

Cape Peninsula - North

November 19, 2025

Barnard	Joseph & Ingrid, Corrine, Faghan, <i>Protea Hoogte</i> Jurina; 40 Hannetjie Horn street, Koelenbosch Country estate, Stellenbosch 7650; barnard337@gmail.com(J) , merc081@gmail.com(I) , swartbooicorreo1@gmail.com(C) ; (-33,8766385, 18,8135451)	078 095 3365(J) 082 674 7934(I) 061 454 2206(C)
Basson	Besmie; Huis Uitsig, 15 M E Rothman St, <i>Ridgeworth</i> Parow North, Cape Town, 7500 (Dimentia /Frail care 2nd room left)	073 873 1960 021 919 7951
Benjamin	Cecil & Thelma, Claudia, Gia; <i>Kasselsvlei Rd</i> 111 Chestnut Way, Belhar, 7490; claudiabenjamin88@gmail.com(Cl) ; (-33.948260,18.623754)	078 989 4507(Cl) 078 479 0075(T)
Benjamin	Eddie & Antoinette, Nathan; <i>Kasselsvlei Rd</i> 46 Kasselsvlei Rd, Bellville South, 7530; anniebenj@gmail.com(A) , teddybenj@gmail.com(E)	083 707 0712(E) 073 357 0705(A) 021 951 5278
Bernardo	Isaac & Magdalene, Bonita; 5 <i>Pinehurst</i> Flamink Close, Durbanville 7550; isaacbernardo2007@gmail.com(I)	0844068063(M) 0604835151(I) 021 975 4758 0730356732(B)
Bester	Ruan & Leandé, Laramé; 10 Parkzicht, <i>Pinehurst</i> Parkzicht Close, Uitzicht, Durbanville	+27 82 683 8912
Bester	Gerhard & Amanda; 56 Waterbessie <i>Protea Hoogte</i> Str, Sandalwood Mews, Kuilsrivier, 7580; besters@wam.co.za(G)	084 245 8651(G) 083 391 3845(A)
Blom	Dalene; 15 Glen Choral, Beethoven <i>Bethanie 2</i> Cresc, Sonstraal Hoogte, Durbanville; blomdalene@gmail.com	082 824 4194
Botha	Yolandie & Chris, Christian, Leah; 28 Falcon <i>Bethanie</i> Street, D'Urbanvale, 7550	082 560 4716(Y)
Botha	Lucian & Nicolene; 94 Gladioli <i>Protea Hoogte</i> St, Kuils River, Cape Town, 7580; lucianbotha10@gmail.com(L) , nbotha50@gmail.com(N)	083 507 9291(L) 073 494 7523(N)
Bown	Christelle, Aimee, Oliver; 68 Alison <i>Bethanie</i> Rd, Kenever, Cape Town, 7550; chrystal@intekom.co.za	0825727733(C)

Du Toit <i>WC - North - Sick Bay</i>	Joey; Sick Bay. George & Anne Starck Homes, 2 Willow Lodge, Frans Conradie Drive, Bellville; johanna.dutoit42@gmail.com	076 483 7414
Ewertse <i>Protea Valley</i>	Mervyn & Alrene, Lauren; 6 Prinizia Avenue, Welgedacht, Bellville, 7530; alrene@bedking.co.za(A) , mervyn@bedking.co.za(M)	082 324 3580(M) 082 874 3914(A) 021 913 2598
Faul <i>Protea Hoogte</i>	Christo & Sanel, Eugene; 1 Maree Close, Protea Hoogte, Brackenfell, 7560; christofaul@gmail.com(C) , sanelfaul@gmail.com(S)	082 378 0621(C) 071 869 8362(S) 071 530 1299(E)
Fortuin <i>Kuils River</i>	John; Room no 48, Sarepta AGS Oue Tehuis, Sarepta Street, Kuils River; jhfortuin1@gmail.com	021 592 8235
Fouché <i>Ridgeworth</i>	Muriel; D21, Wilger Park, 2 Stellenberg St, Oak Glen, Bellville, 7530; fouchemuriel@gmail.com	084 548 1414
Foye <i>Ridgeworth</i>	Andrew & Illana, Laura-Lee, Julia; 5 Artillery Road, Door de Kraal, 7530; andrew.foye@gmail.com(A) , illana.foye@gmail.com(I)	082 809 6651(A) 083 415 8246(I) 021 913 1782
Fritz <i>Kasselsvlei Rd</i>	Gerald & Patricia; 37 Brand St, Bellville South, 7530; rosetrishcoe@gmail.com(P)	082 743 4068(P) +27 82 571 3711(G) 021 951 4414
Fritz <i>Kasselsvlei Rd</i>	Shirley; 34 Railway St, Corner of MacKenzie St, Bellville South, 7530; shirleyfritz100@gmail.com	079 448 4780 021 951 5182
Froude <i>Protea Hoogte</i>	Sarie; Room 101, Huis Ravenzicht, 161 9th Avenue, Kraaifontein, 7570; sariefroude@gmail.com	082 334 1386
Gillfillan <i>Bethanie 2</i>	Barbara; 56 Ascot Street, Windsor Estate, Kraaifontein, 7580	067 169 2984
Gilles <i>Protea Valley</i>	Jannes & Anne; 1 Featherhead St, Protea Valley, 7530; apic@mweb.co.za	060 713 0479(J) 083 708 1393(A)
Goliath <i>Highbury</i>	John & Susan; 46 Plover Walk, Sunbird Park, Kuils River, 7580	072 184 0833(J) 076 362 4297(J) 064 203 2981(S)

