

**UNITED GRAND LODGE OF  
FREE AND ACCEPTED MASONS OF ENGLAND**



**DISTRICT GRAND LODGE OF SOUTH AFRICA, NORTH**

**THE ALMONER'S MEDICAL MANUAL**



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# 1. STROKE

## Types of Stroke



Although all strokes interrupt blood flow to a part of the brain, there are different types of strokes that affect the brain differently and that are treated completely differently.

### Strokes in Children

It is a myth that only older adults have strokes. While people over 65 are at a higher risk of having a stroke, a person of any age can actually have a stroke, including teenagers, children, newborns and even unborn babies. Although estimates vary, stroke affects about 6 in 100 000 children. Learn more about strokes in children [form](#) the International Alliance for [Paediatric Stroke](#).

### Amaurosis Fugax

Amaurosis Fugax is a medical term that simply means a blood clot has become lodged in the blood vessel at the back of the eye, causing loss of vision. This is a type of [TIA](#) that affects the eye and should be investigated by your doctor to prevent a stroke from occurring in the future. People often say it feels like the 'light is fading and a curtain is being pulled over the eye'. The blood clot usually breaks up naturally and the eyesight recovers.

### Mini Stroke or Transient Ischaemic Attack (TIA)

TIA is a 'Transient Ischaemic Attack' or TIA, which is also known as a mini stroke or warning stroke. A TIA is similar but less severe than a full-blown stroke. Most TIA's usually last a short time (10 -15 minutes) and the person will recover within 24 hours.

If you have a TIA you will have the same symptoms as if you were having a stroke but you will recover quickly and the TIA won't usually cause permanent damage to the brain. A mini-stroke is a WARNING SIGN that a more severe stroke may be coming at some point in the future, so it needs to be taken seriously and should not be ignored.

It is vital to get immediate medical attention if you think you have had a TIA as the proper medical treatment can reduce your chances of having another TIA and prevent a fatal or disabling stroke.

Medical treatment may be necessary to prevent a full-blown stroke from happening.

## Haemorrhage Strokes caused by Bleeding

When a blood vessel in the brain bursts, it bleeds into the brain and damages it. The medical name for this is 'cerebral haemorrhage', which simply means 'bleeding in the brain'. Most bleeding strokes are caused by uncontrolled blood pressure, but there are other reasons why blood vessels in the brain can become weakened too. Only 2 in 10 strokes are caused by bleeding, the majority are caused by clots.

## Ischaemic Strokes caused by Blood Clots

A small blood clot may form in a blood vessel and then block an artery in the brain. Sometimes this blood clot may develop in another part of your body, and then travel in the blood vessels to the brain and get stuck, blocking the blood vessel. The medical term for this is an 'embolus'.

## Signs of a Stroke

Because stroke is usually not painful, patients may ignore the signs or symptoms and not seek medical attention, in the hope that they will improve. Acute stroke or TIA should be treated as a *medical emergency* and should be evaluated as soon as possible.

### Signs and symptoms

The common signs and symptoms of a stroke include:



Sudden weakness or numbness in face, arm or leg  
(most often on one side of the body)



Sudden loss of vision



Sudden loss of speech, difficulty speaking  
or understanding speech



Sudden severe, unusual headache

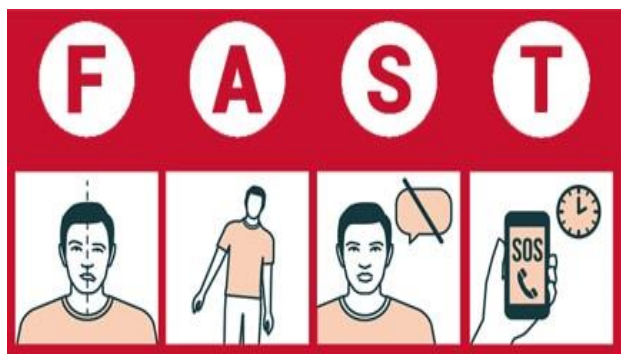


Sudden confusion



Sudden dizziness, loss of balance  
and trouble with walking

## Act...F-A-S-T!



FAST is a simple way to remember the signs of a stroke and that it's important to seek medical help urgently:

- F – Face drooping
- A – Arm weakness
- S – Speech difficulty
- T – Time to call emergency medical services

**FACE:** ask the person to show their teeth or smile and see if one side of the face droops or does not move as well as the other side does.

**ARMS:** ask the person to lift both arms up and keep them up and see if one arm does not move or drifts downward when extended.

**SPEECH:** ask the person to repeat a short sentence (e.g. “it is a sunny day in Cape Town”) and see if the person uses the correct words without slurring.

**TIME:** make a careful note of the time of onset of symptoms and call for help urgently if you spot any one of these signs.



## Emergency numbers

People experiencing one or more of these symptoms should seek emergency medical care immediately. Medical help is most important within the first few hours after a stroke: remember that time lost is brain function lost. The faster you get the affected person to a hospital, the better their chances of survival and recovery - you could even save a life! 112 (*if calling from a cellphone*) 10177 (*if calling from a landline*)

### **Go to the closest stroke unit or hospital emergency department**

Stroke units have the equipment to correctly diagnose the type of stroke and specialised clot-busting medication available to dissolve blood clots that stop blood flow to the brain. If you can reach a hospital with a stroke unit within 3 hours of the start of the stroke, go straight to that hospital as quickly as possible. If your life is in immediate danger or you live too far away from a stroke unit, then rather go to the nearest emergency hospital department.

## Causes of a Stroke

Anyone is at risk of having a stroke! The biggest risk factor for having a stroke is a high, uncontrolled blood pressure. An abnormal heart rhythm called atrial fibrillation (aFib) can also drastically increase the risk for a stroke.

However, most strokes do not have a single cause, but rather many factors that together increase the chance of heart disease which eventually results in a stroke. These factors that do not directly result in a stroke but contribute to its development are called **risk factors**. The more risk factors you have, and the more serious the individual ones are, the greater the chance of a stroke. Risk factors for heart disease and strokes are similar because most of them cause the blood vessels to narrow, stiffen and weaken.

### Atrial fibrillation

aFib increases the risk of potentially disabling or deadly ischaemic stroke by nearly 500%. Atrial fibrillation or aFib is the most common sustained abnormal heart rhythm or arrhythmia. This dangerous arrhythmia causes the two upper chambers of the heart to quiver instead of beating effectively, resulting in blood not being completely pumped out, which in turn causes pooling and can lead to clotting. These clots can travel to the brain, block an artery and interrupt the brain's blood supply. This can trigger a major and often fatal stroke.

[Watch a visual explanation of aFib from the American Heart Association.](#)

### Uncontrollable risk factors

Some risk factors are out of your control but can still make heart diseases and strokes more likely. Even though you can't change them, you should still be aware and control what you can. The most common uncontrollable risk factors are:

- Age** – Strokes become more likely with age.
- Sex** – Women are slightly protected against strokes before menopause but then their risk increases afterwards.
- Genetic** – Rare forms of inherited high cholesterol, blood pressure, abnormal heart rhythm or clotting disorders can increase the risk of strokes.
- Family history** – If your father or brother suffered heart disease or a stroke before the age of 55, or your mother or sister before 65 years, then you could also be at increased risk of heart diseases or strokes.
- Poverty** – Poverty can increase stress, anxiety and depression. Healthy lifestyle choices could also not be affordable or available, and good medical treatment could be inaccessible. Therefore, poverty is an important risk factor for heart disease and strokes.

