

Cape Peninsula - North

February 3, 2026

<b>Barnard</b>	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)
<b>Basson</b>	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
<b>Benjamin</b>	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)
<b>Benjamin</b>	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
<b>Bernardo</b>	Isaac & Magdalene, Bonita; 5 <i>Pinehurst</i> Flamink Close, Durbanville 7550; isaacbernardo2007@gmail.com(I)	0844068063(M) 0604835151(I) 021 975 4758 0730356732(B)
<b>Blom</b>	Dalene; 15 Glen Choral, Beethoven <i>Bethanie 2</i> Cresc, Sonstraal Hoogte, Durbanville; blomdalene@gmail.com	082 824 4194
<b>Botha</b>	Yolandie & Chris, Christian, Leah; 28 Falcon <i>Bethanie</i> Street, D'Urbanvale, 7550	082 560 4716(Y)
<b>Botha</b>	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)
<b>Bown</b>	Christelle, Aimee, Oliver; 68 Alison <i>Bethanie</i> Rd, Kenever, Cape Town, 7550; chrystal@intekom.co.za	0825727733(C)
<b>Campbell</b>	Shelto & Candice, Courtney, Cassidy, <i>Kenridge</i> Kendal; 6 Jacaranda St, Valmary Park, Durbanville; candice@freightfocus.co.za(C) , shelto@freightfocus.co.za(S)	082 843 9367(S) 082 928 8006(C) 021 824 3374

<b>Cloete</b>	Traudie; Edelweiss ACVV Diensbak C111, 072 432 3472	Kentridge Hoeke van Edelweiss en Mountain View rylaan, 021 917 1110
<b>Coetze</b>	Elsabe; 56 Waterbessie Str, Sandalwood Kuils River, Mews, Kuilsriver, 7580	Everardsdal, DURBANVILLE, 7550; traudie@gnmail.com
<b>Coetzee</b>	Sandrie & Gerhard; 12 Amanda Protea Hoogte St, Morgenzoster, Brackenfell, 7560;	sandra.coetze24@gmail.com(S)
<b>Combimilk</b>	Kathy; 38 Gazania Way, Behar 4, 7490 Highbury	sandra.coetze24@gmail.com(S)
<b>Damnes</b>	Cyril & Shirely; 24 Helderberg, Evergreen 062 714 8244(C) Highbury Lifestyle Retirement Village Strat Country 072 675 2181(S)	Estate, Cypress Walk, Macassar, Somerset West; communitynurals@gmail.com(C);
<b>De Beer</b>	Bets; Huis Ariete room 58, 5 Queen str, Pinehurst Durbanville, 7550	(-34.0541450, 18.7774160)
<b>Deppert</b>	Enda; 6 Arendse St, Highbury, Cape Town, Kuils River 7580	076 699 4099
<b>Dhunrajah</b>	Rebekah & Theron, Kai; 8 Vlei Street, Kasselvlei Rd Parow Valley, 7560	067 370 8748(R)
<b>Dippenaar</b>	Maryna; 67 Malibu St, Oak Glen, 7530 Ridgeworth	083 553 2857 021 910 2294
<b>Du Plessis</b>	Pieter & Estelle; 21B Kastanje Beethamite 2	082 906 3275(P) Street, Kleinbron Estate, Durbanville, 061 541 2894(E) 7551; dup5862@gmail.com(P), Estellemedupl@outlook.com(E)
<b>Du Plessis</b>	Lindy & Andries; 4 Loleloeraai St, Kuils River, Kuilsriver, 7580; lindydutiot@gmail.com(L)082 772 0869(A)	021 906 3843 084 770 0466(L)
<b>Du Tot</b>	Joey; Sick Bay, George & Anne WC - North - Sick Bay Stark Homes, 2 Willow Lodge, Fans Conradié Drive, Bellville;	076 483 7414 johanna.dutiot42@gmail.com

