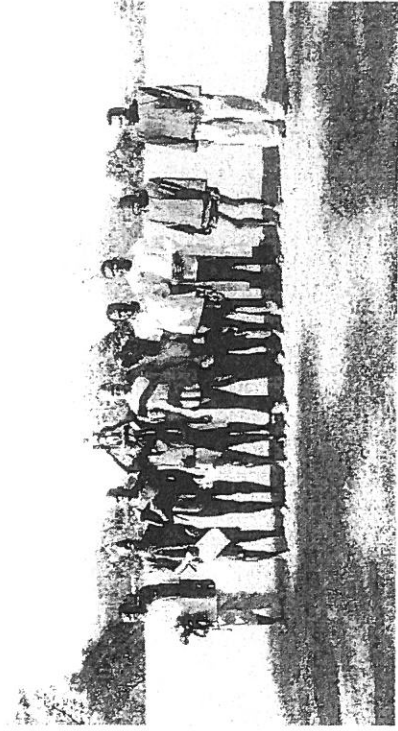
The Orlando Pirates supporters (Impala H) shouting to motivate their team



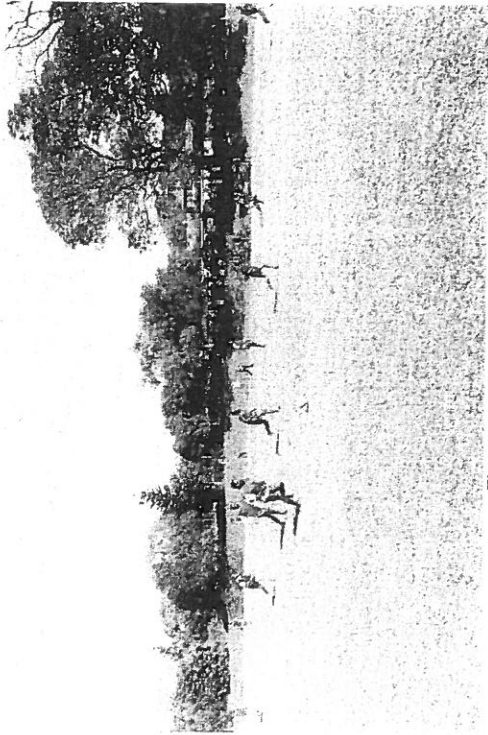
Impala H with their certificate winning the title of 'Best Supporters of 2012'



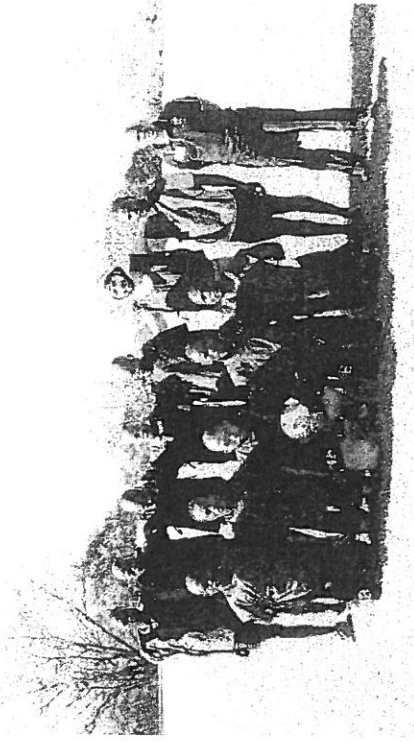
Hillside B collecting the runners-up prize: A chocolate cake baked by the OT Department



