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A celebration of love, light

■ The Ramjattan family from Westville celebrate Diwali. From left are, Sanvir, Aarna, 3, and Bavanisha. In front is Aanvi, 7.



DOREEN PREMDEV

Diwali or Deepavali, celebrated on Thursday October 31 and Friday November 1 this year, is a highly honoured event on the Hindu calendar.

Guru Kriba Vayapuri, a priest and retired school principal based in Durban, spoke to DurbanLocal on the significance of Diwali and why it is still celebrated after more than 2 500 years.

Guru Vayapuri said Diwali is also referred to as the festival of lights. But beyond that, the lighting of the clay lamp and its light is a celebration of the triumph of good over evil.

"Deepavali has now adopted an international status with celebrations taking place at centre stages in countries like the UK, Canada, USA, Malaysia, Singapore and Australia and here on our South Africa soil Deepavali is close to becoming a public holiday," said Guru Vayapuri.

"The entire globe is lit up with the shimmering clay lamps which compete with the stars in the heavens on Amavasya (darkest night), the night Deepavali is celebrated."

Guru Vayapuri said the light-

ing of firecrackers and the kaleidoscope of fireworks decorating the sky sets the scene for the festival of lights.

Deepavali is a time when people forget their troubles and rejoice in the festivities, said Guru Vayapuri. The flickering flames of the lamps warms even the saddest heart. It's a day when loves reigns supreme, said Guru Vayapuri.

"Despite the brutal invasion of India by various foreign powers over thousands of years, Deepavali has remained intrinsic to Hindu culture, religion and tradition. Its spirituality and significance is what has made this festival withstand the test of time and survive against tremendous odds," said Guru Vayapuri.

He added that the significance of light to Hindus is synonymous to divinity because God is love and light, according to Hinduism. Light symbolises knowledge and darkness is tantamount to ignorance. Guru Vayapuri said along with lighting the external lamps, humanity should strive to light the lamps within them.

Continued on page 3

DurbanLocal wishes its Hindu readers a happy Diwali

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Stolen fireworks found at Phoenix temple

NIYANTA SINGH

SAPS officers recovered R4 million worth of stolen fireworks at a temple in Phoenix on October 22.

The fireworks, intended for sale ahead of the Hindu Diwali festival, were linked to an armed robbery that took place in Camperdown just days earlier.

The robbery unfolded at a business premises in Camperdown, where armed suspects stormed the property, tied up security guards, and used two of their own trucks to steal trailers loaded with fireworks. The stolen goods were valued at approximately R4 million, and a case was opened at Camperdown SAPS.

Metro police spokesman Captain Carmen Rhynes said, acting on intelligence, members of the SAPS Economic Infrastructure Task Team, with assistance from the Metro Drug team and SAPS Crime Intelligence, conducted a joint operation after receiving information about the possible location of the stolen stock.

"Their efforts led them to a Hindu temple in Phoenix, where three suspects were found offloading boxes



■ The three suspects were found with stolen fireworks worth R4 million.

from a hired truck. Upon inspection, the goods were confirmed to be the stolen fireworks from the Camperdown robbery, marked with the owner's branding.

"The three suspects, aged between 34 and 42, were arrested for possession of stolen property. Alongside the 560 cases of fireworks, valued at R4 million, the truck used in the crime, valued at approximately R700 000, was also seized.

"The SAPS Explosive Unit was called in, as fireworks are considered explosives under South African law. "The owner of the stolen goods

was present to positively identify the recovered items, and further investigations are under way to track down the remaining trailers and any outstanding stolen goods. Authorities expect more arrests in the coming days."

Etheke District Commissioner Major General Makhosazana Victoria Kheswa praised the officers involved for their swift and effective response, commending the team for recovering the stolen goods and arresting the suspects.

The three men were scheduled to appear in the Verulam court, where they will face charges of possession of stolen property.

Additional charges related to by-law violations may be added.

"Detectives are continuing to follow up on leads, and further developments are expected in this on-going investigation," said Captain Rhynes.

7	3	8	5	4	6	2	9	1
4	5	9	2	1	3	6	7	8
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9	7	6	8	3	4	1	5	2
5	1	4	6	7	2	3	8	9
2	8	3	1	5	9	4	6	7
8	4	1	3	9	5	7	2	6
6	9	5	7	2	1	8	4	3
3	2	7	4	6	8	9	1	5

Sudoku solution

No 96

Level: Tricky

Puzzle on page 12

What's On

Halloween events

Marshall Security is hosting its Spooktacular Neighbourhood Halloween in Durban North tonight, Thursday October 31, at 5pm, at the Marshall Security Office, 262 Blackburn Road. Take an extra packet of sweets to share. Email marketing@marshallsecurity.co.za.

● The Durban Society of Model Engineers will host *Halloween on Track*, tomorrow, Friday November 1, with a haunted train ride, from 5pm to 8pm, at 10 Hinton Grove, Virginia. Tickets are R25 per child.

● The Gibaland's After Dark Halloween Scavenger Hunt takes place on Saturday November 2, at 6pm. Starting at Café Umfula, participants will embark on an eerie adventure... Tickets are R50 through Howler.

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Geo-mapping technology to be used in search for housing sites

DOREEN PREMDEV

The Department of Human Settlements intends to partner with traditional leaders to identify disaster-resilient areas suitable for human settlements development, using geo-mapping.

