



Northwood News

The School Of Choice

www.northwoodschool.co.za

23 August 2018 – Volume 27

Thought for the Week

"A woman is the full circle. Within her is the ability to create, nurture, and transform."

~ Diane Mariechild

From the Headmaster

MR P VILJOEN

Dear Parents

During the past few weeks we have had a number of boys present their English essays on women during our formal assemblies. I cannot tell you how proud and excited I was as I listened to our boys express their gratitude and love for the women in their lives.

One of these essays was written and presented by Malibongwe Makhonza, which I have posted for you here:

WHAT ARE WE WITHOUT OUR WOMEN?

It has always been a mystery to me when I think that we, as boys and generally children, grow up in these households being raised by women. Our grandmothers, our Mothers, our Aunts, our Sisters. These are our women of compassion. Our women of resilience. Yet the moment we step out of our households our whole perspective on women changes. Our women of compassion become our possession, our women of resilience, are thrown to perseverance.

Greetings to the Headmaster, deputy headmasters, deputy headmistress, staff members and fellow students of Northwood.

WHAT ARE WE WITHOUT OUR WOMEN?

Well, do you know someone more loving that keeps you blushing because you're crushing.

Well, have you seen someone like mother

Who after work become the washer

And in some households enforced to father.

WHAT ARE WE WITHOUT OUR WOMEN?

Women are very tender yet like tea you never know how strong she is until you put her in hot water. I too am inspired by women. Women of great accolade. Women who are struggle heroes. Women like Winnie Mandela who have fought against all types of oppression and humiliation. But against all odds have revived the spirit of women. For the spirit of a woman never dies and so the Zulu saying goes WATHINTA ABAFAZI WATHINTA IMBOKODO.

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From the Headmaster Continued...

WHAT ARE WE WITHOUT OUR WOMEN?

Well I guess the answer to this is quite simple,

- We'd be like tick without tock
- We'd be North without wood
- Mr Stanley without a moustache

But basically incomplete... oh no I meant complete because without, I guess it's incomplete.

WHAT ARE WE WITHOUT OUR WOMEN?

I'm no feminist and I certainly didn't come up here to try and convince anyone to become a feminist, but I respect women and having been raised by a single mother, I find it literally impossible to undermine a woman. For I know the strength, power and importance of a woman and that is the mind-set and vision that I hope I share with Northwood today. For yet again...

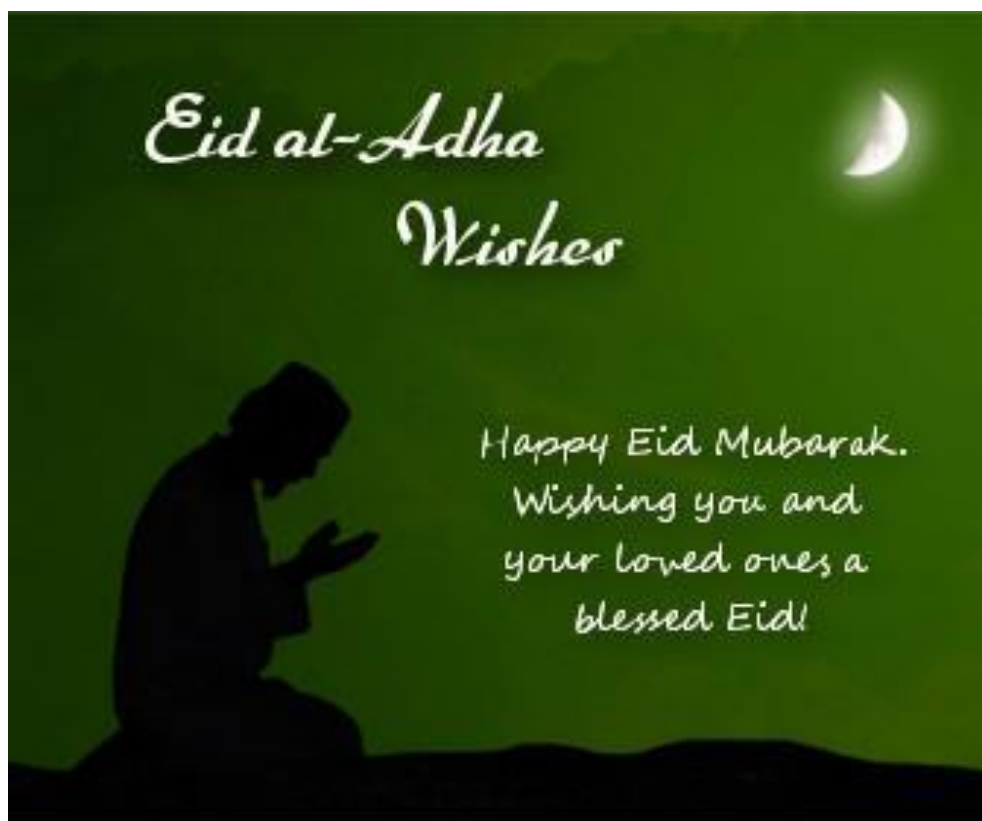
WHAT ARE WE WITHOUT OUR WOMEN?

