# PNW Monthly Business Bulletin



"TOGETHER WE CAN FIGHT CRIME"



# PNW Monthly Business Bulletin

This is a monthly business bulletin for all Plumstead residents. Free to advertise.

Please email your advert to **socialmedia@mypnw.org.za** or alternatively whatsapp **072 312 4479** with your advert. Advertisement format - Jpeg or Png

If the same advertisement is to be repeated in all upcoming issues, then there is no need to send it every month. It will automatically be published.

Please ensure your advert is sent in before the 10th of every month if it is to be included in the month's issue. Otherwise, it will be posted in the next month's issue.



### Gifts & Crafts

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### Markets



8am to 2pm

There is something for everyone

60 different cars with all their exciting stock

some new.....some second hand

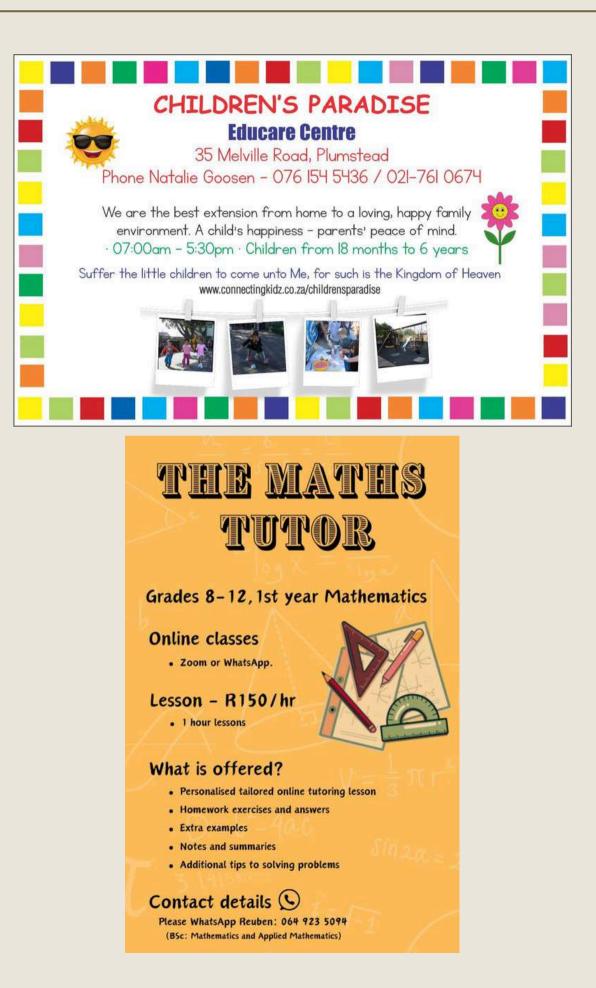
Cost for traders: R100 per car

Queries: whatsapp 064 590 1186 Updated: February 2023



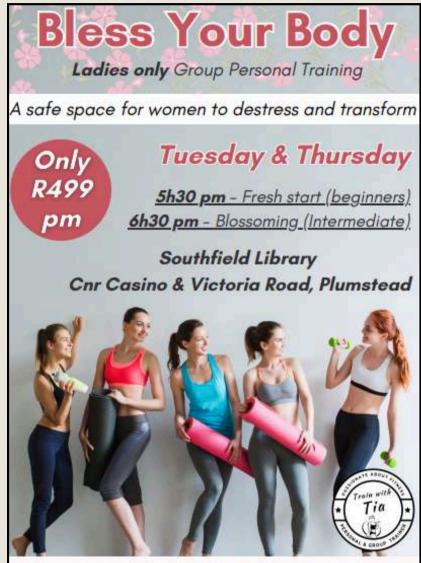


# Education & Tutoring





# Holistic



Message/Call - 0837609616 for sign up link





Advanced Footcare 063 693 3671

Please call Sabine to book your appointment 17 Coronation Ave Plumstead sabine.eckardt1968@gmail.com