Minister Mmamoloko Kubayi made the announcement at a meeting held with Members of Executive Councils (MINMEC) responsible for Human Settlements across the country on Thursday last week.

She said the collaborative initiative aims to enable traditional leaders to identify safe land parcels for settlement purposes and avoid disaster-prone areas in vulnerable provinces.

She said the department intends to pilot this approach in rural KwaZulu-Natal (KZN) and Limpopo provinces, paving the way for proactive disaster mitigation and sustainable human settlements.

"By leveraging geo-mapping technology, the department aims to inform decision makers to make better land allocation decisions, ensuring the safety and well-being of communities. We cannot be chasing after or reacting to disasters. We must be proactive and put measures in place to mitigate future disasters. Climate change is upon us, and we should be better prepared and be able to respond accordingly," Minister Kubayi said.

The Minister convened the meeting with the MECs, focusing on the 2024/2025 human settlements priorities. This was the second meeting in the seventh administration and included the Mayors and Members of Mayoral Committees (MMCs) for Human Settlements in metropolitan municipalities and representatives from the South African Local Government Association (SALGA) to tackle key critical areas.

Minister Kubayi said they want to prioritise vulnerable groups in housing allocation,



PICTURE: DEPARTMENT OF HUMAN SETTLEMENTS

■ **Minister Mmamoloko Kubayi is working with communities to find suitable, safe land for housing.**

the Title Deeds Restoration Programme, housing for military veterans, emergency housing, and an update on the Human Settlements White Paper. The meeting discussed the finalisation of the White Paper and MINMEC was informed that extensive consultations have been undertaken to ensure that all sectors of the community took part in shaping the new policy.

"Approved by Cabinet in 2023 for public consultation, the draft White Paper seeks to address the prevailing gaps and inconsistencies in the housing and human settlements sector by responding comprehensively to contemporary sector reforms," Ms Kubayi said.

The meeting heard that sectors including NGOs, civil society, labour, academics, developers and contractors, and identified government departments were consulted. The draft White Paper will be presented to Cabinet for approval, and once approved, a nationwide awareness campaign will be launched to educate the public on the policy's key points through various media channels.

The minister also under-

scored the importance of building integrated communities including rural areas, saying human settlements should be where people are, feel safe and have access to economic opportunities and social amenities.

"The government has availed resources to build social amenities in rural areas including community halls and other facilities to encourage development within the communities," the minister explained.

"Significant and severe disasters, affecting 51 to 100 or more households, will be jointly responded to by the National Department and provinces/metropolitan areas, while minimal and minor disasters, impacting 1 to 50 households, will be addressed by provinces working with metros."

Ms Kubayi said in response to disasters, the Emergency Housing Guidelines provide four key interventions, and these include restoration, rebuilding, relocation, and repairs. MINMEC emphasised the need to address historic disasters that occurred from 2019 to April 2024, which have affected numerous households, with estimated damages totalling R1 billion.

'Diwali is a day of introspection'

From page 1

"Lighting an oil lamp with ghee (clarified butter), castor oil or sesame seed oil exudes positivity and generates its own field of energy. By lighting the lamp, an individual seeks to connect with their inner self (atma or soul) and embrace the qualities represented by the divine flame," he said.

Diwali is a day of introspection, reflection, rejuvenation and resolution – we should resolve to practise love and harmony, do good, share and care, said the Guru. He added that the important feature of Deepavali is the sharing of happiness by feeding the underprivileged and engaging in acts of poverty alleviation.

"At Deepavali, homes are given a proper spring clean. Vibrant colours of rangoli (decorations made with rice) adorn the courtyards of many homes. The first lamp lit is in honour of Lord Yamraj, the Lord of Death. This is to pray that there is no untimely death in the home. Hindus believe in reincarnation of the soul and view death as a material transition from one state to another. The second lamp lit, two days before Deepavali, is for Dhanteras and this is for general well-being and good

health. Dhanteras is considered the healer or father of Ayurvedic (herbal) medicine," said Guru Vayapuri.

The main day of Deepavali is when Mother Lutchmee (the Goddess of Wealth) is welcomed into homes and offices. Lamps are lit in every room in the house or office. Elaborate rituals and offerings are performed for her. Guru Vayapuri said rituals of worship are also performed for Shree Ram, Shree Krishna and Shree Hanuman.

"There are many legends surrounding the celebration of Deepavali. In the south of India, they commemorate the slaying of the demon, Narkasura, by Shree Krishna. While in the north of India, Shree Ram is celebrated for his victory over Ravana. The stories may not appeal to everyone however the spiritual message in the stories are of paramount importance – and that is the ultimate triumph of good over evil. The spirit of Deepavali is one of hope, faith and prosperity," he said.

It is because of this enduring hope we are reassured and reminded that beyond failure there is success – beyond sorrow there is joy – beyond poverty there is prosperity – beyond suffering there is healing and beyond darkness there is light, said Guru Vayapuri.

