



AUGUST 2025

**SERVICE
GROWTH
EXCELLENCE
AND MATURITY**

VISTA

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August is a powerful reminder of the strength, courage, and compassion women bring into the world — in their families, communities, and workplaces.

At Vista Clinic, we celebrate every woman's journey, especially those who've faced life's challenges with resilience and grace.

This month's newsletter highlights some of the wonderful feedback and heartfelt testimonials we've received — a true reflection of the great work we're ALL doing together.

So take a moment for yourself, settle in, and enjoy this month's updates — a true celebration of compassion in action.


Warming Hearts, One Beanie at a Time

Following from last month's handover of beanies to Solidarity, our Looming Team had the joy of visiting Irene Homes with Solidariteit Helpende Hand, where we handed out the beautifully handmade beanies to the women in their care.

Irene Homes is a long-standing haven for intellectually disabled women, offering them a safe, structured, and loving environment to live with dignity and purpose.

The women warmly welcomed us, and their appreciation was deeply touching. Irene Homes is always in need of toiletries and welcomes volunteer support. If you'd like to get involved or donate, please visit www.irenehomes.co.za and be part of the difference they're making every day.



 Irene Homes is 🥰 feeling blessed.
July 15 at 7:10 PM · 🌐


Guess who visited us today?

Yes—the incredible team from **Vista Clinic** and our friends from **Solidariteit Helpende Hand - Groter Centurion-streek!** ❤️

They reached out with hearts full of kindness and donated the most beautiful hand-knitted beanies for our residents.

What a thoughtful and heartfelt gesture!

Thank you, for your compassion and support. You've truly warmed our hearts—and our heads!



▶ WATCH NOW



Inter-House



Youth Day Throwback: Blue Team Takes the Win!

Last month's Youth Day celebration brought back all the nostalgia — from hot chocolate and typical school day boerie rolls to good old-fashioned fun and games. We announced the winning team over lunchtime, but we'd like to give the Blue Team a special shoutout here too for their incredible team spirit and well-deserved victory! Well done for making the day extra memorable.

What's happening next???



2025 events

Date	Event	What to expect
Friday 14 February	Valentine's Day	Dress up (Red and Pink) treats and Fun
Wednesday 19 March	Looming Kick-Off	Let's reach our goal - 1000 beanies
Friday 2 May	Worker's Day	Dress Up
Friday 13 June	Youth Day	Dress up, treats and fun
Friday 8 August	Women's Day	High Tea
Tuesday 23 September	Heritage Day	Dress up, treats, and fun
Friday 10 October	World Mental Health Day	To be announced

Join us for a special Women's Day High Tea as we celebrate the incredible women around us. Dress to impress, sip on delicious tea, and indulge in a selection of sweet and savoury treats.

And that's not all — we have a little surprise planned for that week that both men and women can look forward to! Keep a look out on our Announcements group for more details



HAPPINESS IS.... WITH CHAPLAIN, PS DEON BREEDT

As part of a spiritual enrichment program, we remind you to join the 10-week "Happiness is..." series in the chapel, every Thursday from 13h00 - 13h30.





UPCOMING EVENTS

CPD WEBINAR

Creative Interventions with Boys

22 August 2025
09h00 - 12h00
By Elsa Struwig
Live Online via Zoom
R440

VISTA ACADEMY
A division of Vista Clinic - celebrating 40 years

HPCSA 3 General CEU's
booking@vistacpd.co.za | www.vistaacademy.co.za



CPD JOURNAL CLUB

The Impact of Unresolved Trauma on Pain

27 June 2025 07h30 - 08h30
By Dr Riaan Prinsloo
Venue: VISTA CLINIC

VISTA ACADEMY
A division of Vista Clinic - celebrating 40 years

HPCSA 1 General CEU
enquiries: booking@vistacpd.co.za | 012 748 9148 | www.vistaacademy.co.za

Monthly case discussions
1 CPD POINT FOR ALL HPCSA REGISTERED CLINICIANS

- Next dates:
- 29 August
 - 31 October
 - 28 November

The You Matter Walk: A suicide Awareness & Prevention Initiative will be taking place again this year, with Vista as the proud sponsor!