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# Holistic



Luna and Co Beauty

ffering a **positive** experience while elivering **quality** and **professional** se

#### SERVICES

Mini Mani Mini Pedi Soft Gel Tips Lash Extensions Waxing

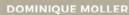
#### ABOUT

Luna and Co Beauty (previously known as Nails by Doms) was started in September 2020 which is a home based salon situated in Timour Hall Southern Suburbs. We offer a range of beauty services which is growing yearly. To find out more or to book an appointment contact Dominique on 076 920 9010

SCAN ME









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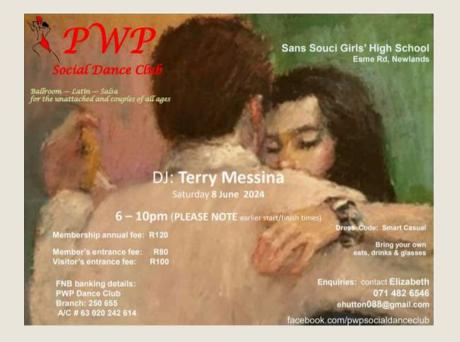




Luna and Co Beauty



### Social



#### SAARP CONSTANTIA

Good day, We are inviting all people over 50 years of age, to join SAARP (S A Association of Retired Persons)

We meet every 4th Tuesday of the month at Plumstead Bowling Club, Princessvlei Road, Plumstead

From 9-11:30am.

Entertainment : R10 for Members & R15 for Guests. Contact Adelaide Ruthenberg at 083 621 0491.



#### **Plumstead Tennis Club**

24 Victoria Road, Plumstead

#### Hall for Hire

#### Workshops Bazaar Kiddies'parties Awards evenings Braai facilities available

R1750 per event

For more information please contact plumsteadtennis@gmail.com

https://www.plumsteadtennisclub.co.za/



### Save the Planet





#### P.P.G Recyclers & Waste Solutions

We offer a 100% end to end solution for your recycling

**#Yellowbags** 

#### FREE RECYCLING COLLECTION SERVICE



All metals: Ferrous and non ferrous



Electronics: All types eg: laptops, keyboards, monitors, TVs, wires, plugs.



Cardboard/paper: eg. books, newspapers and milk cartons.

 $\sim$ 

ppgrecyclers@gmail.com





metals. eg. taps, bicycles, car parts etc All metals & appliances, regardless of the condition.



Plastics with the recycling logo or the numbers 1, 2, 4 or 5.

f

ppgrecyclers



glass bottles and glass jars.

Things we don't accept: Egg cartons, CD, DVDs, VHS tapes, porcelain, mirrors, windows, cat & dog food bags, polystyrene, chips packets, punnets.









### Medical



<u>Community Service</u> (Plumstead only) R20 call - out

Blood pressure check Temperature check Blood sugar check







# Food & Beverages



#### CHEF IN MOTION

ШO



#### TAKE THE HASSLE OUT OF COOKING AND LEAVE IT TO A PROFESSIONAL CHEF.

DAILY HOME COOKED MEALS INCLUDING LOW CARB AND VEGETARIAN OPTIONS DELIVERED TO YOUR DOOR.

