

JUNE 2025 EDITION



## EXAM PREPARATION WORKSHOP

By Sinead Mendes

A 3 hour workshop, planning your exam study schedule, chunking your study load into manageable amounts, using flashcards effectively and accessing tests, quizzes and past papers.

**WEDNESDAY 16 JULY**

9.00am - 12.00pm

R400

**SAVE YOUR SPOT!**

To book: contact Sinead at  
[sinmen@somersethouse.co.za](mailto:sinmen@somersethouse.co.za)

workshop will take place at 40 Drama Street



## NEED A BOOST THIS WINTER?

We're giving you FREE Vitamin C  
when you spend R850.

Terms and conditions apply.

The IV Bar Somerset West, Paardevlei Sentrum

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a **boost** from within



Helderberg Fine Art Studios

# ART OF PRINT

Holiday workshops for 9-12yr olds

JULY

3 DAYS OF MAGICAL  
IMMERSIVE  
PRINTMAKING



Contact Lisa 0836483215  
lisaflaum2025@gmail.com  
or for more information



Looking to **sell**?  
Wanting to **buy**?  
Need an **appraisal**?

I'd love to support you on your  
*property journey!*

**Sara Steyn**  
**063 655 2590**  
**sara.steyn@harcourts.co.za**

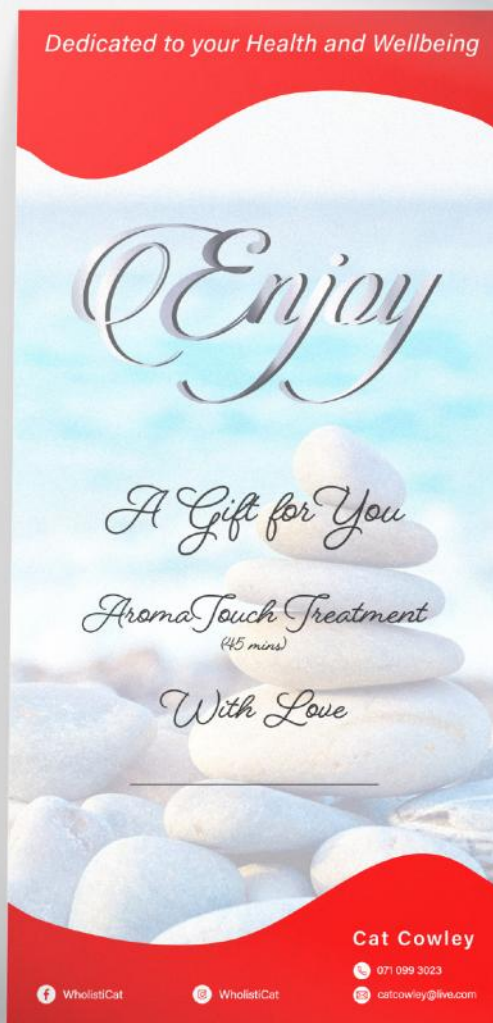
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# Spoil Someone Special



**A Wholistic Health Gift Voucher is a unique and thoughtful Gift.**

**Birthdays, Anniversaries, Teacher Gift, Christmas or just to say "Thank You"**

**Each Gift Voucher is beautifully presented and available for any treatment or amount.**

**PURCHASE  
YOUR GIFT  
VOUCHER  
TODAY!**



**CLICK HERE for more info!**

**CONTACT:  
Cat Cowley  
071 099 3023**

*Cat Cowley*   
WHOLISTIC HEALTH

*T&Cs Apply*



**8-11 JULY R150 | GR 1-7**

**8:30 - 12:30**

**REGISTER  
ONLINE** ➔

**SWBC.CO.ZA/HBC**



**S.WEST BAPTIST CHURCH**



# **SOCCER DAY FUNDRAISER**

**FOR UNDERPRIVILEGED KIDS**



**DONATE ANY  
UNWANTED  
OR TOO SMALL  
SPORTS GEAR**

**BY HARRY AND RIJK**

**We will collect at your classrooms every day**

# STUDY SKILLS COURSE

with  
Mrs Mendes

Tuesday 1 July  
8.30 – 2.30pm

Grades 5,  
6 and 7



- ✓ How my brain works
- ✓ My Learning Style
- ✓ Summarising
- ✓ Coping with test anxiety and stress
- ✓ Flashcards
- ✓ Organisation
- ⌚ Time Management

R990  
Register Now

[sinmen@somersethouse.co.za](mailto:sinmen@somersethouse.co.za)

## Looking for a house sitter?

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

R275 per night

Please feel free to contact me.