## **Controllable risk factors**

Controllable risk factors are factors that increase your risk of stroke that you have the power to change! Up to 80% of strokes can be prevented by healthy living and medical treatment. Even small improvements in each of these can make a difference.

## **Treating a Stroke**

All patients with stroke need to be stabilised as soon as possible, in order to control any problems that may impair recovery. This includes careful management of hydration, nutrition and swallowing problems, as well as measures to prevent pneumonia and blood clots forming in the veins of the legs. High blood pressure and blood sugar levels may require treatment. A stroke patient may require oxygen for difficulty breathing. After the acute phase of stroke treatment, the focus of management shifts to rehabilitation and preventing another stroke from occurring. After the type of stroke was correctly diagnosed, some specialised treatments may be considered depending on the patient's condition and the services available.

## **Making a correct diagnosis of a stroke**

The ambulance staff or the doctors will do a clinical evaluation and request tests to determine what type of stroke you suffered. The initial evaluation of a suspected stroke involves checking vital signs, such as blood pressure, heart rate and respiration, and stabilisation of the patient.

Tests to determine the type and severity of a stroke can include blood tests or an ECG. Imaging tests are often done to produce pictures of the brain and include CT scans or MRI scans of the brain and a carotid doppler ultrasound scan that shows the blood flow to the brain.

## **Emergency clot dissolving treatment**

Some patients may be eligible to receive medication that can dissolve or break up the clot that is obstructing an artery. This medication is called tissue plasminogen activator or tPA treatment. TPA is commonly known as 'clot-buster' treatment. TPA should be given at hospitals with stroke units that have scanning facilities. TPA can only be given to patients who are having a stroke caused by a blood clot, and it must be given within four-and-a-half hours of the start of stroke symptoms. In some cases, tPA cannot be used.

## **Physical removal of a clot in the brain**

In some patients, a large blood clot can be physically removed during a procedure called a mechanical thrombectomy. This procedure can only be done in very specialist centres where they have the correct scanning equipment, treatment facilities, and trained specialists to undertake the procedure. Mechanical clot removal can typically only be attempted under specific circumstances and within 6 hours after a stroke occurred.

## **Operations for TIA or stroke**

An operation, called a 'carotid endarterectomy', may be carried out by specialist doctors on narrowed blood vessels in the neck. Should you need an operation, you will be seen by a specialist, who will explain what it involves. However, most people are given tablets and asked to change their lifestyle in order to help prevent further strokes. In most cases of TIA, this is not necessary.

[Watch a visual explanation of a carotid endarterectomy from the American Heart Association](#)

## **Emergency surgery after a haemorrhagic stroke**

The aim after a haemorrhagic stroke is to stop the bleeding and stabilize the patient. In some cases, surgery may be needed to remove blood that has pooled in the brain. Very specialist procedures can sometimes be undertaken to fix burst blood vessels.

## **Life after Stroke**

Recovery from stroke and adapting to a new way of life is a gradual and demanding process. Rehabilitation may be an important part of your recovery, as it can help you to adapt to any physical problems that you may have developed as a result of the stroke.

## **Will I recover completely from a stroke?**

Many people with stroke may make a full recovery, but others can be left with permanent disabilities. How quickly or the extent of recovery is probably the question most people want an answer to after a stroke, and rightly so. Unfortunately, this is very difficult to predict. Recovery depends on many factors, of which the most important are the extent and location of brain damage, and how quick and effective treatment was. Early rehabilitation is very important, and the amount of recovery and progress someone makes in the first few weeks can be a valuable indicator of their long-term potential to recover. You will get the best answer to this question from the medical specialists who treated the stroke.

## **Rehabilitation and support**

The purpose of rehabilitation is to regain as much independence and confidence as possible. You might not be able to do exactly what you did before the stroke, as rehabilitation cannot cure damage to the brain, but it can help you to relearn how to make the best possible use of your body.

Stroke can affect movement, the senses, feeding, emotions, other body functions and energy levels. Rehabilitation should be personalised to the individual and may include various professionals, including doctors, nurses, physiotherapists, occupational therapists, dietitians, speech therapists, psychologists, and social workers.



### **Stroke and communication problems**

Aphasia is a communication problem where your ability to use and understand language is affected. It results from damage to the language areas in your brain. If you have aphasia you may have problems with understanding others when they talk, expressing your thoughts into the right words, reading or writing. Download a booklet about aphasia from the [South African Aphasia Group](#).

### **Find stroke support services**

[Find support services](#) to help with treatment, recovery, support groups and healthy living in your area.

### **Speak to our staff about stroke support**

Phone our head office on 021 422 1586 to get lifestyle advice or assistance to find support services.

### **Stroke survivors share their stories**

Read about other [stroke survivors](#) or [share your stroke story with us](#)

### **Preventing another stroke**

If you have had a stroke, you are at risk of having another stroke in the future. But remember, you can do a lot to stop it from happening again. You can reduce the risk of having another stroke or TIA if you make some changes to your lifestyle and take the medicines that your doctor prescribes. Even small changes can make a big difference! Find out more about [healthy living](#).

*With Acknowledgement to the Heart Foundation stroke information sourced from <https://www.heartfoundation.co.za>*

## Stroke Rehabilitation Centres

Stroke Rehabilitation is an important part of recovery after suffering a stroke. The goal of Stroke Rehabilitation is to help you relearn skills you lost when a stroke affected part of your brain.

Stroke rehabilitation can help you regain your independence and improve your quality of life.

Stroke rehabilitation includes the following:

1. **Physical activities.** For example: Motor skill exercises and mobility training.
2. **Technology-assisted physical activities.** For example: Functional electrical stimulation.
3. **Cognitive and Emotional activities.** For example: Speech & Occupational Therapy
4. **Experimental therapies.** For example: Alternative medicine

## Stroke Rehab Centres

Name of Organisation	Tel No	Email Address	Website	Address	Manager's Details
<b>Auckland Park Independent Living Centre</b>	Occupational Therapist: +2711 482 5474/5/6	<a href="mailto:ilcentre@icon.co.za">ilcentre@icon.co.za</a>			
<b>Johannesburg Access College</b> Retraining of Disable people	Occupation Therapist: +2711 402 3471	<a href="mailto:info@accesscollege.co.za">info@accesscollege.co.za</a>			
<b>Life Rehabilitation</b>	Central Office: +2711 219 9620	<a href="mailto:Leslene.pukke@lifehealthcare.co.za">Leslene.pukke@lifehealthcare.co.za</a>			Leslene Pukke
<b>Stroke Support Group</b>	+2784 270 4507		<a href="http://www.strokesupport.co.za">www.strokesupport.co.za</a>		Ingrid Marren
<b>The Stroke Survivor's Foundation</b> Provides post-discharge rehabilitation & support for stroke survivors, their families & caregivers	+2782 889 1800	<a href="mailto:info@strokesurvivors.org.za">info@strokesurvivors.org.za</a>		10 Plaza Gardens Lilian Road, Fordsburg	
<b>Southern African Stroke Foundation</b>	+2711 489 1111			Netcare Rehabilitation Hospital 2 Bunting Road, Auckland Park, Gauteng	
<b>Heart &amp; Stroke Foundation SA</b>	+2711 875 1403	<a href="mailto:Emma.siluma@heartfoundation.co.za">Emma.siluma@heartfoundation.co.za</a>		Life Fourways Hospital Cedar Avenue, Fourways, Sandton	



