

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







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.

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.

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

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.



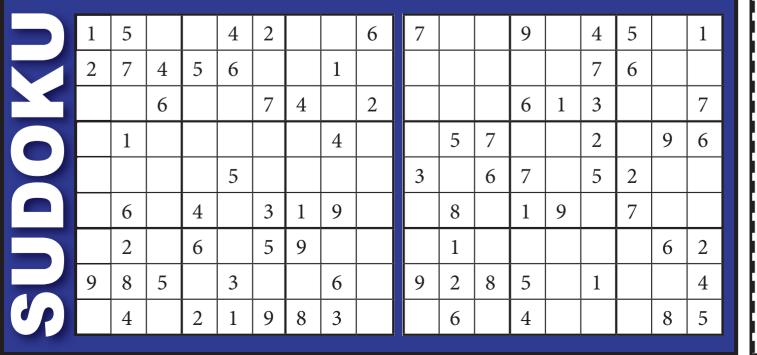
MAKE A DIFFERENCE BY VOLUNTEERING

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.







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):

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:

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 Dierekliniek: 014 533 1959/2084 Bergbos Dierekliniek (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.