



THE ADVERTISER

NOVEMBER 2024 EDITION

Have you considered the natural approach?

Hypnotherapy can assist you with:

- Anxiety & Stress
- Compulsive disorders
- Smoke Cessation
- PTSD



David Grant
Transformation Hypnotherapist



David@meovermeals.com



0828562558



<https://meovermeals.com>

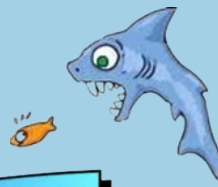
Unit 217, Oudehuis Centre,
122 Caledon St, Somerset West,
Cape Town, 7130

MeOverMeals

Transformation Hypnotherapy

**GRADE
1-7**

PLAYCO'S
**THE
Great
ESCAPE**
Adventures for all ages



**DEC
6, 9,
10 or 12**



**Daily Rate
R600**



DAILY ACTIVITY OPTIONS:

6th - Sleepover: Splash Zone, Roller Rink, Pizza, Popcorn & Movies

9th - be.UP Park: Indoor Fun Park & Ice Skating

10/12th (Weather Permitting) - GB Hike & Kayaking



***BUS TRANSPORT
INCLUDED**



[Daily Information](#)

[Registration Form](#)



Book on dineplan.com
087 149 4685
bookings@primewagyu.co.za

Burgers - Steaks - Craft Beer - Wine Bar
Cocktails - Private Functions



*Kids eat
for free*

ALL DAY ON

TUESDAYS

AND SATURDAYS

With every main meal
you order

Play area for kids aged 2-10 years

*"By far the best Sunday
Roast we've had"*
Imeraan van Rooy

*"Amazing food, amazing
service, and a special shout
out to the girl who watches
the kids, awesome!"*
Annerie Jordaan

*"Truely the best meal I
have had in 15 years"*
Jacques Viljoen

1st Floor, Metropole Plaza, 98 Beach Road, Strand
Corner of Beach Road and Van Riebeeck

PET SITTING



Are you going away and in need of a reliable pet sitter? My name is Cameron Angus. I am a past pupil from SH and live in Somerset West. I love animals and am available to feed, water and spend time with your furry friends!

I am available on Weekends and holidays.

Please contact me: 078 863 1756

Price R150 per day.



Golf Scooter For Sale

Electric golf scooter. Good condition. batteries 6 months old. Can do 27 holes on one charge.

Extras: Drink & Scorecard holder.

Sand bottle & Ash Tray holder. It also has a basket for covers.

R9000 negotiable.

Reason for selling: Stopped playing the game

Johan: 0827605750





DR CHRISNA KRÜGEL

MEDICAL DOCTOR

Dr Chrisna Krügel relocated from the Free State to Helderberg.

She is a dedicated Family practitioner with a special interest in children and also have a post-graduate diploma in pediatrics.

Child Policy:

We will see any child with an acute condition immediately.

- **Acute Fever**
- **Infection**
- **Any other alarming symptoms**

Remember, if your child is not well, DO NOT WAIT.

Take them to their primary care physician ASAP!

Moms Know Best!

Moms do your Papsmear and Gyne check up yearly, as well as breast examination and mammogram.

Make sure that your Bloodpressure and Cholesetrol is normal and under control.

**Tel: 021-852 6645 WhatsApp: 064 905 8119 E-mail: infodr@jakswa.co.za
JAKSWA MEDICAL CENTRE, 16 CALEDON STREET, OPPOSITE THE CIRCLE PHARMACY**

Online bookings: www.jakswa.co.za

Partner School

Programme



Exciting News! Your school has joined the iStore Education **partner school programme**, giving you the opportunity to **save over R1000** on Apple products.

Here are the benefits you'll receive **simply** because your school is enrolled:

- ✓ **R500** off iPad and 50% discount on iCare for iPad.
- ✓ **R500** off Mac and Free iCare for Mac.
- ✓ **10% off** selected accessories.
- ✓ **Technical/Setup Support:** Available at any of our iStores nationwide.
- ✓ **Flexible payment options.**

How to redeem your discount



Visit www.education.istore.co.za.

Create your account and link your school (Select your school name from the dropdown list).

If you already have an account - select **My Students** and select your school from the dropdown list.

The discount Code to apply at Secure Payment is **IPADSCHOOL** (iPad purchase) or **MACSCHOOL** (Mac purchase).

When adding iCare or any accessories, they will automatically be discounted at checkout.



Visit one of our **iStores nationwide**. Show the consultant this brochure confirming that your school is a participating school and claim your Partner School discount.

BLACK *Friday*

18 NOV - 2 DEC

Now on at **iStore Education**

Exclusive Black Friday deals on Mac and iPad for parents of partner schools.

School learning has never been this powerful.