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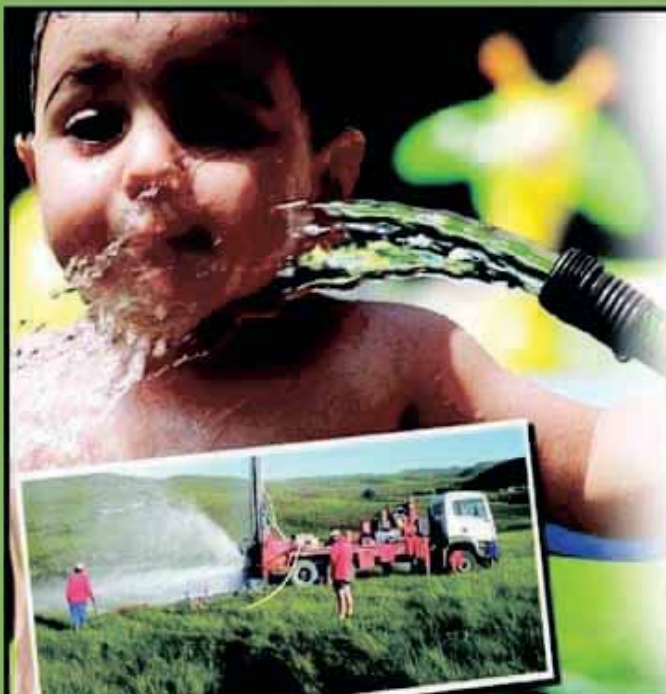
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Lecturer in urgent need of a stem cell donor

NIYANTA SINGH

Dr Andrew Ross, a lecturer at the University of KwaZulu-Natal (UKZN) and devoted family man, has been given six to 15 months to live after being diagnosed with Myelodysplastic Syndrome (MDS), a rare type of blood cancer.

Now, he's fighting for a second chance at life and urgently requires a stem cell donor for a transplant.

A long-time blood donor, Dr Ross's world was turned upside down in March when a routine blood donation revealed alarmingly low haemoglobin levels.

"The finger prick test raised concerns," said DKMS, a non-profit organisation fighting against blood cancer.

"Further tests, including a bone marrow biopsy, confirmed the diagnosis of high-risk MDS, a condition that disrupts the normal production of blood cells in the bone marrow."

For Dr Ross, a stem cell transplant from a matching donor is the only hope for survival. Without it, doctors estimate his time is tragically short.

"The diagnosis has been devastating," Dr Ross said.

"It's news you can never prepare for. But instead of dwelling on the time I may not have, I'm choosing to turn this into a mission."

Determined to raise awareness about the lifesaving power of stem cell trans-



■ Dr Andrew Ross was diagnosed with high-risk MDS, a condition that disrupts the normal production of blood cells in the bone marrow.

plants, Dr Ross has inspired a campaign that is spreading across social media, with his students leading the charge. The result has been an incredible outpouring of support, with more than 600 people registering as stem cell donors in the hope of saving his life.

Palesa Mokomele, head of community engagement and communications at DKMS Africa, praised Dr Ross's selflessness.

"Dr Ross has spent his life caring for others, and now he urgently needs help. We call on all healthy South Africans between the ages of 17 and 55 to register as stem cell donors. You could be the one to save his life."

To register as a donor and potentially help Dr Ross beat blood cancer, visit <https://www.dkms-africa.org/register-now>. For more information, contact DKMS Africa on 0800 12 10 82.

UKZN music events

DOREEN PREMDEV

If you love music, the University of KwaZulu-Natal's (UKZN) School of Arts and Centre for Jazz and Popular Music (CJPM) has a treat in store for you.

The university has announced that the first Annual Music Showcase will be held on Friday November 1, and this will be followed by the 34th Annual UKZN Jazz Jol on Saturday November 2.

These two back-to-back events will feature a dynamic blend of performances, showcasing both the vibrant jazz tradition and the diverse musical talents nurtured within the UKZN School of Arts.

The festivities start on Friday November 1, with the UKZN School of Arts' Inaugural Music Showcase at the Elizabeth Sneddon Theatre. This multi-genre concert will celebrate the diversity of UKZN's music department. It will feature performances from African Music and Dance, Jazz, Opera, Choral, and Western Art Music.

"We are thrilled to launch the Inaugural Music Showcase, which celebrates the rich cultural diversity and musical excellence across multiple genres at UKZN," said Jazz Voice lecturer, Debbie Mari. "This event highlights the spirit of collaboration and creativity that is central to our mission."

Highlights of the showcase include performances by the African Music and Dance Ensemble, operatic excerpts by The UKZN Opera students from a Zulu translation of Mozart's *The Magic Flute* (Umtshingo wemilingo), and sets by the UKZN Jazz Ensemble, Classical Instrumentalists and the Pop Voice Ensemble.

The Jazz Jol event, happening on Saturday November 2, is set to be the crown jewel of the university's vibrant jazz calendar, celebrating top-tier local talent and supporting the next generation of jazz musicians.

Headlining the 2024 Jazz Jol is celebrated trumpeter, composer, and UKZN alumnus, Sydney Mavundla, who will perform pieces from his latest release, *Dirge for Our Fathers*, joined by an all-star band featuring Afrika Mkhize on piano, Amaeshi Ikechi on bass, and Peter Auret on drums.

Audiences can also look forward to performances from the UKZN Voices and the UKZN Jazz Staff and Student Ensemble performing original compositions by faculty members.

This year has been a standout for the UKZN jazz community, with the Centre's regular Wednesday concerts drawing record attendance, said CJPM Director, Neil Gonsalves.

"Seeing the Jazz Centre full of energy again has been deeply rewarding," said Gonsalves. "There's a fresh wave of young jazz fans, and the artists are more committed than ever to showcasing their work. Selling out the Jazz Jol would be the perfect finale to an incredible year."