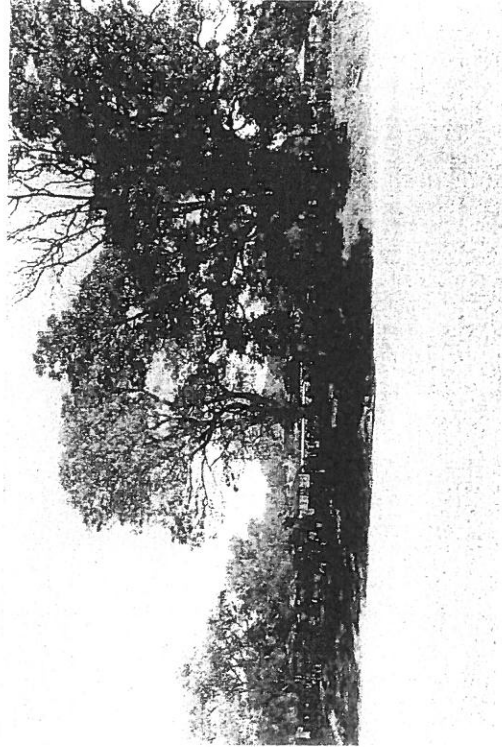
The official winning team of the day: Ultisig EIF (aka. Ajax)



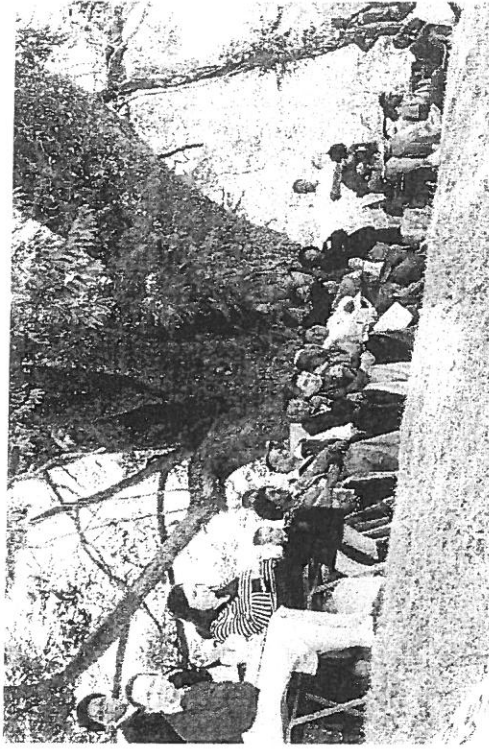
The soccer teams in action



The runners up: Hillside B (aka. Orlando Pirates)



A view of all the supporters



The supporters glued to the field: the final was a very intense and close game resulting in a penalty shoot-out and sudden death



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

Enquiries: Ginette, ext. 5632
Date: 22 May 2013

Dear Hospital Board Members
CC: EXCO Committee Members

RE: REPORT ON TOWN HILL SOCCER DAY 2013

As you are aware, the annual Soccer Day was held for our Mental Health Care Users (MHCUs) as part of their annual Therapeutic Events Programme on Wednesday 15 May 2013. This day was once again a great success with positive feedback being received by staff members as well as sponsors for the event.

The day was successful for the following reasons:

1. As the Annual Royal Show takes place towards the end of April every year in which large portions of the hospital grounds are used for parking, we were proactive this year and chose the date for the event for 2 weeks before the commencement of the Royal Show. This worked greatly in our favour as we had more control of the grounds' upkeep due to this. This event will continue to be planned in this manner in future.
2. Due to the fact that the MHCUs thoroughly enjoyed the hot dogs provided at last year's event, OT staff were once again motivated to obtain additional funds to buy further treats for the MHCUs and thus carried out a fund raising initiative in May 2013 selling muffins to staff. The OT staff were able to raise R250 from this, with all this money being used to buy the necessary items to make hotdogs for the MHCUs. Snack packs, cooldrink and oranges were also provided to the MHCUs as outlined in the annual budget.
3. Akeso Clinic very generously sponsored 64 training bibs which were worn by the MHCUs to identify the respective soccer teams when playing. These will be used for future sporting activities with MHCUs that require team involvement. They also donated 200 x 330ml cans of cool drink which were greatly appreciated by the MHCUs.
4. Clarendon Primary School assisted the hospital in marking the lines for the soccer field which we are very grateful for. The hospital's line marking machine is broken and thus without their assistance we would have been unable to have lines drawn on the field.
5. Networking was done with the Pietermaritzburg Mental Health Society and they were requested to form a soccer team to take part in the tournament. The Mental Health Society and their clients demonstrated excellent soccer skills and were very helpful at the event. We were highly impressed with their respect towards our hospital, staff, MHCUs and the hospital's facilities.
6. The floating trophy which was won by the Uitsig B (E/F) ward at the previous event was formally handed over to OT staff as part of the Soccer Day. The winning ward for the soccer event (O Ward – Mamelodi Sundowns) have now taken the trophy and will hand it over again at the next therapeutic event, i.e. the Spring Dance.
7. Impata G won the prize for best supporting ward of the day. They were allocated as supporter of Mamelodi Sundowns (O Ward) and showed great initiative and team spirit throughout the entire morning.
8. Attendance at the event has increased from 50% at the gala to 58% for this event. Unfortunately though, this is a decline compared to last year's soccer day whereby 68% of MHCUs attended from the hospital. Only one ward (Uitsig C) did not attend the event;

