



BACK to SCHOOL
buy 2 scoops Gelato & get the 3rd FREE!



or buy 1 coffee & get 1 free
THIS VOUCHER IS EXCLUSIVELY FOR SOMERSET HOUSE
*valid until 31 March '24
at Ground Central Coffee at Fountain Square*

Michelle Gelderblom Tutoring



My name is **Michelle Gelderblom**, and I am 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.

Contact +27 71 860 8868 or michelleghelderblom@gmail.com

VERGELEGEN

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' STUDY SKILLS WORKSHOP

2024 Dates Available

- 
- 
- What type of learner am I?
 - How does MY brain learn?
 - Time management 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



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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.'
Thích Nhất Hạnh

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.'
Thích Nhất Hạnh

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



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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)

FOR MORE INFO VISIT WWW.LACROSSESOUTHAFRICA.CO.ZA OR WHATSAPP US: 083 582 5930.

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

