

**OCTOBER 2025**

# VISTA

**SERVICE  
GROWTH  
EXCELLENCE  
AND MATURITY**

October shines a spotlight on what lies at the heart of Vista Clinic — World Mental Health Day.

This month, our 2025 Crazy for Walking team will journey through Die Hel in Gamkaskloof — a symbolic walk that reflects the challenges, courage, and hope found in every mental health journey.

We invite you to walk with us in spirit as we honour resilience, raise awareness, and break the stigma surrounding mental illness.

Settle in and enjoy this month's updates — a true reminder that every step forward matters.

# NEW S

# CRAZY for WALKING

# DIE HEL - GAMKASKLOOF

3 - 10 OCTOBER 2025

Follow this event online



MEET OUR CRAZY WALKERS



# CRAZY

for

# WALKING



# DIE HEL - GAMKASKLOOF

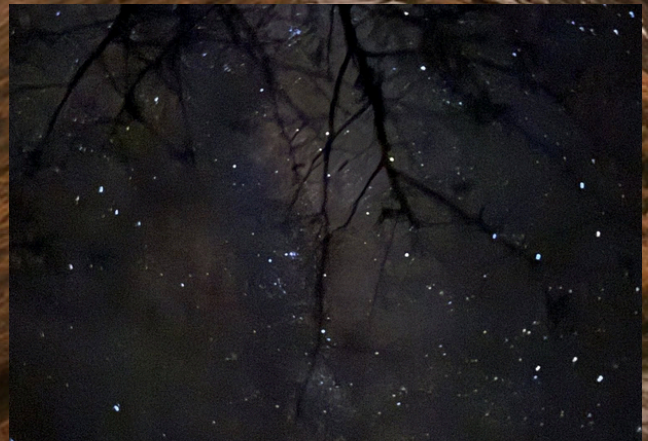
3 - 10 OCTOBER 2025

Follow this event and our CRAZY Walkers online from 3–10 October 2025, as they take on one of our most symbolic challenges yet: walking out of “Die Hel” (Gamkaskloof).

This remote, mountainous valley represents the darkness and isolation often associated with mental illness.

Our journey — a 7-day trip with 4 intense days of hiking — serves as a living metaphor for recovery, hope, and resilience.

Each day will bring meaningful walks and activities inspired by the theme Happiness Helps. Together, we'll be walking the walk and talking the talk — putting mental wellness into action. We invite you to follow the journey online and take part in the activities with us.



# 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

It's been an exciting year of events, togetherness, service, and growth at Vista Clinic! We can't wait to celebrate the reason we do what we do on Friday, 10 October, with all of our colleagues.

All staff are invited to join us in the parking lot at 10:00 on Friday, 10 October, for World Mental Health Day!

- Please wear your old Happiness Helps shirts with jeans throughout the week from 6 - 9 October.
- **On Friday 10 October, all staff are required to wear their new Vista Friday shirts with jeans and meet in the parking lot at 10:00.**

## World Mental HEALTH DAY

If you would like to purchase any of the other colours, please complete your order form with Jolandi Posthumus



XS-L • R350 | XL-4XL • R375



# YOU *matter* WALK

A SUICIDE AWARENESS & PREVENTION INITIATIVE

Saturday, 13 September 2025 | 7AM – 12PM

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

Thank you to all our volunteers who joined us on this day to help spread awareness and hope!



**CLICK HERE**



# QUIZ TIME!

# WINNER

Congratulations to Stella and Tshepiso, our two winners for last month's Heritage Day Quiz! Your prize awaits.

1. Which popular South African public holiday was Heritage Day previously known as?  
 Shaka Day
2. The Cradle of Humankind, a UNESCO World Heritage Site, is located in which province?  
 Gauteng
3. Which traditional Venda dance is performed during important celebrations and involves vigorous stamping of the feet?  
 Tshikona
4. Which South African dish is considered the "national dish" and has Cape Malay roots?  
 Bobotie
5. The Voortrekker Monument, commemorating the Great Trek, is situated near which South African city?  
 Pretoria
6. In isiZulu, what does the word Ubuntu mean?  
 Humanity / I am because we are
7. In 2007, which South African heritage site was declared one of the New 7 Wonders of Nature?  
 Table Mountain
8. Which South African heritage site is home to the oldest meteor crater on Earth, estimated to be over 2 billion years old?  
 Vredefort Dome
9. The national coat of arms features the motto !ke e: ǀxarra ǁke. In which indigenous South African language is this written, and what does it mean?  
 Khoisan – "Diverse people unite"
10. Select all of South Africa's national symbols (flower, animal, bird, fish, tree)  
 King Protea (flower)  
 Springbok (animal)  
 Blue Crane (bird)  
 Galjoen (fish)  
 Yellowwood Tree (tree)





Our teams did not make it easy for the judges! Each presenting a cultural dish or two, a cultural dance, and some interesting facts on various cultures: everyone brought good food, great moves, and so much information on the different cultures. We hope you had lots of fun and learned something new this Heritage day!