however the participation from the wards who did attend was very good as they showed great enthusiasm and excitement with regards to the matches.

9. Rules were agreed to long in advance with all the male wards involvement in the soccer tournament. This allowed for all staff to understand what the expectations were of them as well as the MHCUs.
10. The bakkie was booked a week in advance with the Transport Department and is a great necessity at events such as these due to the amount of equipment and stock that needs to be transported to and from the event.
11. No adverse incidents or injuries occurred on the day, although a first aider was available with the first aid kit if anything did happen.
12. Use of the Nursing College microphone for the event proved to be very useful due to the necessity in communicating with everyone at the field. Unfortunately as the microphone is not portable it made some communication a challenge as the MC was unable to be seen by the MHCUs or staff when talking. For this reason a loudhailer or portable microphone is essential for future outdoor events.

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

1. Despite the fact that the 2013 annual budget for the therapeutic events approved by the Hospital Board early in the year, we still experienced delays in receiving the funds for this event as staff who were signatories to draw the money were unavailable to go to the bank which caused delays of up to approximately 6 weeks.
2. The line marking machine is broken which made it impossible for us to mark the lines on the field ourselves. The caretaker at Clarendon Primary School was of great assistance and came to mark the lines on the field for us. We are very appreciative of their support to our therapeutic events at the hospital.
3. The hospital's microphone and loudhailer are both currently missing and thus could not be used for the event. Ideally a loudhailer would have been most optimal for an outdoor event of this nature. Due to this the OT department has made attempts to order a loudhailer as part of departmental stock although there have been delays in the procurement process.
4. The club house unfortunately created some clashes on the day of the event as that is the only venue that provides for ablution facilities for any of the hospital's field events. A Health and Safety meeting had been arranged at the club house on the same day which provided some challenges. The outdoor ablutions are reportedly beyond repair, however this should be attended to as a matter of urgency so that clashes of venues does not occur in future due to the limited number of meeting venues within the hospital due to the renovations.
5. Various fund raising initiatives took place at the soccer day event (by the event committee as well as by Northpark Ward). This provided the potential for staff to be more focused on purchasing food items for themselves instead of focusing their time and attention on their MHCUs at the event. In future it should be encouraged for fund raising initiatives to rather take place within the wards and departments and not on therapeutic event days, where possible, as these are aimed at the MHCUs and not staff.
6. Litter such as broken empty alcohol bottles were found alongside the soccer field where MHCUs and staff are expected to be seated. This provides a health and safety hazard due to the fact that people can easily be cut or injured by the broken glass. The hospital staff must take initiative to ensure that litter must be picked up after any events that may take place on the property.
7. The state of the fencing around the soccer field is very poor. Parts of the fence is falling over and proves a health and safety hazard as well as a functional challenge due to the fact that the soccer ball repeatedly would bounce off the field and down the hill. The soccer ball would have been stopped by the fence had it been in a decent condition. Also, the stairs down the bank onto the soccer field is in very poor condition and needs to be appropriately maintained so that no one falls down the steep bank in an attempt to access the soccer field.

