

July

VISTA NEWS

JULY
FUN FACTS

Birthdays:

Ernest Hemingway (21 July 1899): American author who proved a short sentence can carry enormous weight.

Frida Kahlo (6 July 1907): Mexican artist who turned her own pain into some of the most recognizable art in the world.

July owes its name to Julius Caesar, who reformed the calendar in 46 B.C. Following his death in 44 B.C., his birth month was designated July in his honor.

Previously, it was known as Quintilis, meaning "the fifth month" in the old Roman calendar, before January and February were added.

11 July 1991: A total solar eclipse swept across parts of the world, one of the longest of the century, lasting nearly seven minutes.

Isaac Newton Publishes Principia. First published on July 5, 1687, Principia is one of the most influential scientific books ever released.

The book contains Newton's most famous works. It includes his laws of motion, the law of universal gravity, and more. Newton's physics accounts for many facts of the observed world today.

it's **CRAZY**
for **WALKING**
IN MY
SHOES

VISTA CLINIC
reaching caring healing

The Leader in Specialized Psychiatric Care



July invites us to set down something heavy: the guilt we have been carrying, sometimes for far longer than we realise.

We replay the mistake. We rehearse the apology we never gave, or the one that was never accepted. We carry it quietly, convinced that holding onto the guilt is the same as taking responsibility.

But guilt that never gets put down doesn't make us better. It just makes us tired.

Think about the shoes you're walking in. Are they still carrying the weight of something you were meant to leave behind miles ago?

Forgiveness, of others and of ourselves, isn't about pretending it didn't happen. It's about choosing not to be defined by it. It's letting your shoes carry you forward instead of anchoring you to where you stumbled.

Choose forgiveness over hatred, give yourself permission to walk lighter. You are allowed to begin again.

CRACK A SMILE

I told my wife she was drawing her eyebrows too high. She looked surprised.

How do you make a tissue dance? Put a little boogie in it!

Why aren't lobsters generous? Because they're shellfish

Why did the whale blush? It saw the ocean's bottom.

What do you get when you cross a joke with a rhetorical question?



But I've carried it this far.

You know you can put that down.



World Cup Fever

Get ready to show off your team pride while representing your team/ward.

On 17 July, staff are invited to accessorise their Vista uniform with World Cup-inspired gear and colours. Think scarves, hats, face paint, flags, wigs, socks, sunglasses, team colours, banners, pom-poms, or any creative soccer-themed accessories that show your team's spirit.

Join us in the Staff Dining Area between 12:00 and 13:00 for a fun-filled World Cup celebration.

🏆 Bonus points will be awarded for:

- Team spirit and enthusiasm
- Creative accessories and decorations
- Team songs or chants
- Dance routines
- Group photos
- Team banners and props
- Anything else that brings the World Cup atmosphere to life!

This is your chance to showcase your ward/team's creativity, energy, and teamwork. The more spirit you bring, the more points you could score!

Winter Warmer, near Mandela Day

Monday 13 July brings our Winter Warmer event. As this event is also in celebration of Mandela Day, we'd like to extend the warmth beyond our wards and onto our street. Yes, you read correctly - the parking bay in Gerhard Street. This year, the Social Committee will be sharing the message that Happiness Helps, and we're looking for volunteers to join us in reaching out to our community. Whether you can spare 67 minutes, 30 minutes, or even just 10 minutes of your time, every contribution makes a difference.

If you would like to be part of this initiative, please give your name to Monique.



VISTA ACADEMY



COMMUNITY TALK



Live on social media every last Thursday of every month

UPCOMING EVENTS

Click to download the CPD programme for 2026

www.vistaacademy.co.za



21 August
11 September
16 October
20 November

SAVE THE DATE

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.



VISTA ACADEMY

A division of Vista Clinic

UPCOMING Events



For easy navigation, this document is interactive.
Click to read more on the events
below to jump straight to that page.



School Holidays

Adolescent Mental Health Program

Fostering emotional well-being and resilience among teenagers.

[Read more](#)

July
6 - 10



Thursdays 18:30pm (monthly)

Community Talk

Join us for our monthly community talk where we explore practical mental wellness skills to support everyday mental wellness.

[Read more](#)

next talk
July
30



Tues - Thurs 16:00pm

DBT-informed Emotion Regulation Skills Group

This structured group intervention is ideal for those struggling with emotional dysregulation, impulsivity, interpersonal difficulties, and coping skills.

