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### Harmons in Manchester Gets New Health Centre



Team members from the Southern Regional Health Authority, the Manchester Health Department and representatives from Won by One to Jamaica participate in the ribbon cutting exercise at the handover of the new Harmons Health Centre in Manchester.

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## In the News: Southern Regional Health Authority

### Harmons in Manchester Gets New Health Centre



**Parish Manager for the Manchester Health Services, Sandia Chambers-Ferguson; (second left), unveils the plaque dedicating the newly built Harmons Health Centre in Manchester. Looking on (from left) are Executive Director of Won by One to Jamaica (WBOTJ), Dr. Bryan Fellers (left); Regional Director for the Southern Regional Health Authority, Michael Bent (right) and Medical Officer (Health) Manchester, Dr. Nadine Williams.**

The community of Harmons in Manchester now has a newly constructed health centre boasting modern, spacious offices for doctors and other health professionals, and patients.

The work was undertaken through a donation of \$14 million from United States (US)-based non-profit organisation Won by One to Jamaica (WBOTJ)

The expanded space allows for more physicians and services to be housed at the location.

At the official opening and handover of the facility recently, Regional Director for the Southern Regional Health Authority (SHRA), Michael Bent, expressed gratitude to Won by One to Jamaica for its continued partnership in strengthening healthcare delivery in Manchester.

He urged residents to make good use of the facility and the improved services being offered.

“You are now having the services closer to you so that it can prevent being admitted into a hospital. It can prevent the overcrowding... and the long wait at the hospitals,” he said.

“So, I say to the members of the community, you have a great responsibility... to use this facility to empower yourselves and to make better choices of your health, because we will have more health professionals here who can guide you, who you can consult with,” Mr. Bent pointed out.

Medical Director for WBOTJ, Beth Fellers, said that the project involved demolishing an old building and constructing a new, more spacious structure.

She commended Jamalco and community members who gave support to the project, as well as donors in the US and others who “spent money and time to come and help to make the building what it is today”.

Ms. Fellers highlighted the importance of residents having access to quality primary healthcare services.

“Our community needs to be involved in preventative healthcare, to be able to see a doctor sooner, get diagnosed sooner, to have access to the ongoing medications that they need,” she noted.

Chairman of WBOTJ, Rich Mitchell, for his part, expressed gratitude to all the supporters and volunteers “for trusting and believing in this project”.

Won By One To Jamaica is a Christian-based Ministry dedicated to empowering and improving the lives of the people of Harmons.

**Credit: The Jamaica Information Service**

## In the News: Southern Regional Health Authority

### Mandeville Regional Hospital Receives Urology Equipment



**Urology Consultant at the Mandeville Regional Hospital, Dr. Davon Mitchell (right), explains the function of a urology instrument, during the handover of pieces of equipment, donated the Manchester Wellness Foundation, at the hospital in Manchester on Friday Oct. 3). Looking on are Chief Executive Officer of the hospital, Alwyn Miller, and Chairman of the Foundation, Herschel Ismail.**

The delivery of urology services at the Mandeville Regional Hospital in Manchester has been strengthened through the donation of critical pieces of equipment valued at over \$21 million.

The instruments, used in diagnosing and treating conditions related to the urinary tract and male reproductive system, were gifted by the Manchester Wellness Foundation, which has been a longstanding supporter of the public health facility.

Speaking at the handover ceremony at the hospital on Friday (Oct. 3), Urology Consultant, Dr. Davon Mitchell, said the tools provided will enhance the diagnosis of patients, allowing for more precise and minimally invasive treatments.

This will enable patients to heal better and faster, with improved outcomes.

“Patients remain in hospital for shorter periods, usually one to two days or so and sometimes less. Sometimes, patients will come in on the morning of the procedure, get their procedure done and go home, and we do so with the patients having minimal functional outcomes.

They have less scars, they bleed less, and they recover faster. That is an integral part of urology,” Dr. Mitchell said.