<b>Ewertse</b> <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
<b>Faul</b> <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)
<b>Fortuin</b> <i>Kuils River</i>	John; Room no 48, Sarepta AGS Oue Tehuis, Sarepta Street, Kuils River; jhfortuin1@gmail.com	021 592 8235
<b>Fouché</b> <i>Ridgeworth</i>	Muriel; D21, Wilger Park, 2 Stellenberg St, Oak Glen, Bellville, 7530; fouchemuriel@gmail.com	084 548 1414
<b>Foye</b> <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
<b>Fritz</b> <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
<b>Fritz</b> <i>Kasselsvlei Rd</i>	Shirley; 34 Railway St, Corner of MacKenzie St, Bellville South, 7530; shirleyfritz100@gmail.com	079 448 4780 021 951 5182
<b>Froude</b> <i>Protea Hoogte</i>	Sarie; Room 101, Huis Ravenzicht, 161 9th Avenue, Kraifontein, 7570; sariefroude@gmail.com	082 334 1386
<b>Gillfillan</b> <i>Bethanie 2</i>	Barbara; 56 Ascot Street, Windsor Estate, Kraifontein, 7580	067 169 2984
<b>Gilles</b> <i>Protea Valley</i>	Jannes & Anne; 1 Featherhead St, Protea Valley, 7530; apic@mweb.co.za	060 713 0479(J) 083 708 1393(A)
<b>Goliath</b> <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)
<b>Grobbaelaar</b> <i>Pinehurst</i>	Dirk & Cecily; 32 Seinne Crescent, Thornwood Estate, Pinehurst, Durbanville, 7550; dirkg7@telkomsa.net(D)	+27 78 880 3310(D) 083 375 0408(C) 021 975 9351

**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



<b>Jackson</b>	Louisa; 16 Huis Verdi, Ibis St, Sonstraal Pinehurst Heights 7550; louisajackson66@gmail.com	084 586 0609
<b>Jansen</b>	Charles & Sonia; 10 Denhume Way, Kenridge Ext 3, 7530; chabou@mweb.co.za	082 490 2135(C) 082 806 0842(S)
<b>Jansen</b>	Otniel & Laurika, Chloe, Noah; 10 Denhume Way, Hume, 7530	082 494 4069(O) 082 899 5985(L)
<b>Kruger</b>	Ruth; 21 Forest St, Voëlvlei, Kuils River, 7580; rkruiger2011@gmail.com	072 836 4050 021 903 2851
<b>Lewis</b>	Patrick & Lynn, Kirsten, Carl; 9 John Kuils River Jansen Road, Charlesville, 7940; lynnbrendalelewis@gmail.com(L) , patrickcharleslewis@yahoo.com(P)	083 732 7904(P) 083 499 3419(L)
<b>Lomas</b>	Graham & Magda; 11 Duff St, Parow Protea Valley, 7500; jmalomas@gmail.com	072 309 0298(G) 072 769 1507(M) 021 931 6530H
<b>Louw</b>	Piet; 2 Luckhoff St, Durbanville, 7550; Bethanie pieter.louw@outlook.com	083 366 9268 021 975 6427
<b>Maasdorp</b>	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)
<b>Marais</b>	Naas & Sonja, Sebastian, Stefan; Kuils River 6 Serena Close, Kuilsrivier, 7580; naashtc@gmail.com(N) , sonjamaraais@oldmutual.com(S)	083 498 2425(S) 021 903 1293 +27845484659(N)
<b>Mathias</b>	Justin & Jessica, Sofia, Michael; Block Kuils River 3, 31 Cederberg Estate, Haasendal Road, Haasendal, Kuils River, 7580; rockafella.wp@gmail.com(Ju)	061 586 6712(Ju) 072 298 4679(Je)
<b>Matthews</b>	Joseph & Cynthia, Anthea; 4 Highbury Cassia Link, Belhar 1, 7490; antheamatthews440@gmail.com(A)	083 500 5188(A) 073 702 9972(J) 021 952 5045
<b>Meadows</b>	Joseph & Heather, Heidi, Benjamin; 37 Bethanie 2 Rosendal St, Glen IVE, Cape Town, 7550	083 452 9986(J) 0603559960(H)
<b>Mullam</b>	Maurice & Carol, Megan, Chad; Kasselsvlei Rd 17 Clover Rd, Belhar 17; maurice@axxess.co.za(M)	083 648 2648(C) 084 909 9365(M) 021 952 2723