## Netcare Hospitals – Stroke **Assistance** (H7)

Name of Organisation	Tel No	Address	Website	Address	Manager's Details
<b>EASTERN CAPE</b>					
Netcare Greenacres	+2741 390 7000	Cnr Cape & Rochelle Roads, Greenacres, Port Elizabeth			Andre Bothma
<b>GAUTENG</b>					
Netcare Akasia	+2712 522 1000	Cnr Heinrich & Brits Ave, Karen Park Ext. 25, Akasia, Pretoria			Sydney Masalla
Netcare Clinton	+2711 724 2300	62 Clinton Road, New Redruth, Alberton			
Netcare Garden City	+2711 495 5000	35 Bartlett Road, Mayfair West, Johannesburg			Tau Kgomongwe
Netcare Krugersdorp	+2711 951 0200	9 Burger Street, Central, Krugersdorp			Zeyn Asmal
Netcare Linksfeld	+2711 647 3400	24 – 12h Ave, Linksfeld West, Johannesburg			Lisete Vieira
Netcare Linmed	+2711 748 6200	5 Hull Road, Rynfield, Benoni			Linda Bossert
Netcare Milpark	+2711 480 5600	9 Guild Road, Parktown West, Johannesburg			Marc van Heerden
Netcare Montana	+2712 523 3000	Cnr Dr Swanepoel & Rooibos Streets, Montana Park, Pretoria			Ben Rood
Netcare Mulbarton	+2711 682 4300	25 True North Road, Mulbarton, Alberton			Razina Kader
Netcare Olivedale	+2711 777 2000	Cnr President Fouche & Windsor Way, Olivedale, Randburg			Kathy Smith
Netcare Pinehaven	+2711 950 5400	1 Gateway Road, Pinehaven Estate, Krugersdorp			Connie Majeke
Netcare Pretoria East	+2712 422 2300	Cnr Garsfontein & Netcare Road, Moreleta Park, Pretoria			Sharon Smit
Netcare Sunninghill	+2711 806 1500	Cnr Witkoppen & Nanyuki Roads, Sunninghill, Sandton			
Netcare Sunward Park	+2711 897 1600	Cnr Kingfisher Ave, Aquarius Road, Sunward Park, Boksburg			Zecharai Esteruizen

## Netcare Hospitals – Stroke **Assistance** [H8] (contd.)

Name of Organisation	Tel No	Address	Website	Address	Manager's Details
Netcare Union	+2711 724 2000	47 Clinton Road, New Redruth, Alberton			Esme Abrahams
Netcare Unitas	+2712 677 8000	Clifton Avenue, Lyttelton, Centurion			Eugene Ferreira
Netcare Waterfall City	+2711 304 660	Cnr Magwa Crescent & MacMac Ave, Vorna Valley, Midrand			Jaco du Preez
<b>KWA ZULU NATAL</b>					
Netcare Alberlito	+2732 946 6700	Kirsty Close, Central Ballito			Thulasizwe Mngadi
Netcare St. Anne's	+2733 897 5000	331 Burger Street, Central Pietermaritzburg			Louis Joubert
Netcare St. Augustine's	+2731 268 5000	107 JB Marks Road, Berea, Durban			Heinrich Venter
Netcare The Bay	+2735 780 6111	Kruger Rand Road, CBD, Richards Bay			Mduduzi Ngubane
Netcare Umhlanga	+2731 560 5500	323 Umhlanga Rocks Drive, Central, Umhlanga			Sara Nayager
<b>LIMPOPO</b>					
Netcare Pholoso	+2715 296 6500	Cnr Grobler Street & Eland Ave, Savannah, Polokwane			Fabion Bennett
<b>NORTH WEST</b>					
Netcare Ferncrest	+2714 568 4399	Moumo Street, Thlabane, Rustenburg			Bogosi Moagi
<b>WESTERN CAPE</b>					
Netcare Blaauwberg	+2721 554 9000	Waterville Crescent, Sunningdale, Cape Town			Alan Abrahams
Netcare Christiaan Barnard Memorial	+2721 441 0000	Cnr DF Malan Street & Rua Bartholemeu Dias Plain, Foreshore, Cape Town			Louis van der Hoven
Netcare Kuilsriver	+2721 900 6000	33 van Riebeeck Road, Kuils River, Cape Town			Dirk Truter
Netcare N1 City	+2721 590 4444	Louwtjie Rothman Street, Goodwood, Cape Town			Daniel Matthew



## 2. PALLIATIVE CARE

### Hospice

Hospice cares for the terminally ill patients that have 6 months or less to live OR longer if their condition remains life-limiting.

Most Hospice care is provided at home with a family member typically serving as the primary caregiver. But also available are hospitals, nursing homes, assisted living facilities and Hospice facilities.

Hospice staff will make regular visits to your home, and they are on call 24 hours a day, 7 days a week.

The Hospice team includes:

- a. Doctors – each patient gets to choose a primary doctor. It could be your prior doctor or a Hospice doctor.
- b. Nurses – They will come to your house and provide the care you need.
- c. Home Health Aides – This is extra support for routine care, such as dressings, bathing and eating.
- d. Spiritual Counsellors – chaplains, priests, lay ministers or other spiritual counsellors. They will provide guidance for the family.
- e. Social Workers – They provide counselling and support. They also provide referrals to other support systems.
- f. Pharmacists – They provide medication oversights and give suggestions regarding the most effective ways to relieve symptoms.
- g. Volunteers – Trained volunteers will offer company or respite for caregivers – They will help with transportation or other practical needs.
- h. Other professionals – For example, Speech Therapists, Physical Therapists and Occupational Therapists.
- i. Bereavement Counsellors – They are trained in after support and guidance after the death of a loved one.