I conclude with the words of the late famous American Poet Tupak Amaru Shakur and I quote

"Since we all come from a woman
Got our name from a woman
And our game from a women
I wonder why we take from our women
Why we rape our women
DO WE HATE OUR WOMEN?"
~ Tupack Amaru Shakur

By: Malibongwe Makhonza

*We wish our
Muslim
Community a
very blessed Eid
for
22 August*



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Northwood School

22 August 2018

Dear Parents and boys of Northwood School

Due to a conflict surrounding dates and circumstances beyond our control, it is with regret that we have had to amend the date of our Sport, Culture and Service Awards Banquet. With such a busy school and so many sporting and cultural events as well as excursions going on, these things unfortunately do sometimes happen.

Please see amended information regarding the Banquet below:

Date: Tuesday 25 September 2018
Time: 6:00 for 6:30pm
Venue: Northwood School Hall
Dress: Boys: Full school uniform / Guests: Smart
Cost: R170-00 per person (*Applicable to invited scholars and guests*)
Please note, only 2 guests per family, no under 12's; no exceptions
Includes 3 course dinner, cash bar available.
RSVP: Accepted on payment of tickets by latest Wednesday 19 September.
Cash payment tickets will be available immediately.
EFT payment tickets will be available for collection from the back office on 21 September. NO ENTRY WITHOUT TICKETS.

All money is to be paid to the back office or by EFT by latest Wednesday 19 September, cash payments will NOT be accepted on the night.

I once again sincerely apologise for the inconvenience this may have caused and I look forward to welcoming you all at this prestigious evening.

Kind regards

MR P. VILJOEN
HEADMASTER

Smalls

We offer the facility of these mini adverts as a community service and they are do not specifically endorsed by Northwood.



Do you love **GUNDAM**, **MECH**, and **GIANT ROBOTS** in general? Want to build your own? Visit "**Gundam-031**" on Facebook, or email mazlagoon@gmail.com, for available models kits



MATHS: GRADE 8 & GRADE 9 GROUP TUITION

Saturday mornings. **Problem Sections** of the syllabus.

Limited space. Starts Saturday 25 August

Contact **Greg Bodill** 082 8770 300 /email bodilleducation@absamail.co.za

Website: www.boded.co.za **Facebook:** [Bodill-Education](https://www.facebook.com/Bodill-Education)

FIRST AID: If you have a function or event where a qualified first aider is required, contact Daveno Proudfoot on 067 027 5971. Daveno is Grade 3 qualified and is available weekends, afternoons and any time during holidays.

MATHEMATICS TUITION: Maths tuition provided on a 1 on 1 basis to learners from Grade 10 to Grade 12, by a seasoned Mathematics educator situated on the Berea. If keen, please contact Z. Lockhat on 0826512880.



Ashleigh White Physiotherapy

Northwood Sports Medical Centre, Northwood School, Lower Campus,

43-47 Mackeurtan Ave, Durban North, 4016

Tel : 031 564 7675



PHYSIOTHERAPY AFTER SURGERY

Did you know that physiotherapists can play an instrumental role in helping one recover from many different types of surgery?