**Ridgeworth S@17h30;Van Rensburg, N**

<b>Du Plessis</b>	Visser
<b>Fouché</b>	Muriel
<b>Foye</b>	(Wed)Andrew & Illana, Laura-Lee, Julia
<b>Van Rensburg</b>	(SunAM,SunPM;Elder)Nico & Belinda, Bianca
<b>Van Wyk</b>	Gene - Eugené
<b>Bethanie 2 W@19h30;Meadows, J</b>	
<b>Blom</b>	Dalene
<b>Du Plessis</b>	(SunPM)Pieter & Estelle
<b>Holtzhausen</b>	Jim & Lauren
<b>Holtzhausen</b>	Louis (jnr)
<b>Holtzhausen</b>	(SunAM;Elder)Louis & Marie
<b>Meadows</b>	(Wed)Joseph & Heather
<b>Toerien</b>	Heidi, Tanya
<b>Bethanie W@19h30;Louw, P</b>	
<b>Botha</b>	Yolandie, Christian, Leah
<b>Bown</b>	Christelle
<b>Herman</b>	(SunAM;Elder)André & Ilona
<b>Louw</b>	(Wed)Piet
<b>Schlemmer</b>	Ilona
<b>Victor</b>	Eleanore
<b>Visagie</b>	Eunice
<b>Wise</b>	Robert
<b>Highbury W@19h30;Goliath, John</b>	
<b>Combrinck</b>	Kathy
<b>Daames</b>	Cyril & Shirley
<b>Goliath</b>	(Wed)John & Susan
<b>Grootboom</b>	Mary
<b>Grootboom</b>	Melchior & Laiken
<b>Grootboom</b>	(SunAM;Elder)Melvyn & Sharlene
<b>Grootboom</b>	Milly
<b>Matthews</b>	(SunPM)Joseph & Cynthia, Anthea
<b>Kasselsvlei Rd W@19h30;Benjamin, E @ Fritz, S</b>	
<b>Benjamin</b>	Cecil & Thelma
<b>Benjamin</b>	Eddie & Antoinette, Nathan
<b>Dhunrajab</b>	Rebekah & Theron, Kai
<b>Fritz</b>	Gerald & Patricia
<b>Fritz</b>	(SunPM,Wed)Shirley