**WATCH NOW**



Team videos available on our social media platforms

**CONGRATULATIONS TEAM NYARHI!**



*Winner*



## UPCOMING EVENTS

**CPD SEMINAR**

Recent Advances in  
Affirmative Practices for  
Sexual (and Gender) Diversity  
in Healthcare

24 October 2025  
09h00 - 12h00  
By Prof Juan Nel &  
Prof Ashley Randall  
Vista Clinic  
R680  
(refreshments included)

**VISTA ACADEMY**  
A division of Vista Clinic - celebrating 40 years -

**VISTA CLINIC**  
reaching caring healing

HPCSA 3 General CEU's | S  
booking@vistacpd.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:
- 31 October
  - 28 November



# WELCOME NEW VISTA EMPLOYEE



**OWEN KHUMALO**

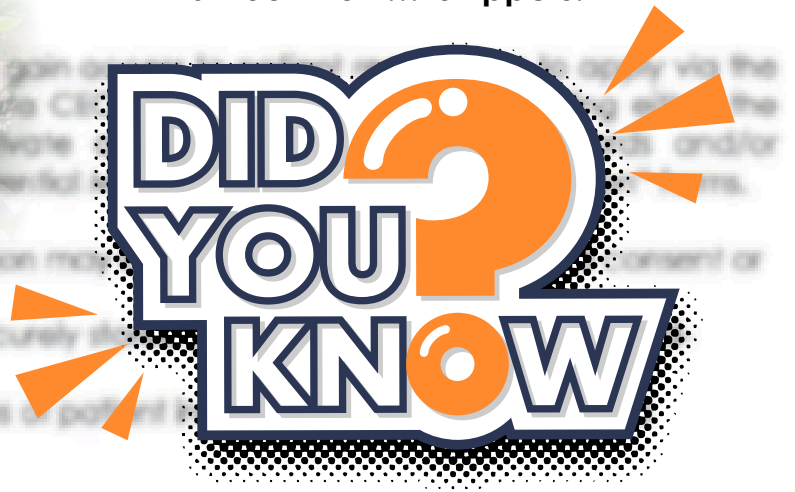


**MMAMOTSE MOLELEKENG**

Who is your hero?	God	I am my own hero for achieving so many things I thought I wouldn't
What really makes you angry?	Disrespect	People who don't listen
What is your favourite thing about your career?	Continuous learning opportunities	Caring for people
If you could choose to do anything for a day, what would it be?	Fishing	Hiking
What is your proudest accomplishment?	Writing a book	Becoming the best mom to my kids
What are your hobbies?	Fishing, playing soccer	Watching a series, gardening, reading a book
How would your friends describe you?	Goal-driven, loving, caring, mentor	Friendly person
Which single item can you not go without in a span of 24 hours?	Computer	Technology



As an added service and to help keep our employees informed about all Vista policies, we will be sharing regular 'Did You Know...' snippets."



7. Procedure

7.1. Consent for Disclosure

- Patient consent must be documented in writing before disclosing personal information to third parties.

1. Purpose

This policy ensures that all employees of Vista Clinic protect and uphold the confidentiality of patient information, in compliance with South African legislation. Confidentiality is essential in mental health care to safeguard human dignity, protect privacy, and build trust between Mental Health Care Users (MHCUs) and professionals.

7.3. Documentation and Record Keeping

- All disclosures must be recorded in the MHCU file, including reason, recipient, and authorization.