Often, once a person has had surgery, it is believed that they are healed and well on the road to recovery. But often there is post-surgical pain, swelling, restricted range of movement and loss of strength.

Physiotherapists are trained to assess post-surgical cases and have been trained to follow the protocols that have been put in place to aid full recovery.

The normal procedure following most surgery is to receive physiotherapy whilst in hospital. These exercises are usually basic circulatory and muscle activation based exercises. It is typical that most surgeons expect these to be done for 2 weeks after an operation.

After the doctor's follow-up appointment, usually after 2 weeks, additional physiotherapy based healing and rehabilitation can continue.

This can involve more advanced strength and range of motion exercises, anti-inflammatory assistance and soft tissue treatment.

From shoulders to elbows, knees, backs and hips, even ankles physiotherapy after surgery can be of great benefit to you.

Keep this in mind after any surgery and ask your surgeon if, and when you can start some treatment.

Kind Regards
Ashleigh White

From the Counsellor's Desk

MR M RICH (mrich@nwood.co.za)

COUNSELLORS: MRS D BUTT (dbutt@nwood.co.za)
MRS REDDY (sreddy@nwood.co.za)

GRADE 11 WORK EXPERIENCE

Reminder to all Grade 11 learners that they need to organise their Work Experience for the end of the term from 26 – 28 September.



Varsity College

VARSITY COLLEGE CAMPUS OPEN DAY

Spend a day in the life of a student.
Durban North (031) 573 2038
Westville (031) 266 8400
Saturday 25 August
9am to 1pm

VEGA GAME DESIGN EVENT For Grade 9 to 12

Vega will be hosting a Game Design event for grade 9 to 12 learners providing them with an introduction to Game Design. The event will be hosted by lecturers who teach their BCIS degree in Game Design and Development, ideal for gaming enthusiasts wanting to learn how to design a game.

They can only accommodate **30 students so RSVP as soon as possible**. This workshop is free of charge.

For more information please see Mr Gebreab.



ETA OPEN DAYS Find your future in Sports & Fitness

ETA College will be holding open days on
25 August 2018
29 September 2018
R08 December 2018

Human Performance Institute, Moses Mabhida Stadium, Isaiah Ntshangase Road, Durban
Telephone 031 701 8921 / 079 522 2327 or email
durban@etacollege.com.

★ HOCKEY TOUR TO MALAYSIA FUNDRAISER
Northwood School Presents
★ A MOVIE UNDER THE STARS



★ **The Greatest Showman**

When : 15th September 2018
Movie starts : 19:00 sharp

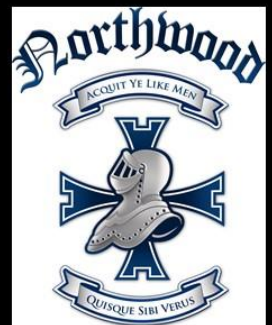
Time : 18:00 ★
Gates close : 19:30

NO FOOD OR BEVERAGES ALLOWED ONTO THE PROPERTY

Food and beverage vendors will be available ★

Tickets available from the school or on the night.
Bring your picnic blanket for a fun community evening.
Please support our fundraiser.

For more information please contact Jenni-Lyn van Niekerk
★ on (031)563-6501 x 353 or marketing@nwood.co.za