ADDITIONAL OFFERINGS: DINNER PARTIES PLATTERS WEEKEND MEALS CUSTOM DESIGNED MEALS FOR SPECIAL OCCASIONS

CONTACT: SHAUN CALL/WHATSAPP 079 456 1522 EMAIL CHEF<u>SHAUNV</u>@GMAIL.COM

FIND US ON FACEBOOK: CHEF IN MOTION





Nourished South Africa



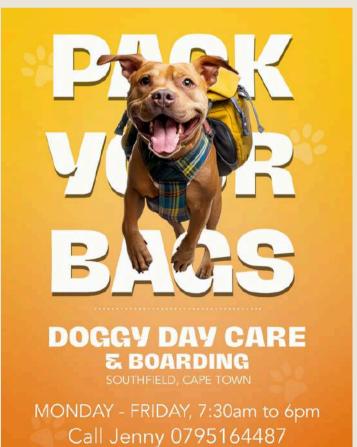


# Our Fur-babies











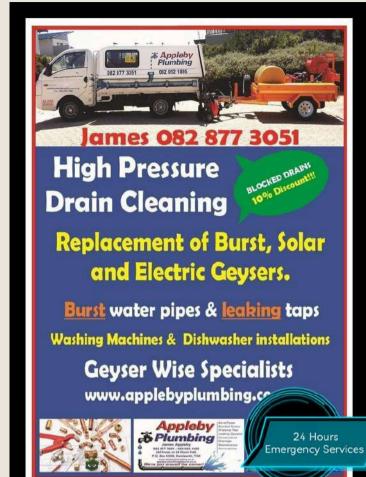
#### Cleaning Services & detergents







### Maintenance & Repairs



#### **Home Maintenance by Clive**

A proud Plumstead resident offers 17 years of superior workmanship



- We replace water damaged ceilings
- Rotting wooden window frames? No problem, we will repair them
- We pressure clean external walls before painting and giving a sealing finish

Guaranteed supervision at all times. Contact: 082 355 2953



# Home



#### PROPERTY WORKS



PROPERTY WORKS IS A COMPANY RUN BY A SINGLE OWNER, BOASTING MORE THAN 20 YEARS OF VARIED EXPERIENCE, A DEDICATION TO BRINGING DREAM VISIONS TO LIFE, AND A SHARP ATTENTION TO DETAIL.



- Renovations
- Installation of **Built-in Cupboards**
- Maintenance
- Plumbing
- Roof & Paving cleaning
- Free Quotations





Looking for meeting space away from the city hustle and bustle? Visit our beautiful Stoep Startup Coworking Space. Located in the heart of the southern suburbs.

Boardroom, Training Room, Private Office, Coworking Space 🔶 Hourly, half-day and full-day rates 🔶 Available on weekends & evening Includes WiFi & conferencing facilities 🔶 Budget friendly catering options available 🚸 Attentive & friendly staff Tranquil garden for break-away groups & meetings







info@stoepstartup.co.za

021 797 6338 066 331 5089

www.stoepstartuo.co.za



YOUR GO-TO PROPERTY **MAINTENANCE EXPERT!** 

#### OUR SERVICES INCLUDE:

- Painting
- Plumbing **Gutter Installation**
- **Light Electrical**
- Waterproofing
- Rubble Removal
- Windows (Alum)
- Small Load Moves
- **Gutter Cleaning**
- Garden Clean Up
- General Maintenance

Book Your Free Quote Today! 083 790 4144

🙆 chiselandoaksa@gmail.com Follow Us on Social Media: @chiselandoaksa





# Home







021 797 1043 | carpets@topcf.co.za 130A Main Rd, Diep River, Cape Town. www.topcarpetsandfloors.co.za



#### POOL CLEANING SERVICES BASED IN THE SOUTHERN SUBURBS

From R300 per service, which includes:

- Brush wall and steps
- pH & chlorine water tests
- Examine pool equipment & report faults, if any
- Backwash & rinse
- Vacuum debris
- Clear pool of leaves
- Cleaning pump basket

Available Monday to Sunday. Weekly & fortnight plan options available.

We can also assist with

Pool pump repairs and installation
Filter sand / glass media changes

Tel: 076 958 4287 Email: cooperspools3@gmail.com

#### **SLIDING DOORS**

SERVICED & REPAIRED SLIDING DOOR SERVICES

#### 021 7972985

#### For YOUR SAFETY AND SECURITY

SIEGENIA and UNITAS lifting sliding doors our SPECIALTY Your WELL SERVICED sliding door is your HOMES GREATEST ASSET GUARANTEED WITH OVER 25 YEARS EXPERIENCE





Plumstead Retail

# PID PLUMSTEAD





### Property





657 3560 | SHOP G103B, CAVENDISH SQUARE, CAVENDISH STREET, CLAREMONT | CERT# 2023118787





Joan Ross Property Practitioner Plumstead

083 419 5301 joan.r@everitt.co.za

CHAS EVERITT

22



### Property



### We know the ins & outs of the neighbourhood!

With over 55 years of experience in real estate, we are the **real** experts you can trust!