Caroline Hodge

083 23 28 25 2





**Monday 2nd:** Mild Lamb Curry or Lamb Tamatie Bredie, both served with Rice R200 or a Tomato, Basil and Feta Soup

**Tuesday 3rd:** Butter Chicken Soup or Roasted Carrot, Apple and Ginger Soup

**Wednesday 4th:** Chicken Parmigiano de Familie - Crumbed Chicken Fillets layered with an Italian Tomato Sauce and Cheesy Bechamel and served on your choice of Mash or Linguini with Stir - fried Cabbage, Bacon and Spinach on the side R170

**Thursday 5th:** Saucy Pulled Pork Served with Rotis, Coleslaw and Home Made Tzatsiki R170 or Sweet and Sour Chicken Livers and Rice R140

**Friday 6th:** Potato, Leek and Lamb Soup or Beef Burgers with Pickles, a Mustard Mayo Dressing and Rustic Chips R160

**Monday 9th:** Braaied Chicken Pieces R170 or a choice of Greek Lamb, Tamatie Bredie, Steak or Chicken and Mushroom Pies served with Rice, Gravy and Roasted Vegetables R180

**Tuesday 10th:** Mustard and Apricot Jam Pork Sausage Bowl or Joeys Boerewors both served with Onion Gravy, Mash or Pap, Green Beans and Roasted Carrots R170

**Wednesday 11th:** Chicken and Vegetable Classic Soup or Chicken Korma Soup

**Thursday 12th:** Mexican Mince or Chicken Enchiladas smothered in a Smokey Relish and topped with Grated Cheese R160 or Cheese and Bacon Beef Burgers served with Potato Wedges and Fried Onions R180

**Friday 13th:** Roasted Tomato, Red Pepper and Red Lentil Soup or Roasted Butternut and Bacon Soup or Butternut and Ginger Soup

**Monday 16th:** Public Holiday

**Tuesday 17th:** Fish Cakes with Sour Cream and Dill Dipping Sauce, Buttered Savoury Potatoes, Butternut with Basil Pesto, Cherry Tomatoes and Feta and Creamed Spinach R190

**Wednesday 18th:** Dutch Pea and Bacon Soup

**Thursday 19th:** Cottage Pie with a side of Sesame Green Beans and Gemsquash R175

**Friday 20th:** Moroccan Lamb and Lentil Soup or Crumbed Chicken Burgers with a Cheesy Mayo Sauce and Roasted Potato Wedges R160

**Monday 23rd:** Black Pot Roasted Pork Shoulder or Braaied Chicken Portions served with Rice and Gravy, Savoury Potatoes, Roasted Baby Onions, Tomato Green Beans and Pumpkin Pie R200

**Tuesday 24th:** Beefy Bean Soup or Cream of Mushroom, Bacon and Parmesan Soup

**Wednesday 25th:** Beef Lasagne or Chicken and Bacon Lasagne R160

**Thursday 26th:** Butter Chicken Curry with Rice and Rotis R160

**Friday 27th:** Roasted Orange Sweet Potato Soup with Biltong and Blue Cheese (or without Blue Cheese) or Thai Chicken and Lentil Soup

**Monday 30th:** Home-made Crumbed Chicken Schnitzel, Garlic Cheesy Potato Bake, Creamed Spinach and Roasted Cinnamon Butternut Wedges R170



# June Souperb Menu

All Meals Serving 2  
Free deliveries

Whatsapp  
orders:  
076 977  
6993

SOUP  
PRICES:  
R90/1L  
R160/2L





# MANON VILJOEN



## BABYSITTER/ AU PAIR

### WHY ME?

I matriculated at the end of 2024 and I am currently taking a gap year. As a dedicated and trustworthy Au Pair/Babysitter, I provide top-notch care for the kids I look after. With my genuine love for little kids, I enjoy creating engaging activities, playtime sessions and especially make time for reading, which I believe is the most fun! I consider myself to be reliable, gentle but firm, trustworthy and enthusiastic. I am committed to my job, while giving parents peace of mind and unmatched care for their little ones.

I am experienced and passionate about childcare and safety. I am patient and gentle, while establishing clear boundaries and rules, as I believe in maintaining a nurturing environment. Being adaptable to every family's unique culture and routine is something I strive to respect and maintain as much as possible. I love building strong relationships with the families I work with, going the extra mile and earning their trust.