<b>Snyder</b>	Noelene & Kenneth; 27 Kremetart <i>Kuils River</i> Ave, Silver Oaks, Kuils River, 7580;	082 415 7982(N) 082 435 9006(K) noelene.snyder@rawson.co.za(N)
<b>Stafford</b>	Norman, Patsy; 94 Duncan Rd, Parow <i>Protea Valley</i> Valley 7500	079 610 8084(N) 021 933 4329(N) 079 466 8510(P) 021 203 7884(P)
<b>Toerien</b>	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)
<b>Van Rensburg</b>	Nico & Belinda, Bianca; 21 <i>Ridgeworth</i> Hibiscus Ave, Ridgeworth 7530; nico2vr@gmail.com(N) , belindavr66@gmail.com(B)	083 270 9608(N) 072 208 7736(B) 0834148073(BI)
<b>Van Wyk</b>	Gene - Eugené; 18 Berkley St, Oakglen, <i>Ridgeworth</i> 7530; genevw@gmail.com	082 878 6030 021 919 9927
<b>Van der Merwe</b>	Frans; Unit C118, La <i>Protea Hooge</i> Recolte Retirement Village; louise.fransvdm@gmail.com	076 847 5465 021 982 0942
<b>Victor</b>	Eleanore & Raymond; 22 Cecilia St, <i>Bethanie</i> Chrismar, Bellville, 7530; eleanorevic- tor@gmail.com(E)	082 517 3219(E) 021 919 4121
<b>Visagie</b>	Eunice; Capolavoro Mountain Es- <i>Bethanie</i> tate, Dwarsvallei St, Kylemae, 7600; eunice.visagie@eikestadnuus.com	076 382 7754
<b>Vlok</b>	Joan; 6 Serena Close, Kuilsrivier, 7580 <i>Kuils River</i>	076 765 1097
<b>Walker</b>	Allan & Dorothy; 10 Esper- <i>Protea Valley</i> ance Street, Avondale, Parow; dot47.walker@gmail.com(D)	063 400 5805(A) 078 578 5494(D)
<b>Walker</b>	Jonathan & Monia, Amelia, Lea, <i>Protea Valley</i> Elijah; 10 Esperance Street, Avondale, Parow	067 401 0470(J) +2782 324 3384(M)
<b>Windvogel</b>	Sean & Evanitha, Gershwin, Wesley; <i>Kasselsvlei Rd</i> 9 Reynolds St, Thalmen, Cape Town, 7530; seanwindvogel@yahoo.com(S)	064 931 8656(S) 021 917 1120
<b>Wise</b>	Robert; 1 Hewitt Street Aurora Durbanville; <i>Bethanie</i> pjwise48@gmail.com	066 093 1319 +27 21 975 4302

<b>Louw</b> ( <i>Wed</i> )Piet
<b>Schlemmer</b> Illona
<b>Victor</b> Eleanore
<b>Visagie</b> Eunice
<b>Wise</b> Robert
<b>Highbury S@17h30;Matthews, J</b>
<b>Combrinck</b> Kathy
<b>Daames</b> Cyril & Shirley
<b>Goliath</b> ( <i>Wed</i> )John & Susan
<b>Grootboom</b> Mary
<b>Grootboom</b> Melchior & Laiken
<b>Grootboom</b> ( <i>SunAM;Elder</i> )Melvyn & Sharlene
<b>Grootboom</b> Milly
<b>Matthews</b> ( <i>SunPM</i> )Joseph & Cynthia, Anthea
<b>Kasselsvlei Rd S@17h30;Windvogel, S @ Fritz,</b>
<b>S</b>
<b>Benjamin</b> Cecil & Thelma
<b>Benjamin</b> Eddie & Antoinette, Nathan
<b>Dhunrajah</b> Rebekah & Theron, Kai
<b>Fritz</b> Gerald & Patricia
<b>Fritz</b> ( <i>SunPM,Wed</i> )Shirley
<b>Mullam</b> Maurice & Carol
<b>Simpson</b> Zelda
<b>Snyder</b> ( <i>SunAM;Elder</i> )Dan & Audrey
<b>Windvogel</b> Sean
<b>Kenridge SunPM@17h30;Jansen, O</b>
<b>Campbell</b> ( <i>Wed</i> )Shelto & Candice, Courtney, Cassidy, Kendal
<b>Cloete</b> Traudie
<b>Hall</b> ( <i>Wed;Elder</i> )Harry & Lorna
<b>Jansen</b> Charles & Sonia
<b>Jansen</b> ( <i>SunAM,SunPM</i> )Otniël & Laurika, Chloe, Noah
<b>Philander</b> Deon & Toekie
<b>Kuils River S@17h30;Lewis, P @ Kruger, R</b>
<b>Cloete</b> Elsabé
<b>Delport</b> Edna
<b>Du Toit</b> Lindy
<b>Fortuin</b> John