[Read more](#)

next group
Aug
18

www.vistaclinic.co.za

THE CRAZY BUG IS AT IT AGAIN

If you were following our little green-hearted Beetle lately, you will know the Crazy Bug has been on quite the adventure. This time, our beloved VW travelled Namibia as part of the Nuts and Bolts Rally, and it did so for one very important reason: to raise funds for CHOC, the Childhood Cancer Foundation of South Africa.

As you know, the Bug is no ordinary car. Covered in stickers, slogans and a healthy dose of madness, it carries a serious message wherever it goes: breaking the stigma of mental illness, one dusty kilometre at a time. Loose Screw and Bonkers, yes, but always driving with purpose.

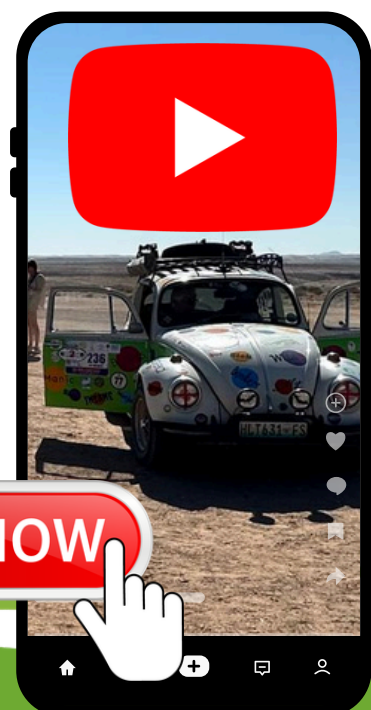


And what a journey it was. From the towering red dunes of Sossusvlei, where the Bug crossed paths with a gemsbok strolling the plains like he owned them, to the wild Atlantic shoreline at Henties Bay, our Beetle took on some of the harshest and most beautiful terrain the country has to offer. Ancient granite mountains, endless gravel roads, desert silence broken only by the hum of the engine. The Bug handled it all, refusing to overheat and refusing to quit.



But the real achievement was not the mileage. It was the reason behind every mile. Thanks to the generosity of so many, the Crazy Bug helped raise just over R100 000 for CHOC, supporting children and families facing childhood cancer, a cause close to all our hearts. Alongside that, the Bug kept doing what it does best: reminding everyone it passed that mental health matters, and that happiness really does help.

Thank you to everyone who shared, donated, cheered us on and followed the journey. The Crazy Bug could not have done it without you. Still here, still rolling, still chasing happiness across the sand.



WATCH NOW

GUESS WHO ?



We know our people. We just don't always know everything about them. Below are seven fun facts each from ten of your colleagues, kept anonymous for now. Your job is to match each set of facts to the right person.

Ten names

ten sets of facts

one lucky draw

Who to choose from:



Dimakattso Letswalo



Pearlene Cochlan



Virginia Phosiwa



Antonette Mompoti



Esma Tredoux



Jolandi Posthumus



Monique Engelbrecht



Mmamotse Molelekeng



Chantal van Heerden



Carol Doyle

How to enter:

Read through all ten fact sets. Decide who you think each one belongs to. Submit your matches using the Google Form - Click on 'PLAY NOW'

Match seven or more out of ten correctly and you're entered into a draw for a R150 Dopamine Voucher. Everyone is welcome to enter.

