



### Upcoming Pretoria Course: To Believe in Sunshine (narrative practices in journeying with depression)



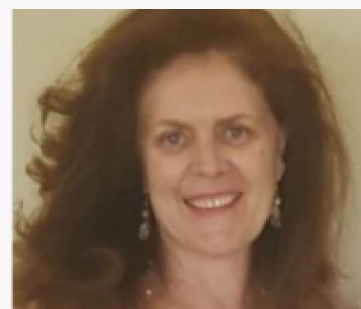
Depression is a disease that can have a devastating impact on your life and particularly in the lives of your loved ones who seem to be unable to 'rescue' you. The suffering individual mostly doesn't understand what is happening and is unable and unequipped to deal with any of it. This course is for everyone who has ever struggled with depression or have family or a friend who is living with depression. If you are in

a Health profession, dealing with clients living with depression, this course is for you. The depression 'experience' will be explored and frameworks for new strategies and choices provided. We will conclude with practical suggestions for 'journeying' with depression. DON'T miss this. To register for the course please contact June Kriel at Hospivision Head-Office (012) 329 9492/4420 or email [friend@hospivision.org.za](mailto:friend@hospivision.org.za)

[More Info](#)

### Welcoming Elmarie Davies to our Fundraising team

If not for each other, why are we here? This is such a universal truth and I am invested and committed to making my time on earth count. I believe that Hospivision has appeared in my life for a reason and I will embrace the organisation and opportunity to grow and give and embrace my calling. I look forward to the journey and getting acquainted with my new family at Hospivision. Thank you for having me. Together we look forward to touching lives and giving hope.



### A God appointment over a cup of coffee



I walked into the hospital and suddenly felt like having a cup of coffee. I am not a coffee drinker so I decided against it. When the lift came, the urge to go and have coffee came over me again and I went downstairs to the coffee shop. While I was paying for the coffee, a lady walked in and looked at my name tag. She asked me: Are you a Reverend? What do you do in hospital? I explained that I mostly deal with people who are

terminal with cancer and accompany them and their families on their journey of grief and saying their goodbyes. She started crying and walked with me to the coffee machine. I suggested that we sit down and have a chat. She said: "My son died a year ago today. He was a student at Stellenbosch and went to soccer practice. He jumped up and bumped a ball with his head, fell back to the ground and was brain dead when

he got to Tygerberg hospital. This morning I prayed to God and asked him to please send me somebody today to whom I can talk. After his death we as a family never talk about him or about his death because it is too painful". We sat and talked for two hours and she did a lot of crying and was so relieved to talk to someone.

Rev Derrick Wood

### Debriefing of nursing staff

Can you imagine a hospital without nurses? Neither can I. They are the backbone of patient care and make a lot of sacrifices by working 12 hour shifts at a time. At Tygerberg we support them with monthly debriefing sessions of half an hour. We start off by building a puzzle as an illustration of team work. One nurse summed the puzzle exercise up as follows: "I fit into you and you fit into me and together we form a picture".  
Annette de la Porte



### We need Blankets and Food Parcels

Winter is fast approaching and as an organisation we would love to be able to be in a position to give a blanket to a patient in need. Please help us to do this by donating blankets.

At the HospiVision Oasis the patients coming to the clinic can get a warm bowl of soup and bread, but are usually unable to warm tummies at home. Please help those in need by donating any non perishable food items.

For more information or to donate please contact [danica@hospivision.org.za](mailto:danica@hospivision.org.za)

#### HospiVision

Gauteng: [friend@hospivision.org.za](mailto:friend@hospivision.org.za) / 012 329 9496

Western Cape: [wanda@hospivision.org.za](mailto:wanda@hospivision.org.za) / 012 931 0311

[www.hospivision.org.za](http://www.hospivision.org.za)





This document was created with the Win2PDF “print to PDF” printer available at <http://www.win2pdf.com>

This version of Win2PDF 10 is for evaluation and non-commercial use only.

This page will not be added after purchasing Win2PDF.

<http://www.win2pdf.com/purchase/>