

JULY 2025



Brrr! Winter has certainly made itself at home—but while our fingers and toes might be frozen, our hearts at Vista Clinic are warmer than ever.

From snug beanies to shared smiles, we're keeping the chill at bay with kindness, connection, and care.

This month, we celebrate the small, meaningful moments that remind us mental wellness doesn't hibernate for winter. So grab a blanket (or two), sip something warm, and enjoy a peek into the incredible work—and warmth—happening around us.

**SERVICE
GROWTH
EXCELLENCE
AND MATURITY**



The Leader in Specialized Psychiatric Care

Warming Hearts, One Beanie at a Time

What began as a humble employee wellness initiative at Vista Clinic has grown into something truly heartwarming. Now in its third year, our Looming project has become a winter tradition of giving, connection, and compassion.

This year, our dedicated Vista Clinic Looming Team once again turned their tea breaks, lunch hours, and spare moments into opportunities to give back—hand-loomed over 150 beanies for those in need during the colder months. Each beanie is a symbol of care, created stitch by stitch with the Vista value of Service at heart.



Our beanies were proudly donated to Solidariteit Helpende Hand, whose tireless work brings practical support and dignity to many South Africans.



We're honoured to play a small role in the warmth they spread. In addition, our Vista family also donated thoughtful goodies to Ons Winkel Centurion, further extending the circle of kindness and care.

Because at Vista Clinic, mental wellness isn't just about what happens inside the clinic walls—it's about community, empathy, and making a difference where it's needed most.

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2025 events

YOUTH DAY

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 beanie's
Friday 2 May	Worker's Day	Dress Up
Thursday 12 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

This Youth Day, the halls of Vista Clinic echoed with laughter, play, and a whole lot of nostalgia as our staff swapped our Vista uniform for school gear and dived into a day of classic school fun. Staff members were divided into different houses - blue, pink, orange, and yellow - and engaged in friendly competition.

We believe that play isn't just child's play — it's a vital tool for connection, healing, and mental wellbeing.

Here's to nurturing the youth within, prioritising mental health, and never underestimating the power of a good old-fashioned maths test (or a tuckshop sugar rush)!



COMPREHENSION TEST

Every year on June 16th, South Africa celebrates Youth Day—a day that honours the bravery of the students who stood up for their rights during the Soweto Uprising in 1976. At Vista Clinic, this historic day is also a celebration of the resilience and strength of young people, especially in the face of mental health challenges.

Vista Clinic was established in 1984 by Dr Japie Vermaak, with the vision of providing quality psychiatric care in a compassionate, patient-centred environment. Now, over 40 years later, Vista Clinic has grown to include seven wards and 158 beds, serving as a place of hope and healing for people from all walks of life. At the heart of everything we do is a commitment to mental wellness—carried out with our core values of Respect, Integrity, Stewardship, Excellence, and Service

As a private psychiatric hospital, Vista Clinic is known for its expert multidisciplinary team, warm therapeutic atmosphere, and its ability to make every individual feel seen, heard, and supported. Whether it's a teenager experiencing their first anxiety attack or a young adult navigating depression,

Vista stands with them every step of the way.

Did you know that 1 in 4 young people worldwide will experience a mental health condition before the age of 24? Many never seek help—often due to stigma, fear, or lack of access. That's why Vista Clinic believes in the power of conversation, community, and connection. We see days like Youth Day as opportunities not only to honour the past, but to create a better, more mentally healthy future.

So the next time you see someone struggling, remember what Youth Day truly stands for: courage, voice, and the belief that even the youngest among us have the strength to change the world—and that no one should have to face mental illness alone.



