

JUNE 2025

SERVICE
GROWTH
EXCELLENCE
AND MATURITY

VISTA

This June, we celebrate Youth Day by turning inward—honoring the spirit of play, curiosity, and resilience that lives within us all.

This month is a reminder to care for our mental health by reconnecting with our inner child—through joy, rest, creativity, and compassion.

YOUTH DAY




VISTA CLINIC
reaching caring healing

The Leader in Specialized Psychiatric Care

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 |
| 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 |

SAVE THE DATE

We're moving our Youth Day celebration to Thursday, 12 June! All staff are asked to dress in their House colours for the day. Each House will be allocated a specific time slot to take part in our fun-filled "School Day" experience, featuring a variety of playful activities that mimic a classic school day.

🏆 Houses will compete to earn points in each activity—and the House with the highest score will be crowned the winner of the day! Look out for further details coming soon, including your assigned House and a full schedule.

There will also be exciting bonus point opportunities, so stay tuned—this day is all about playing for our mental health and having a blast while we do it!

Our Nurses, Our Future

Celebrating Our Nurses – Rooted in Care, Growing with Purpose

This Nurses Day, our incredible nursing team came together to plant a Paperbark tree – a living symbol of strength, resilience, and healing.

Much like the Paperbark, which thrives through all seasons and adapts to its environment, psychiatric nurses provide unwavering support, comfort, and care through every stage of a patient's journey. Its layered bark mirrors the depth and complexity of the human mind – and the patient-centered compassion our nurses bring to every shift.



Planting this tree was more than a gesture – it was a commitment to growth, and hope.

We shared a beautiful morning together filled with meaning, connection, and celebration. Each nurse also received a thoughtfully designed journal and pen, a reminder that their words, reflections, and stories matter – just like they do.

[WATCH VIDEO](#)





A Day of Music, Connection & Sunshine at Vista Clinic's First-Ever Leisure Concert!

Vista Clinic proudly hosted its first ever Leisure Concert at the charming Oom Steve's Place – and what a heartwarming success it was!

Patients, along with their friends, families, and dedicated Vista staff, came together to enjoy a soul-soothing afternoon filled with live music, laughter, and connection.

As melodies filled the air, many sang along, tapped their feet, and basked in the comforting embrace of the warm winter sun.

This event reminded us that healing happens not just in therapy rooms, but in shared moments of joy, rhythm, and community.

We're grateful to everyone who made this beautiful gathering possible and are already looking forward to more uplifting events like these that celebrate life, mental wellness, and togetherness.





VISTA ACADEMY

A division of Vista Clinic

UPCOMING EVENTS



Application of Dialectical Behaviour Therapy (DBT) in Treatment of Addiction

3 GENERAL CPD Points

6 JUNE

09H00 - 12H00

SEE MORE



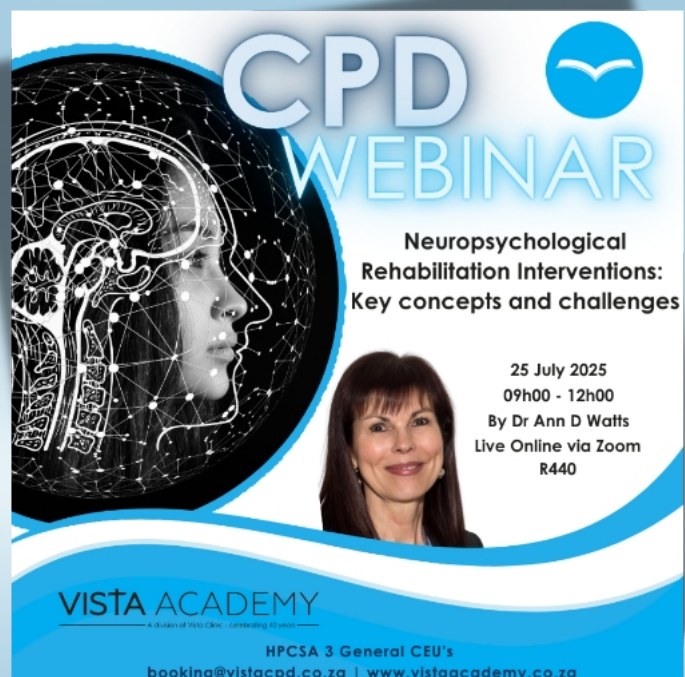
Neuropsychological Rehabilitation Interventions: Key concepts and challenges