Chairman of the Manchester Wellness Foundation, Herschel Ismail, said that the organisation has a mandate to support the improvement of health services in the parish.

“Our job is to strategise, to raise funds [to assist] health facilities, whether it is a primary or secondary care facility,” she noted.

Mrs. Ismail informed that the Foundation adopted the hospital’s Ear, Nose and Throat (ENT) Department nine years ago, donating well-needed equipment.

“They no longer need to transport patients to Kingston. All the [ENT] cases are done here, and we are now in our fourth year of adoption of the urology services,”

she said, noting that the equipment provided will boost service delivery.

“I am sure the doctors themselves are motivated to be using new, state-of-the-art equipment. Now, for us as a Foundation, we are few in number, but we have big hearts from which our generosity flows”, she said.

Urology services involve medical and surgical treatment for a range of conditions affecting the urinary tract in men and women, as well as the male reproductive system.

These include managing kidney stones, urinary tract infections, urinary and erectile dysfunction, as well as treating prostate issues, urologic cancers and male infertility.

Various procedures are offered for urological conditions, from minimally invasive treatments to surgical interventions.

**Credit: The Jamaica Information Service**

## In The News: Southern regional Health Authority

### SRHA Intensifies Efforts to Promote Mental Health & Wellness



**Mental Health Officer, Mr. Odean Forbes addresses students and faculty members of the Bethlehem Moravian College in Malvern, St. Elizabeth.**

Jamaicans are being urged to take their mental health seriously and end the stigma surrounding mental illness, by the Southern Regional Health Authority (SRHA) Mental Health Unit.

This call comes during Mental Health Week, being observed from October 6 to 10 under the theme 'Community: Supporting Mental Well-Being Together', with October 10 being marked as World Mental Health Day.

During a mental health awareness workshop, held at Bethlehem Moravian College in Malvern, St. Elizabeth, on Tuesday, October 7, Mental Health Officer, Odean Forbes, told JIS News that there has been an increase of about 100 new patients each month, compared to the previous year.

"We're then looking at 1,200 patients for the year that are new. If St Elizabeth alone is experiencing this, then check a larger parish, or even a smaller parish might be showing this increase," Mr. Forbes said.

He pointed out that many factors are contributing to this increase, including the lingering effects of the COVID-19 pandemic, unresolved personal trauma, substance abuse, domestic violence, and the pressures of social media.

"There's no good health without good mental health, and I would want the entire country to zoom in on what we are doing, because there is a silent voice, and nobody is able to hear that voice until something happens and the entire community cries," Mr. Forbes said.

"Also, persons who think that they have a form of mental illness, don't get silent, don't feel discriminated; speak out and reach out to persons [who] are able to provide that care, strength and help them through some of the darkest moments," he added.

The workshop formed part of Mental Health Week, which is the annual observance that serves to focus on mental health professionals and patients, while raising awareness about the importance of mental wellness globally.

"There's a mental health hotline and suicide hotline – 888 NEW LIFE (639-5433) – where you can call in and speak to professionals and get the help that you deserve and require," Mr. Forbes noted.

The Dean responsible for social sciences at the college, Isaac Onywere, welcomed the intervention.

He said that while the institution provides some guidance through counselling and religious support, professional help was lacking. As such, he said the workshop was timely and well received, as it gave students and staff the opportunity to better prepare to deal with their mental health. "So, I think it was a beneficial workshop," Mr. Onywere added.

The week's activities across St. Elizabeth included a church service, an adolescent mental health workshop at Maggotty High School, and the symposium at Bethlehem Moravian.

**Credit: The Jamaica Information Service**

## Facilities on the Move

### BRH Hosts Self-Care Mental Health Workshop for Team Members

On Tuesday, October 7, the Black River Hospital in St. Elizabeth hosted a “Managing Burnout and Accessing Mental Health Services” workshop to support the well-being of staff.