Connect with your Plumstead #RealPartners for a market value assessment.





brendapel



PROPERTIES The real estate agents"

Buy · Sell · Rent · Manage · Own

itz.co.za

Let me help answer all your property related auestions!

Are you selling your home?

Hi I'm Dominique Möller, your go-to Property Professional. Offering a positive experience while delivering professional services to you!

I'm committed to delivering honest advice, innovative solutions and personalised attention. You're one step closer to feeling at home!

Dominique Möller C: 076 920 9010 T: 021 023 0447 E-mail: dominique.moller@propertycoza.co.za Web: www.propertycoza.com | www.propertycoza-sellers.com Candidate Property Professional | FFC: 1266706





### IT & Website



MicroFission Computer Systems CC est. 2011 Specialised Computer System Builders Lessons | Repairs | Tech Support 084 230 8836 UPS | Energy Storage | Servicing

20 years practical IT experience Providing your Ultimate Computing Experience



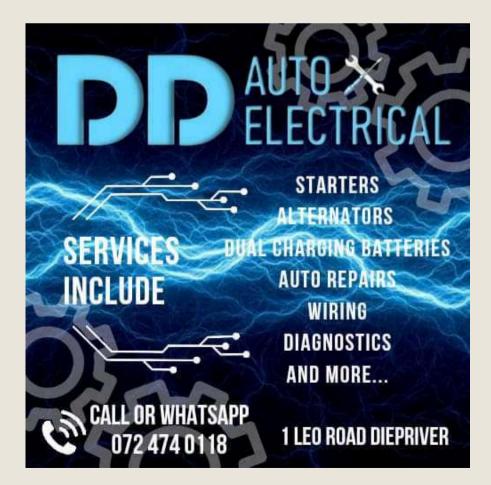
REACH OUT FOR A *COMPLIMENTARY CONSULTATION* Email CreateContentCapeTown@gmail.com | WhatsApp 076 489 7490



### Vehicles

	NU
Wash (2 bucket method) & Dry     tron Decontamination (entire car)     Clay Bar Treatment     Wultis-Step Machine Polish (Swirl Removal)     Interior Detail, Vacuum & Glass Clean     Trim dressings & Exhaust Tips Polished     I2 Month Ceramic Paint Protection	Wash (2 bucket method) & Dry     Fron Decontamination (entrie car)     Clay Bar Treatment     One-Step Machine Polish (Paint Clarity)     Interior Detail, Vacuum & Glass Clean     Trim dressings     Exhaust Tips Polish
S - R2500 M - R2950 L - R3500	S-RI500 M-RI950 L-R2450
GILVER YIELD & 2014	BRONZE YIELD O
Viash (2 bucket method) & Dry Quick Detailer Appl. (Gloss Appearance) Interior Wipe-down & Vacuum Timn dressings Glass Clean S- F390 M - F450 L - F550	VAsh & Dry     Interior Vacuum     Glass Clean     S- FICO M- FIEO L- FIEO
ADD-ONS	CALL OUT FEE
HeadLight Restoration R200/Lon	5 Km Proximity FI25
Engine Bay Detail R300	10 Km Proximity PEO
Leather Treatment R250	15 Km Proximity R75
Ceramic Coating (From) RICCO	20 Km & Beyond FICO+









#### www.ithubaprotection.co.za

ARMED RESPONSE

ALARM MONITORING

TECHNICAL SERVICES

**GUARDING** 



SIGN UP TODAY!