16 Pinehurst W@19h30;Bernardo, I @ Murray, J

Murray (*SunAM, Wed;Elder*) John & Esther
Myers (*SunPM*) Lester & Edwina, Emily, Lucy

Protea Hoogte W@19h30;Pieterse, G

Barnard Joseph & Ingrid, Corrine, Faghan, Jurina
Bester Gerhard & Amanda
Botha Lucian & Nicolene
Coetzee Sandra
Faul (*SunAM;Elder*) Christo & Sanel
Nortjé Lawrence & Phyllis
Pieterse (*Wed*) Graeme & Gisele, Matthew, Maunia

Protea Valley W@19h30;Hermans, L

Ewertse (*SunPM*) Mervyn & Alrene, Lauren
Hermans (*Wed*) Leslie & Michelle
Myburgh Carla

Protea Valley WedAM@10h30;Stafford, N

Fortuin John
Gilles (*SunAM;Elder*) Jannes & Anne
Stafford (*Wed*) Norman, Patsy
Walker Allan & Dorothy
Walker Jonathan & Monia, Amelia, Lea, Elijah

Ridgeworth W@19h30;Foye, A

Basson Besmie
Du Plessis Visser
Foye (*Wed*) Andrew & Illana, Laura-Lee, Julia
Van Rensburg (*SunAM,SunPM;Elder*) Nico & Belinda, Bianca
Van Wyk Gene - Eugené

Welverdiend WedAM@10h30;Hall, H

Dippenaar Maryna
Fouché Muriel
Froude Sarie
Gillfillan Barbara
Hall (*Wed;Elder*) Harry & Lorna

Huisamen	Neels & Sannie; Maryport, WC - North - Sick Bay	George & Annie Starck Home, Frans Conradie Drive, Oosterzee; sms contact only; nshuisamen@gmail.com	081 027 9293(N)
Jackson	Louisa; 16 Huis Verdi, Ibis St, Sonstraal Pinehurst Heights 7550; louisajackson66@gmail.com		084 586 0609
Jansen	Charles & Sonia; 10 Denhume Way, Kenridge Kenridge Ext 3, 7530; chabou@mweb.co.za	082 490 2135(C) 082 806 0842(S)	082 490 2135(C)
Jansen	Otniël & Laurika, Chloe, Noah; 10 Denhume Way, Hume, 7530	082 494 4069(O) 082 899 5985(L)	082 494 4069(O)
Kruger	Ruth; 21 Forest St, Voëlvlei, Kuils River, 7580; rkruiger2011@gmail.com	072 836 4050 021 903 2851	072 836 4050
Lewis	Patrick & Lynn, Kirsten, Carl; 9 John Jansen Road, Charlesville, 7940; Kuils River lynnrendalewis@gmail.com(L) , patrickcharleslewis@yahoo.com(P)	083 732 7904(P) 083 499 3419(L)	083 732 7904(P)
Lomas	Graham & Magda; 11 Duff St, Parow Protea Valley Valley, 7500; jmalomas@gmail.com	072 309 0298(G) 072 769 1507(M) 021 931 6530H	072 309 0298(G)
Louw	Piet; 2 Luckhoff St, Durbanville, 7550; Bethanie pieter.louw@outlook.com	083 366 9268 021 975 6427	083 366 9268
Maasdorp	Phyllis, Chrischar Rock WC - North - Sick Bay (Daughter); Meerenbosch Frail Care. 68 Falcon St, D'Urbanvale, Durbanville 7550. Press code 297 for frail care. Keep right.	074 979 9850(C)	074 979 9850(C)
Marais	Naas & Sonja, Sebastian, Stefan; Kuils River 6 Serena Close, Kuilsrivier, 7580; naashtc@gmail.com(N) , sonamarais@oldmutual.com(S)	083 498 2425(S) 021 903 1293 +27845484659(N)	083 498 2425(S)
Mathias	Justin & Jessica, Sofia, Michael; Block 3, 31 Cederberg Estate, Haasendal Road, Haasendal, Kuils River, 7580; rockafella.wp@gmail.com(Ju)	061 586 6712(Ju) 072 298 4679(Je)	061 586 6712(Ju)
Matthews	Joseph & Cynthia, Anthea; 4 Cassia Link, Belhar 1, 7490; antheamatthews440@gmail.com(A)	083 500 5188(A) 073 702 9972(J) 021 952 5045	083 500 5188(A)
Meadows	Joseph & Heather, Heidi, Benjamin; 37 Rosendal St, Glen IVE, Cape Town, 7550	083 452 9986(J) 0603559960(H)	083 452 9986(J)