Suggestions for future events:

1. The EXCO Committee should discuss the possibility of adding further staff members to the list of signatories for the Recreation Fund so as to prevent delays in drawing funds due to the limited current signatories being unavailable.

2. The O.T. Department has ordered a loud hailer which needs to be purchased as soon as possible via supply chain management so that it can be kept as a part of PSR Stock which may be used at all necessary events.
3. The line marking machine for the field needs to be fixed. O.T. will send the machine to workshops in hope that they can repair it, or if not, if they can send it away to be repaired.
4. The hospital must ensure that the fencing around the soccer field and steps to the field are fixed and then regularly maintained.
5. The hospital must ensure that when sports grounds are used, that the staff using the field for whatever reason pick up their litter afterwards.
6. The outdoor ablution facilities should be added on the 2014 maintenance plan.

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. Please find attached some photos from the event for your perusal.

Yours faithfully

 Ginette Potgieter
 Chief Occupational Therapist
 Town Hill Hospital



A view of one of the matches in action



O Ward (Mamelodi Sundowns) – the winning team of the day



The Motto for the day: "ONE GOAL: MENTAL HEALTH FOR ALL"



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Enquiries: Ginette, ext. 5632
Date: 10 March 2014

Dear Hospital Board Members
CC: EXCO Committee Members

RE: REPORT ON TOWN HILL SWIMMING GALA 2014

The annual Swimming Gala, Volley Ball and Putt-Putt day was held for our Mental Health Care Users (MHUC's) as part of their annual Therapeutic Events Programme on Wednesday 26 February 2014. The morning was thoroughly enjoyed by all those who attended the event.

The day was successful for the following reasons:

1. The 2014 annual therapeutic event budget was drawn up early in the year and although the gala was scheduled to take place prior to the fifth hospital board meeting of the year, EXCO assisted in ensuring the annual budget was approved so that funds caused be accessed well in advance. Also, as there were some left over snack packs remaining from the 2013 Christmas functions, we were able to save money by not spending the full budgeted amount. A total of R110,15 was refunded back into the Recreation fund from the requested R780,00.
2. The ward who showed great active participation and morale at the event was Impala G, who then were awarded the floating trophy.
3. Although the event was supposed to be a swimming gala and putt-putt day, as the putt-putt course is currently under maintenance work we were then forced to come up with alternative activities for those MHCUs who are unable to swim but still wanted to take part in an activity on the day. For this reason the event incorporated the swimming gala, volleyball, swingball as well as lawn bowls so that all age groups and genders were able to take part in something. This proved very successful, particularly before the heat of the day kicked in as many of the female MHCUs were very active in the alternative activities. As with all our previous swimming galas, a number of fun swimming races were also created in the shallow end of the pool for those MHCUs who are unable to swim so as to ensure those who wanted to be in the pool could still take part in something.
4. MCHU attendance for this event was 58% of hospital inpatients. Both Impala H and Hillside D brought their entire ward to the event while Uitsig C was the only ward not to attend the event.
5. No adverse incidents occurred on the day due to the effective life guard on duty (D. Dluudia, H.R. Department) as well as the adverse event plan for the day. Several tubes of sunscreen were ordered through the Pharmacy Department and were available on the day to all staff and MHCUs who required it.
6. Due to the fact that majority of the wards arrived late for the event the gala was only able to start after 10:00am, although the event was scheduled to start at 9:30am. Despite this, we still regard it as a success that some wards made the effort to arrive early for the event.
7. External stakeholders, i.e. the garden services company, housekeeping, nursing college, kitchen, security and workshops departments were all incredibly supportive and helpful in assisting us in some way with the planning of the event.
8. The PA system and microphone were both in working order on the day which made it easy to communicate to the masses of people.
9. Due to the fact that the OT Department has stock of 6 gazebo's, there was ample shade for both staff and MHCUs at the event.
10. The most important point that should be mentioned is that our MHCUs as well as staff thoroughly enjoyed the event and were very active and excited about the races and treats. Patients and staff cheered and supported the swimmers throughout the morning.