Protea Hoogte;Faul,C	Botla Lucian & Nicoline	Wyngard Allan & Undean, Shannan; 5 Minister Kuils River Crescent, Summersville, Kulusriver 7580; alkushun@yahoo.co.uk(A), 0784806675(A) undeanw@gmail.com(U)	Fau(SunAM;Elder)Christo & Sanele Coetzee Sandra Faul (SunAM;Elder)Christo & Sanele Froude Sarie Norje Lawrence & Phyllis Pieterse (Wed)Graeme & Giselle, Mattheu, Maunia Van der Merwe Frans
Protea Valleyle;Gilles,J	Ewerse (SunPM)Mervyn & Alrene, Lauren Gilles (SunAM;Elder)Janne & Anne Hermans (SunAM;Elder)James & Frederique Lomas Graham & Magda Myburgh Clara Stafford (Wed)Norman, Patsy Walker Allan & Dorothy Walker Jonathan & Monia, Amelia, Lea, Elliah Ridgeworth;Van Rensburg, N	Basson Besme Dippenaar Maryna Du Plessis Visser Fouché Muriel Foye (Wed)Andrew & Liana, Laura-Lee, Julia Van Rensburg (SunAM;SunPM;Elder)Nicco & Belinda, Bianca Van Wyk Gene - Eugene	
Bethanie 2 S@17h30;Du Plessis,P	Bloom Delene Giffilian Barbara Holtzhausen Louis (Jnr) Holtzhausen Louis & Marie Meadows (Wed)Louis & Marie Botha Yolande, Christian, Leah Bown Christelle	Bethanie S@17h30;Herman,A Toetien Heidi, Tanya Hermans (SunAM;Elder)André & Ilona	

**Cape Peninsula - North**

**WC - North - Sick Bay**

**Du Toit** Joey

**Huisamen** Neels & Sannie

**Maasdorp** Phyllis, Chrischar Rock (Daughter)

**Rezant** Christopher

**Bethanie;Herman, A**

**Botha** Yolandie, Christian, Leah

**Bown** Christelle

**Herman** (*SunAM;Elder*)André & Ilona

**Louw** (*Wed*)Piet

**Schlemmer** Ilona

**Victor** Eleanore

**Visagie** Eunice

**Wise** Robert

**Bethanie 2;Holtzhausen, L**

**Blom** Dalene

**Du Plessis** (*SunPM*)Pieter & Estelle

**Gillfillan** Barbara

**Holtzhausen** Jim & Lauren

**Holtzhausen** Louis (jnr)

**Holtzhausen** (*SunAM;Elder*)Louis & Marie

**Meadows** (*Wed*)Joseph & Heather

**Toerien** Heidi, Tanya

**Highbury;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, Anthea

**Kasselsvlei Rd;Snyder, D**

**Benjamin** Cecil & Thelma

**Benjamin** Eddie & Antoinette, Nathan

**Kasselsvlei Rd;Snyder, D**

**Dhunrajah** Rebekah & Theron, Kai

**Fritz** Gerald & Patricia

**Fritz** (*SunPM,Wed*)Shirley

**Mullam** Maurice & Carol

**Snyder** (*SunAM;Elder*)Dan & Audrey

**Windvogel** Sean

**Kenridge;Hall, H @ Jansen, O**

**Campbell** (*Wed*)Shelto & Candice, Courtney, Cassidy, Kendal

**Cloete** Traudie

**Hall** (*Wed;Elder*)Harry & Lorna

**Jansen** Charles & Sonia

**Jansen** (*SunAM,SunPM*)Otniel & Laurika, Chloe, Noah

**Philander** Deon & Toekie

**Kuils 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 & Undean

**Pinehurst;Murray, J**

**Bernardo** Isaac & Magdalene, Bonita

**De Beer** Bets

**Grobbelaar** Dirk & Cecily

**Jackson** Louisa

**Murray** (*SunAM,Wed;Elder*)John & Esther

**Myers** (*SunPM*)Lester & Edwina, Emily, Lucy

**Snyders** Catherine

**Protea Hoogte;Faul, C**

**Barnard** Joseph & Ingrid, Corrine, Faghan, Jurina