Stafford (Wed)Norman, Patsy**Walker** Allan & Dorothy**Walker** Jonathan & Monia, Amelia, Lea, ElijahRidgeworth S@17h30;Van Rensburg, N**Basson** Besmie**Dippenaar** Maryna**Du Plessis** Visser**Fouché** Muriel**Foye** (Wed)Andrew & Illana, Laura-Lee, Julia**Van Rensburg** (SunAM,SunPM;Elder)Nico & Belinda, Bianca**Van Wyk** Gene - EugenéBethanie 2 W@19h30;Meadows, J**Blom** Dalene**Du Plessis** (SunPM)Pieter & Estelle**Holtzhausen** Louis (jnr)**Holtzhausen** (SunAM;Elder)Louis & Marie**Meadows** (Wed)Joseph & Heather**Toerien** Heidi, TanyaBethanie W@19h30;Louw, P**Botha** Yolandie, Christian, Leah**Bown** Christelle**Herman** (SunAM;Elder)André & Ilona**Herman** (SunPM;Wed - uneven dates)Ross & Tamaryn, Beatrix**Louw** (Wed)Piet**Schlemmer** Ilona**Victor** Eleanore**Visagie** Eunice**Wise** RobertHighbury W@19h30;Goliath, John**Combrinck** Kathy**Daames** Cyril & Shirley**Goliath** (Wed)John & Susan**Grootboom** Mary**Grootboom** Melchior & Laiken**Grootboom** (SunAM;Elder)Melvyn & Sharlene**Grootboom** Milly**Matthews** (SunPM)Joseph & Cynthia, Anthea

