

April

VISTA NEWS

APRIL FUN FACTS

Easter date moves because it's based on the moon, not the calendar. Easter is connected to the first full moon after the spring equinox (around March 20-21). Once that full moon happens, Easter is celebrated on the following Sunday. This is why Easter can fall anywhere between March 22 and April 25.

On April 18, 1930, the BBC famously announced, "There is no news" during its evening radio broadcast.

Beatles Dominance (April 4, 1964): The Beatles held the top five spots on the Billboard singles chart.

April 6, 1896 - After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.



April brings a simple truth: life can feel heavy, and stress is real but so is your strength.

Deadlines, emails, traffic, responsibilities... it all adds up. Some days, even small steps feel hard.

Not every step needs to be fast. Not every problem needs an immediate fix. Sometimes progress is simply putting one foot in front of the other: slowly, intentionally, mindfully.

Think about the shoes you're walking in. Are they weighed down with worries, or lightened with rest, perspective, and self-care?

This month, protect your energy while still moving forward. Step by step, breath by breath, you build resilience. Adjust your pace, take breaks., and keep going. Because the power isn't in rushing past stress, it's in keeping your shoes on and walking anyway.

CRACK A SMILE

I come from a family of failed magicians: I've got two half sisters

Two guys walk into a bar. The third one ducks.

Did you know that orcas are actually technically porpoises? They just do a killer whale impression

I CLIMB MOUNTAINS, BUT SOME DAYS THE PAPERWORK FEELS TALLER THAN EVEREST!

YOU CALL THAT STRESS? TRY STANDING IN ME ALL DAY!

I'M SUPPOSED TO BE COMFY, BUT EVEN NETFLIX FEELS STRESSFUL TODAY!



2026 events



Date	Event	What to expect
Friday 13 February	Valentine's Day	Dress up (Red and Pink) treats and fun
Friday 6 March	Looming Kick-Off	Let's reach our goal - 250 beanies
Thursday 30 April	Worker's Day	Dress Up
Friday 12 June	Youth Day	Dress up, treats and fun
Friday 10 July	Winter Warmer	Special winter treat
Friday 7 August	Women's Day	Dress up, treats, and fun
Wednesday 23 September	Heritage Day	Dress up treats and fun
5 - 10 October	World Mental Health Awareness	To be announced

We encourage staff to dress up as any other profession to celebrate Worker's Day

CRAZY for WALKING



If you'd like to take part in this year's Crazy for Walking event, know that it's about more than just clocking kilometers. The following qualifiers are there to build endurance, encourage consistency, and bring people together, while making sure everyone truly takes part in the journey. They also help raise visibility for mental health and encourage participants to take responsibility by actively supporting and advocating for the cause.

1. Mental Readiness

Participants must:
Be prepared for a physically and mentally demanding journey

2. Distance Commitment

Participants must complete:
Minimum 40km total
Over a period of 7 months (April-Sep)
Across at least 4 official walking events or walking trails
Minimum 10km per event/trail

3. Event Attendance Requirements

For each qualifying event, participants must provide:
Official proof of attendance
A photo at the event (start, finish, or official landmark)
A Training Passport stamp from the event organiser / official checkpoint
Photo proof wearing their Vista "Happiness Helps" shirt

4. Sponsorship Requirement

More details to follow

QUALIFIERS

CRAZY for WALKING

ARE YOU A 2026 CRAZY WALKER?

THE CHALLENGE!

- 7 MONTHS OF GRIT & RESILIENCE**
- 40km minimum (10km X 4 events)**
- WEAR YOUR VISTA SHIRT!**
- SHOW PROOF: PHOTO + PASSPORT STAMP!**
- COMMIT TO RAISE SPONSORSHIPS**

WHO CAN JOIN?

CRAZY WALKERS IN PROGRESS

MENTAL HEALTH FANATICS

COMFORT ZONE CRASHERS

WALKERS WHO ARE SERIOUS ABOUT GROWTH

INDIVIDUALS WHO UNDERSTAND THAT GROWTH REQUIRES EFFORT

HOW TO SIGN UP!

- 1** → EMAIL: marketing@vistaclinic.co.za
- 2** → OR CALL: MONIQUE X9148
- 3** → SUBMIT PROGRESS

ONLY THE TOUGH AND CRAZY WILL MAKE IT!

NOT FOR THE FAINT-HEARTED!

OFFICE OF HEALTH STANDARDS COMPLIANCE

Vista Clinic recently had the privilege of welcoming the Office of Health Standards Compliance (OHSC) for an official scoping visit: an important milestone not only for our clinic, but for the broader landscape of private psychiatric care in South Africa.

A scoping visit by the OHSC is a significant process. It is conducted to observe, understand, and evaluate how healthcare facilities operate in real-world settings. These visits help inform national standards, shape regulatory frameworks, and guide improvements across the healthcare system. Being selected means that a facility is seen as a credible example of quality care, operational excellence, and best practice.

Vista Clinic was chosen because of our position as a leader in private psychiatric healthcare. This opportunity allowed us to showcase how we deliver care, manage our systems, and create an environment that supports both patients and staff.

More importantly, it positioned us to contribute meaningfully to the future of healthcare standards in South Africa, helping influence how psychiatric services are evaluated and improved nationwide.

While our clinical and operational standards were recognised, the most powerful feedback we received went beyond compliance.

The OHSC team highlighted the warmth, compassion, and genuine care they experienced during their visit. The way our team engages with patients, families, and one another stood out as something truly special. It reaffirmed that while policies, procedures, and infrastructure are essential, it is ultimately how we treat people that defines the quality of care we provide.