Important Dates

| DAY | DATES | | | | EVENT | VENUE |
|-----------|-------|----|----|--|--|------------------|
| AUGUST | | | | | | |
| Fri | 24 | | | | Grade 8 – 10 Social | |
| Sat | 25 | | | | Soccer vs Westville | Home |
| Sat | 25 | | | | Grade 11 Dance | |
| Fri | 31 | | | | 2019 Prefects Announced | School Hall |
| Fri | 31 | | | | Quadrangular Athletics | Northwood |
| SEPTEMBER | | | | | | |
| Sat | 1 | | | | Soccer vs Hilton | Hilton |
| Sun | 2 | | | | Soccer 5-a-side Tournament | Kloof |
| Mon | 03 | | | | Prefects Tie Ceremony | Jubilee Room |
| Mon | 03 | | | | Matric Trials Start | Northwood |
| Sat | 08 | | | | Maritzburg College | Northwood |
| Sat | 15 | | | | The Greatest Showman (Outdoor Movie Night) | Northwood fields |
| Mon | 24 | | | | Heritage Day | |
| Tues | 25 | | | | Sport, Culture & Service Award Banquet | School Hall |
| Fri | 28 | | | | End of Term 3 | |
| Fri | 28 | to | 02 | | Shaun Pollock u14 Cricket Festival | Northwood |
| Fri | 28 | to | 09 | | 1 st Team Cricket Michaelmas Week | |
| Fri | 28 | to | 02 | | u16 Kookaburra Festival | |
| Fri | 28 | to | 02 | | 1 st Team Grey College Soccer Tournament | Bloemfontein |
| Fri | 28 | to | 01 | | 1 st Team Waterpolo SACS Tournament | Cape Town |
| Fri | 28 | to | 02 | | u14 Hilton Waterpolo Tournament | Hilton |
| OCTOBER | | | | | | |
| Thurs | 04 | to | 07 | | u16 DHS Waterpolo Tournament | DHS |
| Tues | 09 | | | | School Reopens | |
| Tues | 09 | | | | Prefect's Dinner | Jubilee Room |
| Fri | 12 | | | | Speech Day | School Hall |
| Thurs | 18 | to | 21 | | 1 st Team Stayers Waterpolo Tournament St Stithians | Johannesburg |
| Thurs | 18 | | 21 | | u15 Crawford Lonehill Waterpolo Tournament | Johannesburg |
| Fri | 19 | | | | Marketing Fundraiser (TBC) | |
| Thurs | 25 | to | 28 | | u14 Grey College Waterpolo Tournament | Bloemfontein |
| Fri | 26 | | | | BE Year End Function | John Bruyns Hse |
| NOVEMBER | | | | | | |
| Wed | 07 | | | | Diwali | |
| Fri | 09 | | | | Remembrance Day | |
| Fri | 23 | | | | Sardine Run | |
| DECEMBER | | | | | | |
| Wed | 12 | | | | School Closes for Learners | |
| Fri | 14 | | | | School Closes for Staff | |

From the Head of Academics

MRS R STANLEY

Email: rstanley@nwood.co.za

PHYSICAL SCIENCE EXTRA LESSON TIMETABLE

Every Monday immediately after school.

| | MRS RAMSEOOK GRADE 12 | MRS REDDY GRADE 11 | MR BODALIA GRADE 10 |
|---------|--------------------------|-----------------------|------------------------|
| 27 Aug | Organic Reactions | Electrostatics | Graphs of motion |
| 03 Sept | | Electricity/Ohms Law | Mechanics |
| 10 Sept | | | Mechanics |

Matric Trial Exams 2018

Please note the changes to the Matric Trial exam timetable

| DATE | 9:00 | 14:00 |
|---------------|---|---|
| Mon 03 Sept | LO (2 Hrs) | |
| Tues 04 Sept | **English P3 (2½ Hrs) | |
| Wed 05 Sept | **Afrikaans P3/ **Zulu P3 (2½ Hrs) | |
| Thurs 06 Sept | **English P2 (2½ Hrs) | |
| Fri 07 Sept | **Afrikaans P2/ **Isizulu P2 (2 Hrs) | **Art P1 (2 Hrs) **IT P2 (3 Hrs) |
| Mon 10 Sept | **English P1 (2 Hrs) | |
| Tues 11 Sept | Geography P1 (3 Hrs) | Geography P2 (1½ Hrs) |
| Wed 12 Sept | Life Science P1 (2½ Hrs) | |
| Thurs 13 Sept | Accounting (3 Hrs)/ **Music (3 Hrs) | |
| Fri 14 Sept | Physical Science P1 (3 Hrs) | |
| Mon 17 Sept | Physical Science P2 (3 Hrs) | |
| Tues 18 Sept | History P1 (3 Hrs) | EGD P1 (3 Hrs) |
| Wed 19 Sept | Maths P1 (3 Hrs)/ Maths Lit P1 (3 Hrs) | Economics P1 (2 Hrs) |
| Thurs 20 Sept | History P2 (3 Hrs) | Business Studies (3 Hrs) |
| Fri 21 Sept | Maths P2 (3 Hrs)/ Maths Lit P2 (3 Hrs) | |
| Mon 24 Sept | HERITAGE DAY | |
| Tues 25 Sept | Life Science P2 (2½ Hrs) | Economics P2 (2 Hrs) |
| Wed 26 Sept | **Afrkaans P1/ **Isizulu P1 (2 Hrs) | EGD P2 (3 Hrs) |