The Bid Red Barn offers a 2.5km, 5km as well as a 10km route.

You're welcome to run, walk or just take a stroll. One ticket per participant is required. Socialized dogs are welcome to join.



**SATURDAY
SEPTEMBER 13
7AM - 12PM**

**IF YOU WOULD LIKE TO BE PART OF
THE VISTA TEAM ON THIS DAY, PLEASE
CONTACT MONIQUE ENGELBRECHT:
ENGELBRECHTM@VISTACLINIC.CO.ZA
012 748 9148**

YOU *matter* WALK

A SUICIDE AWARENESS & PREVENTION INITIATIVE

Saturday, 13 September 2025 | 7AM – 12PM

5KM

RUN

2.5KM | 10KM

& WALK

**R85
PER PERSON**



www.youmatterwalk.co.za



The Big Red Bar 0011 taxi
Olifantsfontein



WELLNESS DAY

with Discovery Health

11 & 12 AUG

@ Jasmine, Vista Clinic



It's time for the Discovery Wellness Experience
A professional Wellness Specialist will perform the following screening assessments at the Discovery Wellness Experience:

- Glucose, cholesterol and blood pressure tests
- A postural assessment
- An eye assessment
- Weight, height and body mass index (BMI) measurements

WHEN TO ATTEND ?

Mon 11 August 2025 – 07:00 – 14:00

&

Tue 12 August 2025 – 10:00 – 17:00.

Please register for this day by following these steps:

You will receive a Wellness Booking link via email or click on the link below

Select your day and time-slot & enter your details to receive your confirmation

This confirmation email/sms will provide a final link to complete a mandatory pre-screening questionnaire

By completing the pre-assessment online, you will save you time on the day

If you need any assistance completing this online registration and questionnaire, kindly contact Boikanyo

Boikanyo will book a time to assist you with this process

[CLICK HERE TO BOOK YOUR SPOT](#)

Contact HR for further information x9127



VISTA CLINIC
reaching caring healing

Emotion Regulation Groups

Recognise, understand and manage difficult emotions, develop better coping skills and a better sense of self

Medical Aid /
Cash Payment
Options
Available

▶ Clinician / self referrals

Groups presented in 6
convenient, after hour sessions

Visit our website for the
next available dates

Presented at Vista Clinic

135 Gerhard Street
Die Hoewes, Centurion



WhatsApp Line:
063 503 7051

**Next Group:
19 - 28 August**

VISTA CLINIC & ADVENTIST WORLD RADIO

Mid-Morning Empowerment is a daily brunchtime radio show focusing on spiritual growth and practical Christian living. Yolanda Lindeque, Clinical Coordinator and Group Facilitator, joined the show as a representative of Vista Clinic, sharing her knowledge on Personality Disorders, for their Mental Health Awareness segment. You can click on the image below to listen to the latest podcast on



Personality Disorders: Supporting A Loved One With A Personality Disorder



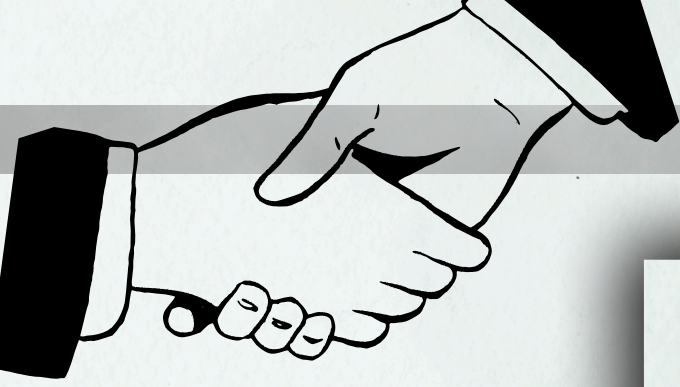
[Listen Now](#)



01.26

04.22






WELCOME NEW VISTA EMPLOYEE



ELIZABETH NKHUMANE

 Who is your hero?	My Mother
What really makes you angry?	 Dishonesty
What is your favourite thing about your career?	Continuous learning and growth
If you could choose to do anything for a day, what would it be?	Sky diving 
If you could eat one meal for the rest of your life, what would it be?	Supper
What are your hobbies?	Playing soccer, ice-skating and hiking
How would your friends describe you?	Motivational speaker
Which single item can you not go without in a span of 24 hours?	Wearing glasses



STAFF CELEBRATIONS

Busi Mcingana's son was born on 21 July 2025.