Proceeds from the Jazz Jol will go towards the Ronnie Madonsela Scholarship, which provides essential funding for UKZN jazz students, as well as the CJPM's jazz education outreach programmes. These are vital initiatives for pre-

serving and nurturing the rich jazz heritage of KZN, said Gonsalves.

Both the Music Showcase and the Annual Jazz Jol highlight UKZN's commitment to fostering artistic creativity and cultural expression.

These events are supported by the Mzansi Philharmonic Orchestra, KZN Performing Arts Trust, and the Elizabeth Sneddon Theatre. Book through Webtickets.

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Win tickets to Kevin Fraser show at SunCoast

STAFF REPORTER

Join South African comedian Kevin Fraser for his *Imagination 2025* comedy tour at the playTsogo Globe at SunCoast Casino on Friday December 13, at 8pm.

The show is described as a galactic journey blending classic humour with futuristic satire and local flavour.

“My imagination has been running wild this year! After taking the soulful feeling of Africa around the world, my creative sparks have ignited something new. These sparks have laid the foundation for fresh comedy, delivering everything you've come to love, but with a bright, renewed twist. Life is meant to be laughed at, so join me as I poke fun at daily struggles, life's quirks, and a future that seems as uncertain as ever, all wrapped in a fresh burst of hilarious satire,” says Fraser.

As a youngster, Kevin realised he could not only make people dance, but laugh a little too. His passion for performance and his natural talent started to evolve into something unique as he began releasing videos in 2015 about his experience as an ex-pat abroad through the guise of stereotypical South African personas.

Tickets cost from R220. Visit kevinfraserofficial.com to book.

One lucky DurbanLocal reader can win a pair of tickets to the Kevin Fraser show on Friday December 13 at the playTsogo Globe at SunCoast Casino. To enter, email your name, surname and cellphone number to entertain.ccn@acm.co.za before midnight on Sunday November 3. Put “Kevin Fraser Durban” in the subject line.



■ Kevin Fraser is one of South Africa's most viewed content creators who has repeatedly broken the one million view benchmark.

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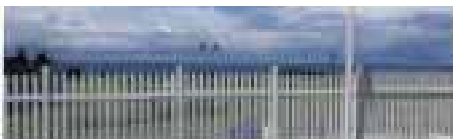
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SPA	YES	YES	YES			YES		YES	YES
WALKING TRAILS	YES	YES						YES	YES
TENNIS COURT		YES			YES				
SKI/BOAT CLUB	YES								
FISHING	YES	YES	YES	YES	YES	YES	YES	YES	YES
BOATS LAUNCH	YES						YES		
RESTAURANT	YES	YES	YES			YES	YES	YES	YES



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MEDICAL FEATURE

Dinesh Deonarain
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A **PODIATRIST** is a medical professional, commonly known as a foot doctor. They are able to identify, diagnose and treat feet and feet related conditions.

They are instrumental in assessing and treating many conditions such as hard skin conditions, like calluses or corns; warts; toenail issues like ingrowing toenails, thickened toenails; fungal foot and nail conditions; foot ulcerations. They are crucial for assessing foot conditions for high risk patients. A high risk patient is a patient that is at risk of losing their feet or limbs through amputation. A diabetic patient, for example, is a high risk patient and hence should visit a podiatrist at least once a year for a check up.

Podiatrists also treat patients who suffer with foot pain be it an athlete or non-athlete. Depending on their presenting problem and foot and gait type they may suggest anything from footwear to the custom manufacturing of podiatric insoles or foot orthotics.

Contact our rooms on:
031 209 0479
074731 0461



DR. ASMA PASHA is a distinguished general practitioner with over 30 years of experience and a specialized Diploma in Child Care (Red Cross War Memorial Children's Hospital). Her extensive practice includes working overseas (Canada and Australia) and has served patients at three government hospitals, where her exceptional care and commitment to public health have earned her a stellar reputation.

Dr. Pasha's extensive experience in these diverse settings has sharpened her skills in managing complex medical cases and addressing varied health concerns. Now, she has her own private practice at 62 Blackburn Road, Parkhill in Durban North, Tel: 068 211 2594 where she offers Injury On Duty Services, comprehensive health assessments, Men's Health, chronic disease management, mother and child care, Women's Health, Birth Control, IV therapy, and preventive care. Known for her empathetic approach, Dr. Pasha has dedicated her career to both adult and pediatric care, handling a wide range of medical conditions from routine check-ups to complex issues. Come and meet her on our Senior Citizen Tuesday 50% off on consultations.



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THE AESTHETIC DENTAL INSTITUTE (ADI), located in Hillcrest, Durban, prioritizes comfort and care, creating a warm and inclusive environment for all patients. From their arrival, patients are welcomed with genuine warmth and dedication to their treatment needs. As a leader in KwaZulu-Natal dental care, ADI specializes in general, cosmetic, implant, and family dentistry under Dr. Vevasen Naidoo's guidance. Our multidisciplinary facility utilizes cutting-edge technology, providing a bespoke, patient-centric approach focused on exceptional care and quality, ensuring that patients can effectively achieve their smile goals.