Apple MacBook Air

13-inch | M1 chip | 256GB

R13 499

SAVE R1500

⊕ Includes **FREE** iCare



Use the code:
BFMACSCHOOL on checkout*

Apple iPad

10th Gen | 10.9-inch | Wi-Fi | 64GB

R6799

SAVE R900

⊕ Get **50% off** iCarePlus



Use the code:
BFIPADSCHOOL on checkout*

*Black Friday deals cannot be used in conjunction with any other promotion.

KICKSTART YOUR ATHLETICS SEASON

Dates: 10th/11th/13th/16th/18th/20th December 2024



Corinne Di Tizio-Schneider

Former Olympic athlete in Heptathlon 1984 Los Angeles / 1988 Seoul
Several times Swiss National Champion in Highjump / Javelin / Heptathlon
Sports Teacher and Athletics Coach in Switzerland and South Africa since 1995
ASA level 1 & 2 Coach - Jumps / High Jump
IAAF level 1 and 2 Coach Jumps / High Jump

Lucio Di Tizio

Professional National Coach Italy / South Africa / Switzerland Multi Events/Sprints/
4 x 100m Relay
Personal coach of the latest Olympic athlete Géraldine Frey 100m / 4x100m Relay
Master in Athletics CONI Rome
IAAF level 4 Coach Sprints and Relay
ASA level 2 Coach Sprints

Where:	Radloff Park Sport Grounds – C Field (Closest to Mountain)
Times:	08:15 – 09:30
Clinic Content:	Athletic Skills for Sprints, Jumps and Endurance
Registration:	Register now (Limited Numbers) Corinne +41 79 906 04 26 Whatsapp Lucio +41 76 367 99 38 Whatsapp
Fee:	R1000 for 6 Sessions

**Start your training early so that you are ready to
Run and Jump for your Athletics Season.
Reach the Summit & Make your Team Proud!**



★Nursery Schools + Primary Schools★High Schools

Adhoc/ once off trips available should you need assistance:

(Car seats on board 9kg - 36kg)

🌸Have a afternoon meeting to attend to and you won't be able to collect your child on time, give us a call we are here to assist.

🌸Early Morning appointments and your children need to be taken to school, give us a call.

🌸Transport available to and from sport activities and extra lesson classes in the afternoons, give us a call.

✈️Airport Shuttle Available ✈️

★We are here to assist★

Call Today: 072 614 3257 cherie.siv@gmail.com

THE GOLF VILLAGE

PUTT-PUTT & GOLF

LJMGOLF



WHEN:
EVERY DAY
8:00 - 20:00

FOR AGES:
SMALL &
BIG KIDS

WHERE:
THE GOLF VILLAGE
(NEAR THE BEACH)

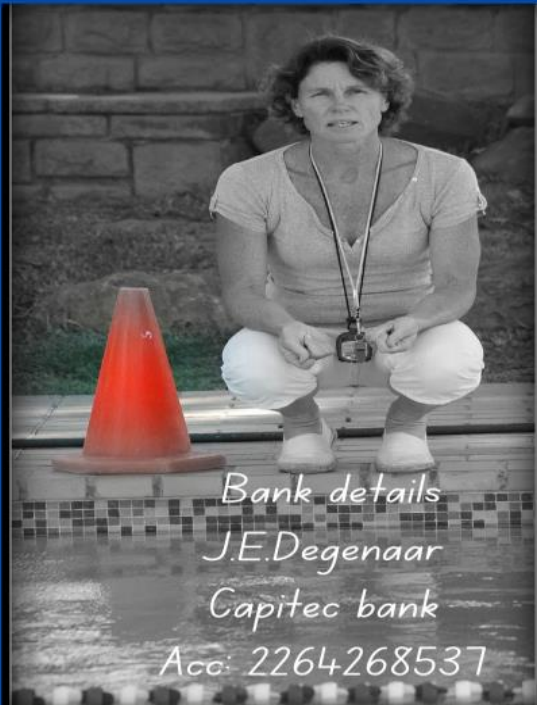
TGVSU.CO.ZA / 021-852-8600



ALSO AVAILABLE :
PIZZA, KIDS MENU, ICE
CREAM, MILKSHAKES

SPECIAL OFFER

20% DISCOUNT TO
ALL SOMERSET
HOUSE FAMILIES
DURING THE
DECEMBER HOLIDAYS
INCLUDING LESSONS



Bank details
J.E.Degenaar
Capitec bank
Acc: 2264268537



Swimming with Jean (Not Learn to Swim)

Term 4 2024

(9 OCT - 28 NOV)

Tuesdays/Wednesdays/Thursdays

Grade 2+ 3 4:30 - 5:00 pm

Grade 4 & 5 5:00 - 5:30pm

Grade 6 & 7 5:30 - 6:00pm

FEES R 500

Contact Jean to book

072 778 1690