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

1. One of the biggest challenges that limited active participation in the gala from the female wards was the fact that the hospital did not have any stock of clothing (i.e. shorts and coloured shirts/vests) that could be used by the female MHCUs to swim in on the day. Due to this only very limited female MHCUs were able to take part as only the ones who had private clothing were able to swim.
2. Due to potential clashes in terms of meetings being booked at the same time as the scheduled event; this caused major confusion in the wards the day prior to the event. Efforts need to be made in future for all departments to take note of the hospital's calendar of events when planning their respective meetings/workshops.

Suggestions for future events:

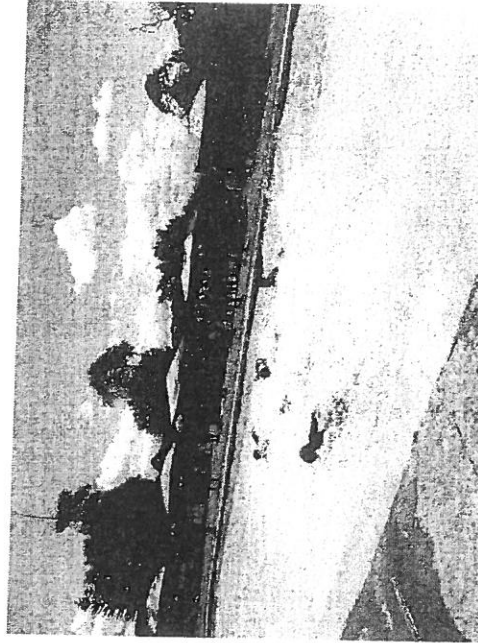
1. For the hospital to plan for these events by ensuring stock of relevant clothing that can be used by MHCUs at events such as these.
2. That Supply Chain Management increase their efficiency and provide the OT Department with the loudhailer was ordered in June 2012.
3. For all departments to be reminded of the importance of following the hospital's calendar of events when planning future meetings/workshops/events so as to prevent clashes.

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.

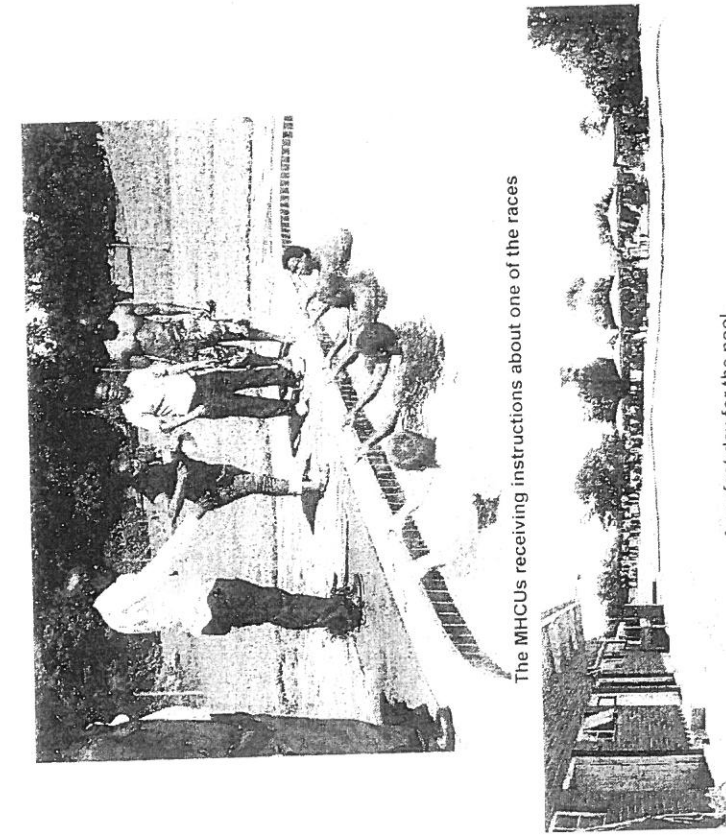
We hope this letter will help to improve to coordination and running of future events. Please find attached some photos from the event for your perusal.

