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rud0052

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ads0119

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PALLETES te koop @ R250 elk. Tel: 014 538 0591.
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STAAL dromme te koop @ R60 elk. Tel: 014 538 0591.
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Fiat Uno Spares
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tom0007

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rud0075

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tom06

LIFELINE
LIFELINE provides caring, confidential counselling for persons experiencing personal problems, trauma or crisis. Personal interviews are available at the centres in Klerksdorp, Mafikeng and Rustenburg or on the 24 hour telephone: 0861-322-322. VCT (Voluntary Counselling and Testing) for HIV is available. At Rustenburg times are Monday to Friday 0800 – 1500 and Saturdays 0900 – 1200. 24 hour information provided on 0800 012 322. 24 hours available counselling lines: Counselling & Crisis intervention: 0861 322 322. HIV Helpline: 0860 012-322. Stop Gender Violence Helpline: 0800 150 150. LifeLine Office Numbers: Rustenburg: 014-594 1455; Mafikeng 018-381 0976; Klerksdorp 018-462 1838.
tom0004

Pastel Training
Accounting & Payroll Training @ a Pastel Authorised Training Centre in Rustenburg. Accounting 2-3 days & Payroll 4 days Full Time from 09:00-15:30 including lunch, or Part Time on Saturdays. Contact: 073 165 6901 - 014 596 6978 - 0828031770 or janetbotha@mweb.co.za. Book now - limited seats available
Rud0036

Silver & Ou Munte
ONS koop silver en ou munte. Beste pryse betaal. Ek kom na u. Skakel Wimpie - 0720309839.
ren0019

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ren0019

Neolife Spring Water
NEOLIFE Natural Spring Water provides high quality bottled water. Riaan 083 378 4557 (Rustenburg).
ads0199

Kosklasse
AANGEBIED deur Pamela Mostert en Wilna Knoesen van Kos met 'n Kinkel Wou u nog altyd daardie fynere kunsies leer is hierdie klasse op 'n Woensdag net die ding vir jou. Waar: Gereformeerde Kerk H/v Klopper & Zandelingstraat (Kersmark), Wanneer: 20 Julie 2011 om 9 uur tot 12, Vereiste: Moet bespreek net plek vir 20 mense. Koste: R300.00. Skakel gerus om meer uit te vind of om u plek te bespreek. Pamela: 072 480 9291 / Wilna: 083 976 2691
ads0199

Platinum Signs
COMMERCIAL Graphics: Mining, Industrial, Government, Private sectors. Hennie: 078 018 2821. Florence: 084 481 9099. E-mail: signs.plat@gmail.com
rud0060

Te Huur:
3 Slaapkamer, Plaashuis in Groot Marico (Grootfontein) @ R1500 p/m. Johan 072 277 0959.
rud0092

Kos met 'n Klasse
PRESENTED by Pamela Mostert and Wilna Knoesen. Have you always wanted to know that little more about food preparation and presentation? Then this is for you! Where: Reformed Church cnr. Klopper & Zandeling Street. When: 20th July 2011 from 9 o'clock till 12. Cost: R300.00 per class. Please confirm for a reservation in the class only 20 seats per class. Contact - Pamela 072 480 9291 / Wilna: 083 976 2691
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Parents to the Rescue

Would you know what to do if your child was injured? A basic first-aid course could make all the difference! The following items include what your instant response should be...

Burns
The first thing to do is: cool the affected area. If possible, hold it under cold water for at least 10 minutes. Then cover with clean, non-fluffy material such as a cloth, a plastic bag or cling film. If it's deep or larger than the palm of the casualty's hand, also seek urgent medical attention. Do not use lotions, creams or adhesive dressings or break blisters.

Lumps, bumps and bruises
Apply a cold compress to bumped areas for no more than 10 minutes to relieve the swelling. When people go into shock, they can get cold. Hold their hand to warm and reassure them. If you are worried they might be concussed, the rule is that if the child gets knocked out, even for a short time, or acts strangely, they should see a doctor.

Nosebleeds
This usually occurs due to a tiny blood vessel inside the nose which has become damaged. Aim to control the blood loss. Sit the child down, tilt their head forwards and allow the blood to drain from the nose. Then get them to pinch their nose and dribble into a bowl. Discourage them from coughing, swallowing or swilling. After a few minutes, release the pressure on the nose. If still bleeding, keep pinching for another 10 minutes.

Strains and sprains
Strains are pulled muscles and stretched ligaments. Remember "RICE". "R" is for Rest: get the child to sit down. "I" is for Ice to reduce pain and bruising, but don't apply

it directly on to the skin – wrap it in kitchen roll or a tea towel. Frozen peas are good because you can roll them around the injury. "C" is for Compress: apply a bandage firmly to the injury. "E" is for Elevation: keep the injured area as high as possible, to slow blood flow to the injury, so reducing swelling and long-term bruising.

Febrile convulsion
Make sure the child is not too hot and keep them in the recovery position (on their side, mouth facing downwards for easy draining, and chin up to keep airways open). The convulsion may be caused by their temperature getting too high but it could be asthma or epilepsy. If in doubt, call an ambulance. Do not wrap the child in too many layers if they have a high temperature.
0861 789 911
roelof@traumarescue.co.za
Check us out on: Eagle Trauma Rescue (press Like)



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Call Chantell Combrink @ 014 594 1694 or Chantellc@telkomsa.net for FREE consultation!!