



For more information  
contact the Rustenburg  
Society for the Prevention  
of Cruelty to Animals  
(SPCA) office on 014 592  
3181 or admin@spcartb.  
org.za

WE ARE UP FOR  
ADOPTION!

**Rustenburg** – Can you find it in your heart to provide a loving home and a caring environment for one of these animals that are currently up for adoption? For more information contact the Rustenburg Society for the Prevention of Cruelty to Animals (SPCA) office on 014 592 3181 or admin@spcartb.org.za



One-year old, male Yorkshire terrier cross.



Female crossbreed,about two years old.



One male and two female cats, about three-months old.

## ACT NOW, PREVENT TEEN SUICIDE

**South Africa** – Teen Suicide Prevention Week runs from 16 to 23 February.

South African Depression and Anxiety Group (SADAG) is playing an active role during this period by educating friends, parents, family, loved ones, teachers and communities to help to prevent teen suicide.

Adolescents make up the age group that has the most risk of committing suicide and such cases are often highlighted in various media platforms across South Africa.

There is an urgent need for the country to continue sharing as much information about the prevention of teen suicide as possible. One teen suicide is one too many. #AskCareTreat (ACT) is a call to action. It encourages early intervention when a person experiences stress, depression and other emotions that may trigger suicidal thoughts.

SADAG urges parents, teachers, friends and communities to detect early warning signs and prevent potential suicides by empowering everyone to know how to act.

### Ask

Questions like “Are you experiencing suicidal thoughts?”, “have you ever thought of hurting yourself?” and “have you ever felt like you do not want to live anymore?” can provide support structures to young people.

### Care

Listening to teenagers expressing themselves while answering the above questions, without judging them, demonstrates that you care.

### Treat

Getting your child, friend or teen immediate assistance can be achieved by accompanying them to the nearest adult, a trusted teacher or mental health professional.

Said clinical psychologist and SADAG board member Zamo Mbele: “Teen suicides are real. They rob many young people of a bright future. Let us speak about teen suicide today so that we may never have to in the future”.

**For more information, contact SADAG on 0800 567 567/0800 21 22 23 or sms 31393 for help.**



## MAKE A DIFFERENCE BY VOLUNTEERING

**Rustenburg** - Hospice Rustenburg is looking for volunteers to join their winning team. You can make a tremendous difference by donating your time. Volunteers are needed to assist with various tasks at the office at 4 Boshoff Street.

Hospice Rustenburg is a non-profit organisation, founded in 1997, which provides home-based palliative care to people with life-limiting and life-threatening illnesses in the greater Rustenburg community.

**Please contact Reinette van Aswegen  
during office hours on 014 592 8925  
or hospiceshop2@gmail.com for more  
information.**



# SUDOKU

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	6		4					8	5



## RUSTENBURG EMERGENCY CONTACT NUMBERS

### SAPS

**Rustenburg SAPS Radio Control Centre:**  
014 590 4115/6/7  
**Rustenburg SAPS Community Service Centre:**  
014 590 4126/27/39  
**SAPS Boitekong:** 014 593 6001/ 6002/ 6003  
**SAPS Emergency (cell phones only):** 112  
**SAPS Marikana:** 014 572 3143  
**SAPS Rustenburg:** 014 590 4112  
**SAPS Tlhabane:** 014 565 9171/54/59

### AMBULANCE

**Ambulance / Metro Control Room:**  
014 597 6612  
**Ambulance / Metro Control Room (provincial):**  
10177

### MEDICAL EMERGENCY

**Med 24/7 (Private):** 086 177 7761  
**ER24:** 084 124  
**NetCare 911:** 082 911  
**Trauma Rescue:**  
014 594 0689  
**Ferncrest Hospital (Emergencies):**  
014 568 4339/8  
**Peglerae Hospital (Casualties):**  
014 597 2823

### HOSPITALS

**Ferncrest Hospital:** 014 568 4399  
**Job Shimankana Tabane (JST) provincial  
hospital:** 014 590 5100  
**La Femme Clinic:** 014 594 9500  
**RusMed 24:** 014 523 9378/9351

### PEST CONTROL / SNAKE EMERGENCY NUMBERS

**Mostert Pest Control:** 071 213 5107

### CLEANING SERVICES 24/7

**CIA Crime Incident Accident:**  
079 498 7606

### FIRE

**Fire Department:** 014 590 3232 /3444/3333  
**Rustenburg Local Municipality emergencies  
(fire):** 014 590 3090

### RTB LOCAL MUNICIPALITY

**RLM Accounts Queries:**  
014 590 3111  
Press 1 for:  
**RLM Emergencies (Fire Dept.):**  
Press 2 for:  
**RLM Customer Care Supervisor**

### ALARMS

**ADT (Control Room):**  
086 121 2520 / 086 121 2501  
**Oracle Protection Services:**  
014 533 3062/3726 / 081 358 4032  
**Wesalarms:** 014 592 8364

### SSR & CPF/GPF

**CPF Sector 1:** 061 019 6870  
**CPF Sector 2:** 072 907 0844  
**CPF Sector 3:** 072 204 4847  
**CPF Sector 5:** 082 573 3712  
**CPF Sector 6:** 079 227 9748  
**Staan Saam RTB:** 083 444 6391  
**Staan Saam Rustenburg Community Watch:**  
083 296 6949

### SOUTH AFRICAN COMMUNITY CRIME WATCH RUSTENBURG (SACCW)

079 689 0961

### ANIMAL EMERGENCIES

**Animal Clinic Zinniaville:** 014 538 2114  
**ARAN Veterinary Clinic:** 014 592 6007/  
083 410 7960  
**Bergbos Direklinik:** 014 533 1959/2084  
**Bergbos Direklinik (A/H):** 083 653 1081  
**Rtb SPCA:** 014 592 3181  
**Rtb SPCA (A/H):** 072 933 7723

### WATER

**Water Problem Helpline:** 014 590 3111

### ELECTRICITY

**Electricity Helpline:** 014 565 1042  
**Eskom National Line:** 086 003 7566

### ROAD & TRAFFIC

**Bakwena N4 Toll Road:** 080 022 5936  
**Traffic Control Room (Rustenburg):** 014 590 3221

**PLATINUMWEEKLY  
NEWSPAPER: 014 592 5653 /  
072 482 6871.**