## Life Healthcare Hospitals & Clinics

NAME	ADDRESS	TEL NO	EMERGENCY NO
Genesis Maternity Clinic	5 Northwold Drive Cnr Jan Smuts & Northwold, <b>Saxonwold</b>	+2711 544 9800	
Life Bedford Gardens Hospital	7 Leicester Road Bedford Gardens, <b>Bedfordview</b>	+2711 677 8500	+2711 677 8537
Life Brackenview	22 De Waal Street Brackendowns, <b>Alberton</b>	+2710 009 6200	+2783 539 4532
Life Brenthurst	4 Park Lane Parktown, <b>Gauteng</b>	+2711 647 9000	+2711 647 9034
Life Carstenhof Hospital	21 Dane Road Glen Austin, <b>Midrand</b>	+2711 655 5500	+2711 655 5602
Life Eugene Marais Hospital	696 Fifth Ave Les Marais, <b>Pretoria</b>	+2712 334 2777	
Life Dalview Hospital	11 Hendrik Potgieter Road <b>Brakpan</b>	+2711 747 0747	+2711 747 0747
Life Faerie Glen Hospital	Cnr Atterbury Oberon Ave Faerie Glen, <b>Pretoria</b>	+2712 369 5600	+2712 369 5600
Life Fourways Hospital	Cnr Cedar Road & Cedar Ave West <b>Fourways</b>	+2711 8751000	+27860 123 367/ +2711 875 1050
Life Glynnview	129 – 131 Howard Ave <b>Benoni</b>	+2711 741 5460	
Life New Kensington Clinic	23 Roberts Ave Kensington, <b>Gauteng</b>	+2711 538 4700/09	
Life Poortview	18 Malcolm Rd Poortview, <b>Roodepoort</b>	+2787 352 2100	
Life Pretoria North Surgical Centre	260 Burger Street <b>Pretoria North</b>	+2712 546 0322/3/4	
Life Robinson Private Hospital	Hospital Road <b>Randfontein</b>	+2711 2788700	+2711 6930044
Life Springs Parkland Hospital	Springs West Road Pollak Park, <b>Springs</b>	+2711 8124000	+2786+27123367
Life The Glynnwood	33-35 Harrison Street <b>Benoni</b>	+2711 741 5000	+2786+27123367
Life Wilgeheuwel Hospital	Amplifier Road Radiokop Ext B, <b>Roodepoort</b>	+2711 7966500	+2711 7966519
Life Wilgers Hospital	Denneboom Road Wilgers Ext 14, <b>Pretoria</b>	+2712 8078100	+2712 8078135

## Hospice / Palliative Care Organisations in Gauteng and surrounding areas



Name of organisation	Physical Address	Postal Address	Telephone numbers	Email address	Website	Manager
<b>Hospice Wits Houghton</b>	50 Second Ave <b>Houghton</b>	PO Box 87600 Houghton	+2711 4839100 +27 114839123	<a href="mailto:info@hospicewits.co.za">info@hospicewits.co.za</a>	<a href="http://www.hospicewits.co.za">www.hospicewits.co.za</a>	Jacqui Kaye +2711 4839100 <a href="mailto:jacquikaye@hospicewits.co.za">jacquikaye@hospicewits.co.za</a>
<b>Stepping Stone Hospice &amp; Care Services</b>	15 Heidelberg Road New Market Estate <b>Alberton</b>	PO Box 11211 Randhart 1449	+27104425059	<a href="mailto:tersia@steppingstonehospice.co.za">tersia@steppingstonehospice.co.za</a>	<a href="http://www.hospicewits.co.za">www.hospicewits.co.za</a>	Tersia Burger 08325119605
<b>Edenvale Care Centre</b>	53 Sixth Avenue <b>Edenvale</b>		+2711 4540996	<a href="mailto:edenvalehospice@telkomsa.net">edenvalehospice@telkomsa.net</a>	<a href="http://Edenvalecarecentrehospice.co.za">Edenvalecarecentrehospice.co.za</a>	
<b>Hospice East Rand</b>	218 Kempston Ave <b>Benoni</b>	PO Box 17160 Benoni West 1503	+2711 4221531		<a href="http://www.hospiceeastrand.co.za">www.hospiceeastrand.co.za</a>	Brenda Bisschoff +2711 4221531 <a href="mailto:brenda@hospiceeastrand.co.za">brenda@hospiceeastrand.co.za</a>
<b>Centurion Hospice</b>	cnr North & Clifton Street <b>Lyttelton Manor</b>	PO Box 15179 Lyttelton 0140	+2712 6646175		<a href="http://www.centurionhospice.com">www.centurionhospice.com</a>	Annette Reed 0823342939 <a href="mailto:gm@centurionhospice.com">gm@centurionhospice.com</a>
<b>St Francis Care Centre Hospice &amp; Home Based Care</b>	30 Olivia Road Eveleigh <b>Boksburg</b>	Postnet Suite#125 Private Bag X1 East Rand1462	+2711 8944151		<a href="http://stfranciscarecentre.co.za">stfranciscarecentre.co.za</a>	Tilly Brouwer 0834067977 <a href="mailto:tilly@stfranciscarecentre.co.za">tilly@stfranciscarecentre.co.za</a>
<b>Sungardens Hospice</b>	18 Twig Street Lynwood Glen <b>Pretoria</b>	PO Box 90554 Garsfontein 0042	+2712 3481934		<a href="http://www.hospice.org.za">www.hospice.org.za</a>	Pieter van Heerden 0728581388 <a href="mailto:pieter@sungardens.org.za">pieter@sungardens.org.za</a>
<b>Wide Horizon Hospice</b>	13 Cassino Road Duncanville <b>Vereeniging</b>	PO Box 2911 Vereeniging 1930	0164281410		<a href="http://www.widehorizoncare.co.za">www.widehorizoncare.co.za</a>	Gail Heasley 0164281410 <a href="mailto:hospicevaal@lantic.net">hospicevaal@lantic.net</a>
<b>Eersterust Association for community Health (EACH)</b>	364 Hans Coverdale East Eersterust <b>Pretoria</b>	PO Box 41215 Eersterust 0022	+2712 8064375		<a href="http://www.eachhospice.gov.za">www.eachhospice.gov.za</a>	Joyce Leander 0716772331 <a href="mailto:joyce.each@gmail.com">joyce.each@gmail.com</a>
<b>FWC Hospice Services the West Rand Area</b>	Corner Harmony & Retief Streets <b>Hursthill</b>	PO Box 291625 Melville 2093	+2711 8372999		<a href="http://www.fwhospice.org.za">www.fwhospice.org.za</a>	Liezl Kennedy 072702267 <a href="mailto:liezl@fwhospice.org.za">liezl@fwhospice.org.za</a>



<b>Name of organisation</b>	<b>Physical Address</b>	<b>Postal Address</b>	<b>Telephone numbers</b>	<b>Email address</b>		<b>Manager</b>
<b>Holy Cross Home</b>	885 Moshesch Street Suiderberg <b>Pretoria</b>	PO Box 48775 Hercules Pretoria 0030	+2712 3796061/2			Sr Richadess Florence Tengerayl +2712 3796061/2 <a href="mailto:hch@telkomsa.net">hch@telkomsa.net</a>
<b>CANSA - Secunda</b>	99 b Besterecta Building Nelson Mandela Drive <b>Secunda</b>		017 6312857		<a href="http://www.cansa.org.za">www.cansa.org.za</a>	Mandisa Mthembu <a href="mailto:mmthembu@vsmds.org.za">mmthembu@vsmds.org.za</a>
<b>Hospice Rustenberg</b>	4 Boschhoff Street <b>Rustenberg</b>	P.O. Box 20469 Protea Park 0305	014 5928925	hosprtb@mweb.co.za		
<b>Hospice Potchefstroom</b>	103 Retief Street <b>Potchefstroom</b>		018 2931684			
<b>Nelspruit Hospice</b>	84 Ferreira St <b>Mbombela</b>	P.O. Box 19054 Nelspruit 1200	013 7440095	reception@nelspruithospice.co.za		
<b>Hospice White River</b>	19 Wildevy Street <b>White River</b>	P.O. Box 3229 White River 1240	013 7503044	<a href="mailto:whiteriverhospice@tiscali.co.za">whiteriverhospice@tiscali.co.za</a>		
<b>Cotlands</b>	134 Stanton Street <b>Turffontein</b> <b>Gauteng</b>		+2711 6837200			
<b>Stepping Stone Hospice</b>	15 Heidelberg Road Cnr Ascot & New Market Park <b>Alberton</b>		+27867240480	info@steppingstonehospice.co.za		
<b>Busy Bee Hospice</b>	374 Playfair Ave <b>Van der Bijl Park</b>		0169337680			



### **3. ASSISTED LIVING / HOME CARE**

Assisted living is when older adults get personalized care in a residential setting. For seniors whose health or well-being requires a higher level of support.