Welcome, baby Lethabo, whose name means

Mom and son are both doing well.

Happiness



EMPLOYEE ENGAGEMENT SURVEY

Our upcoming Employee Engagement Survey is your space to speak up — because how you feel matters here.

Your feedback isn't just appreciated — it reflects the values we stand for.

The survey is your opportunity to tell us what's working, where we can grow, and how we can support each other better.

We'll share more details soon.

We're all ears.



Compassion in Action



From Withdrawal to Living Fully

At one point, he felt stuck—shutting down, withdrawing, and watching his relationships suffer. But after reaching out and getting the right support, everything changed. Today, he's writing books, creating music, and sharing hope on his YouTube channel. His story reminds us: no matter how dark things feel, it's never the end. You can turn your pain into purpose. One voice at a time, we break the stigma of mental illness. His journey was made possible because of the wonderful care he received from Vista Staff and Clinicians.

Thank You for making such a story possible.





I found Vista a wonderful place to regain my sanity. With the help of Dr Jacobs, who is an absolutely wonderful practitioner, I was able to get on the right medication and be released early. His dedication, caring and enthusiasm to help you is unparalleled. I have to give credit to Ms M De Jager, my psychologist who was chosen by Dr Jacobs. She was the perfect fit for me and I immediately felt at ease and knew I was going to get the right treatment...



Dr Sibanyoni really saved me, she understands and she puts things into perspective. She is soft and has the best interest of her patients at heart. She is truly a blessing.



I was at Vista clinic for 15 days. That's where I got my life back. My referral was from a medicine Professor at Witwatersrand University who was previously treated by Dr. Akindipe. I have never seen a psychiatrist so thorough and detailed like Dr. Akindipe. This is me who had seen four different psychiatrists in the last 10 years. I found the group programs very helpful.



My gratitude to the Nurses in Azalea ward, my psychiatrist (Dr. Akindipe), my psychologist (Dr. Motshwane) and Bronwen the dietician who also helped me.



The only reason I give this hospital 5 stars is due to DR Nell, He was awesome, he will meet you half way and listens and adapts to you



Patient Satisfaction Survey

Nonhlanhla is really helpful and she understands people, she has people skills and her style of counselling is very good and natural, she is very realistic and also patient.



This place assisted me in a difficult time. The nursing staff and presenters are friendly and dedicated to their work. The OT classes was nice and helpfull and all the information I gathered will assist me in future.



Testimonials

The treatment received from Gardenia was beyond my expectations. The nursing staff has exceptional work ethic and excellent care skills. I'm grateful for the care I received. I can't believe they converted my hopelessness into optimism and hope. I'm so glad with everything that I got from Gardenia ward. The consistency in medication times is amazing. The respect is just spontaneously expressed amongst the staff. I appreciate the cheerful spirit from all the staff, Thank Sr Dimakatso, Sr Louise, Sr Prudence, Mr Frans, Beauty, Francinah, Thuli, Suzan Dlamini, Theresho, Stephilina, and Lister. May the Greatest God expand his abundant blessings unto the nursing staff. I