I am a firm believer in 'a healthy body, healthy mind.' Our family are parkrunners and outdoor people, who cook and eat healthy meals, with occasional treats. I consider myself a good cook and enthusiastic baker! Being in the garden, walking our dogs, swimming and hiking with friends, are among my favourite activities. I also enjoy board games, building puzzles and curling up on the couch with a really good book.



Somerset West | Stellenbosch



068 143 3192



manonviljoen@gmail.com



BAGS  
BOOKS  
BOTTLES  
CARS  
CANVAS  
GLASS  
HATS  
HOODIES  
METAL  
PANTS  
PLASTIC  
SHIRTS



# CUSTOM VINYL

BRYONI BOTHA 069 156 4920

# PET SITTING



**Are you going away and in need of a reliable pet sitter?**  
**My name is Cameron Angus. I am a past pupil from SH**  
**and live in Somerset West. I love animals and am**  
**available to feed, water and spend time with your furry**  
**friends!**

**I am available on Weekends and holidays.**

**Please contact me: 078 863 1756**

**Price R150 per day.**







# CHESS ACADEMY

**SATURDAYS**  
**GRADE 1 - 7: 10:30-11:30**  
 12 April  
 10 May  
 17 May  
 24 May  
 31 May  
 7 June  
 14 June (long week-end)  
 21 June  
 SOMERSET HOUSE  
 SENIOR PREP  
 KNOWLEDGE CENTRE

**R800 PER TERM**  
**MINIMUM 8 SESSIONS**  
 Can be paid in two instalments  
 Booking link:  
[CHESS ACADEMY](#)

 **AIDAN DU TOIT**  
 066 235 7424

**ZONE**  
 TENNIS ACADEMY

**Helderberg**  
 T 0820757663  
[info@zonetennis.co.za](mailto:info@zonetennis.co.za)  
[www.zonetennis.co.za](http://www.zonetennis.co.za)

**ZTA OFFERING PRIVATE TENNIS COACHING AT SOMERSET HOUSE**

**ZONE TENNIS ACADEMY OFFER PROFESSIONAL TENNIS COACHING IN THE HELDERBERG AREA. WE OFFER A HOLISTIC TENNIS EXPERIENCE FOR BEGINNER PLAYERS TO PLAYERS COMPETING AT AN INTERNATIONAL LEVEL. ZTA WILL OFFER PRIVATE COACHING AT SOMERSET HOUSE ON FRIDAYS**

FRIDAY TIME SLOTS				
GRADE	TIME	NORMAL PRICE (Per term)	*DISCOUNTED PRICE	PLAYERS
R - 2	To be announce	R1200	R960	4-8 PLAYERS
3 - 4	To be announced	R1200	R960	4-8 PLAYERS
5 - 7	To be announced	R1320	R1056	6-12 PLAYERS

\*AS AN OPENING SPECIAL, WE OFFER SOMERSET HOUSE PLAYERS 20% DISCOUNT ON OUR NORMAL PRICES (GROUP LESSONS ONLY)

**To enroll your child, please contact Nelius on 0820757663 or [info@zonetennis.co.za](mailto:info@zonetennis.co.za). Spots are limited**

email: [advertiser@somersethouse.co.za](mailto:advertiser@somersethouse.co.za)



# SkillzPro

Professional Mountain Bike Coaching



## Holiday Skills Club

Group sessions  
Polkadraai Bike Park

### Details

1.5 hour skills session

Groups of 4

7th & 8th July

Beginner—9.30am

Intermediate—11.30am

**Just R360 per person (plus day pass)**

Further sessions can be opened according to demand



# HORSE RIDING LESSONS



## Services

Please note that all lessons are timed accordingly to the session that you have booked.

All sessions need to be booked minimum 48hrs in advance, and you will be provided dates and times that you may select from for your session.