Team members engaged in physical activities, a presentation on Stress Management and Setting Boundaries by Regional Clinical Psychologist Ms. Amanda Fraser, and a relaxing sip and paint session-all designed to promote balance, connection, and self-care.

Please see below highlights.



## Facilities on the Move

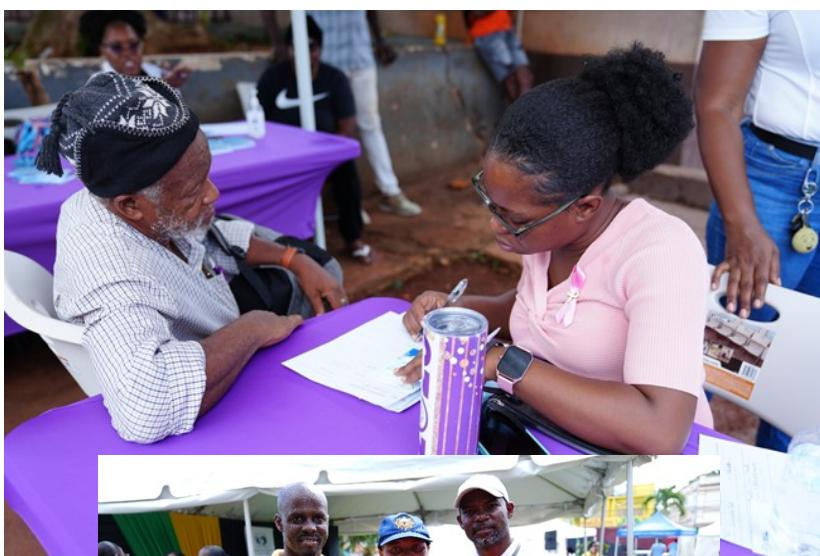
### Celebrating World Mental Health Day & World Homeless Day

The Southern Regional Health Authority joined the Manchester Municipal Corporation to honour and uplift our homeless community, while promoting mental wellness for all.

The teams came together on Friday, October 10 and began the day with a march from the Mandeville Comprehensive Clinic through the town, ending at the Cecil Charlton Park, where the celebrations continued.

The day's activities included Know Your Numbers – blood pressure, cholesterol, HIV testing, depression screenings and counselling sessions, eye and dental checks and meaningful discussions.

See below highlights.



## Facilities on the Move

### Mental Health Team Bats for Good Mental Health at Exposition

The team was super busy during Mental Health Week, as they hit the ground running, promoting mental health and wellness among clients and team members.

The team from the Black River Hospital partnered with several agencies including the National Council on Drug Abuse, the Child Protection & Family Services Agency, the Ministry of Justice Victim Services Division, the St. Elizabeth Community Safety & Security Branch of the Jamaica Constabulary Force and Nu Walters Pharmacy for a mental health exposition on Thursday, October 9, which promoted the importance of mental health wellness and how to access mental health services.

Below are the photo highlights.



## Facilities on the Move

### Manchester Mental Health Team Provides Physical Care and Support to Homeless Community

For Mental Health Awareness Week, the teams across the region intensified their efforts in promoting mental health and wellness. They educated, empowered and provided physical care and support, particularly to one of our vulnerable groups-the homeless community.

They reminded persons that mental illness is just another illness and encouraged them to break the stigma.

Please see below highlights from the Manchester team.