APPRECIATE ALOT ❤️❤️🙏

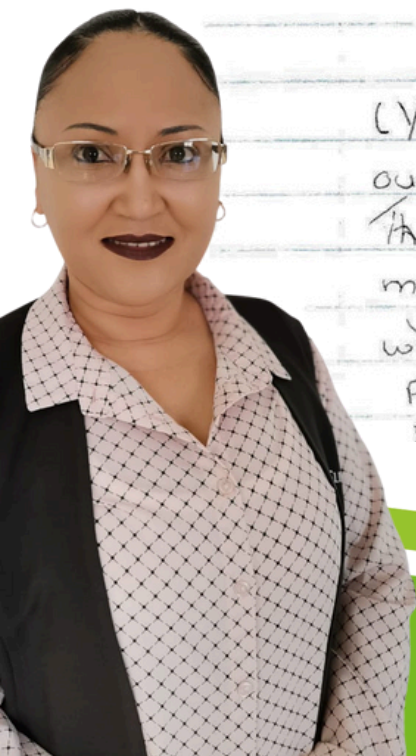
Dear Lydique

I know at 1st glance, I judged you. But you never did the same to me. You're a really special nurse & I'm truly grateful to have met you. So I want to take a moment to thank you, not just for your non judgement but also your patience with me. This journey has been a rough one, from the circumstance, to inconsiderate nurses, you chose to make my life easy instead of hard, even though you had every reason to.

Being in a mental health institution was a lot for me, & there were days I wasn't sure I'd make it. But you made a difference with your understanding & your compassion/no judgement. You didn't just give me my file/meds when I needed it, you saw me & that means more than words can fully express. Thank you for remaining calm with me through my chaos & bitchness.

You Are Doing Work That
TRULY HEALS!!!

(You are so beautiful inside & absolutely stunning on the outside & a smile that brings light to any room. ~~Thank~~ Thank you for simply being you!! & for hearing my soul when we did my progress report & the wisdom you put in me, I plan to carry it with me forever!!, so once again Thank you you, I appreciate you



Compassion in Action



Thuli
Sure
Course
Prudence
Theresho
Beauty

I really appreciate all the nurses who played the role in my life every day. Taking care of me until my last day. My the great Lord bless each and individual.

Frans
Lister
Dimakaso
Francine
Stephilina



The nursing staff at Gardenia was very empathetic and made my stay comfortable



Always friendly, helpfull and concerned about the patient. Thank you for looking after me and the other patients so well.



It was lovely being here I achieved my goal being here and the people around me was really supportive as well



Compassion in Action



Student Orientation: Insights and impressions from students who observed our departments in action.

Reception & Admissions

My experience here highlighted that the healing process often begins the moment a patient walks through the doors. I observed the reception staff create a calm and non-judgmental atmosphere, even for individuals arriving in distress. At the admissions desk, I was impressed by the level of organisation, confidentiality, and empathy involved in handling sensitive documentation and welcoming patients. I realised how much trust patients and their families place in this first point of contact, and how it can significantly influence their attitude toward treatment.

Marketing

The marketing department opened my eyes to the behind-the-scenes efforts involved in educating the public and combating stigma around mental health. I learned how outreach campaigns, digital presence, and print materials play a strategic role in promoting Vista's mission. I was particularly inspired by how this team works to humanise mental illness, connect with communities, and encourage help-seeking behaviour through storytelling, awareness weeks, and creative branding.

Debtors

Though administrative in nature, the debtor's department revealed the sensitive intersection between healthcare and financial realities. I saw how important it is to manage accounts ethically, clearly communicate billing information, and assist families in navigating the financial aspects of treatment. This reinforced my understanding that mental healthcare is not only about clinical recovery, but also about supporting the entire client journey, including financial peace of mind.

Electroconvulsive Therapy (ECT)

Observing ECT sessions dispelled many myths I previously held. I saw how the procedure is administered in a medically controlled and highly professional environment with full attention to patient safety, consent, and dignity. I appreciated learning about the indications for ECT especially for treatment-resistant depression and catatonia and the follow-up support required for patients post-treatment. It gave me a more balanced and respectful understanding of its place in modern psychiatric care.

Wards: Fuchsia, Erica, Gardenia & Azalea

Each ward presented a different phase and intensity of care. I appreciated how treatment plans were tailored to each ward's patient population ranging from acute stabilization to reintegration preparation. I observed staff providing structured routines, medication management, group therapy, and one-on-one interactions all with consistent compassion and professional boundaries. This exposed me to the rhythm of inpatient life, the significance of multidisciplinary teamwork, and the profound effect that safe, therapeutic environments have on recovery.