Mullam	Maurice & Carol, Megan, Chad;	Kasselvlei Rd 17 Clover Rd, Belhar 7;	mauricem@axcess.co.za(M)	084 909 9365(M)	Du Toit Lindy	Delport Edna	Cloete Elsabe	Kuils River S@17h30;Lewis, P @ Kruger, R
Murray	John & Esther; 8 Mayenne Road,	Thornewood Estate, Durbanville	esthermurray2307@gmail.com(E)	083 270 4127(J)	Fortuin John	Kruger (SunAM, SunPM) Ruth	Lewis Patrick & Lynn	Marias (Wed; Elder) Nas & Sonja, Sebastian, Stefan
Myers	Lester & Edwina, Emilly, Lucy; 24	Paarberg St, The Crest, Durbanville, 7550	MyersLM@eskom.co.za(L) , advertising.co.za(E)	083 692 4069(L)	Snyders Noelle & Kenneth	Snyders Barbara, Marlene	Wyngeard Allan & Undean	Pinehurst S@17h30;Meyers, L
Norrie	Lawrence & Phyllis; 36 Doringboom Street,	Protea Hoogte Street, De Oude Spruit, Brackenfell,	Protea Hoogte Street, De Oude Spruit, Brackenfell,	073 065 1661(L)	De Beer Bets	Bermardo Isaac & Magdalene, Bonita	Bestert Ruau & Leandie, Laramie	Protea Hoogte S@17h30;Botha, L @ Faul, C
Philander	Deon & Toekie; B3 Belami Ridge,	Kentridge Sonstrala Heights, Durbanville, 7550	082 474 9384(T)	096 040 4715(D)	Grobbelaar Dirk & Cecily	Snyders Catherine	Myers (SunPM)Lester & Edwina, Emilly, Lucy	Bestert Joseph & Ingrid, Corrine, Faghan, Jurina
Rezant	Christophe, Justin, Ashwin;	WC - North - Stick Bay Huis De Kuijen, Kulusivier;	chris.rezant@gmail.com(C)	083 419 912(C)	Botha Gerthard & Amanda	Faul (SunAM;Elder) Christo & Sanele	Faul (SunAM;Elder) Sandra	Protea Valley S@17h30;Ewerse, M
Schlemmer	Iiona; F2 Parkview Heights,	Bethanie Belami Drive, Sonstrala Heights;	084 491 0769	082 839 1024(C)	Froude Sarie	Pieterse (Wed) Lawrence & Giselle, Matthew, Manuaia	Norje Lawrence & Phyllis	Ewerse (SunPM)Merwyn & Alrene, Lauren
Simpson	Zelda, Charlton; Vetzicht Unit 5, 57	Kuils River Almere Way, Northpine, Cape Town,	066 238 8611(Z)	7560	Van der Merwe Frans	Hermans (SunAM;Elder) Janne & Anne	Myburgh Clara	Myburgh (SunPM)Leeslie & Michelle
Snyders	Catherine; Room 10, Onze Molten, 12 High	Pimhurst street, Durbanville; snyderscathy@gmail.com	082 333 9871	083 338 4658(D)	Protela Valley S@17h30;Ewerse, M	Gillies (SunPM)Merwyn & Alrene, Lauren	Hermans (SunAM;Elder) James & Frederique	Myburgh (SunPM)Leeslie & Michelle

Snyder	Barbara, Marlene; 42 Millettia Street, Rouxville, Kuilsrivier;	079 195 3265(B) 082 443 8361(M)
<i>Kuils River</i>	snyderbarbara@gmail.com, barbara-snyder@live.com	
Snyder	Noelene & Kenneth; 27 Kremetart Ave, Silver Oaks, Kuils River, 7580;	082 415 7982(N) 082 435 9006(K) noelene.snyder@rawson.co.za(N)
<i>Kuils River</i>		021 903 1753
Stafford	Norman, Patsy; 94 Duncan Rd, Parow Valley 7500	079 610 8084(N) 021 933 4329(N) 079 466 8510(P) 021 203 7884(P)
Toerien	Heidi & Michael, Charles, Tanya; <i>Bethanie 2</i> Wessel Lourens Rylaan 60, Vredekloof, 7560; heiditoerien@mweb.co.za(H)	083 243 6803(H) 021 981 8199 +27 78 642 8253(T)
Van Rensburg	Nico & Belinda, Bianca; 21 Hibiscus Ave, Ridgeworth 7530; nico2vr@gmail.com(N) , belindavr66@gmail.com(B)	083 270 9608(N) 072 208 7736(B) 0834148073(BI)
Van Wyk	Gene - Eugené; 18 Berkley St, Oakglen, 7530; genevw@gmail.com	082 878 6030 021 919 9927
Van der Merwe	Frans; Unit C118, La Recolte Retirement Village; louise.fransvdm@gmail.com	076 847 5465 021 982 0942
Victor	Eleanore & Raymond; 22 Cecilia St, Chrismar, Bellville, 7530; eleanorevic-tor@gmail.com(E)	082 517 3219(E) 021 919 4121
Visagie	Eunice; Capolavoro Mountain Estate, Dwarsvallei St, Kylemae, 7600; eunice.visagie@eikestadnuus.com	076 382 7754
Vlok	Joan; 6 Serena Close, Kuilsrivier, 7580	076 765 1097
<i>Kuils River</i>		
Walker	Allan & Dorothy; 10 Esper- ance Street, Avondale, Parow;	063 400 5805(A) 078 578 5494(D) dot47.walker@gmail.com(D)
<i>Protea Valley</i>		
Walker	Jonathan & Monia, Amelia, Lea, Elijah; 10 Esperance Street, Avondale, Parow	067 401 0470(J) +2782 324 3384(M)

Bethanie S@17h30;Herman, A

Botha Yolandie, Christian, Leah
Bown Christelle
Herman (*SunAM;Elder*)André & Ilona
Herman (*SunPM;Wed - uneven dates*)Ross & Tamaryn, Beatrix
Louw (*Wed*)Piet
Schlemmer Ilona
Victor Eleanore
Visagie Eunice
Wise Robert