Assisted living also provides a healthy lifestyle and social engagement.

Services include medication management and assistance with using the bathroom, dressing and grooming.

Housekeeping, meals, laundry and transportation services, as well as social programs and activities are typically included.

Staff is available 24/7 to help with safety, care and support.

## Assisted Living & Home Care Organisations in Gauteng and surrounding areas

Name of organisation	Physical Address	Telephone Numbers	Email Address	Manager's details
<b>Blisscare Home Services</b> Home healthcare services	236 Victoria St Georgetown <b>Germiston</b>	+2711 042 9677		
<b>Complete Care Group</b>	7 Daphne Street Wendywood <b>Sandton</b>	+2711 656 2254	nurses@completecure.co.za	
<b>SA Home Care</b>	Suite 10, 2 <sup>nd</sup> Floor Glenhazel Square 17 Northfield, <b>Glenhazel, Jhb</b>	+2711 440 4562		Ruth Shabablala ruth@sa-homecare.co.za
<b>Careworker Services</b> Home care	10 Burrus Road Selection Park <b>Springs</b>	+2711 812 1914	barbaraer@lantic.net	
<b>Ann Harding Cheshire Home</b>	Plot 40, 4 <sup>th</sup> Road <b>Northwold, Gauteng</b>	+2711 792 3510		Joy Baloyi manager@cheshirehomes.org.za
<b>GP for Home Visits</b> GP or registered nurse comes to your home. Access, treat, and refer, palliative care in the privacy of your home.	Dr Edmund Schutze Room 223, East Wing Mediclinic Morningside Cnr Rivonia & Hill Road <b>Morningside, Jhb</b>	+2711 883 0013	booking@gpforhomevisits.co.za	
<b>The Hurly Hills Private Care Hotel</b> Assisted living	16 Bader Road Hurlyvale, <b>Edenvale</b>	+2766 4963 478	info@thehurlyhills.co.za	
<b>Deutshes Altersheim</b>	Napier Road <b>Richmond</b>	+2711 726 8121		
<b>Arbor Village</b>	OA Smith Road Bedfordview, <b>Germiston</b>	+2711 6221767		
<b>Enerjoy Home Care</b>	Located in: St. Vincent School for the Deaf Jellicoe Ave, <b>Melrose</b>	+2711 447 1128		
<b>Flower Foundation Retirement Home – Kensington Gardens</b>	75 – 11 <sup>th</sup> Ave <b>Kensington</b>	+2711 615 6196		



#### 4. NURSING HOMES AND FRAIL CARE

##### **Nursing Homes:**

A nursing home is a facility for the residential care of elderly or disabled people. They provide a wide range of health and personal care services. Their services focus on medical care – more than most assisted living facilities. They include nursing care, 24 hour supervision, 3 meals a day and assistance with everyday activities. They also offer rehabilitation services, such as physical, occupational and speech therapy.

##### **Frail Care:**

Frail Care is for people who no longer have the ability to care for themselves on a daily basis and who won't be able to do so for the rest of their lives. Moving into Frail Care marks a new stage of life, one that is both necessary and beneficial for elderly people who need a greater level of care.

## Frail Care Centres

Name of Organisation	Physical Address	Tel No	Email Address	Website	Manager's Details
<b>Nazareth House</b>	Webb Street <b>Yeoville, Gauteng</b>	+2711 648 1002		nazarethcare.co.za	Chipo Makweh <a href="mailto:chipo@nazerethcare.co.za">chipo@nazerethcare.co.za</a>
<b>Holy Cross Home</b>	885 Moshesch Street Suiderberg, <b>Pretoria</b>	+2712 379 6061/2	hch@telkomsa.net	holycrosshome.weebly.com	Sr Richadess Florence Tengerayl +2712 3796061/2 <a href="mailto:hch@telkomsa.net">hch@telkomsa.net</a>
<b>HOSPICARE Kruinpark Frail Care Centre</b> Kruinpark Retirement Village  <b>Dialysis Centre</b> Renal care	104 Umgeni Roadd Wilro Park <b>Roodepoort</b>	+2710 900 3799 +2782 859 1211  +2710 900 3799			Cecile O'Neil <a href="mailto:cecile@hospicare.co.za">cecile@hospicare.co.za</a> 0744472+2710  Delaine Hazelhurst <a href="mailto:renal@hospicare.co.za">renal@hospicare.co.za</a> 0827876955
<b>House Grace</b> Dementia/Mental Health Disorders	56 Maria Street <b>Fonmtainebleau Randburg</b>		ptnotices@gmail.com	www.housegrace.home	Johan - +27 769920166 Yolande - +27 768206054
<b>Willobrook Frail Care</b>	134 Willowbrook Place <b>Sandown, Sandton</b>	+2711 781 4920	info@flower.org.za		

## Nursing Homes

Name of Organisation	Physical Address	Tel No	Email Address	Website	Manager's Details
<b>Viljoen OT/a</b> Flamwood Frail Care	Cnr Rina Street & Buffelsdoorn Road <b>Klerksdorp</b>	018 468 6586			
<b>Cedar Manor</b> Advanced Care Home	20 Mt Quray Street Midlands Estate <b>Centurion</b>  37 Cedar Avenue Plantation <b>Boksburg</b>	+2712 940 9380    +2712 273 6467	<a href="mailto:enquiries@cedarmanor.co.za">enquiries@cedarmanor.co.za</a>	<a href="http://www.cedarcare.co.za">www.cedarcare.co.za</a>	
<b>Care in Midstream</b> Assisted Living, Dementia & Alzheimer's Care Frail Care, Short Term Care, Stay a Day, Home Care Nursing Assistance, End of Life & Palliative Care	20 Mountain Quaray Street Midstream <b>Centurion</b>	+2712 940 9380	<a href="mailto:marketing@careinmidstream.co.za">marketing@careinmidstream.co.za</a>	<a href="http://www.careinmidstream.co.za">www.careinmidstream.co.za</a>	
<b>Lourdes House</b> Nursing Home	30 – 10 <sup>th</sup> Ave <b>Rivonia, Sandton</b>	+2711 803 1451		<a href="http://www.lourdeshouse.org">www.lourdeshouse.org</a>	
<b><u>The Flower Foundation</u></b>  <b>a. Pioneer House</b> Nursing Home  <b>b. Rose &amp; Primrose</b> Lodge & Nursing Home  <b>c. Waverley Gardens</b> Memory Care	  15 Trilby Street <b>Oaklands</b> <b>Gauteng</b>  1 Suzanne Crescent <b>Northcliff</b> <b>Gauteng</b>  5 Murray Street <b>Waverley</b> <b>Gauteng</b>	+2711 781 4920  +2711 728 7277  +2711 887 9881	<a href="mailto:info@flower.org.za">info@flower.org.za</a>	<a href="http://www.flower.org.za">www.flower.org.za</a>	