---

30 min Riding lesson:	R180, 00
30 min outside:	R180, 00
45 min lesson:	R185, 00
45 min outside:	R185, 00
1 hour lesson:	R230, 00
1 hour outside:	R230, 00

**DANIELLA ORSINI**



+27 60 601 6360



daniella.orsini18@gmail.com



# Price list

## FOX HILL RIDING SCHOOL

30 min lesson	R180, 00
30 min outride	R180, 00
45 min lesson	R185, 00
45 min outride	R185, 00
1hr lesson	R230, 00
1hr outride	R230, 00
30 min theory lesson	R150, 00
1hr theory lesson	R200, 00
Bundle lesson package 10 lessons 11th free (30 min sessions)	R1800, 00
Bundle outride package 10 outrides and 11th free (30 min sessions)	R1800, 00



# Companion services

## For the Elderly

### Services:

- Friendship and social support
- Support with daily activities
- Transportation for shopping, appointments and more

Daily or hourly rate



### What I offer:

- |                    |   |
|--------------------|---|
| Afrikaans/English  | ✓ |
| Reliable transport | ✓ |
| Caring             | ✓ |
| Trustworthy        | ✓ |
| Compassionate      | ✓ |

### More Information :

Ginette Van Zyl on  
082 897 7264



Somerset West/Gordon's  
Bay/ Strand





**Join Coach Fadz every  
Friday for some Rippa  
Rugby   
No contact**



**From Age 9 and above  
Girls and Boys  
Venue : SH  
Time : 13:45-14:45**



**R100 per session  
Banking Details:  
Capitec  
Savings  
1442545281  
F Abels**



**Contact Coach Fadz  
074 057 0458  
fadiaabels@gmail.com**





# **PRIVATE** **CRICKET** **COACHING**

INDIVIDUAL AND SMALL GROUP ( MAX 4 )  
COACHING ON SPECIFIC TECHNIQUES .

## **COSTS:**

**R350 INDIVIDUAL**

**R200 GROUP COACHING**

**TIMES MONDAY TO FRIDAY FROM 17H30 UNTIL 19H30**  
**SESSIONS ARE 45-MINUTES LONG.**

## **ABOUT THE COACHES**

**DAVE KARLSEN**

20 YEARS EXPERIENCE

LEVEL 2 COACHING QUALIFICATION

PROVINCIAL SCHOOLS COACH FOR KZN

**JAN RADEMAN**

LEVEL 2 COACHING QUALIFICATION

BOLAND U19 SQUAD PLAYER

CURRENTLY PLAYER SWCC

## **MORE INFORMATION**

**CONTACT DAVE ON 083 632 0748 OR**  
**JAN ON 072 944 0590**



# coerver® soccer



**Are you ready to take your  
soccer skills to the next level?**

Join the world's number 1 soccer  
skills teaching method for **boys and  
girls** aged 4 to 13! Whether you're  
brand new to the sport or have a  
natural knack for the game, our  
sessions are all about **fun,**  
**movement,** and building **confidence!**



**Let's make soccer their favourite part of the week!**

**Saturdays**

**Webb Field,  
Somerset House**

**FIRST SKILLS**

**8:30-9:15 AGES 4-6**

**PERFORMANCE ACADEMY**

**9:30-10:30 AGES 7-9**

**10:45-11:45 AGES 10-13**

**R550**

**per month  
per player**



**SIGN UP NOW**  
[www.coerver.co.za](http://www.coerver.co.za)



# POWER PLAY

## HOCKEY ACADEMY

**JADE MAYNE**



### HOCKEY FUN AND SKILLS DEVELOPMENT

Saturday mornings during the  
school term

on the astroturf @ Somerset House

JP SESSION (GR 1-3) 08H30 - 09H15

SP SESSION (GR 4-7) 09H30 - 10H30



**R1000 per term upfront or R150 per session**

Email: jade\_mayne@hotmail.com

Mobile: 073 505 9690

To sign up and for payment details, use the google  
link below:

<https://docs.google.com/forms/d/1Oio9O85Qe3sr9KHZAjjeHg1bpN8lVVkJj1skCqpsO2k/edit>



# Netball Goal Getters

Practise makes Perfect



## ABOUT ?

NGG prides itself in teaching young children a healthy and safe way to enjoy sports. **Our Vision is to pioneer netball skills, development reaching children aged 7-13.**

## Cost:

Registration Fee: R130

Monthly Fee: R280

Quarterly Fee: R670

Yearly Fee : R2640



## We Develop!

BALL SKILLS  
HAND-EYE COORDINATION  
MOTOR SKILLS  
PHYSICAL DEVELOPMENT  
SAFETY  
SOCIAL AND EMOTIONAL GROWTH  
DISCIPLINE AND ENJOYMENT  
FUN FOCUSED LEARNING

## ADD ON'S:

NGG T-Shirt-R250  
Drawstring Bag-R90  
NGG Ball-R220  
(limited stock available)  
NGG Tight -R130  
NGG Skirt-R190

## Contact us:

Eslo Minnie  
071 189 5354

*Coach :Phia*

Level 1

# NASHUA