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GENERAL PRACTITIONER - ANAESTHETIST
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MEDICAL FEATURE

ESSENWOOD HOME: OUR VISION IS TO PROVIDE, ON A LONG-TERM BASIS, PLEASANT, SECURE ACCOMMODATION FOR THE ELDERLY WOMEN OF DURBAN – A HAPPY HOME WHERE THEY CAN ENJOY LIFE TO THE FULL, SUPPORTED BY PROFESSIONAL STAFF COMMITTED TO THE HIGHEST STANDARDS OF OLDER PERSON CARE.



ESSENWOOD RESIDENTIAL HOME is a non-profit company which provides accommodation and care for elderly women (over the age of sixty). The Home operates at an operating loss in order to offer the best prices possible for our Residents. The Home provides care for all stages of an elderly woman's life, from independent living to frail care (including palliative care). We also offer temporary accommodation in our sickbay to elderly women needing to convalesce after an injury or hospital stay. The Home is not a mental health / lock down type facility but it does offer accommodation to Residents with dementia and/or mental health ailment as long as they are well managed with medication and/or therapy.

Independent living: – Residents who are independently mobile and who can perform all their activities of daily living without aid or assistance.

Assisted living: – Residents who may or may not be independently mobile and requires assistance from

Carers with some of their activities of daily living. No regular nursing care is required but ad hoc professional nursing care is provide. Medication administration is optional but encouraged.

Frail Care: - Residents who are not able to perform their activities of daily living independently at all, or to a very limited degree, due to physical and/or mental frailty and requires assistance from Carers. Professional nursing care and supervision is required on a 24-hour basis and medication administration is compulsory. This includes the temporary residence in a word ("sick bay") specifically for convalescence or palliative care.

Tel: 031 – 201 3155

Email : gm@essenwoodhome.co.za

URL: www.essenwoodhome.co.za

Like us: www.facebook.com/essenwoodresidentialhome

Office Hours

Mon to Fri 08:00 – 16:00

Please take note that the admin office is closed on weekends and public holidays.

Essenwood Residential Home is delighted to inform you of our newly renovated, independent rooms with full board, some of which are equipped with en-suite bathrooms (including electricity & water)

- 24-Hour Security
- 24-Hour Clinic Facility Available
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For further information, please contact us on: Chad Saus ☎ 031 201 3155
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For over half a century, Dr Z Hussain & Partners has been Durban's trusted name in urological care. Our team of experienced urologists specialises in the diagnosis and treatment of all urological conditions, offering personalised, compassionate care tailored to each patient's needs.

Whether you're facing kidney stones, prostate issues, bladder concerns, or more complex urological disorders, we provide cutting-edge treatments and advanced technology to ensure the best outcomes.

Conveniently located at several of the leading hospitals in Durban and on the North Coast, we're committed to delivering exceptional service and quality care to our patients. Trust the specialists with decades of experience—because your health deserves the best.

(refer to medical page 1 for more info)

DR NOKUKHANYA SHANGE

"I think when patients are empowered, that is where medicine is beautiful. Health begins with YOU!" Dr Shange and her team would love to provide for your family's care. Don't let it all be about a diagnosis. Whether acute or chronic, we want patients to know the how, the why, the when, the how long and the what's next. Let us go back to the basics when it comes to treating and caring for patients holistically, through clinical history taking, thorough examination, appropriate investigations and prompt specialist referral (when need be).



"I just want to see you well"

(refer to medical page 1 for more info)

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19h00–20h00

lenmed
Acute Rehabilitation

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MEDICAL FEATURE



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General Practitioner
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Cellphone/WhatsApp: 061 603 4989
Email: admin@archmedicaldoc.com
Address: 1st Floor Redlyn Business Park, 5 Riverhorse Place, Riverhorse Valley, Durban, 4017

DR MIKARA ARCHARY

DR MIKARA ARCHARY is a dedicated General Practitioner (GP) and the Resident Medical Officer at ItheKu Wellness Hospital.

With a deep passion for holistic healthcare, Dr Archary has a special interest in mental health and is committed to providing person-centered care.

As a trusted first point of contact for her patients, Dr Archary identifies health challenges and guides individuals on their path to recovery. She

collaborates closely with a multidisciplinary team to ensure comprehensive care for a wide range of conditions, from acute illnesses to chronic diseases.

Dr. Archary is passionate about corporate wellness and partners with a team to design and implement innovative programs that support employee health and optimise productivity.

Dr. Archary is dedicated to empowering her patients and helping them achieve optimal wellness.



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SPECIALIST NEONATOLOGIST & PAEDIATRICIAN

DR PM MOODLEY qualified as a doctor in 2004 from the University of Witwatersrand and began his speciality in general paediatrics. He completed his training as a paediatrician in 2010 and has been a specialist paediatrician for over 12 years.

Following his passion for newborn care, he is further subspecialized as a Neonatologist at Nkosi Albert Luthuli Central Hospital, attending to deliveries of both fetal and high risk obstetric units.



As a neonatologist he was involved in extensive training and practising of expert care to the newborn baby in the first month of life. He specialises in high risk and critically ill newborns including premature babies.

Dr Moodley brings a wealth of knowledge and experience to both general paediatric and newborn conditions. He also specialises in neonatal intensive care. He aims to provide holistic care and treatment to all children with the view to support mums and dads through their journey of parenthood.

Contact: 031 572 7899 / 068 695 1787

Email: drpmmoodley@gmail.com

Suite 404 Medicentre, 78 Ismail C Meer Street.