Yours faithfully

Ginette Potgieter
Chief Occupational Therapist
Town Hill Hospital

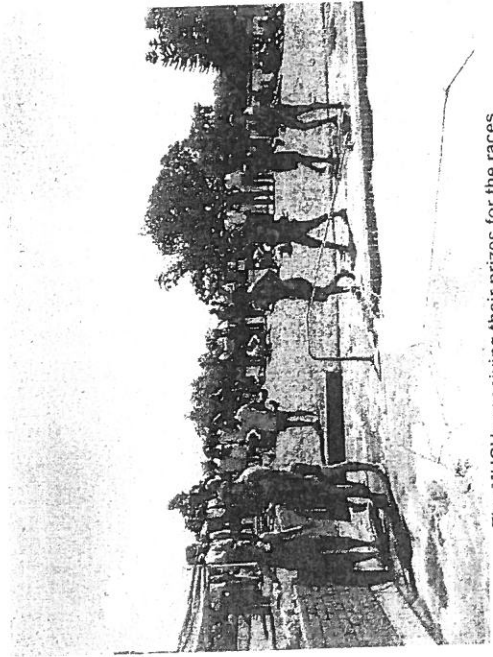


One of the many races at the event.



The MHCUs receiving instructions about one of the races

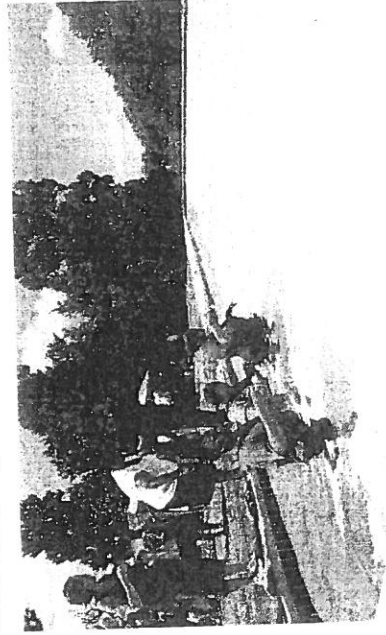
A perfect day for the pool.



The MHCUs receiving their prizes for the races



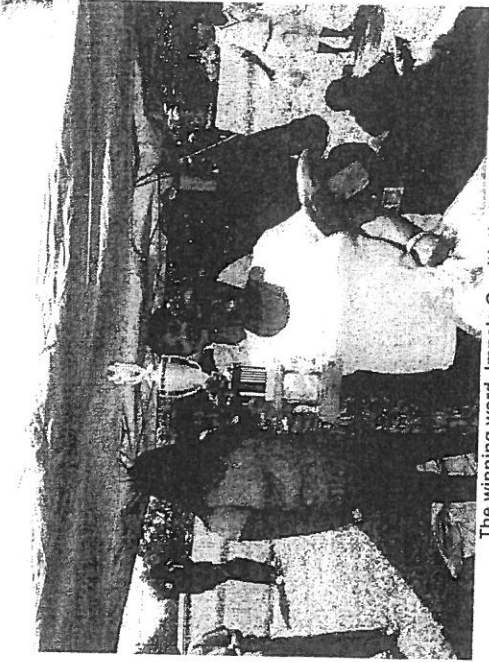
The OT staff getting the refreshments ready for the MHCUs snack time.



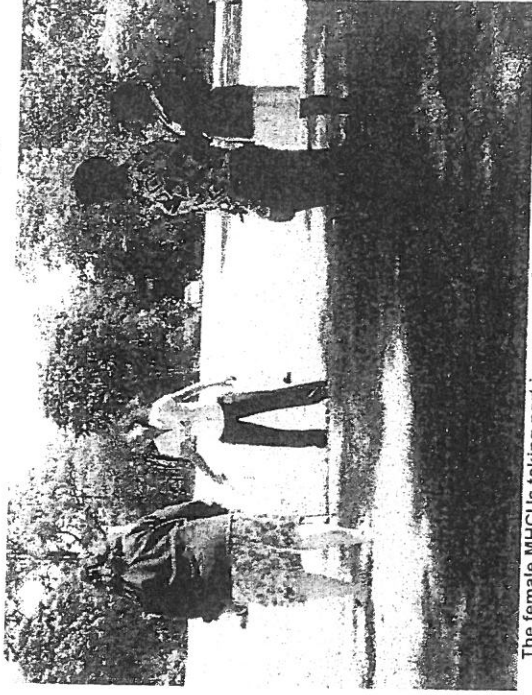
Female MHCUs taking part in the potato and spoon race.



