

ADVERTISER

JANUARY 2024 EDITION



Michelle Gelderblom Tutoring



My name is Michelle Gelderblom, and I an alumnus of Somerset House. I am patient and encouraging, and would love to have the opportunity to support someone through their primary school journey, as extra support during this time made a big difference to my confidence and



enjoyment of learning. I achieved a 90% aggregate in matric and have a MSc, and therefore have extensive academic experience. I have also tutored students from a primary school through to a university level. I can work at students' homes within Somerset West or at my home which is very close to the school. My rate is R130 per hour.



Extraordinary by nature





'The Essence of Vergelegen' PHOTOGRAPHY CONTEST

Call for Entries!

Entries close on 31 March 2024. Click here for more information or visit www.vergelegen.co.za

Awards in the Essence of Vergelegen photographic contest, now in its second annual edition, include photographic equipment sponsored by contest partner Orms Direct, in collaboration with Canon, Vergelegen experiences, restaurant vouchers and wine. The finalists' images will be exhibited at the estate, which is a provincial heritage site.

There are three entry classes: Camera class (taken on any camera, with or without lenses); Smartphone class (taken on a cellphone or mobile device); and Junior class (16 years and under, image taken on any device).

Photographs must be taken from 25 November 2023 to end-March 2024. No images taken before 25 November 2023 will be accepted.

Philosophy with Children Level 1 Training

Facilitator: Dr Rose-Anne Reynolds

Venue: Micklefield School

2 February 2024 from 3pm-5:30pm

3 February 2024 from 9am-3pm

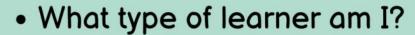
Cost: R500 per participant

Please email for any other details and to register: p4csouthafrica@icloud.com



MRS MENDES' STUDYSKILLS WORKSHOP

2024 Dates Available



- How does MY brain learn?
- Time managment and study schedule
- 7 Steps to Study success
- Summarising and mind mapping
- Fabulous Flashcards
- Coping with test anxiety
- Cramming Chaos

Saturday and holiday Dates: 24 Feb, 9 and 25 March, 8.30 - 2.30

Grades 5 and up incl high school

Contact:Sinead Mendes sinmen@somersethouse.co.za R900



Little Kickers

Voted World's Number One Child Development Programme

NOW IN STELLENBOSCH & SOMERSET WEST!

For more information visit our website www.littlekickers.co.za > find a class > Stellenbosch/Somerset West for more info & online enrolments, or contact us at dsmall@littlekickers.co.za or call us on 071 199 1873







Football fun for 18 months - 8 year olds



Mindfulness & Breathwork @ Mayfair Cottage

Join us for mindfulness and breathwork sessions

(no previous experience needed)

Breathing in, I calm my body and mind. Breathing out, I smile. Dwelling in the

present moment, I know this is the only moment.'
Thick Nhất Hanh

WHEN: Thursday mornings

TIME: 8h30-9h30

STARTING DATE: from 8th February - weekly sessions

COST: R 500/month or drop-in R150/session

FACILITATOR: Dr Annelien Nieman

CONTACT: Annelien on 082 342 2868 or annelien.nieman@gmail.com



TRE MAINTENANCE GROUP

Offered to those who have previously completed 6 facilitated TRE sessions.

WHERE: Mayfair Cottage, Bright Street, Somerset West

WHEN: Wednesdays

TIME: 15:30 - 17:00

INVITATION: 6 group sessions to refresh and explore over an 8-week period (the 6 sessions can be spaced over 8 weeks, with the option of 2 top-up sessions @ R500/session if required)

STARTING DATE: 7th February - weekly up until 27th March 2024.

COST: R 3000.00 for 8 weeks (opportunity to claim from medical aid on completion of course).

FACILITATORS: Dr Annelien Nieman & Zoë Douglas

CONTACT

- Zoë on 082 224 4260 or zoe.skillsforlife@gmail.com
- Annelien on 082 342 2868 or annelien.nieman@gmail.com

Limited space and booking essential.

If you have not done TRE before for 6 facilitated sessions and are interested - please feel free to contact us for upcoming Intro groups.

Love and Light,

Annelien & Zoë

Zoë Douglas - Registered Counsellor & Qualified TRE Individual and Group facilitator Dr. Annelien Nieman - Educational Psychologist & Qualified TRE Individual and Group Facilitator





Yoga @ Mayfair Cottage

Join us for Yoga - Beginner to Intermediate (ISHTA school)

'Breathing in, I calm my body and mind. Breathing out, I smile. Dwelling in the present moment, I know this is the only moment.'

Thick Nhất Hanh

WHEN: Thursday mornings

TIME: 7h30-8h30

STARTING DATE: from 8th February - weekly sessions

COST: R 500/month or drop-in_R150/session

FACILITATOR: Zoe Douglas

CONTACT: Zoe on 082 224 4260 or zoe.skillsforlife@gmail.com



HAS ARRIVED IN SOUTH AFRICA!

Ranked at #68. Better yet,

Lacrosse is now an Olympic sport.

COME OUT AND TRY THE SPORT OF LACROSSE FOR FREE!

Who For: All boys and girls (ages 7-19)

Where: De Beers AFC (behind Somerset West Mall)

When: Feb. 7, 10, 14, 17, 21, 24, & 28

Times: 5-7:30pm (Wednesdays); 3-5:30pm (Saturdays)

Looking for a house sitter?

I am available to house sit your house during the holidays and the term.

Somerset West area.

R250 per night

Please feel free to contact me.



Caroline Hodge 083 23 28 25 2