ITHEKU WELLNESS HOSPITAL: A BEACON OF HOPE FOR ADOLESCENT AND ADULT MENTAL HEALTH IN KWAZULU-NATAL

October is World Mental Health Awareness Month, a time to spotlight the importance of mental well-being. While there is a global focus on this issue, it's crucial to recognize that mental health is a daily concern, particularly in regions like KwaZulu-Natal, South Africa. The past few years have been marked by unprecedented challenges, from the COVID-19 pandemic to natural disasters and social unrest. These events have had a profound impact on the mental health of individuals and communities.



Our vision is to create a safe and supportive environment where individuals can receive the care they need to recover from mental health challenges. We believe that everyone deserves the opportunity to live a fulfilling and mentally healthy life.

ItheKu Wellness Hospital is committed to raising awareness about mental health and encouraging individuals to seek help. We believe that by working together, we can create a more compassionate and supportive community for all.

Let's make a difference. Together, we can ensure that individuals in KwaZulu-Natal have access to the mental health services they need to thrive. Join us in promoting mental well-being and breaking down the stigma associated with mental health issues.



The prevalence of mental health issues, especially among adolescents, has been on the rise. ItheKu Wellness Hospital is a new facility dedicated to providing comprehensive mental health services to both adults and adolescents in KZN. Our focus on adolescents is driven by the understanding that early intervention can significantly improve outcomes.

ItheKu Wellness Hospital offers a unique approach to treatment by combining traditional talk therapy with play therapy techniques. This approach is particularly effective for adolescents, as it allows them to express themselves in a way that feels comfortable and



Contact details:

Telephone: 031 100 2105
Dr M Archary: 061 603 4989
Address: 1st Floor Redlyn Business Park, 5 Riverhorse Place, Riverhorse Valley, Durban, 4017
Email: info@ithekuhospital.co.za



ITHEKU_WELLNESS_HOSPITAL



DR PRAVEN M MOODLEY

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E-mail: drpmmoodley@gmail.com

CITY HOSPITAL ADMITTING PATIENTS TO ST AUGUSTINE'S, PARKLANDS AND ISIPINGO HOSPITAL

MONDIA HEALTH (UMHLANGA)

MONDIAHEALTHUMHLANGA commemorates World Bipolar Day on the 30th of March.

Bipolar Disorder, also known as manic – depressive illness, is a mental health condition characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). In South Africa, as in many other countries, bipolar disorders a significant mental health concern.

Prevalence: Bipolar disorder affects people of all ages, races, ethnic groups, and socioeconomic background. In South Africa, prevalence rates estimated to be similar to global estimates which suggest that roughly 1-2% of the population suffers from bipolar disorder – that are diagnosed. Despite the prevalence of mental health challenges, stigma and discrimination persist, hindering access to quality care and effective treatments. Mondia Health Umhlanga, a mental health facility situated on Umhlanga Rocks Drive, recognizes

the importance of raising awareness, reducing the stigma, and advocating for improved mental health services.

Our dedicated team understands that experiencing difficulties is part of the human journey, and we firmly believe that “it’s OKAY not to be OKAY and ask for help”.



Mondia Health operates with a mission to facilitate

efficient collaboration among psychiatrists, psychologists and clinicians offering tailored treatment programmes And services in a supportive environment.

Our focus is on enhancing people’s mental wellbeing by addressing the specific and unique needs of the population we serve, rooted in the core concept of wellness.

Wellness, a multidimensional concept encompassing eight interconnected dimensions is at the heart of Mondia Health’s approach. We



are committed to providing individuals with the tools to thrive, not merely survive day by day.

Our emphasis lies in equipping people to manage challenges, take responsibility, and foster a wellness lifestyle within the support of their community. Unlike traditional therapies that target symptoms. Mondia Health concentrates on building skills that improve relationships, enhance meaning, and promoting engagement in life.

Our goal is to create a platform for change by building enabling circumstances that foster a fulfilled and meaningful life.

We firmly believe that individuals should not be defined by a label or diagnosis. Mondia Health strives to challenge societal perception and provide individuals with the opportunity to understand and embrace their identity, name, roles, and responsibilities beyond their diagnosis.

Everyone, irrespective of race, culture or background deserves that chance to be happy and fulfilled. Mondia Health offers a range of services catering to various diagnoses and stressors, including bipolar disorder, depression, anxiety disorder, burnout, trauma, lost and PTSD. Our comprehensive programmes, including in-patient, out-patient, Corporate care and Aftercare, ensure a continuum of wellness service tailored to individual needs.

Importantly, Mondia Health places great emphasis on measuring the impact of the interventions.

We track patient progress from admission to discharge and beyond, focusing on the critical period post-discharge.

Our data reveals encouraging trends, indicating that skills learned during treatment continue to be employed, fostering lasting change.

Thriving beyond labels is not just a passion at Mondia Health, it’s a commitment to empowering individuals to reclaim their identity and lead fulfilled lives.

Together, let’s break the stigma, foster awareness, and build a community that supports mental well-being. Mondia Health Group with other facilities in Bethlehem, Vereeniging, Bloemfontein, and Port Elizabeth (Gqeberha).

Get in touch with us at 031 584 8173 or mondiahealth.co.za

HOW CAN WE HELP?

WELLNESS PROGRAMS
Wellness is more than being free from illness. It is a dynamic process of change and growth towards a healthy lifestyle and fulfilling life, despite any illness or condition.

