

NORTHAM PLAZA CELEBRATES VALENTINE'S DAY

Northam – Northam Plaza was filled with love on Friday 14 February during an exciting celebration of Valentine's Day. Loved ones treated each other with gifts, delicious dining experiences and chocolates. Shoppers were dressed in red and shop tenants got into the valentine's spirit by decorating shops with hearts and teddy bears.



From left: Northam Plaza manager David Harty with Sedglo Hair and Beauty Salon shop assistants Lawrence Antwi and Markcencia Obena who stood ready to make the ladies look beautiful for this special day.



Lady in red Dirkie Horn.



Northam Wimpy manager (left) Kgomoiso Phiri and Northam Plaza manager David Harty.



Signature Cosmetics & Fragrances really made an effort to make this day extra special!

ACT NOW, PREVENT TEEN SUICIDE

South Africa – Teen Suicide Prevention Week runs from 16 to 23 February. South African Depression and Anxiety Group (SADAG) is playing an active role during this period by educating friends, parents, family, loved ones, teachers and communities to help to prevent teen suicide. Adolescents make up the age group that has the most risk of committing suicide and such cases are often highlighted in various media platforms across South Africa. There is an urgent need for the country to continue sharing as much information about the prevention of teen suicide as possible. One teen suicide is one too many. #AskCareTreat (ACT) is a call to action. It encourages early intervention when a person experiences stress, depression and other emotions that may trigger suicidal thoughts. SADAG urges parents, teachers, friends and communities to detect early warning signs and prevent potential suicides by empowering everyone to know how to act.

Ask
Questions like “Are you experiencing suicidal thoughts?”, “have you ever thought of hurting yourself?” and “have you ever felt like you do not want to live anymore?” can provide support structures to young people.

Care
Listening to teenagers expressing themselves while answering the above questions, without judging them, demonstrates that you care.

Treat
Getting your child, friend or teen immediate assistance can be achieved by accompanying them to the nearest adult, a trusted teacher or mental health professional. Said clinical psychologist and SADAG board member Zamo Mbele: “Teen suicides are real. They rob many young people of a bright future. Let us speak about teen suicide today so that we may never have to in the future”.

For more information, contact SADAG on 0800 567 567/0800 21 22 23 or sms 31393 for help.



‘N VOL PROGRAM BY DIE KUNSTEGROT

Thabazimbi – KunsteGrot het ‘n opwindende, vol program vir die komende maande. Bespreek vroegtydig jou kaartjies en bring die hele familie saam. Op 14 Maart sal Chanie Jonker en Jannie du Toit op die KunsteGrot verhoog wees met *Die eggo van jou oë*. *Doringdraad duwwels*, Mari van Jaarsveld, Heleen van Schalckwyk en Yolande Strauss kuier op 18 Maart by die KunsteGrot. Lizz Meiring en Wynand von Vollenstee belooft ‘n aand gevul met skaterlag in *Non met vakansie* wat op 2 Mei op die planke sal wees. Die talentvolle Rivo Toneel sal op 15 en 16 Mei in die *Die kat kom weer* te siene wees en op 4 Junie sal *Ruhan du Toit* musiek liefhebbers vermaak. **Skakel Rita Volschenk op 083 744 8559 vir meer inligting.**



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