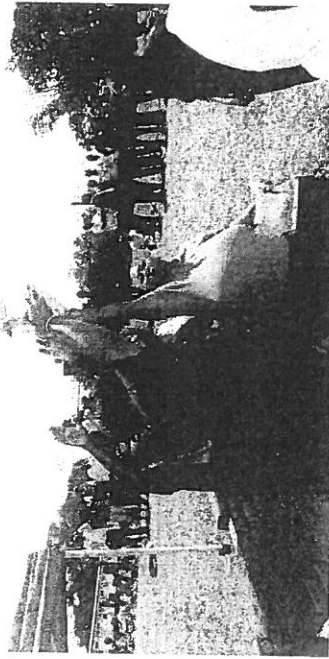
MHCUs receiving their snack packs.



The winning ward, Impala G, with their trophy.



The female MHCUs taking part in a game of swingball with the nurses.



Impala G MHCUs collecting their trophy.

Enquiries: Ginette, ext. 5632
30 December 2015

Attention: Hospital Board Members

Dear Madam/Sir

RE: ANNUAL REPORT FOR TOWN HILL HOSPITAL THERAPEUTIC EVENTS 2015

The Occupational Therapy Department had a busy year ensuring all therapeutics events that took place were successful and enjoyed by all those who attended, namely the mental health care users (MHCUs) and accompanying staff.

The following events took place in 2015:

1. Swimming gala, volleyball and putt putt day – 4 March 2015
2. Soccer day – 13 May 2015
3. Geriatric fun day – 10 June 2015
4. Spring dance – 2 September 2015
5. It was decided by all allied and clinical staff at the monthly clinical services meeting that the two Christmas functions (i.e. the end of year celebration and the geriatrics Christmas tea) rather be cancelled due to the fact that attendance is often poor at events in December due to ward parties/functions and shortage of staff to escort the MHCUs to the event.

Below is a short summary from each of the events to give you a better understanding of some of the logistics and experiences at each event:

1. Swimming gala, volleyball and putt putt day

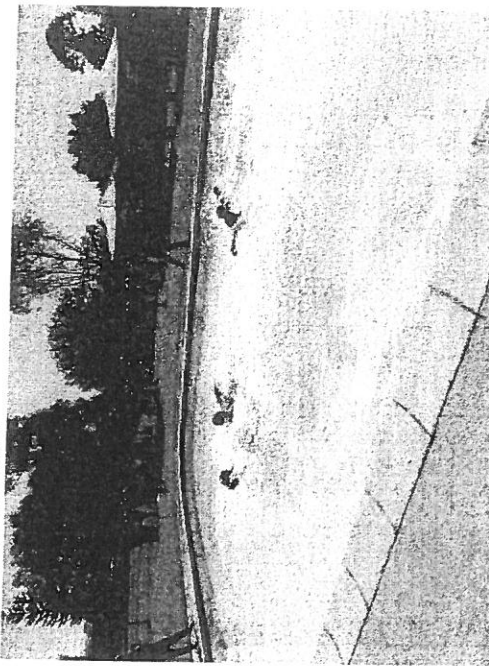
This event was unfortunately poorly supported with only 40% of the MHCUs in the hospital attending on the day. This was partially due to the Human Resource Department planning an orientation and induction training for staff on the same day as well as due to the fact that some wards were just disinterested in bringing the MHCUs to take part. A large number of the MHCUs who the event was aimed at, i.e. the predischarge wards, did not attend at all and were unable to provide reasons for this. 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, Pool noodle race and lastly a Tennis ball race. What was of note was that less than 30 MHCUs in total actually swam on the day despite it being perfect weather for a swimming gala, with not one female taking part at all. Races were strategically planned to also include MHCUs who are unable to swim as these races took place in the shallow end and merely required walking through the shallow water. Unfortunately as the hospital has a

lack of appropriate swimming attire, this also impacted on providing MHCUs with the opportunity to take part. 1st, 2nd and 3rd place prizes were given for each event for our Mental Health Care Users. Snack packs consisting of chips, sweets, ice lollies and biscuits as well as juice were provided during the tea break. Prizes were also planned for the Victor ludorum and Virrix ludorum although no female prize was awarded due to non-participation.