This visit reinforces what we believe at Vista Clinic: excellence is not only measured in standards met, but in humanity shown.

We are incredibly proud of our team for representing Vista Clinic with such authenticity, professionalism, and heart. As we continue to grow, we remain committed to setting the benchmark: not just in compliance, but in compassionate care.



VISTA ACADEMY



COMMUNITY TALK

Join our next
community
talk at

VISTA CLINIC
reaching caring healing



Live on social media
every last Thursday of
every month

Managing Stress



LIVE STREAMING



30 April
18h30 - 19h30

VISTA ACADEMY
A division of Vista Clinic

**Practical
Self-Care**



LIVE STREAMING

Upcoming

28 May

UPCOMING EVENTS

Click to download the
CPD programme
for 2026

www.vistaacademy.co.za



Monthly case discussions will take place on the following Fridays from 07h30 - 08h30 in Baobab. We kindly ask that you rsvp for each discussion for catering purposes.

24 April
22 May
5 June
21 August
11 September
16 October
20 November

SAVE THE DATE

VISTA ACADEMY

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HR BLOG

GROUNDED, GROWING, AND GIVING

April is a reset point and a chance to realign, recover, and rebuild momentum after the first quarter.

1. Reflect, Don't Judge

Look back at Q1 with honesty:

- * What worked?
- * What drained you?
- * Where did you overcommit?

This is about awareness, not criticism.

2. Reset Your Energy

Focus on what sustains you:

- * Consistent sleep
- * Daily movement
- * Mental rest (time without noise or screens)

Use our Wellness Days as intentional moments to pause, recharge, and reset your baseline.

3. Make Things Easier

Momentum comes from simplicity:

- * Focus on a daily "Top 3"
- * Do smaller, consistent actions
- * Remove unnecessary pressure

4. Build Small Wins

Keep it simple and consistent:

- * 10 minutes of movement
- * 5 minutes of planning
- * One meaningful task

Consistency builds confidence.

5. Protect Your Mind

- * Write things down
- * Take real breaks
- * Say no earlier

6. Choose One Theme

Pick a focus for April:

Energy. Discipline. Stability. Recovery. Let it guide your decisions.

Final Thought

April isn't about doing more, it's about doing better.

Reset your energy, stay consistent, and let small wins build real momentum.



13-14 APRIL

20-21 APRIL



10:00-17:00 day shift

21:00-23:00 night shift



Discovery
Health

Link for appointment booking will be sent out soon



WELCOME NEW VISTA EMPLOYEE



HÉLIZE VAN DER MERWE



RINA LE ROUX

Who is your hero?	My dad	My son and God 
What really makes you angry?	When people are being exploited	Poor service and kids who are abused and neglected
What is your favourite thing about your career?	Knowing that by doing my job right, and fair, I can make life better for many	To feel and be useful, and people's appreciation if they get friendly service
If you could choose to do anything for a day, what would it be?	River-rafting 	Go to Cape Town 
What is your proudest accomplishment?	Help raising my two sons, with my husband's "partnership", to know and love God	My kids
What are your hobbies?	Cooking, spending time with my dog, playing piano	Bake, cook, scrapbooking 
How would your friends describe you?	Honest, caring, straight-forward	Loyal and motherly
Which single item can you not go without in a span of 24 hours?	Silence 	Hair -dryer

WALKING BESIDE OUR PATIENTS

COMPASSION IN ACTION



The nursing staff was excellent. They truly do care. Always there with an ear or a helping hand. Juan was an GREAT group facilitator. Praise to Nombuso!!!!



Nurse Precious was the best im giving her 5 stars

Really friendly staff always ready to help with a smile, their presence in the facility really aids in making you feel welcome and understood, special thank you to Sr Mamusi and Sr Sibongile



Fantastic!!!! Very very friendly and welcoming. I was a mess and they helped me settle in, all requests were done urgently for me even though I was not in a rush.

I love Mr T and his colleagues because they make this place a home

PARTIAL HOSPITALIZATION & EMOTION REGULATION GROUPS



The program was helpful in that the classes, therapies and particularly Yolanda really assisted me in getting the strategies I needed to deal with the situation I was faced with. I appreciated the care and support I received from my drs and Yolanda.

I loved every minute of it, I feel brand new. A lot has been lifted off my shoulders.

What stood out to me the most was the genuine love and kindness I experienced. It wasn't just about the medical care — it was about the way they treated me as a whole person. I never felt rushed or like I was just another patient. Instead, I felt guided, comforted, and cared for in a way that made all the difference during my time there.



April

BIRTHDAYS

CELEBRATING YOU



FREDDIE CLAASSEN
(TRUSTEE) 1 APRIL



JACO VERMAAK
(TRUSTEE) 7 APRIL



MELISSA JOYNT
9 APRIL



ANDRONICA MASILO
10 APRIL



BAFANA SIBANYONI
12 APRIL



DR RETHABILE MATABOGE
17 APRIL



DR VERONICA SIVHAGO
17 APRIL



THULI LETSWALO
18 APRIL



MORONGWE SEKGOBELA
20 APRIL



LOUISE DE BEER
23 APRIL



CHARIS STOLS
23 APRIL



SUSAN VAN DYK
27 APRIL



SONET STEYN
30 APRIL



RHULANI MACHEBELE
30 APRIL



DID YOU KNOW

The birthstones for April are diamond (symbolizing innocence) and white topaz.

The flowers for the month are the daisy and the sweet pea