EARLY EXAMS:

29 Aug ****Art P2 (6 Hrs) & **IT P1 (3 Hrs)**

31 Aug ****AP Maths**

* In Class time

** Practical Exams

NOTE: All exams are provincially set, except for those internal papers indicated by (**)



EXTRA LESSONS TIMETABLE

| | GRADE 8 | GRADE 9 | GRADE 10 | GRADE 11 | GRADE 12 |
|--------------|---|---|--|---|---|
| MON | SPORT | SPORT | Maths Lit: Mrs Evans/Mrs Butt Maths: Mrs le Roux Afrikaans: Mrs v/d Westhuizen Life Sciences: Mrs Morton | Maths Lit: Mrs Evans Maths: Mrs Scott Afrikaans: Mr Jankeeparsad Life Sciences: Mrs Morton Physical Science: Mrs Reddy | English: Mrs Ganesh Life Sciences: Dr Pillay Physical Science: Mrs Ramseook |
| TUES | Maths: Mr Hosking English: Mr Hale | Maths: Mrs Munnik Life Science: Mrs Morton | SPORT | SPORT | SPORT |
| WED | SPORT | SPORT | English Mr McDowall | English Mr Pillay | Life Science Mr Robertson Afrikaans Mr Harishun |
| THURS | Afrikaans Mr Nielsen Maths Mrs le Roux | Afrikaans Mrs Prins English Mr Halse Maths Ms Bristow | SPORT | SPORT | SPORT |
| | | | Acc/BusSt/Econ See Mrs Raftopoulos | Acc/BusSt/Econ See Mrs Raftopoulos | Acc/BusSt/Econ See Mrs Raftopoulos Maths Lit See Mrs Evans |

CONTROL TESTS AND REINFORCEMENT LESSON DATES – TERM 3

| TEST DATE | GRADE 8 | GRADE 9 | GRADE 10 | GRADE 11 | GRADE 12 | REINFORCEMENT LESSON DATE |
|-----------|----------|-----------|-----------------|-------------------------|-----------------|---------------------------|
| 24 Aug | Geog | Afri/Zulu | English | Maths/Maths Lit | Maths/Maths Lit | 07 Sept |
| 28 Aug | EMS | Tech | Maths/Maths Lit | Bus Studies | Life Science | 14 Sept |
| 30 Aug | | | | | Phys Sci Prac** | |
| 31 Aug | Phys Sci | Maths | Life Science | Phys Sci P2 | | 21 Sept |
| 04 Sept | English | Phys Sci | Bus Studies | English | | TBC |
| 05 Sept | | | Phys Sci Prac** | Phys Sci Prac** | | |
| 06 Sept | | | Economics* | Economics* | | |
| 07 Sept | Maths | History | EGD | Phys Sci P1 | | TBC |
| 10 Sept | | | | Accounting* History* | | |
| 11 Sept | Tech | EMS | Phys Sci P2 | History | | TBC |
| 12 Sept | | | Life Sci Prac** | | | |
| 18 Sept | | | | Life Sci Prac* | | |

REINFORCEMENT LESSONS

These Friday lessons are compulsory to attend if the target mark set for a Control Test was not reached. The problem areas from the test are identified and reinforced. Parents will be sent an sms to inform them of the lesson.

Sport & Culture

From the head of Extramurals

Mr G. le Roux gleroux@nwood.co.za

Deputy Headmaster: Extramurals

At the start of this week the majority of our Awards Banquet invitations were sent out. There are still a number of invitations that will still be issued over the next week or so. The structure of the banquet however has changed somewhat with the evening being more inclusive of a number of areas, including service, culture and sport.