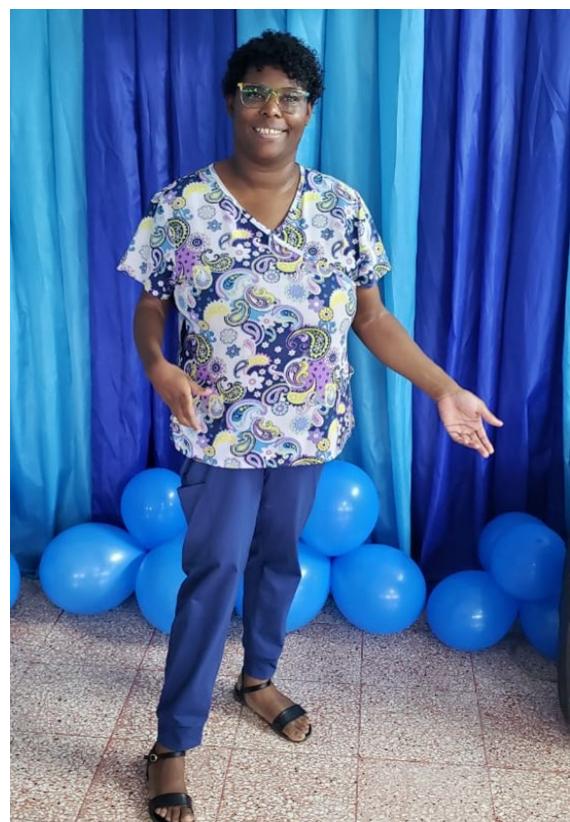


## Facilities on the Move

### Creative Arts Session Hosted for Clarendon Staff

As part of Mental Health Awareness Week, the Clarendon Health Department mental health team hosted a creative arts session on Tuesday, October 7, for staff to boost their morale. In addition to the creative session, the staff members were empowered with information about maintaining good mental health, along with exploring practical strategies to maintain a good mental health.

On Monday, October 6, the team also did a mental health presentation at the Denbigh High School in Clarendon. Please see below highlights.



## Facilities on the Move

### May Pen Hospital Lauds Donors for Continued Support

As part of National Customer Service Week, the May Pen Hospital in Clarendon acknowledged some of its donors for their continued support to the hospital, which has contributed to improving the services offered to clients.

The function was held on Thursday October 9. Please see below highlights.



## Facilities on the Move

### MRH Hosts Pink Day to Push Breast Cancer Awareness Month

On Tuesday, October 14, the Mandeville Regional Hospital Haematology-Oncology Unit hosted their 'Pink Day', a heartfelt event filled with hope, colour, and community spirit.

Patients shared their powerful stories, and health professionals offered valuable insights on surgery, nutrition, and cancer care. The day also featured engaging activities, including "Pink & Sip", blending creativity and compassion in one meaningful celebration.

Together, we honour survivors, support those currently fighting, and remind everyone that early detection saves lives. Please see below highlights.

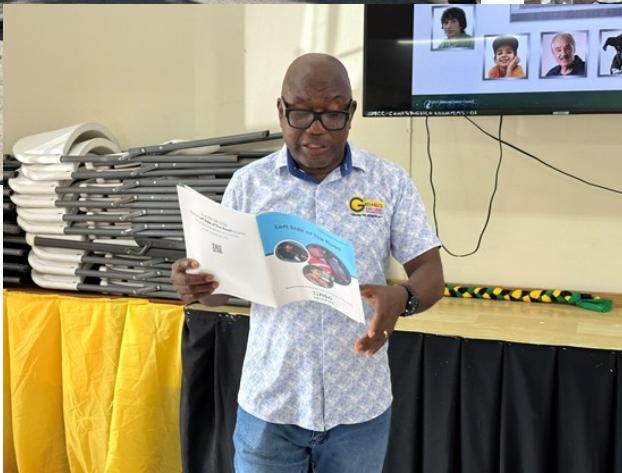


## Facilities on the Move

### 54 Drivers Re-Certified in Defensive Training

The Department of Facilities, Operations and Maintenance hosted a two-day defensive driving and recertification workshop for some 54 drivers across the region.

The drivers participated in the training facilitated by Grenell's Driving School in early October. Please see below highlights.



## Facilities on the Move

### Clarendon Health Department Celebrates Those Who Serve With a Smile

The Clarendon Health Department joined the national observance of Customer Service Week with a special celebration on Friday, October 10 at the facility.

Customer service champions from various departments were honoured for their dedication and outstanding service. Team members were treated to refreshing fruits, delicious cake, certificates of appreciation, tokens, and tasty finger foods-all in recognition of their commitment to excellence in healthcare delivery. Please see below highlights.