VCS HR>>INFO>>>POLICIES

7.5. Breach of Confidentiality

**🎉 CELEBRATING 17 YEARS OF IMPACT! 🎉 SR LORETTA ROOS**



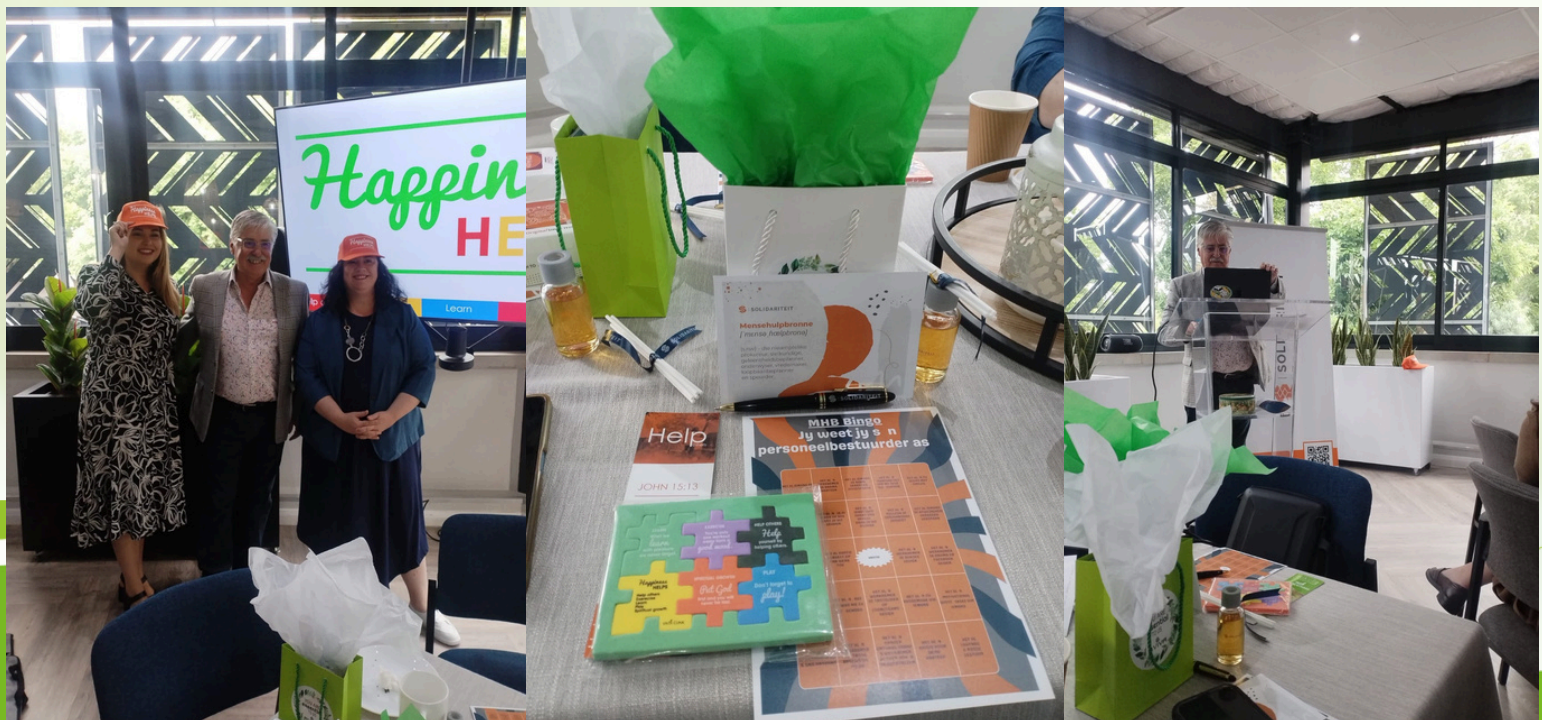
**17 years of dedication and service to Vista Clinic — what an incredible journey! This is not a final goodbye, but a heartfelt thank you for your hard work, leadership, kindness, and warmth. May God's richest blessings be with you as you step into this exciting new chapter of life.**



**SOLIDARITEIT**

**On Human Resources Day, our CEO, Mr. Francois Louw, had the privilege of speaking at Solidariteit's special event for HR professionals.**

**He shared insights on burnout in the workplace and how to protect your energy while serving others — a powerful reminder of the importance of well-being, even as we support those around us.**



# Compassion in Action



*Real words from our patients*



“Sister Dimakatso you did your job with passion. Keep up the good work”



“Sesi Virginia ia a humble lady”

“Excellent staff in Disa. Sisters Pretty, Lebo, Bonolo have made a great impact on my stay.”



“The nurses (sister Prudence, Lister, Dorcas,) were very friendly and professional. They understood my needs and attended to them with care”



# Compassion in Action

*Real words from our patients*



"The nursing staff has a calling of healing. They've help through my healing process. Sir Reradzo, Lister, sir Thuli, Sir Dimakatso, Mr France and Sir Prudence. They are the best. They've made my stay so warm"



"I enjoyed my stay at Vista,I came here not well but the treatment from the staff was very good,you feel like you at home,they care,they make sure you are comfortable and they are so loving.Thank you to the night shift staff,Sister Suzan Dhlamini, Sister Therero and Sister Luwies you guys are the best."

# Happy Birthday

**Mmatsepho Mashigo - 1 Oct**

**Phia Kotza - 2 Oct**

**Dr Zukiswa Tsolekile-Dewet - 2 Oct**

**Katlego Dibete - 3 Oct**

**Tersia Joseph - 4 Oct**

**Maria Msiza - 4 Oct**

**Thabang Lenake - 5 Oct**

**Dr Nivenhidren Pillay - 6 Oct**

**Dr Carina Le Roux - 6 Oct**

**Carina Kannemeyer - 9 Oct**

**Suzan Dlamini - 10 Oct**

# Happy Birthday

**Annah Morebudi - 12 Oct**

**Helena Du Plessis - 13 Oct**

**Betty Tselane - 14 Oct**

**Matsatsi Molatsana - 17 Oct**

**Medicane Moshanyane - 20 Oct**

**Catherine Letshufi - 21 Oct**

**Prof Kebogile Mokwena - 24 Oct**

**Florence Pelo - 26 Oct**

**Boikanyo Motheogane - 27 Oct**

**Hannetjie Buitendag 28 Oct**

**Hanli van der Westhuizen - 31 Oct**