Learners who received invitations would have fallen into one of the following categories:

- Participation at first team level
- Provincial representation for internal and external activities
- National representation for internal and external activities
- Trophy winners

Please note that being invited to the Awards Banquet does not necessarily imply that each learner will receive an award.

With regards to all KZN and National Representative Awards, the information below has been captured. If you feel we have somehow omitted a learner, kindly send an email with supporting documents to jvniekerk@nwood.co.za

Certificates

| Name | Sport | Achievement |
|---------------------|------------------------------|---------------|
| Sachin Reddy | Chess | Ethekwini U16 |
| Eli Govender | Chess | Ethekwini U16 |
| Sahar Maharaj | Chess | Illembe U18C |
| Rai Reddy | Chess | SAJCC U14A |
| Ananta Reddy | Chess | SA Chess |
| Kaden Cooke | KZN Nipper Lifesaving Champs | U14 |
| Adam Chislett | KZN Nippers | |
| Andrew Flynn | RSA Junior Gymnastics | |
| Ndalo Tantsi | KZN Baseball | U15 |
| Keaton Geary | KZN Baseball | U16 |
| Cameron Whitfield | KZN Baseball | U17 |
| Sicelo Thwala | KZN Baseball | U18 |
| Cameron Whitfield | SA Baseball | U15 |
| Adam Chislett | KZN Coastals Hockey | U14A |
| Mitchell Jagga | KZN Coastals Hockey | U14A |
| Joshua Cotterell | KZN Coastals Hockey | U14A |
| Nathan Pretorius | KZN Coastals Hockey | U14B |
| Ethan Grace | KZN Coastals Hockey | U14B |
| Shazae Mahabeer | KZN Coastals Hockey | U14C |
| Ryan McNally | KZN Coastals Hockey | U14C |
| Dylan Ferreira | KZN Coastals Hockey | U16A |
| Tyler Tomsett | KZN Coastals Hockey | U16A |
| Brent van der Linde | KZN Coastals Hockey | U16B |
| Chad Baird | KZN Coastals Hockey | U16B |

Continued overleaf/...

| | | |
|-------------------|---------------------------------|------------------|
| Dinis Gomes | KZN Coastals Hockey | U16C |
| Kyle Northend | KZN Coastals Hockey | U16C |
| Ross Steele | KZN Coastals Hockey | U16C |
| Quinn McKenzie | KZN Coastals Hockey | U18A |
| Taine Bird | KZN Coastals Hockey | U18A |
| Cameron Pretorius | KZN Coastals Hockey | U18A |
| Tyron Laaks | KZN Coastals Hockey | U18B |
| Mikael Rademeyer | KZN Coastals Hockey | U18B |
| Zinzan George | KZN Coastals Hockey | U18C |
| Jeremy Martins | KZN Coastals Hockey | U18C |
| Connor Leven | SA Indoor Rowing | U19 |
| Taine Bird | SA Schools Hockey | U18 |
| Quinn McKenzie | SA Schools Hockey | U18B |
| Jordan Theron | Open Division KZN Mini 3 Tennis | |
| Taine Bird | SA Youth Games Hockey | |
| Cameron Souchon | SA Touch Rugby | U18 |
| Jake Goder | Ethekwini Body Boarding | |
| Steven Seagreen | KZN Schools Swimming | |
| Trevin Reddhi | KZN Schools Swimming | |
| Mfundo Mfeka | Durban Central Cross Country | |
| Immanuel Moyo | Durban Central Cross Country | |
| Dwayne Goodwin | Durban Central Cross Country | |
| Enzo van Niekerk | KZN Rugby | U13A |
| Sali Mlenzana | KZN Rugby | U16A Grant Khomo |
| Vernon Matongo | KZN Rugby | U16A Grant Khomo |
| Ryan Francis | KZN Rugby | U16A Grant Khomo |
| Onyi Osunkwo | KZN Rugby | U16A Grant Khomo |
| Corbin Getkate | KZN Rugby | U16B |
| Sims Ngcobo | KZN Rugby | U16B |
| MacMillian Mudara | KZN Rugby | U18 Academy Week |
| Ramon Roelandt | KZN Baseball | U18 |
| Luke Bricknell | KZN Softball | U17 All Stars |
| Jeremy Chagadama | KZN Youth Choir | U16 |
| Matthew Wilson | Action Cricket | U16 |
| Tyler Tomsett | Action Cricket | U16 |
| Matthew Bricknell | Action Cricket | U16 |
| Dylan Ferreira | Action Cricket | U16 |
| Samkelo Gasa | KZN Cricket | U17 |
| Kiaron Gopal | KZN Cricket | U15 |
| Andile Mokgakane | KZN Cricket | U19 |
| Andile Mokgakane | SA Cricket | U19 |
| Wonder Mtolo | KZN Cricket | U19 |
| Corvin Ebelthite | KZN Softball | U15 |
| Matthew Bricknell | KZN Softball | U15 |
| Cameron Whitfield | KZN Softball | U15 |
| Tyren Kroos | National Dutch Rugby Team | U18 |
| Tumelo Asele | KZN Touch Rugby | U15 |
| MacMillian Mudara | Zimbabwe Sevens Rugby | U18 |