## 5. ACUTE / SUB-ACUTE REHABILITATION (STEP DOWN FACILITIES)

### **Acute Rehabilitation:**

Acute Rehabilitation is appropriate for patients who will benefit from an intensive, multidisciplinary rehabilitation program. Patients receive physical, occupational and speech therapy as needed and are medically managed by specially trained physicians.

Patients who are admitted usually have a traumatic injury, debilitating diseases or they might have had a certain type of surgery.

### **Sub-acute Rehabilitation:**

A Sub-acute medical care and rehabilitation unit's purpose is to help bridge the gap between where a patient is medically stable to go home after an operation or illness. The patient would still be dependent on 24 hour professional medical care and further rehabilitation. No technological advanced equipment or monitoring are required, but medical care is needed.

## Acute Rehabilitation

Name of Organisation	Physical Address	Tel No	Email Address	Website	Manager's details
<b>La Vie Care</b> Sub-Acute & Acute Rehabilitation hospitals	<b>LaVie Care @ Northmed (Pty) Ltd</b> 404 Northumberland Ave <b>Northgate</b>  <b>Lynnmed Clinic</b> 315 The Hillside Street <b>Lynnwood, Pretoria</b>	+2710 494 5013  +2712 348 4995 +2712 361 2535	<a href="mailto:lynnmed@laviecare.co.za">lynnmed@laviecare.co.za</a> <a href="mailto:cm@lynnmed.co.za">cm@lynnmed.co.za</a>		
<b>CANSA</b> Sub-acute & Frail Care Facility	<b>Cnr College &amp; Dorp Street</b> <b>Polokwane</b>  <b>115 Stilfontein Road</b> <b>Stilfontein</b>	+2715 297 1268  +2782 175 4303			
<b>Binneland Sorg &amp; Rehab Centre</b>	Plot 2 HTS Woonstelle Vyfhoek <b>Potchefstroom</b>	+2781 290 9806			



## Sub-Acute Rehabilitation

Name of Organisation	Physical Address	Tel No	Email Address	Website	Manager's details
<b>Intercare</b> Sub-Acute Hospitals	<b>Intercare Irene</b>  <b>Intercare Sandton</b>				Dorita Erasmus +2712 941 2600 Dorita.Erasmus@intercare.co.za  Hennie Meyer +2710 880 1600 <a href="mailto:Hennie.meyer@intercare.co.za">Hennie.meyer@intercare.co.za</a>
<b>Med + Ages</b>  <b>Flower Foundation</b> Frail Care/Specialized Alzheimer & Dementia Unit  <b>Bryanston Sub-Acute (Pty) Ltd</b>  <b>Careways (Pty) Ltd</b>  <b>Circle Healthcare</b>	Unit 4 Surrey Square Office Park 330 Surrey Avenue <b>Ferndale</b>  201 Eccleston Crescent <b>Bryanston</b>  Block K Central Park 15 <sup>th</sup> Road, <b>Midrand</b>  400 Louis Botha Ave <b>Orange Grove</b>	<b>Head Office</b> Ferndale +2711 781 4920  +2711 463 6727  +2711 847 4000  +2711 485 2918		<a href="http://www.flower.org.za">www.flower.org.za</a>	
<b>Papillon Recovery Centre</b> Psychiatric & Psychological Clinics	271 Pine Avenue <b>Ferndale</b>	+2711 326 2445			
<b>Sandton Sub-Acute Hospital</b>	200 Rivonia Road <b>Morningside</b>	+27108801400			
<b>Medwedge Stepdown Facility</b>	Johannesburg Eye Hospital Cnr Beyers Naude Drive & Waugh Ave <b>Northcliff</b>	+2711 782 1080	info@jhbeye.co.za		
<b>Care @ Midstream</b> Sub-Acute & Rehabilitation Hospital	20 Mount Road Midlands East <b>Centurion</b>	+2712 940 9335		<a href="http://www.creatmidstream.co.za">www.creatmidstream.co.za</a>	

## Life Healthcare Hospitals & Clinics

NAME	ADDRESS	TEL NO	EMERGENCY NO
Genesis Maternity Clinic	5 Northwold Drive Cnr Jan Smuts & Northwold, <b>Saxonwold</b>	+2711 544 9800	
Life Bedford Gardens Hospital	7 Leicester Road Bedford Gardens, <b>Bedfordview</b>	+2711 677 8500	+2711 677 8537
Life Brackenvew	22 De Waal Street Brackendowns, <b>Alberton</b>	+2710 009 6200	+2783 539 4532
Life Brenthurst	4 Park Lane Parktown, <b>Gauteng</b>	+2711 647 9000	+2711 647 9034
Life Carstenhof Hospital	21 Dane Road Glen Austin, <b>Midrand</b>	+2711 655 5500	+2711 655 5602
Life Eugene Marais Hospital	696 Fifth Ave Les Marais, <b>Pretoria</b>	+2712 334 2777	
Life Dalview Hospital	11 Hendrik Potgieter Road <b>Brakpan</b>	+2711 747 0747	+2711 747 0747
Life Faerie Glen Hospital	Cnr Atterbury Oberon Ave Faerie Glen, <b>Pretoria</b>	+2712 369 5600	+2712 369 5600
Life Fourways Hospital	Cnr Cedar Road & Cedar Ave West <b>Fourways</b>	+2711 8751000	+27860 123 367/ +2711 875 1050
Life Glynnview	129 – 131 Howard Ave <b>Benoni</b>	+2711 741 5460	
Life New Kensington Clinic	23 Roberts Ave Kensington, <b>Gauteng</b>	+2711 538 4700/09	
Life Poortview	18 Malcolm Rd Poortview, <b>Roodepoort</b>	+2787 352 2100	
Life Pretoria North Surgical Centre	260 Burger Street <b>Pretoria North</b>	+2712 546 0322/3/4	
Life Robinson Private Hospital	Hospital Road <b>Randfontein</b>	+2711 2788700	+2711 6930044
Life Springs Parkland Hospital	Springs West Road Pollak Park, <b>Springs</b>	+2711 8124000	+2786+27123367
Life The Glynnwood	33-35 Harrison Street <b>Benoni</b>	+2711 741 5000	+2786+27123367
Life Wilgeheuwel Hospital	Amplifier Road Radiokop Ext B, <b>Roodepoort</b>	+2711 7966500	+2711 7966519
Life Wilgers Hospital	Denneboom Road Wilgers Ext 14, <b>Pretoria</b>	+2712 8078100	+2712 8078135

