

BUSINESS ADVERTISING



SEPTEMBER 2024



LOOKING OUT FOR ANOTHER

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Dreamcatchers and Macrame made by
Ant's Web of Dreams & Max's Knots and
Threads



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Plumstead Presbyterian Church Car Boot Sale

25 Victoria Road, Plumstead



Every Saturday morning

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: 7 February 2023



The Perfect Family Market

8th & 22nd
of
September

10:00 to 15:00

1st Sea
Scouts Hall
Bergvliet

076 270 8655
(WHATSAPP MESSAGES ONLY)

RAVENMARKETCPT@GMAIL.COM

MEALS ON WHEELS

MARKET - 5th
September '24
THURSDAY

240 Main rd. Plumstead
(next to Thorp Motors)

VARIETY OF FOODS, CAKES,
TUPPERWARE, BOOKS, GIFT
ITEMS.

UNDERWEAR
& SO MUCH MORE

10AM TO 2PM



CHILDREN'S PARADISE

Educare Centre

35 Melville Road, Plumstead
Phone Natalie Goosen - 076 154 5436 / 021-761 0674

We are the best extension from home to a loving, happy family environment. A child's happiness - parents' peace of mind.
· 07:00am - 5:30pm · Children from 18 months to 6 years

Suffer the little children to come unto Me, for such is the Kingdom of Heaven
www.connectingkidz.co.za/childrensparadise





THE MATHS TUTOR

Grades 8-12, 1st year Mathematics

Online classes


- Zoom or WhatsApp.

Lesson - R150/hr


- 1 hour lessons

What is offered?

- Personalised tailored online tutoring lesson
- Homework exercises and answers
- Extra examples
- Notes and summaries
- Additional tips to solving problems

Contact details 

Please WhatsApp Reuben: 064 923 5094
(BSc: Mathematics and Applied Mathematics)



SPECIAL OFFER:
For the month of September 2024
60 minutes massage for the price of a 40 minute session.
For any Plumstead Community Guest



East West Fusion's Best
247 Massage Therapy

THERAPEUTIC MOBILE MASSAGE INTERNATIONAL

- De-stress Head to Toe Massage (Excellent for Jet-lag - your whole body will feel lighter afterward)
- Sports Therapy Massage (Relief for aching muscles/spasms/pain after gym, cycling, soccer, rugby, sports)
- Swedish Classic Relax Massage (with elbows)
- Deep Tissue Massage (hard pressure massage)
- Chinese Pressure Point Massage - Chinese Back Walk - Ear Candling - Gua-sha (Skin Scraping)
- Indian Head Massage (Works the pressure points - excellent if you suffer from migraine headaches)
- Lymph Drainage (Helps to detox the body)
- Korean Cupping (Helps for aches/pains in the body caused by rheumatism, arthritis, spasms)
- Reflexology (Foot) Massage (Excellent for the whole body to help to heal itself)

Hours: 24/7 NB: THIS IS NOT A SEXUAL SERVICE! (Please book timeously to avoid disappointment)

Outcall rates:

30 min - R600 40 min - R700 60 min - R900 90 min - R1200

Mobile: +27(0)73 685 8839

Email: melaniesmobilemassageint@yahoo.co.uk

Website: <https://247massageint.co.za>

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Linda, on 0760169665

I'D LIKE TO HELP 🙋

SoleSister

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sabine.eckardt1968@gmail.com

Luna and Co Beauty

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SAVE THE DATE!

'CLARE' will be steaming into Simon's Town again on
Sunday, 8th September
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bookings@ceresrail.co.za
contact 079 401 9353



PWP
Social Dance Club

Sans Souci Girls' High School
Esme Rd, Newlands

Ballroom — Latin — Salsa
for the unattached and couples of all ages

DJ: Terry Messina
Saturday 8 June 2024

6 – 10pm (PLEASE NOTE earlier start/finish times)

Membership annual fee: R120
Member's entrance fee: R80
Visitor's entrance fee: R100

FNB banking details:
PWP Dance Club
Branch: 250 655
A/C # 63 020 242 614

Dress Code: Smart Casual
Bring your own
eats, drinks & glasses

Enquiries: contact Elizabeth
071 482 6546
ehutton088@gmail.com
facebook.com/pwpsocialdanceclub



Cultural Food Fair Fund Raiser

Calling all fearless cooking warriors, (yes, you and kitchen sorcerers!) for a showdown of a lifetime with legendary treasures up for grabs!

Mark your calendars: 19th October 2024
Location: Melville Scout Hall, Melville Road, Plumstead

Queries? Reach out to Therese at 079 403 8023



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/>

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.