Cross Country

UMLAZI DISTRICT TRIALS

Congratulations to the following boys on their achievements in the Umlazi District Cross Country trials. Dwayne Goodwin (6th) and Mfundo Mfeka (8th) have made the u17 reserve side and have been invited to run at the KZN trials at Newlands on 1 September. We wish them the best of luck. Congratulations also go to Musa Moyo on finishing 9th in the u19 Division.

Summer Fixtures

TERMS 3 AND 4

| DATE | OPPOSITION | VENUE |
|-----------------|--|--------------------|
| 9 Sept | U14A Cricket vs SACS | Home |
| 15 Sept | Cricket, Water Polo, Basketball vs Maritzburg College | Home |
| 19 Sept | 2 nd , u15B, u14B Cricket vs Curro Hillcrest | Home |
| 21 – 24 Sept | 1 st Cricket @ Noord/Suid Tournament | Pretoria |
| 22 Sept | Cricket, Water Polo, Basketball vs Glenwood | Home |
| 28 Sept – 1 Oct | U14A and u15A Water Polo | Michaelhouse |
| 28 Sept – 2 Oct | 1 st Water Polo @ SACS Polo Tournament | Cape Town |
| 28 Sept – 2 Oct | U14A Cricket @ Shaun Pollock Cricket Festival | Home |
| 28 Sept – 2 Oct | 1 st Cricket @ Michaelmas Cricket Festival | Maritzburg College |
| 29 Sept – 3 Oct | 1 st Soccer @ Grey College Soccer Tournament | Bloemfontein |
| 13 Oct | Cricket, Water Polo, Basketball vs Westville | Home |
| 18 – 21 Oct | 1 st Water Polo @ St Stithians Stayers Tournament | Johannesburg |
| 18 – 21 Oct | U14A Water Polo @ Grey College Tournament | Bloemfontein |
| 20 Oct | Cricket, Water Polo, Basketball vs Kearsney | Home |
| 27 Oct | Basketball vs Clifton | Home |
| 26 – 27 Oct | Cricket and Water Polo vs Grey College | Bloemfontein |
| 3 Nov | Cricket, Water Polo, Basketball vs St Charles | Home |

For all extra mural details about all fixtures, notices, practice times and transport arrangements please visit www.northwoodschoolsport.com. Remember to create a shortcut on your home screen of your mobile device for a very user-friendly version of the site.

Northwood Sports Medical Centre

| Reception | | 031 564 7675 | medicalcentrenorthwood@gmail.com |
|-----------------|--------------------|--------------|--|
| Homeopath | Dr Colette Kell | 073 019 9799 | colette.kell@gmail.com |
| Chiropractor | Dr Michael Wiggett | 071 485 5201 | michael@chiro.durban |
| Psychologist | Shannon Ownhouse | 072 737 1610 | shannonownhouse@gmail.com |
| Physiotherapist | Ashleigh White | 071 607 0883 | physioajwhite@hotmail.com |
| Sports Massage | Tamryn Currin | 078 522 6892 | tammycurrin87@gmail.com |