## Hatzolah

<b>NAME</b>	<b>ADDRESS</b>	<b>TEL NO</b>	<b>EMAIL</b>
<b>The Natie &amp; Frances Kirsh Hatzolah House</b>	29 Durham Street, Raedene	+2786 0810+8101	Info@hadzolah.co.za

## Netcare Hospitlas

<b>NAME</b>	<b>ADDRESS</b>	<b>TEL NO</b>
<b>Netcare Sunninghill Hospital</b>	Cnr Witkoppen & Nanyuki Roads, <b>Sunninghill</b>	+2711 806 1500
<b>Netcare Olivedale Hospital</b>	Cnr President Fouche & Windsor Way, <b>Olivedale</b>	+2711 777 2000
<b>Netcare Waterfall City Hospital</b>	Magwa Crescent & Mac-Mac Avenue, <b>Midrand</b>	+2711 304 6600
<b>Netcare Rosebank Hospital</b>	14 Sturdee Avenue, <b>Rosebank</b>	+2711 328 0500
<b>Netcare Linkwood Hospital</b>	24 – 12 <sup>th</sup> Ave, <b>Linksfeld West, Gauteng</b>	+2711 485 3250
<b>Netcare Park Lane Hospital</b>	Cnr Junction Ave & Park Lane, <b>Parktown</b>	+2711 480 4000
<b>Netcare Milpark Hospital</b>	9 Guild Road, <b>Parktown</b>	+2711 480 5600

## Mediclinic Hospitals

<b>NAME</b>	<b>ADDRESS</b>	<b>TELEPHONE NO</b>	<b>Emergency Tel No</b>
<b>Mediclinic Heart Hospital</b>	551 Park Street, Arcadia, <b>Pretoria</b>	+2712 440 0200	+2712 4400315
<b>Mediclinic Kloof</b>	511 Jochemus Street, Erasmuskloof X3, <b>Pretoria</b>	+2712 367 4000	+2712 367 4004
<b>Mediclinic Medforum</b>	412 Francis Baard Street, Sunnyside, <b>Pretoria</b>	+2712 317 6700	+2712 317 6803
<b>Mediclinic Morningside</b>	Cnr Rivonia & Hill Roads, <b>Morningside</b>	+2711 282 5000	+2711 282 5126
<b>Mediclinic Sandton</b>	Cnr Main Road & Peter Place, <b>Bryanston</b>	+2711 709 2000	+2711 709 2002
<b>Mediclinic Vereeniging</b>	Cnr Joubert & Hofmeyer Avenue, <b>Vereeniging</b>	+2716 440 5000	+2716 440 5440
<b>Wits University Donald Gordon Medical Centre</b>	21 Eton Road, <b>Parktown</b>	+2711 356 6000	

## Intercare Hospitals

NAME	ADDRESS	TEL NO
<b>Intercare Castle Gate</b>	Castle Gate Lifestyle Centre 478 Koedoesnek Ave, Waterkloof Ridge, <b>Pretoria</b>	+2712 880 6100
<b>Intercare Fourways</b>	Cnr Fourways Boulevard & Short Street <b>Fourways</b>	+2711 745 6700
<b>Intercare Glen Marais</b>	Cavendish Glen Centre 127 Monument Road Glen Marais, <b>Kempton Park</b>	+2711 922 5000
<b>Intercare Glenfair</b>	Glenfair Boulevard Cnr Lynnwood & Daventry Roads Lynnwood, <b>Pretoria</b>	+2712 368 8800
<b>Intercare Hazeldean (Sub-Acute Hospital)</b>	Hazeldean Office Park Silver Lakes Road <b>Silver Lakes</b>	+2712 880 0700
<b>Intercare Mall @ 55</b>	Cnr Marais Road and R 55 <b>Centurion, Monavoni</b>	+2712 880 3000
<b>Intercare Modfem (Specialized facility)</b>	Cnr Nursery & Peter Place <b>Bryanston</b>	+2711 463 2244
<b>Intercare Northriding</b>	Northlands Corner Shopping Centre Cnr Witkoppen & New Market Streets <b>Northriding</b>	+2710 880 0999
<b>Intercare Sandton</b>	200 Rivonia Road <b>Morningside</b>	+2710 880 1500
<b>Intercare Wilgeheuwel</b>	Lifestyle Crossing Cnr Hendrik Potgieter & Nic Diederichs Boulevard <b>Wilgeheuwel</b>	+2711 674 9300

## Government Hospitals

### Mpumalanga

<u>NAME</u>	<u>ADDRESS</u>	<u>TEL NO</u>	<u>CONTACT PERSON</u>	<u>EMAIL</u>
Witbank Hospital	Cnr President & Coert Steynberg Street <b>Witbank, Mpumalanga</b>	+2713 653 2000		
Waterval Boven Hospital	Philadelphia Road, <b>Dennilton, Mpumalanga</b>	+2713983 1016	Clinical Manager: Dr Matea	
Standerton Hospital	9 Kruger Street <b>Standerton, Mpumalanga</b>	+2717 712 2323		
Rob Ferreira Hospital	Cnr Piet Retief St & Madiba Drive <b>Nelspruit, Mpumalanga</b>	+2713 741 6100		
Middelburg Provincial Hospital	Cnr Hospitaal Rd & Walter Sisulu Street <b>Middelburg, Mpumalanga</b>	+2713 249 3874		
Impungwe Hospital	Bethal Road <b>Witbank, Mpumalanga</b>	+2713 685 5121		
HA Grove Hospital	Cnr Duggan & Vermooten Street <b>Belfast, Mpumalanga</b>	+2713 253 1184		
Evander Hospital	Cnr Bologna & Lausanne Street <b>Evander, Mpumalanga</b>	+2717 632 2212		
Barberton Hospital	1 Hospital Street <b>Barberton, Mpumalanga</b>	+2713 712 0711		
Amajuba Memorial Hospital	East St Ext <b>Volksrust, Mpumalanga</b>	+2717 735 1103		