Comprehension Test: Youth Day & Mental Health at Vista Clinic

1. What historic event does Youth Day in South Africa commemorate?
A. The end of apartheid
B. The birth of Nelson Mandela
C. The bravery of students during the Soweto Uprising in 1976
D. The founding of Vista Clinic
✓ Correct Answer: C
2. When was Vista Clinic established and by whom?
A. 1994 by Nelson Mandela
B. 1984 by Dr Japie Vermaak
C. 2000 by a group of nurses
D. 1976 by mental health activists
✓ Correct Answer: B
3. How many wards and beds does Vista Clinic have today?
A. 5 wards and 100 beds
B. 10 wards and 300 beds
C. 7 wards and 158 beds
D. 3 wards and 75 beds
✓ Correct Answer: C
4. Which of the following is NOT one of Vista Clinic's core values?
A. Respect
B. Support
C. Wealth
D. Integrity
✓ Correct Answer: C
5. What percentage of young people are expected to experience a mental health condition before the age of 24?
A. 1 in 10
B. 1 in 4
C. 1 in 5
D. 1 in 100
✓ Correct Answer: B

MATH PROBLEM

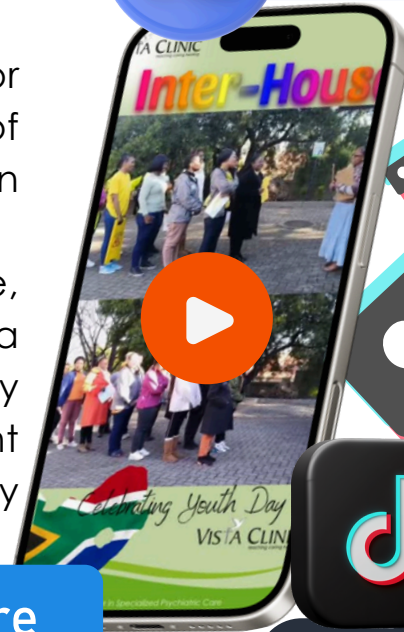


$$6 + (12 \div 4) \times 3 - 2$$

The morning kicked off with a comprehension challenge and a maths brain teaser, testing both wit and teamwork.

After flexing their mental muscles, it was time for breaktime, complete with a classic game of hopscotch that brought out the playful spirit in everyone.

Then came the much-anticipated tuckshop game, where participants "shopped" for snacks — with a twist! The healthier the choices, the more points they earned. It was a fun and interactive way to highlight wellness, decision-making, and a little friendly competition.





UPCOMING EVENTS



Neuropsychological Rehabilitation Interventions: Key concepts and challenges

3 GENERAL CPD Points
25 JULY
09H00 - 12H00



Introduction to DBT: Part 1

6 GENERAL CPD Points (HPCSA)
3.5 CPD POINTS (SACSSP)
31 JULY
08H30 - 15H30

LIKE AND SHARE THE EVENT WITH YOUR NETWORK



Monthly case discussions

1 CPD POINT FOR ALL HPCSA REGISTERED CLINICIANS

Next dates:

- 30 July
- 29 August
- 31 October
- 28 November



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.



YOUTH PROGRAMME



LIKE AND SHARE
THE EVENT WITH
YOUR NETWORK

Teens 16 - 19 years of age

7 - 11 July 2025

Presented at Vista Clinic

Youth programme

If you know of a teen facing academic pressures, relationship challenges, or simply struggling to find his/her place in the world, our sessions offer practical guidance and compassionate support. Please like the event on Facebook and share it with your network.

Click
Here

VISTA CLINIC & ADVENTIST WORLD RADIO

Mid-Morning Empowerment is a daily brunchtime radio show focusing on spiritual growth and practical Christian living. Psychologist, Hanli van der Westhuizen, has been joining the show as a representative of Vista Clinic, sharing her knowledge on Psychosis, for their Mental Health Awareness segment.

You can click on the image below to listen to the latest podcast on

What is Psychosis?



Listen Now



01.26

04.22



Compassion in Action



Dear Jean
The coolest dude!
Thank you for your
humour and wisdom
You've given me
many tools!
Keep being your awesome
most authentic self!
Rockstar!
- [redacted] ☺