○ ○ ○ ○

SHREDDING

○ ○ ○ ○

OLD DOCUMENTS LYING AROUND?

NOT SURE HOW TO DISPOSE OF YOUR PRIVATE PAPERWORK?

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HEATHERTON HOUSE WILL SHRED ALL OF YOUR UNWANTED DOCUMENTS.
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jars.



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newspapers and milk cartons.



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

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polystyrene, chips packets,
punnets.



ppgreyclers@gmail.com



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061 839 0530



077 446 5231



Community Service
(Plumstead only)
R20 call - out

Blood pressure check
Temperature check
Blood sugar check



ATLANTIC
MEDICAL RESPONSE

None emergency patient transfer service

- Discharge to home
- Interfacility transfers
- Palliative care transfers
- Dr's appointments

0677-382262

dustin@amrems.co.za



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Adult Nappies
Wet Wipes
LINEN SAVERS

Whatsapp Shaun 082 729 9581
Collection in Plumstead





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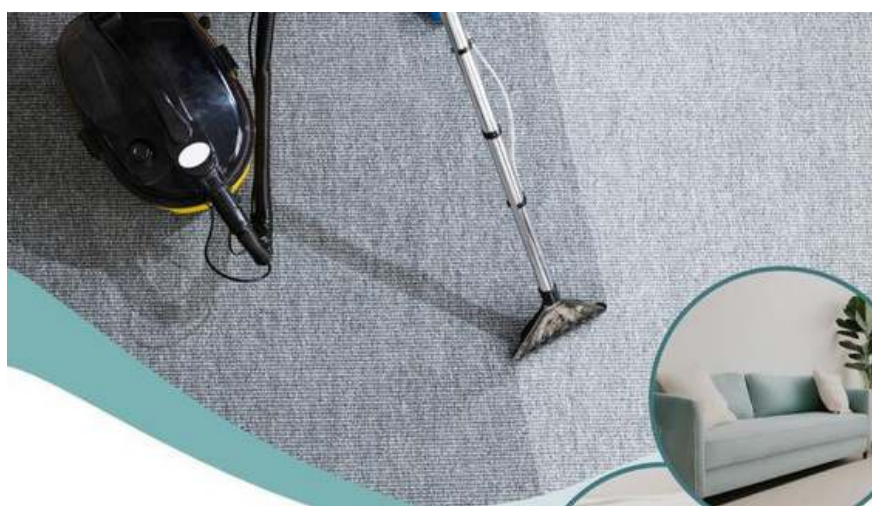


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Joan Ross
Property Practitioner
Plumstead

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joan.r@everitt.co.za

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MENU

PLATINUM YIELD

2-3 Days

- Wash (2 bucket method) & Dry
- Iron Decontamination (entire car)
- Clay Bar Treatment
- Multi-Step Machine Polish (Swirl Removal)
- Interior Detail, Vacuum & Glass Clean
- Trim dressings & Exhaust Tips Polished
- 12 Month Ceramic Paint Protection

S - R2500 M - R2950 L - R3500

GOLD YIELD

2 Days

- Wash (2 bucket method) & Dry
- Iron Decontamination (entire car)
- Clay Bar Treatment
- One-Step Machine Polish (Paint Clarity)
- Interior Detail, Vacuum & Glass Clean
- Trim dressings
- Exhaust Tips Polish

S - R1500 M - R1950 L - R2450

SILVER YIELD

3-4 Hours

- Wash (2 bucket method) & Dry
- Quick Detailer Appl. (Gloss Appearance)
- Interior Wipe-down & Vacuum
- Trim dressings
- Glass Clean

S - R350 M - R450 L - R550

BRONZE YIELD

1-2 Hours

- Wash & Dry
- Interior Vacuum
- Glass Clean

S - R100 M - R120 L - R150

ADD-ONS

HeadLight Restoration R200/LIGHT

Engine Bay Detail R300

Leather Treatment R250

Ceramic Coating (From) R1000

Machine Polish Only (From) R700

CALL OUT FEE

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10 Km Proximity R50

15 Km Proximity R75

20 Km & Beyond R100+

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GLASS CLEAN

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IMPORTANT INFORMATION



PNW website:

www.plumsteadwatch.org.za

Important contact numbers to be used in cases of
emergencies/priorities:

☎ CVIC: 0860002669

☎ SAPS: 10111

☎ CoCT Emergencies: 107

☎ ER24: 084-124

☎ Law Enforcement: 021-4807700