## Limpopo

NAME	ADDRESS	TEL NO	CONTACT PERSON	EMAIL
<b>Warmbaths Hospital</b>	Chris Hani Street <b>Warmbaths, Limpopo</b>	+2714 736 2121/5	CEO: Dr Itsweng	
<b>Van Velden Hospital</b>	Medipark Third Ave, <b>Tzaneen, Limpopo</b>	+2715 307 8800	Clinical Manager: Dr. Omile	
<b>Thabazimbi Hospital</b>	1 Hospital Street <b>Thabazimbi, Limpopo</b>	+2714 777 7000		
<b>Polokwane Mangweng Hospital Complex</b>	Cnr Hospital & Dorp Street <b>Pietersburg (Polokwane), Limpopo</b>	+2715 287 5000	Clinical Manager: Dr. Pinkoane	
<b>Messina (Musina) Hospital</b>	N1 Building Cnr National & Whyte Road <b>Musina, Limpopo</b>	+2715 534 0446	Clinical Manager: Dr Luduku	
<b>Maphuta L. Malatji Hospital</b>	Maphuta Malatji Street Namakgale, <b>Phalaborwa, Limpopo</b>	+2715 769 1520/4	Clinical Manager: Dr. Kudze	
<b>Louis Trichardt Memorial Hospital</b>	Hospital Street <b>Louis Trichardt, Limpopo</b>	+2715 516 0148/ 0149/0150	Clinical Manager: Dr. Kazaji	
<b>Letaba Hospital</b>	Tzaneen Lydenburg Road <b>Letaba, Limpopo</b>	<b>+2715 303 8200</b>		
<b>George Masebe Hospital</b>	Markane Road <b>Mokopane, Limpopo</b>	<b>+2715 423 6000</b>	<b>Clinical Manager: Dr Teffo</b>	
<b>F.H. Odendaal Hospital</b>	Makaleng Street <b>Modimolle, Limpopo</b>	<b>+2714 718 5300</b>	<b>Clinical Manager: Dr. Latouf</b>	
<b>Ellisras Hospital</b>	Cnr Ngoako Ramatlogi & Chris Hani Drive, <b>Lephalale, Limpopo</b>	<b>+2714 763 2227</b>	<b>Clinical Manager: Dr Mbako</b>	
<b>Elim Hospital</b>	Elim Village <b>Makhado, Limpopo</b>	<b>+2715 556 3201/ +2715 556 4152</b>	<b>Clinical Manager: Dr Madi</b>	
<b>Dr. C.N. Phatudi Hospital</b>	Maake Village Shiluvane Road <b>Polokwane, Limpopo</b>	<b>+2715 355 8000</b>	<b>Clinical Manager: Dr. Nhangwana</b>	

## Northern Province

NAME	ADDRESS	TEL NO	Contact Person	Email
<b>Zeerust Hospital</b>	1 Hooge Street <b>Zeerust, North West Province</b>	+2718 363 3181 +2718 642 9900	Mr. N. Mosiane	nmosiane@nwpg.gov.za
<b>Witransdorp Hospital</b>	Deppe Street, Dassie Rand <b>Potchefstroom, NW Province</b>	+2718 294 9100		
<b>Rustenburg Hospital</b>	Cnr Bosch & Heystek Street Rustenburg, <b>North West Province</b>	+2714 590 5100		
<b>Potchefstroom Hospital</b>	Cnr Chris Hanani & Kruis Street <b>Potchefstroom, NW Province</b>	+2718 293 4400	Ms Gloria Tlhapi	gtlhapi@nwpg.gov.za
<b>Klerksdorp Hospital</b>	Bishop Desmond Tutu Street <b>Klerksdorp, North West Province</b>	+2718 406 4600	Mr J Drotskie	

## Gauteng

NAME	ADDRESS	TEL NO	Contact Person	Email
<b>Carletonville Hospital</b>	Cnr Salcon & Anaan Road <b>Carletonville, Gauteng</b>	+2718 788 1700	Dr M Motloun	Mohau.motloun@gauteng.gov.za
<b>Charlotte Maxeke Johannesburg Academic Hospital</b>	17 Jubilee Road <b>Parktown, Gauteng</b>	+2711 488 3793	Ms G Bogoshi	Gladys.bogoshi@gauteng.gov.za
<b>Chris Hanani Baragwanath Hospital</b>	26 Chris Hanani Road <b>Soweto, Gauteng</b>	+2711 933 0967		Merylin.deoraj@gauteng.gov.za
<b>Dr. George Mukhari Hospital</b>	Sekwati Street <b>Ga-Rankuwa Unit 2, Gauteng</b>	+2712 529 3000		alpheus.malepane@gauteng.gov.za
<b>Dr. Yusuf Dadoo Hospital</b>	Cnr Hospital & Memorial Street <b>Krugersdorp, Gauteng</b>	+2711 951 6000		hester.basson@gauteng.gov.za
<b>Edenvale General Hospital</b>	Modderfontein Road <b>Edenvale, Gauteng</b>	+2711 321 6000	Annamarie Clarkson	Annamarie.clarkson@gauteng.gov.za
<b>Far East Rand Hospital</b>	Hospital Road New State Areas, <b>Springs, Gauteng</b>	+2711 812 8300	Mr H Z Buda	Hendrik.buda@gauteng.gov.za

<b>NAME</b>	<b>ADDRESS</b>	<b>TEL NO</b>	<b>Contact Person</b>	<b>Email</b>
<b>Germiston Bertha Gxowa Hospital</b>	Cnr Joubert & Angus Street <b>Germiston, Gauteng</b>	+2711 089 8500		Vicentia.Rambau@gauteng.gov.za
<b>Heidelberg Hospital</b>	Cnr HF Verwoerd & Hospital Streets <b>Heidelberg, Gauteng</b>	+2716 341 1100	Dr ER Masilela	Ronnie.Masilela@gauteng.gov.za
<b>Helen Joseph Hospital</b>	1 Perth Road Auckland Park, <b>Gauteng</b>	+2711 489 1+2711	Dr Relebohile Ncha	Nomakhwezi.Mjada@gauteng.gov.za
<b>Jubilee Hospital</b>	92 Jubilee Road <b>Temba, Gauteng</b>	+2712 717 9300/13	Secretary to CEO: Ms Phenyo Seloane	Phenyo.Seloane@gauteng.gov.za
<b>Kopanong Hospital</b>	No 2 Cassino Road Duncanville, <b>Vereeniging, Gauteng</b>	+2716 428 7000		
<b>Pretoria West Hospital</b>	380 Sytze Wierda Ave Philip Nel Park <b>Pretoria, Gauteng</b>	+2712 380 1200	Ms B Letlhaku	Boitshoko.Letlhaku@gauteng.gov.za
<b>Sebokeng Hospital</b>	Moshoeshoe Street <b>Sebokeng, Gauteng</b>	+2716 930 3000	Reinette Nagel	Reinette.nagel@gauteng.gov.za
<b>Steve Biko Pretoria Academic Hospital</b>	Cnr Steve Biko & Malan Street Capital Park, Pretoria, <b>Gauteng</b>	+2712 354 1000		info@sbah.org.za
<b>Tambo Memorial Hospital</b>	Railway Street Boksburg, <b>Gauteng</b>	+2711 898 8000	Reinette Nagel	
<b>Tara Hospital</b>	No 50 Saxon Road Hurlingham, <b>Gauteng</b>	+2711 535 3000	Secretary to CEO: Linda Monareng	Linda.monareng@gauteng.gov.za
<b>Cullinan Care &amp; Rehabilitation Centre</b>	Zonderwater Road <b>Cullinan, Gauteng</b>	+2712 734 7000		
<b>Tshwane District Hospital</b>	Cnr Dr Savage Rd & Voortrekker Road Capital Park, <b>Pretoria, Gauteng</b>	+2712 354 7000		

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[Heartfoundation.co.za](http://Heartfoundation.co.za)

[Emedicinehealth.com](http://Emedicinehealth.com)

[Hospice.co.za](http://Hospice.co.za)

[Tehrantimes.com](http://Tehrantimes.com)

Richard Joseph Woodward

District Grand Almoner

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