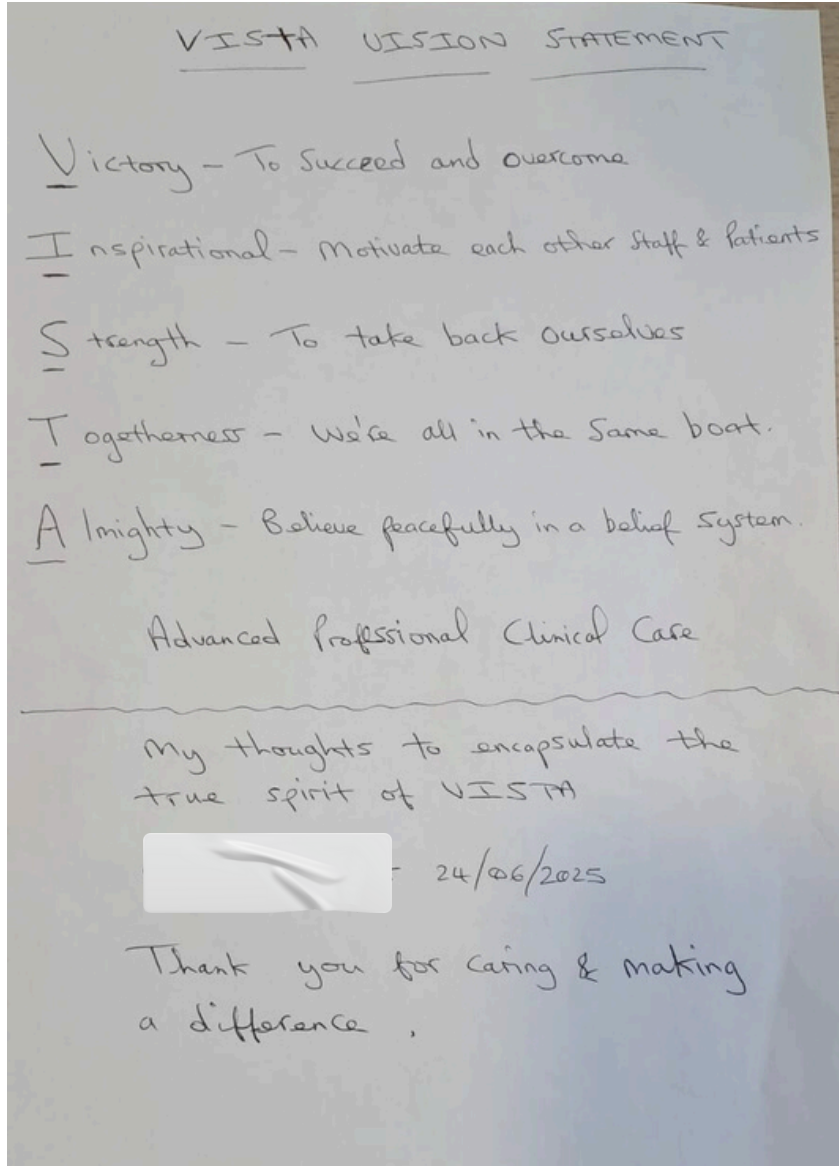
Dear Pearlina ♡
Thank you for
sharing your
wisdom with
kind fierceness ♡
You are a star.
And you are
changing lives!
Keep shining your
light!
[redacted] ☺

Dear Yolanda
Thank you for
the lessons
you taught me.
Your teaching
style is super
cool and I'm glad
I had the opportunity
to learn from you.
Keep shining your light!
[redacted] ☺

Thank you to the nursing staff for the love and warm welcome, support and encouragement! A special thank You to Lister, Sister Prudence, Sister Thuli, Thereso, Franscinah & Suzan! These ladies are amazing, I'm especially grateful to Lister for the prayers and sister Thuli for the encouragement!



Compassion in Action



Testimonials

I really want to commend all the nurses (day and night shift) that worked in Begonia from the 1st to the 13th of June 2025. They were all so kind, extremely patient, always had a smile and very gentle. Honourable mentions of Nurse Sanele, Rose, and Doris. The ward presented them with so many challenges and they handled them with so much grace and compassion. All the nurses with no doubt love their jobs and really care for their patients.



Happy Birthday

Barbarah Manyoni - 4 July

Laetitia Kruger - 11 July

Robert Mawasha - 17 July

Mosima Lestoalo - 17 July

Mr Francois Louw - 22 July

Dr Natali Raman - 22 July

Sibongile Khanye - 22 July

Henriette Brown - 23 July

Dr Jerrie Bezuidenhout - 24 July

Ps. Trevor Kunene (Trustee)- 25 July

Antonette Mompoti - 30 July