Submissions close 20 July

PLAY NOW



Person 01 Surprising fact: If she knows you well, she will be brutally honest with you First job: Waitress at Roman's Pizza Comfort food: Chocolate Skill overnight: Veterinary nursing Most-used emoji: 🌸 Hidden hobby: Being a mom, no time for hobbies Never turns down: Coffee	Person 02 Surprising fact: Had tea and scones in the House of Lords with British political leaders First job: Tutored first-year psychology students Comfort food: A saucy burger Skill overnight: Playing the piano Most-used emoji: 😊😄 Hidden hobby: Painting Never turns down: A whiskey
Person 03 Surprising fact: Sometimes gets angry First job: Cashier Comfort food: Pap and chicken feet Skill overnight: Dancing Most-used emoji: 👍 Hidden hobby: Singing Never turns down: A present	Person 04 Surprising fact: Mother of 4, twin girls and 2 boys First job: Nursing at Tshwane District Hospital Comfort food: Chocolate, specifically Kit-Kat Skill overnight: Fixing things around the house Most-used emoji: 😊 Hidden hobby: Cooking Never turns down: Money
Person 05 Surprising fact: Is actually approachable First job: Netcare theatre nurse Comfort food: Wings and chips Skill overnight: Singing Most-used emoji: ❤️ Hidden hobby: Gardening Never turns down: Money	Person 06 Surprising fact: Can be moody First job: Receptionist at a fire station Comfort food: Pizza Skill overnight: Pilot Most-used emoji: ❤️ Hidden hobby: Reading Never turns down: Travel
Person 07 Surprising fact: Eats sushi with a knife and fork First job: Clerk at NWK Comfort food: Savoury pancake Skill overnight: Playing the violin Most-used emoji: 🍷 Hidden hobby: Camping Never turns down: Pancake	Person 08 Surprising fact: Sensitive First job: Nurse at 1 Military Hospital Comfort food: Anything with meat Skill overnight: Pilot Most-used emoji: ❤️ Hidden hobby: Reading Never turns down: Food
Person 09 Surprising fact: Is a camouflaged extrovert First job: Cashier at Deon's Comfort food: Peanut butter Skill overnight: Any language, to speak and understand Most-used emoji: 🍷 Hidden hobby: True life documentaries Never turns down: Wine	Person 10 Surprising fact: Has been up the Eiffel Tower First job: Worked at a clothing store called Topics Comfort food: Tea Skill overnight: Playing piano Most-used emoji: ❤️🔥🤔 Hidden hobby: Crochet Never turns down: Puzzles, e.g. Sudoku



WALKING BESIDE OUR PATIENTS



COMPASSION IN ACTION



Sister Joana, Sister Elizabeth, Sister Maria were great nurses, kind, reassuring and supportive, handle me with care and love and also other nurses included they check up on you every hour of the day and also night. Thank you to every nurse that carried us through this journey, I really appreciate their efforts and care especially those mentioned above

Best service awesome experience ever given by Pearl, Nonhlanhla, Pinky, Eugene, Lydique and Florence



I would like to express my sincere appreciation to the nursing staff at the clinic (Ward Erica - Elizabeth, Maria, Emily, Kgomotso, Lesego, Sister Mapitso, Ntate Thabang, Johanna) Every nurse I interacted with was kind, patient, professional, and genuinely caring. They created a welcoming environment and always treated patients with dignity and respect.



Pearlene at OSP was amazing



Juan is one of the great Icon for Vista...





Throughout my stay, I experienced many lovely nurses, they were kind and compassionate as a whole. I have to though give a special commendation to Sisters Dimakatso, Tebogo and Beauty. I experienced warmth and understanding from them. They were both empathetic and have high levels of EQ and they communicated with Empathy. Special mention to Sister Louise who was an absolute delight.



very happy and fulfilled with the nurses service and care
Sr Lesego , and sr Emily



To Rose and Lazarus your kindness and patience has been nothing but short of amazing to the rest of the staff please keep up the good work



DBT & TEEN PROGRAMME

The program was very well planned out , Ms Yolanda was very passionate and enthusiastic about what she was teaching us. The programme made me feel less alone, it made me feel heard and understood as well as making me do some self inspection as to how some situations need to be approached with grace and to consider the point of view of others



The DBT program is a very practical program which challenges one to have the right amount of being rational and emotional, equipping one to operate in what I've learned now as the wise mind. The tools help one to stay grounded, do the inner work in a more practical way, and teaches one to be emotionally regulated. When you fully open up to learning, engage openly and honestly with the group, and do the homework, the discipline of applying these skills and tools in real life truly begins. Yolanda and Pearlene facilitate each class with so much grace, patience, fun, and just enough strictness.



July

BIRTHDAYS

CELEBRATING YOU

LEBOGANG KEKANA
1 JULYNTSOAKI MAIBELO
3 JULYLAETITIA KRUGER
11 JULYBARBARAH MANYONI
4 JULYMOSIMA LETSOALO
17 JULYROBERT MAWASHA
17 JULYSIBONGILE KHANYE
22 JULYDR NATALI RAMAN
22 JULYFRANCOIS LOUW
22 JULYHENRIETTE BROWN
23 JULYDR JERRIE BEZUIDENHOUT
24 JULYANTONETTE MOMPATI
30 JULY

DID YOU KNOW

July Flower: Larkspur

Symbolises an open heart, positivity, and strong bonds of love. Fittingly for our theme, it's a flower that stands tall and light, no matter how hot the summer gets.

July Birthstone: Ruby

Known as the "king of gems," the ruby represents passion, protection, and strength, a reminder that resilience can be both beautiful and fierce.

VISTA CLINIC
reaching caring healing