WE CAN ASSIST YOU WITH:

- Family and Relationship counseling
- Dealing with Financial challenges
- All forms of abuse
- Post Traumatic Stress Disorder
- Work related challenges
- Depression
- Bipolar
- Anxiety
- Trauma & Childhood Stress related conditions
- Burnout

ADDICTION RECOVERY PROGRAMS
Recovery begins at the exact moment when you are completely broken and forced to surrender to unfamiliar and uncomfortable situations. Addiction destroys relationships, self-esteem and honesty. We DO NOT judge or blame, we lend a hand to empower you. WE CAN ASSIST YOU TO DEAL WITH ADDICTIONS RELATED TO:

- Alcohol
- Cannabis (Dagga)
- Heroin Mixture (Nyaopoe)
- Mandrax (Ndanga)
- Crystal Meth (Tik)
- Crack / Cocaine
- Inhalants
- Over-the-Counter Medication
- Gambling

Addiction does not disappear by itself, it needs specialised drug rehabilitation treatment for the best chance of recovery.

Mondia CORPORATE CARE

CORPORATE CARE
Companies often lack the resources and infrastructure to assist employees with Mental Health or Substance Abuse challenges. These essential employee wellness services can be outsourced to Mondia Corporate Care to ensure wellness in the workplace.

A ONE-STOP SHOP TO ASSIST WITH:

- Stress in the workplace
- Re-establish relationships
- Align work culture with work values
- Improve communication
- Improve teamwork
- Manage Conflict
- Build accountable, self-aware and confident staff
- Improve trust

WE OFFER:

- Individual counseling to deal with anxiety, depression, substance abuse
- Team building
- Soft skills Training
- Personality tests (Sinnegon)

don't just survive

thrive

Mondia UMHLANGA

PEOPLE AND PLACES BROUGHT TOGETHER TO HEAL AND INSPIRE

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Bloemfontein: (051) 880 0125
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Umhlanga: (031) 584 8173
Gqeberha: (041) 450 8206
Corporate Care: 083 406 9765 / 063 685 5365
Emergency number: 076 509 4011

www.mondiahealth.co.za

A Mental Health and Recovery Hospital group with five facilities across South Africa. Offer tailor-made treatment programs and provides a system of care and support to individuals struggling with mental health and substance abuse disorders. Creates the platform for Psychiatrists, Psychologists, Doctors, Occupational Therapists, Social Workers, Nursing staff and Counsellors to combine their efforts efficiently and effectively to achieve consistently good outcomes for our clients.

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EDUCATION FEATURE



AVON JUNIOR PRIMARY SCHOOL
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Email: avonjuniorprimary@gmail.com
5 AVON DRIVE, WESTVILLE

ADMISSIONS 2025 Grade R-3

Specialist foundation phase school with a holistic curriculum that includes:

- Computers • Sport (Soccer, Netball, Mini cricket, Balls skills, T - Ball and Athletics)
- Music • Specialist languages: IsiZulu, Hindi, Tamil
- Karate - outside agency - additional costs

The school is open for viewing between
1:30pm - 2:30pm - Monday to Thursday
Kindly make an appointment via e-mail.

Safe and secure learning and teaching environment
Lowest school fees in the area
On-site Private-aftercare classes for 2 years - 5 years

AVON JUNIOR PRIMARY SCHOOL

NESTLED IN A QUIET VALLEY in Westville North (Avon Drive) lies a place of learning that today nurtures young minds to be confident and eloquent leaders of tomorrow.

Proving quality Education to the nation's children for the last 55 years, the school focuses on the holistic development of every pupil in a warm and friendly environment.

The school's vision is: To improve the learning ability of every pupil within an environment suitable for effective learning and teaching.

The future of the school looks bright with the application having been made for grades to be increased at school in the new year.

Wishing all our pupil, parents, guardians and well - wishers everything of the best for 2025.



A SMALL SCHOOL WITH A BIG HEART

CAMELOT COLLEGE is a private remedial school situated in Glenwood. We cater for children with mild to moderate learning difficulties and aim to reintroduce them into mainstream when they are ready. We provide a holistic and nurturing environment in which we offer our learners both emotional and academic support.

We are registered with the Department of Education and implement the CAPS curriculum supported by blended curricula adapted to the needs of our learners. A maximum of 12 learners per class ensures individual attention and allows for better opportunities for our learners to build confidence in their abilities.

Grade 12 learners write the National Senior Certificate Examinations. Concessions are applied for regarding particular learning challenges such as: extra time, spelling flags and scribes. It is our honour to report numerous years with a 100% Matric pass rate!

We pride ourselves that our learners leave Camelot as well-rounded, diverse, soundly educated and skilled individuals with compassion for all life.

VISION AND MISSION STATEMENT

Our vision for our learners is that they become equipped to deal with life in a mature, responsible and honourable way



EDUCATING CHILDREN WITH REMEDIAL NEEDS

CAMELOT COLLEGE

GRADE 1 - 12

A small school with a big HEART

Camelot College is a private, remedial school (Gr 1-12) centrally located in Glenwood for learners who have mild to moderate support needs which prevent them from coping adequately in a mainstream school environment. Camelot College is equipped to provide a supportive, non-competitive environment where pupils can regain lost confidence and work to the best of their abilities and potential. There is one class per grade from Grade 1 to Grade 12. The classes are small (maximum 13 learners), allowing the necessary time for individual attention and monitoring by the educators so that learners advance steadily, build self-esteem and start to believe in themselves and their abilities. We follow the CAPS curriculum and our Grade 12 learners write the National Senior Certificate examinations. This year marks our 12th year of Matrics who achieve Bachelor and Diploma passes enabling them to continue their studies at a tertiary institution of their choice.

