



ClaytonCare Group

OCTOBER NEWSLETTER 2



SUB-ACUTE CENTRES OF EXCELLENCE FOR MEDICALLY COMPLEX REHABILITATION



Global Handwashing Day

Did you know that proper handwashing with soap can reduce the risk of respiratory infections by up to 21%?

15 October

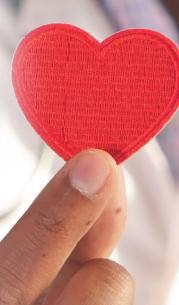
Happy Global Handwashing Day! Today, let's remind ourselves and others of the power of clean hands in keeping ourselves and our communities healthy.

Care@Midstream doctors: passion-fuelled healers, bringing hope and healing to patients and their families.

In a doctor's heart, passion ignites,
Guiding each step through long nights.
With expertise and empathy combined,
They heal and revive, a beacon so kind.

Hope takes flight in their embrace,
Each patient a testament to their grace.
Devotion shines in their tireless care,
A reminder of the love they generously share.

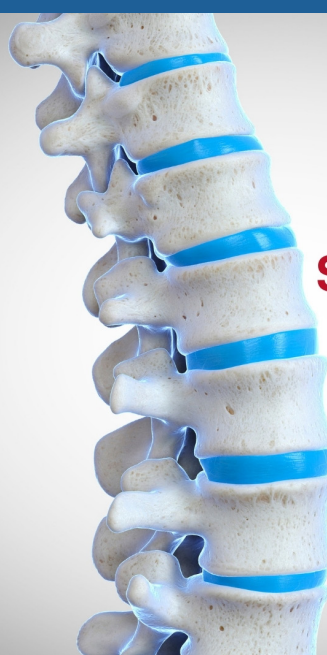
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OFFERING EARLY REHABILITATION OPPORTUNITIES FOR PATIENTS, facing complex medical conditions, needing ventilation support /or recovering from surgical procedures

Let us work together in empowering patients during their journey to wellness by providing early rehabilitation support.

World Spine Day is a reminder to take care of your back! Let's commit to better spine health by staying active, lifting safely, and practicing good posture.

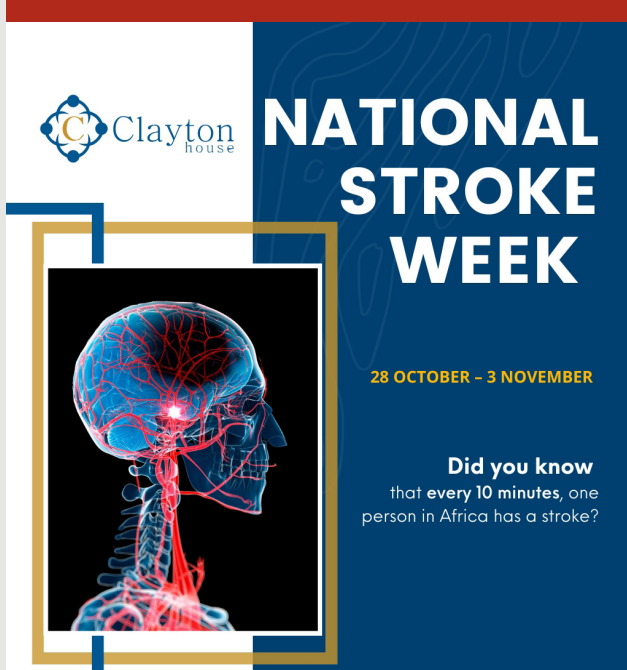


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WORLD SPINE DAY

16 October

Up to 80% of people will experience back pain at some point in their lives



NATIONAL STROKE WEEK

28 OCTOBER - 3 NOVEMBER

Did you know that every 10 minutes, one person in Africa has a stroke?

National Stroke Week is here to remind us: Every minute counts when it comes to stroke! Learn the signs — FAST: Face drooping, Arm weakness, Speech difficulty, Time to call emergency services!

At Care@Midstream we are dedicated to providing specialised care and support to help individuals on their journey to recovery and improved well-being. With compassion and expertise, we strive to make a positive difference in the lives of our patients every day.



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Sub-acute care is our passion

Unlocking the Power of Early Rehabilitation!

Did you know offering early rehabilitation opportunities for patients can lead to:

- ✓ Faster recovery times
- ✓ Improved mobility and function
- ✓ Reduced complications and hospital stays
- ✓ Enhanced overall quality of life

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Globally, the health rights of millions are facing growing threats. Conflicts wreak havoc on lives, resulting in fatalities, suffering, hunger, and psychological trauma.

Let's advocate for the universal entitlement of every individual, regardless of location, to enjoy access to healthcare services, education, and information. Additionally, support the right to clean drinking water, fresh air, proper nutrition, quality housing, satisfactory working and environmental conditions, and freedom from discrimination.

On World Stroke Day, let's focus on prevention! Up to 80% of strokes are preventable through lifestyle changes like maintaining a healthy diet, regular exercise, and not smoking. Let's commit to a healthier lifestyle to reduce stroke risk!



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WORLD STROKE DAY

Prevent a stroke with healthy choices

29 October

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