**Free Radio Installation** 

#### NATASHA FORTUNE 061 225 9149

natashaf@ithubaprotection.co.za

ССТУ

163 PRINCESSVLEI ROAD SOUTHFIELD TEL: 0861 021 911



#### COMMUNITY SECURITY PARTNER





ESPONSE

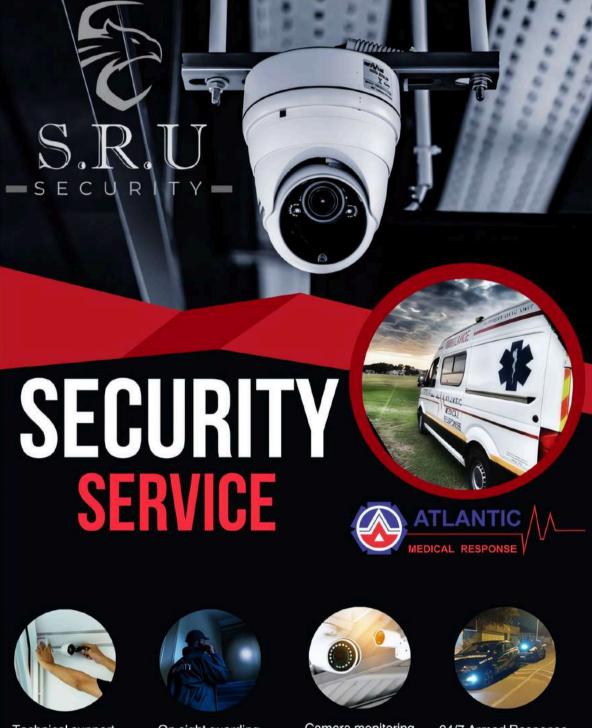


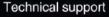
 ARMED RESPONSE
 ALARM MONITORING
 CCTV MONITORING
 ELECTRIC FENCING
 ELECTRIC FENCING
 TECHNICAL SERVICES
 STATIC GUARDING
 FIRST AID ASSISTANCE (subject to staff availability at the time)



Tel: 0217976176 Email: info@zonesec.co.za Website: www.zonesec.co.za





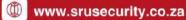


On sight guarding

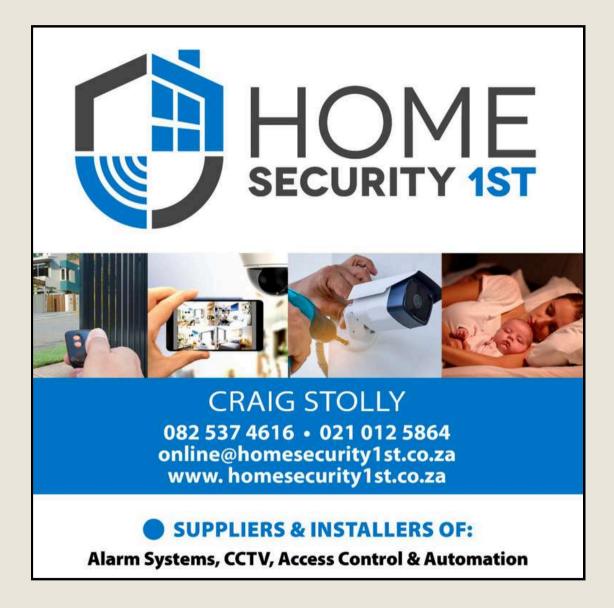
Camera monitoring

24/7 Armed Response











### Miscellaneous



Ensuring top quality services that are safe and cost effective.

Free evaluations and quotes.

#### CONTACT US

082 435 6335

Craigcurrietreefelling@gmail.com

#### Fully insured services

Personalised Jobs

OUR SERVICES:

Tree Felling ✔

Site/Plot Clearing

Stump and Root Removal 🥥

Palm Trimming/Removal











#### MS BOOKKEEPER

#### maureen slabber

20+ years experience Bookkeeping to Trial Balance

> mslab50@gmail.com 082 567 1985