For more information call: 031 201 0604
Email: admin@camelotcollege.co.za
Visit us: 256 Bulwer Road, Glenwood
Web: www.camelotcollege.co.za

WE CONGRATULATE OUR 2023 MATRICS ACHIEVING A 100% PASS.

IMPACT ACADEMY

IMPACT ACADEMY is an independent school, established in 1993, situated in the heart of Yellowwood Park. Catering for children from 2 years to Grade 12, our curriculum is rich and varied, where we have embraced progressive academic structures being guided by CAPS for our Primary Phase.

Impact offers a spacious, well-equipped play area geared toward gross motor development and sensory learning opportunities, as well as creative centres for art and fantasy. Furthermore, the social and academic development at Impact encourages the literacy, numeracy, language, and

life skills aimed at developing social and emotional independency that prepares our primary school students for a seamless transition into their next educational phase.

Impact Academy is a school where we Strive with all our might in every area! We look forward to welcoming you into the Impact Family! Book a tour to experience our dynamic school for yourself!

Pre-school, Primary and High School enquiries:

Tel: 031 469 1852

Email: admin@impactchristianacademy.co.za

Website: www.impactchristianacademy.co.za



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INSPIRING GREATNESS



Pre-School
2yrs to Grade R

Grade 1 - 7

2025 ADMISSIONS OPEN!

031 469 1852

2 Quail Road, Yellowwood Park

EDUCATION FEATURE

JOHN WESLEY PRIMARY SCHOOL



thrive," he said.

With Grades 00 (3 turning 4 years of age before 1 July 2025) and R (4, turning 5 years of age by 1 July 2025), the school offers a dynamic, enriching experience, helping young learners develop fine motor, gross motor, and cognitive skills through engaging activities like singing, storytelling, and hands-on discovery. JWS promotes emotional, social, physical, spiritual, and intellectual growth, fostering independence and responsibility.

The school's Aftercare facility is a valuable addition, with qualified staff supervision from 12:15 to 17:30, Monday to Friday, during the school term. Parents are encouraged to arrange a visit to witness the excitement of learning in action.

"For more information or to apply online, visit www.jwesleyptn.co.za, where you'll also find a link to our Facebook page showcasing the latest news. Contact the school at 031 701 5603, WhatsApp 072 952 2537, email admissions@jwesleyptn.co.za, or visit us at 30 Bamboo Lane, Pinetown."



A WELL-ROUNDED APPROACH TO EARLY CHILDHOOD DEVELOPMENT (ECD)

The recent signing of the BELA Bill into law makes Grade R (Pre-primary education) compulsory, creating exciting new opportunities for children to access quality early education. Mr. Darron Tarr, Principal of John Wesley School (JWS), reassures parents about choosing the best start for their children. "At John Wesley Pre-primary, we provide a safe, loving environment where your child can



2025 SCHOOL ADMISSION REGISTER NOW!

- GRADES RR - 12
 - MATRIC PART-TIME / UPGRADE CLASSES
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Cricket fraternity mourns loss of Shoaib Moosa

DOREEN PREMDEV

The cricket fraternity is mourning the passing of Shoaib Moosa who had a huge impact on the sport in KwaZulu-Natal (KZN).

Mr Moosa died on Tuesday October 15 and was buried at Al-Hilal Cemetery in Berea.

The Hollywoodbets Dolphins, together with the KZN Cricket Union (KZNCU), join many in mourning the passing of Mr Moosa, the Director and Chief Commercial Officer of the Willowton Group, based in KZN.

His legacy had been etched on cricket through this passion and vision. His involvement and commitment to the KZNCU, Sunfoil, and KZN Department of Sports, Arts and Culture (KZNSAC) Hub Development Programme had changed the lives of many.

President of KZN Cricket, Yunus Bobat, passed his condolences to the Moosa family and the Willowton Group.

"KZN Cricket Union are deeply saddened to hear about the passing of our dear friend and supporter

Shoaib Moosa," Mr Bobat said.

"His unwavering dedication to the development of cricket within our Union has made a lasting impact on the sport and on all of us who had the privilege of knowing him. His generosity and commitment to the growth of the game at grassroots levels will not be forgotten. We are grateful for his contributions and will honour his legacy as we continue to promote cricket in our community. Our thoughts and prayers are with his family during this difficult time."

The CEO of KZN Cricket, Heinrich Strydom, said Mr Moosa's legacy will live on after his passing.

"We work daily by the mantra that you need to leave the game in a better place than when you found it and Shoaib is an example of this. His dedication to the KZNCU, Sunfoil and KZNSAC Hub Development Programme will live on, and he has been a crucial part in growing development cricket in South Africa. We hope that we can continue to honour his legacy through finding the next generation of Hollywoodbets Dolphins and Proteas stars."



■ Shoaib Moosa died on Tuesday October 15.

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Sudoku

No 96;

Level: Tricky

How to play: Fill every column, row and 3x3 box so they contain every number between 1 and 9.

Solution on page 2

7		8						1
						6		
	6	2			7	5		4
		6	8	3	4			
			6		2			
			1	5	9	4		
8		1	3			7	2	
		5						
3						9		5

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