Highbury S@17h30;Matthews, J

Combrinck Kathy
Daames Cyril & Shirley
Goliath (*Wed*)John & Susan
Grootboom Mary
Grootboom Melchior & Laiken
Grootboom (*SunAM;Elder*)Melvyn & Sharlene
Grootboom Milly
Matthews (*SunPM*)Joseph & Cynthia, Anthea

Kasselsvlei Rd S@17h30;Windvogel, S @ Fritz, S

Benjamin Cecil & Thelma
Benjamin Eddie & Antoinette, Nathan
Dhunrajah Rebekah & Theron, Kai
Fritz Gerald & Patricia
Fritz (*SunPM,Wed*)Shirley
Mullam Maurice & Carol
Simpson Zelda
Snyder (*SunAM;Elder*)Dan & Audrey
Windvogel Sean

Kenridge SunPM@17h30;Jansen, O

Campbell (*Wed*)Shelto & Candice, Courtney, Cassidy, Kendal
Cloete Traudie
Hall (*Wed;Elder*)Harry & Lorna
Jansen Charles & Sonia
Jansen (*SunAM,SunPM*)Otniël & Laurika, Chloe, Noah
Philander Deon & Toekie

Cape Peninsula - NorthWC - North - Sick Bay**Du Toit** Joey**Huisamen** Neels & Sannie**Maasdorp** Phyllis, Chrischar Rock (Daughter)**Rezant** ChristopherBethanie;Herman, A**Botha** Yolandie, Christian, Leah**Bown** Christelle**Herman** (*SunAM;Elder*) André & Ilona**Herman** (*SunPM;Wed - uneven dates*) Ross & Tamaryn, Beatrix**Louw** (*Wed*) Piet**Schlemmer** Ilona**Victor** Eleanore**Visagie** Eunice**Wise** RobertBethanie 2;Holtzhausen, L**Blom** Dalene**Du Plessis** (*SunPM*) Pieter & Estelle**Gillfillan** Barbara**Holtzhausen** Louis (jnr)**Holtzhausen** (*SunAM;Elder*) Louis & Marie**Meadows** (*Wed*) Joseph & Heather**Toerien** Heidi, TanyaHighbury;Grootboom, Melvyn**Combrinck** Kathy**Daames** Cyril & Shirley**Goliath** (*Wed*) John & Susan**Grootboom** Mary**Grootboom** Mellchior & Laiken**Grootboom** (*SunAM;Elder*) Melvyn & Sharlene**Grootboom** Milly**Matthews** (*SunPM*) Joseph & Cynthia, AntheaKasselsvlei Rd;Snyder, D**Benjamin** Cecil & Thelma**Benjamin** Eddie & Antoinette, NathanKasselsvlei Rd;Snyder, D**Dhunrajah** Rebekah & Theron, Kai**Fritz** Gerald & Patricia**Fritz** (*SunPM;Wed*) Shirley**Mullam** Maurice & Carol**Snyder** (*SunAM;Elder*) Dan & Audrey**Windvogel** SeanKenridge;Hall, H @ Jansen, O**Campbell** (*Wed*) Shelto & Candice, Courtney, Kendall**Cloete** Traudie**Hall** (*Wed;Elder*) Harry & Lorna**Jansen** Charles & Sonia**Jansen** (*SunAM,SunPM*) Otniel & Laurika, Chloe, Noah**Philander** Deon & ToekieKuils River;Marais, N @ Kruger, R**Cloete** Elsabé**Delport** Edna**Du Toit** Lindy**Fortuin** John**Kruger** (*SunAM,SunPM*) Ruth**Lewis** Patrick & Lynn**Marais** (*Wed;Elder*) Naas & Sonja, Sebastian, Stefan**Mathias** Justin & Jessica, Sofia, Michael**Simpson** Zelda**Snyder** Barbara, Marlene**Snyder** Noelene & Kenneth**Vlok** Joan**Wyngaard** Allan & UndeanPinehurst;Murray, J**Bernardo** Isaac & Magdalene, Bonita**Bester** Ruan & Leandé, Laramé**De Beer** Bets**Grobbelaar** Dirk & Cecily**Jackson** Louisa**Murray** (*SunAM,Wed;Elder*) John & Esther**Myers** (*SunPM*) Lester & Edwina, Emily, Lucy**Snyders** Catherine