

**NOVEMBER 2025**

# VISTA

**SERVICE  
GROWTH  
EXCELLENCE  
AND MATURITY**

This month's newsletter takes you on a journey as we reflect on our Crazy for Walking trip to Die Hel, Gamkaskloof. Our walkers didn't just conquer the road; they walked with purpose, spreading awareness and helping to break the stigma surrounding mental illness.

We invite you to walk alongside us by taking part in this month's interactive quiz and by sharing our posts on social media. Every share, every conversation, and every step helps us move closer to a world where mental health is understood, supported, and celebrated. Let's keep the momentum going

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The Leader in Specialized Psychiatric Care

# CRAZY for WALKING DIE HEL - GAMKASKLOOF

3 - 10 OCTOBER 2025

Crazy for Walking 2025 was a symbolic and meaningful journey yet. From 3-10 October, the Crazy Walkers took on the legendary Die Hel (Gamkaskloof) — a journey filled with challenge, purpose, and heart — to help break the stigma of mental illness.

Each day, the walkers lived out the HAPPINESS HELPS acronym through real, tangible experiences:

- Day 1 – Help Others: The adventure began as we drove down the narrow, winding road into Die Hel — a daunting yet powerful reminder of how support helps us navigate life’s toughest paths.
- Day 2 – Exercise: Silence was our guide from breakfast to lunch as we hiked the Grootkloof Sirkel Route, circling a mountain in mindful reflection.
- Day 3 – Learn: A deep dive into the rich history of this World Heritage Site before our ultimate test — climbing the infamous Die Leer, one of the most grueling yet rewarding climbs of the journey.

**WATCH VIDEO**

**HAPPINESS HELPS**

**Help Others**

**Exercise**

**Learn**

**Play**

**Spiritual Growth**

**WATCH VIDEO**

# CRAZY for WALKING

**Day 4 – Play:** After a long day’s hike, we finally reached the Gamka Dam, where laughter, swimming, and play reminded us of the joy that comes from balance and release.

**Day 5 – Spiritual Growth:** Our final climb out of Die Hel was steep, narrow, and demanding — both physically and spiritually — symbolizing the uphill battles we face and the strength we find in resilience.



Each day also included trivia and reflection activities to help the team learn more about this remote valley and about themselves. Evenings ended with prize-giving, shared laughter, and heartfelt connection.

It was tough — our bodies ached, and the terrain tested us — but it was truly an experience of a lifetime. We walked the walk and talked the talk, living out HAPPINESS HELPS through every challenge, climb, and conversation.

📺 Click the video to watch our short story, and please share it with your network to help us continue spreading awareness and breaking the stigma of mental illness.



1



In addition, the Crazy Walkers took part in a mini Instax photo challenge, capturing moments that best represented each day's theme.

2



3



4



5



# CRAZY for WALKING



Share in the Crazy Walkers' experience and take part in this month's activity. Answer 10 trivial questions about Vista's history, the fauna, flora and astronomy of South Africa, a photo challenge, and a bonus question. Winner and prize announced in next month's newsletter.

Rule no.1 - Don't be a ..... Googler



## Crazy for Walking Quiz

Name \*

First

Last

Flora - Which tree is known as the "Tree of Life" because it can provide food, water, and shelter in arid regions?

Flora - Which indigenous South African plant is used to make a popular herbal tea?

Fauna - What is the only venomous snake in South Africa that has a neurotoxic venom affecting the nervous system rather than the blood?

Fauna - Which large African mammal has skin so thick that it is mostly immune to the bites of tsetse flies?

Astronomy - What is the name of the green-glowing comet that was visible in Pretoria skies around October 21, 2025, and won't return for over a thousand years?



# 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

Thank you to everyone who participated in this year's events!  
 At Vista Clinic, we truly care about your wellbeing. These events are created to bring moments of lightness, joy, and connection into our days — especially as we work in such a meaningful but often serious environment. Thank you for showing up, giving back, and investing your energy and spirit into every event throughout the year. Your enthusiasm makes a difference and keeps the Vista spirit alive.  
 2026 calendar loading... stay tuned!

## WISHING YOU ALL THE BEST IN YOUR RETIREMENT

Beyond your nursing excellence, we've come to know you as a passionate farmer with a love for chickens, pigs, and (of course) a good salty snack before anything sweet — and definitely a slice of vanilla cake over chocolate!

Thank you for your years of dedication and kindness, Mr Thabang. We wish you endless happiness, good health, and peaceful days ahead



**SAVE THE DATE**

**VISTA  
MUSIC @ LEISURE  
CONCERT**

SPECIAL PERFORMANCE

**ARMAND STEENKAMP**

**30 Nov & 14 Dec @ 14h30**

**Vista Clinic ~ Visitor's area**



**WITH GUEST ARTISTS,**

**Nqobile and Jake**

Refreshments after the  
concert: for your acc  
@ Dopamine

## VISTA CLINIC ALUMNI

Some reunions need no sunshine, just good company and great memories. Our Vista Alumni Association joined us for a picnic (that became an indoor gathering) filled with stories, laughter, and updates from the clinic. Once part of the team, always part of the story.



