

Do you need help? Attend one of our monthly support groups

Panorama Hospital	3 rd Tuesday @ 18.00	Janine de Villiers	082 5555 963
Durbanville	3 rd Tuesday @ 10.00	Janine de Villiers	082 5555 963
Fish Hoek	1 st Friday @ 10.00	Gizelle	021 782 6106
Hermanus	Phone for info	Annarie Nel	083 720 0707
Kleinmond	Phone for info	Madeleine Swart	082 434 7377
Langebaan	Phone for appointment	Dieter Nagel	022 772 1718
Milnerton	First Tuesday @09.30	Alet Bosman	021 552 2120
Pinelands	1 st Wednesday @ 18.00	Estelle or Heather	021 531 5311
Plumstead	1 st Wednesday @15.00	Lizann Painter	021 762 3935
Somerset West	1 st Wednesday @ 13.00	Phone for info	021 851 6886
Strand	3 rd Wednesday @ 10.00	Erna Nissen	083 612 2311

Support services

Do you need to talk to someone? Perhaps one of these people or one of our support group leaders is near you. Alternatively, please phone our national helpline 0860102681 or one of the regional offices – for info check our website www.alzheimers.org.za.

WHERE	CONTACT PERSON	PHONE
Cape Town City Bowl	Lorraine Wood	021 423 3392
Durbanville	Jill Robson	021 979 2724
Grassy Park	Lilian Arendse	021 705 1876
McGregor	Denise and Geoffrey Brownrigg	023 625 1590
Moorreesburg	Sr Tersia Voges	022 433 1477
Paarl	Hester Visagie	082 789 4876
Robertson	Willem Carolus	023 626 1019
St Helena Bay	Magda Dyers	022 736 1605
Worcester	Janette Cunningham	023 342 5561