Nursing

I had the privilege of shadowing nurses as they conducted observations, administered medication, responded to emergencies, and supported patient routines. I was struck by their emotional intelligence, clinical knowledge, and tireless dedication. Nurses were the emotional anchor of the wards monitoring subtle behavioural changes, advocating for patients, and playing a crucial role in preventing relapse. Their work confirmed that mental health care is as much about patience, empathy, and intuition as it is about medication and protocols.

Vista Academy

My experience at Vista Academy was particularly energising. It revealed how Vista not only heals but educates investing in future mental health professionals through structured learning, mentorship, and professional development. I witnessed learners engaging in presentations, clinical discussions, and guided supervision. The culture of curiosity, support, and collaboration made me feel like I was part of something bigger than just a workplace it felt like a calling. I left the Academy inspired, hopeful, and more motivated to pursue excellence in the field of Psychology.

Health and Safety

My time with the Health and Safety department allowed me to gain a new appreciation for the foundational role that environment plays in patient recovery and staff wellbeing. I learned how policies, inspections, and daily protocols are put in place to ensure a safe, risk-free facility particularly in a psychiatric setting where patient vulnerability is high. I observed how fire drills, infection control, incident reporting, and environmental hazard assessments are managed with precision and care. Most importantly, I saw how this department collaborates with clinical teams to promote not only physical safety but also emotional stability through secure, orderly spaces. It was a valuable reminder that healing happens best in environments that prioritise both psychological and physical protection.

During the orientation, I engaged with nearly every department in the clinic. I began the 3-day orientation at reception, whereby I got the opportunity to witness the heart of clinic for potential patients, and in my opinion, the hands-on service of the receptionists provided a safe and calming space for the people calling and walking in – serving as a wonderful representation of what they are yet to receive within the facility.

Moreover, the exposure to the different departments revealed an excellent interconnected system that centres around one goal: Patient care. During the days spent at Vista Clinic, I got to learn that it is not just another business, but a business that recognises the importance and the weight of what it is that they do; of which remains one of highlights of the all of my observations.

What stood out most to me was Vista's calm and dignified approach to mental health. There was a refreshing absence of stigma – mental illness was treated as a part of human experience, not an aberration.

Clinically, I was particularly impressed by the multidisciplinary approach the clinic takes, where various professionals contribute to a patient's recovery. Ethically, I witnessed consistent respect for patient dignity and safety. Culturally, I appreciated the integration of spirituality into the healing process, which offers a more holistic path to wellness and recognises the potential of integrating an individuals' entire identity to their healing journey.

In group facilitation, I observed how it felt like a conversation among a group of friends about a collection of real-life experiences, only with emotional depth and professional structure. The balance of it all created a safe and reflective environment — something I hope to contribute to as well.

Overall, my experience at Vista Clinic was insightful and refreshing. I got to learn a little about the reality of working in the mental health field, and I got to finish my orientation with an essence of pride.



Happy Birthday

Louisa Kekana - 1 Aug

Surprise Motsatsi - 2 Aug

Esmá Tredoux - 4 Aug

Dr Ladawa Goga - Asante - 7 Aug

Dorries Mnisi - 8 Aug

Dr Elaine Strauss - 8 Aug

Fikile Mashinini - 10 Aug

Peerl Mabena - 14 Aug

Refilwe Masenya - 15 Aug

Pertunia Mofya - 16 Aug

Marie Jacobs - 18 Aug

Louretta Roos - 20 Aug

Happy Birthday

Bart Kooi (Trustee) - 21 Aug
Ramorongwa Molele - 21 Aug
Tshiamo Masemola - 21 Aug
Evelyn Nagel Malatji - 23 Aug
Annah Moloto - 24 Aug
Beauty Dladla - 25 Aug
Fritz Vermaak (Trustee) - 25 Aug
Greta Jones - 25 Aug
Portia Ubisi - 27 Aug
Aloise Baardman - 31 Aug
Chantelle Stander - 31 Aug