**UPCOMING EVENTS**

**CPD SEMINAR**

**Psychological Health & Safety at Work**

21 November 2025  
09h00 - 12h00  
By Lesley Burns  
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 | SACSSP 1.5 Points Approved  
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**CPD JOURNAL CLUB**

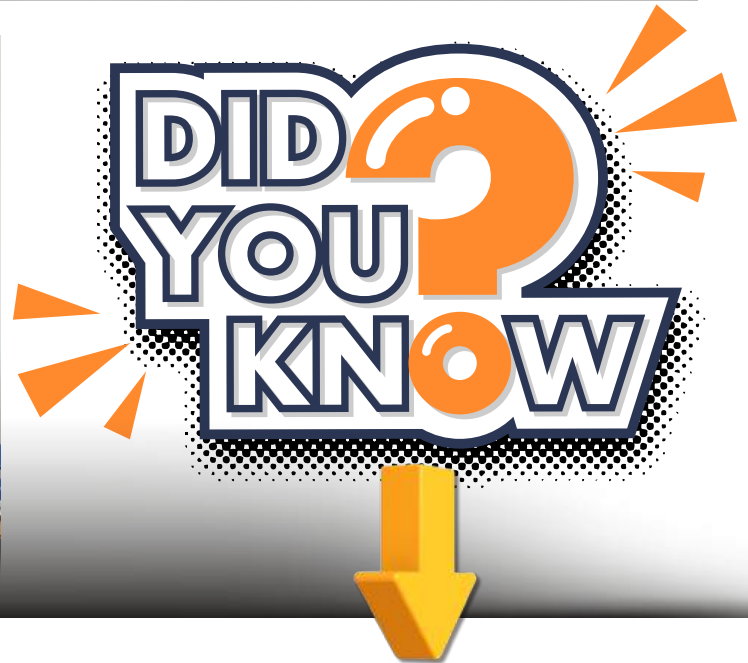
**The Impact of Unresolved Trauma on Pain**

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

**VISTA ACADEMY**  
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 date:**  
• **28 November**



**EEA1 Department of Labour Form**

All employees have already completed the EEA1 form. However, please note that changes have recently been made regarding the reporting of disabilities.

**If your disability status has changed since the date of your employment, kindly inform the HR Department so that we can update your records accordingly.**

For your easy reference, below is a list of disabilities as defined for reporting purposes:

Physical/Mobility Impairments: Conditions or injuries that affect mobility or physical appearance.

Visual Impairments: This includes blindness and low vision.

Hearing Impairments: Conditions ranging from mild hearing loss to complete deafness.

Intellectual Impairments: Cognitive difficulties and conditions like Down syndrome, autism, and learning disabilities.

Mental and Emotional Impairments: Conditions such as depression, anxiety, bipolar disorder, and schizophrenia.

- Communication Impairments: Difficulties related to communication.
- Other impairments:
  - Acquired brain injury
  - Attention Deficit Hyperactivity Disorder (ADHD)
  - Dyslexia and other specific learning difficulties
  - Dwarfism
  - Leprosy-cured persons

Please reach out to HR if you are uncertain whether your condition qualifies

**Engagement Survey Feedback**

Please see the dates for the engagement survey feedback

- Tuesday 18 Nov, 10:00, 19:00
- Tuesday 25 Nov, 10:00, 19:00



# Compassion in Action



I enjoyed my stay in Vista Clinic I felt at home Sister Pretty, Sister Nombuso and Lebo and the night staff, they took care of me I was unable to go to the kitchen they were patient with me, God bless them all and their families

*Real words from our patients*

Sister Antonette was a darling to have around. She made my stay all the more comfortable. Very warm and informative.



The staff members were all friendly and always kind and willing to help from their team leader Sr Thuli and the rest of the staff Mr Frans, Francinah, Beauty, Dorcas, Prudence, Rhandzu, Suzan, Louise, Theresho, Lister, Virginia. They all played a huge part in my well being and I am grateful for their unwavering support and patience. They are the best 100%.



# Compassion in Action



I would like to extend my deepest gratitude to the incredible nursing team of Gardenia ward at Vista Clinic.

- 1.Frans
- 2.Francinah
- 3.Beauty
- 4.Suzan
- 5.Louise
- 6.Theresho
- 7.Prudence
- 8.Rhandzu
9. Lister
- 10.Virginia and
- 12.Thuli



From the moment I arrived, I was treated with such kindness, professionalism, and genuine care. Each nurse went above and beyond to ensure I was comfortable, informed, and supported throughout my stay. Their compassion and dedication truly made a difference in my recovery. Thank you for your outstanding service ,you are all an inspiration and a credit to your profession.

I strongly believe that this is how you treat all the patients and throughout my stay of 21 days I didn't hear any complaints from my ward mates about the staff of Gardenia

Am grateful for the exceptional treatment I have received from the staff and service providers. A special shout out to Nurse Emily Tswele and Mr Eugene Kgatlhe for the warm welcome and for making the facility feel like a home away from home. I'd like to leave a compliment for Sister Riri Tsweleng for her wonderful and cheerful treatment, they all deserve a raise ❤️



# Happy Birthday

**Elias Kgatla - 1 Nov**  
**Thandeka Khoza - 2 Nov**  
**Dr Mmatlala Mabeba - 7 Nov**  
**Monique Engelbrecht - 10 Nov**  
**Lesego Bokale - 12 Nov**  
**Kagiso Monchwe - 12 Nov**  
**Dr Nokukhanya Phungula - 12 Nov**  
**Mmamotse Molelekeng - 14 Nov**  
**Emily Tswele - 15 Nov**  
**Karen de Kock - 21 Nov**  
**Desree Lelope - 21 Nov**  
**Sophie Chauke - 27 Nov**  
**Nokuthula Sithole - 28 Nov**  
**Dr Taiwo Akindipe - 28 Nov**  
**Nadia Sousa Loreto-De Castro - 30 Nov**  
**Prudence Selala - 30 Nov**