## Staff Highlight

### Celebrating Our Physiotherapists: Champions of Movement and Recovery

In observance of World Physiotherapy Day and Physiotherapy Week, the Southern Regional Health Authority highlighted the critical role of physiotherapists in improving mobility, independence, and quality of life.

This year's focus on frailty and the risk of falling, underscored the importance of early intervention, exercise, and education in supporting our patients-especially the elderly.

The celebrations culminated with the annual physiotherapy awards ceremony at the Mandeville Regional Hospital, where our physiotherapy teams across Clarendon, Manchester and St. Elizabeth were recognised for their dedication and impact. See below photo highlights.





# HR And You:

## “Interim Corner”


**INTERIM CORNER**

**EXAMPLE OF HOW THE INTERIM EVALUATION SHOULD BE COMPLETED**

Once an employee is “off track”, a reason is required and the agreed way forward. Below is an example:

**SECTION A – QUANTIFIABLE OUTPUTS**

Related Major Tasks	On Track	Not on Track	Barriers/Constraints	Action agreed or other comment
Complete PMAS related assessments for supervisees	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Prepare and submit reports	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Reports submitted after the agreed deadline each month	Reports will be completed 2 days before the deadline and scheduled to send.
Attend meetings and other fora	<input checked="" type="checkbox"/>	<input type="checkbox"/>		


HRM&D Unit



# PR NAVIGATOR

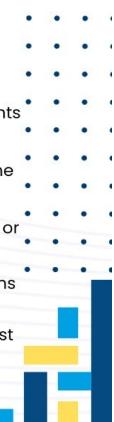
## Correct use of Logos

A logo is a graphic mark, emblem, or symbol that represents a company, brand, organization, or product, serving as a crucial tool for public identification and recognition. Its purposes include: brand identity, trust and professionalism, differentiation and is also a marketing tool.

The Southern Regional Health Authority uses both the Ministry of Health and Wellness logo and the SRHA logo. You may choose to use only the SRHA logo, depending on the situation.

- When using both logos, the MOHW logo should be to the left of the SRHA logo, because it is the parent ministry. The left position represents precedence.
- Styles vary in the positioning of logos, however, try to keep logos to the top of the artwork/document, especially in official settings.
- At all times the logos should be free from interference, so no graphic or words should touch the logos.
- Please request the correct version of the logo from the Public Relations Unit and seek advice regarding its use.
- To use the Coat of Arms, which is a national emblem, permission must be requested from the Office of the Prime Minister.
- The National Flag should never be used as an artwork/graphic. The colours can be used but not the image of the flag.

# Infohub



# Wellness Bytes

“Protecting Your Wellbeing After a Hurricane”



# Health & Wellness



7  
WAYS

*to Protect Your Health and Wellbeing After the Hurricane*



01

## STAY HYDRATED

Drink plenty of clean water to avoid dehydration.



02

## PRIORITISE MENTAL HEALTH

Talk to loved ones, and seek professional help, if needed.



03

## BE CAUTIOUS WITH FOOD AND WATER

Avoid consuming contaminated food and water to prevent waterborne illnesses.



04

## GET MEDICAL HELP WHEN NEEDED

Don't hesitate to seek medical attention if you're injured or experiencing abnormal symptoms.



05

## TAKE BREAKS

Rest and recharge to avoid burnout while dealing with the aftermath.



06

## STAY CONNECTED

Reach out to family and friends to ensure everyone's safety.



**PRACTICE SELF-CARE 07**

Engage in activities that promote relaxation and stress relief, like meditation.

# SUBMIT AN ARTICLE

We welcome your input.

Please submit your articles and feedback for the November edition to:

The Corporate Communications & Public Relations Branch

Email: latoya.laylor@srha.gov.jm

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Why does super glue not stick inside its own bottle?



The Lighter Side