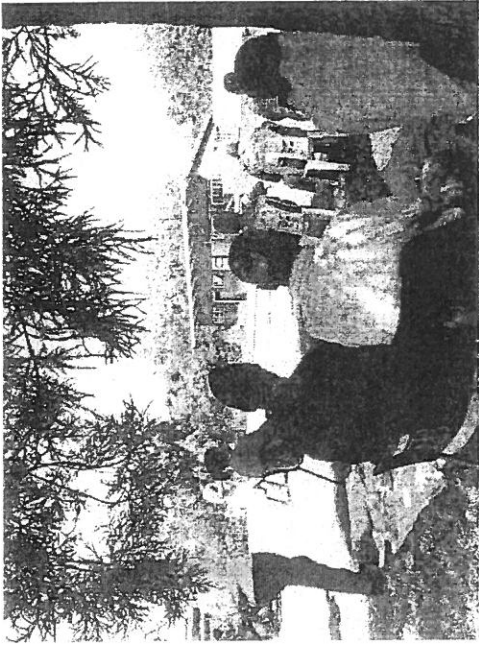
Challenges:

- Poor overall communication: there was no transport available for use on the day; there was no electricity at the pool storeroom; the keys to the pool storeroom were not available; and there were difficulties accessing chairs.
- We discovered that a number of gazebos are broken. This proved a huge challenge trying to ensure MHCUs were able to find shade and not suffer from sunburn. Sunscreen was however available for them to use.
- HR department had their orientation for new staff on the same day as the event.

Here are a few photos from the event:



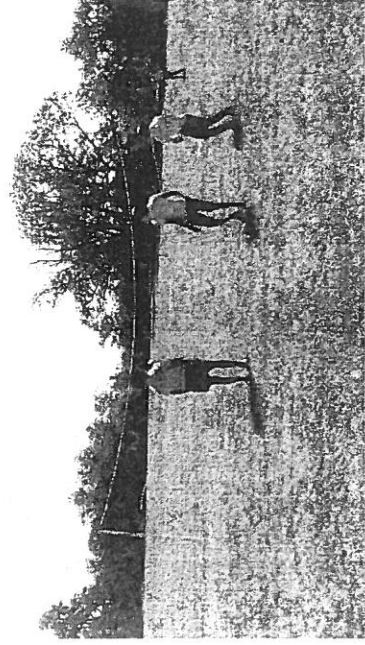
One of the swimming races



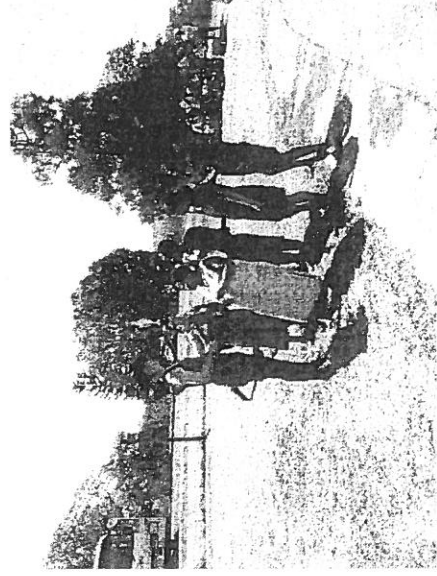
Some of the geriatric MHCUs enjoying watching the races in the shade



The ladies enjoying a round of putt putt



A volleyball match in action



Impala H receiving the floating trophy for the best war cry