3 GENERAL CPD Points

25 JULY

09H00 - 12H00

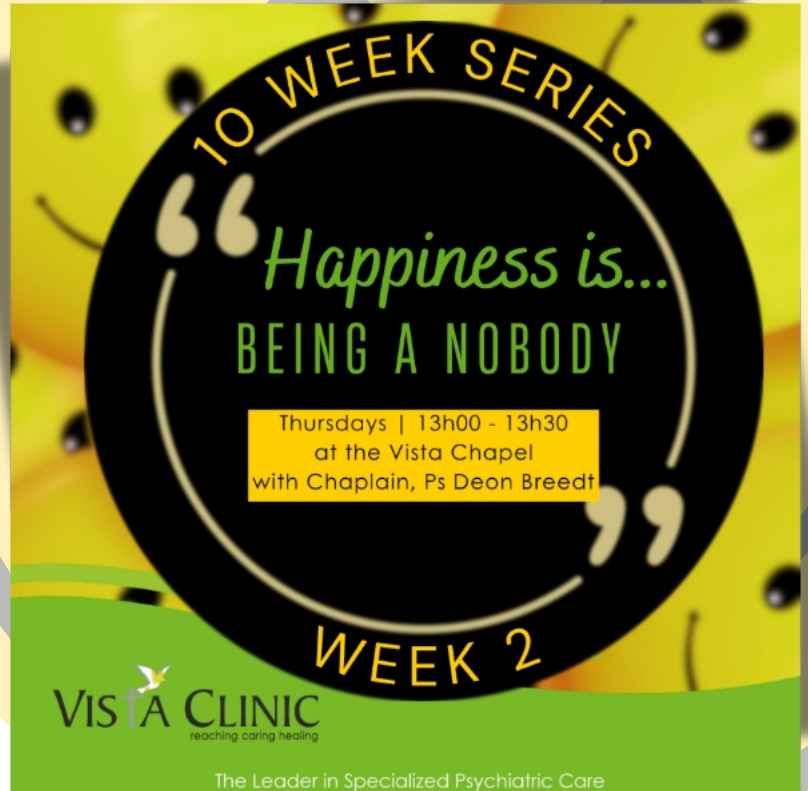
SEE MORE



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

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

On Thursday, 5 June, Ps Deon Breedt will be kicking off week 2 speaking about "Happiness is...being a nobody"



DRINKING MOCKTAILS WITH CHICKENS WEARING CAFTANS



On the 23rd of May, we swapped the cocktails for mocktails, wore our best caftans, and hung out with some feathery friends

Sometimes, healing starts with sunshine on your skin, laughter in your lungs, and a chicken by your side.

Happiness isn't a destination — it's a practice.

We took the time to unplug, slow down, breathe deeply, sipped something sweet, and enjoyed each other's company.

VISTA CLINIC & ADVENTIST WORLD RADIO

Mid-Morning Empowerment is a daily brunchtime radio show focusing on spiritual growth and practical Christian living. Dr Jerrie Bezuidenhout, Psychiatrist and Director of Medical Services, has been joining the show as a representative of Vista Clinic, sharing his knowledge on Obsessive- Compulsive Disorder, for their Mental Health Awareness segment.

You can click on the image below to listen to the latest podcast on **Obsessive- Compulsive Disorder: Triggers And How To Manage Them**



[Listen Now](#)



01.26

04.22



Compassion in Action



“A job well done to the Administration Department. The process was quick and smooth sailing.”



“As I have exited Vista Clinic, I have to give a shout out to the nursing department which was very warm, assisting, welcoming and friendly.

Below are the few that I can mention:

- Andiswa Radebe
- Suzan
- Wilna
- Elizabeth
- Nonhlanhla



**You guys were and are the best,
please keep it up and a job well done 🙌”**



“The nursing staff are all very professional. They all look very immaculate and smartly dressed too. They are kind and caring. A world-class service indeed. Sophy is a special caring and loving individual. She meant a lot to me and took good care. Annah the nurse also has a lot of empathy and made the nights bearable.”



Happy Birthday

Karien Dick - 3 June
Bianca Landsberg - 7 June
Dr Japie Vermaak - 8 June
Lazarus Khalo - 8 June
Kate Christmas - 12 June
Charity Malepe - 13 June
Marna Labuschagne - 13 June
Bronwen Stokes - 16 June
Wilna Kapp - 16 June
Stella Blackburn - 24 June
Sharon Maphosa - 27 June