



## **DIE AFRIKAANSE PROTESTANTSE AKADEMIE NPC**

Registration number: 2002/031756/08

Registered with the Department of Higher Education and Training as a private higher education institution under the Higher Education Act, 1997

**Registration Certificate No. 1999/HE08/001**



"Ou spore - Nuwe weë"

### **INSTITUTIONAL HEALTH AND WELLNESS POLICY**

Policy Owner	Board of The APA
Responsibility	Quality Commissioner and Quality Committee
Status	Approved
Dates of amendments	
Review date	2022

## Health and Wellness

### 1. Introduction

The institution places a high premium on the importance of healthy living of staff and students. Health and wellness is a voluntary, confidential service that provides professional counselling and referral services in order to reduce health risks, promote healthy behaviours and enhance employee and student well-being and effectiveness in the institution through prevention, identification and resolution of productivity issues for staff and students. For employees it is supported by applicable legal and statutory employment relations framework and provides specialised advice and support services on internal work performance, grievance and disciplinary procedures and processes. For students, it is supported by a complaints and grievance policy and procedures.

### 2. Purpose

The purpose of the policy and health and wellness support at the APA is working towards and contributing to a general positive working and studying ethos to advance academic success at the APA and in contribution to a wider positive involvement and to the total community where staff and graduates work and live. The overall main purpose is the setting and improvement of a healthy work and study environment and a general healthy way of life.

### 3. Resources

Note should be taken that due to the nature and programmes of the APA, the institution has many wellness practitioners employed and therefore provide an informal health and wellness service to many staff and students of the institution. Names of lecturers giving health and wellness support in an informal way:

**Lecturers – Psychology:**

**Dr. MH van Zyl-Henstock**, Phone 012 344 3960, Buiding A - Office 2,

**Prof. dr. NL Joubert**, Phone 011 8277611, Intitute of Christian Psychology, 8 Cachet Road, Lambton, Germiston.

**Lecturer – Christian Counselling: Rev. WA Burger**, Phone 012 344 3960, Buiding A - Office 1

**Lecturer – Theology: Prof. dr. GDS Smit**, Phone 012 344 3690, Main buiding - Office 13

Formal structures are also available. Details of some are as follows:

<b>Cara Vitae</b> Verhoudingsfasiliteerder/ Relationship Facilitator Yvette Otto 072 223 7522 <a href="mailto:zyvetto@gmail.com">zyvetto@gmail.com</a>	<b>Stabilis Alcohol and Drug centre</b> 012 333 7702 / 082 462 3529 <a href="mailto:info@stabilisc.co.za">info@stabilisc.co.za</a>	<b>Evexia Capital Dayclinic</b> Community Mental Health Care Day Centre 012 348 8200 <a href="mailto:info@evexia.co.za">info@evexia.co.za</a>
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Ministers on call (as per arrangement by the institution)

**Rev. A Boshoff** – Phone 012 361 7574, 48 Glenwood Avenue, Lynnwood Glen Pretoria

**Rev. L Lubbe** - Phone 012 333 8987, Corner of Ben Swart-, Japinoca and Karriboom Street, Môregloed, Pretoria

**Rev. IP du Preez** – Phone 083 297 4830, Corner of Stokroos- and Oak Street Northmead X4 Benoni

Psychologist on call:

**Dr. Guiliuame Walters du Plooy** – Phone 012 993 5888, DENMAR 507 Lancelot Road,  
Garsfontein x16 Pretoria

Please take note that this information in the policy is updated annually. In case of change of the infotation, the PA of the Head of the Inmstitution and Registrar can be contacted

#### **4. Policy History**

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