

SWELLEN GRAM

www.swellendam.com

FEB 4 2026
FLIP 05



Body

TODAY'S 'FLIPGRAM' BROUGHT TO YOU BY

Suzani Steyn Physiotherapy

**PHYSIOTHERAPY
SERVICES**

TABLE OF CONTENTS

03 FOCUS ON HEALTH 07
Self Care Matters!

EVENTS FOCUS

8 Calendar **12**
Newly Listed Events
FIRST FRIDAY

13 SHOW SPECIAL 14
Booking pages

MEET THE GUEST WRITER

15 Youve met her before

16 SPCA 17
Valentine Special!

19 HOW TO ADVERTISE

**SWELLEN
GRAM**

www.swellendam.com

THE POWER OF PHYSIOTHERAPY

Women's health physiotherapy plays a vital role in supporting wellbeing across every stage of life. It focuses on the muscles, joints, and connective tissues that influence core strength, pelvic health, posture, and everyday comfort. Many women experience issues such as pelvic floor weakness, back or hip pain, pregnancy-related discomfort, or changes after childbirth or menopause — all of which can be eased through targeted physiotherapy.

"SELF CARE IS NOT A LUXURY. IT IS A NECESSITY."
ANONYMOUS

Therapists use gentle, evidence-informed techniques to improve mobility, reduce pain, and restore confidence in movement. This may include pelvic floor training, breathing and relaxation work, posture correction, and personalised exercise plans that fit easily into daily routines.

Beyond treatment, women's health physiotherapy empowers women with knowledge about their bodies, helping them navigate physical changes with strength and resilience. It's a supportive, practical approach that enhances quality of life and encourages long-term wellbeing.



SUZANI STEYN PHYSIOTHERAPY IS VERY EXCITED TO INTRODUCE A NEW AREA OF CARE TO THE WOMEN OF SWELLENDAM.

WOMEN'S BODIES CHANGE THROUGHOUT LIFE - AND SOMETIMES WE NEED A LITTLE EXTRA SUPPORT. WOMEN'S HEALTH PHYSIOTHERAPY HELPS WITH CONCERNS RELATED TO BLADDER & BOWEL CONTROL, MENOPAUSE AND EVERYDAY LIFE.



SERVICES OFFERED:

BLADDER & BOWEL CONTROL CONCERNS
PELVIC FLOOR WEAKNESS OR DISCOMFORT
CORE & ABDOMINAL SUPPORT
PELVIC & LOWER BACK PAIN

CARE IS PRIVATE, GENTLE AND TAILORED TO YOU!

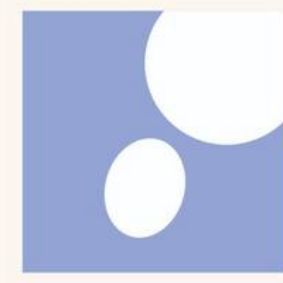


YOU DON'T "JUST HAVE TO LIVE WITH IT" - HELP AND SUPPORT IS AVAILABLE.

SUZANI STEYN (B.SC PHYSIOTHERAPY)

BREATHEWELLENDAM@GMAIL.COM

082 5787 436



Suzani Steyn Physiotherapy

PHYSIOTHERAPY SERVICES

We specialize in restoring function, alleviating pain, and enhancing your overall well-being through personalized physiotherapy care.

Pain Management

Sports Injury Management
Rehabilitation

Chest Physiotherapy

Pilates



072 301 4183

7 Hermanus Steyn Street

www.suzanisteynphysiotherapy.co.za

NATALIE GARLICK

MOBILITY & NUTRITION

Sports Massage Therapy

Restore movement. Relieve pain, Perform better.



Relieve muscle tension, improve mobility & speed up recovery.

R550 for 55min Back, Neck & Shoulders

R900 for 90min Full Body

- ✓ Reduce Muscle Tightness
- ✓ Improve Flexibility & Circulation
- ✓ Support Injury Rehabilitation

Sports Massages include Electro-acupuncture and near-infrared therapy.

📍 14A van Zyl Street, Swellendam | ☎ 076 530 2402

** By appointment only **

Internationally Qualified Sports Massage Therapist



Hallo Swellendam!

Ek is **Dr. Nelanie Maartens - nuwe tandarts op die dorp!**

Julle sal my kan vind by **Rain Health Centre, 272 Voortrek straat,** offisieel vanaf **2 Februarie 2026!**

Bietjie oor myself:

Ek het my graad by die Universiteit van die Wes-Kaap voltooi en praktiseer al vir die afgelope 8 jaar. Ek diens 'n wye veld in tandheelkunde en sluit die volgende in - Ondersoeke en Skoonmake, Vulsels, Pediatriese besoeke vir die kinders, Vals tande, Wortelkanaal behandelings, Kroon en Brugwerk en "Clear Aligners"!

Ek het 'n groot passie om met mense te werk en is baie opgewonde om julle glimlagte te help mooimaak!

LW: Ek is op Saterdag, 24 & 31 Januarie al beskikbaar vir nood behandeling!



**Open 2
Februarie
2026**

VIR AFSPRAKE

**021 137 5118 - Landlyn
067 549 9248 - Whatsapp**



SELF CARE MATTERS



Passion for Nurture Spa

3 Drosty Street
Swellendam

LOCAL IS LEKKER SPECIAL

LOCALS ONLY!
THURSDAYS ONLY!

20% DISCOUNT ON
SPA TREATMENTS*

***ALL TREATMENTS EXCEPT WAXING AND TINTING**

076 175 6748 (WhatsApp Friendly)
passionfornurturespa@gmail.com

CALENDAR OF EVENTS

KV SPINE HEALTH

SPINE & BODY ALIGNMENT



Effective relief from
musculoskeletal aches & pain
for appointments call 083 7771119

At Bukkenberg Pottery Cottage 8 Hermanus Steyn Str. SWELLENDAM

Feb	6	18:00	First Friday	Various Venues
Feb	6	18:00	Tied in Love	Grace & Merci
Feb	6	18:00	SPLASH/uitSPATtig	Arterie Gallery
Feb	10	17:00	Jazz Concert & Jam	Barrydale
Feb	14	05:00	Trail Run	Grootvadersbosch
Feb	19	18:00	The Rand Revolt	Drostdy Schuur
Feb	20/21	10:00	Lino Print on Cotton	Handprinting Studio
Feb	20	19:00	Starry Starry Night	Ambagswerf
Feb	21	07:00	L'Skool Buffeljags Golf Day	Golf Club
Feb	24/28	...	Swellendam Skou	Skougronde
Feb	25	09:00	F&N Champers Brekkie	La Belle Alliance
Feb	28	18:00	SMS Concert Ida Pelliccioli	Olyfkrans College
Feb	27/28	10:00	Lino Print on Cotton	Handprinting Studio
Mar	6	16:00	Kos-en-Kuierfees	Herv. Kerktuin Brönnstraat
Mar	7	11:00	Krav Maga Workshop	Boxing Gym
Mar	12	11:30	Hospitality Meeting	Wildebraam
Mar	12	17:30	SBC AGM	tbc
Mar	14	07:00	Swellendam Classic Golf Day	Golf Club
Apr	24/26	tbc	130 jaar fees	Laerskool Buffeljags
Jun	6	08:00	Trail Run for SPCA	Marloth
Jun	27	08:00	Swellendam Rotary Golf Day	Golf Club
Aug	7/10	0900	Swellendam Saamkuier	Caravan Park
Oct	26	tbc	Wolfkloofstap	Bakoondshoogte
Nov	14	tbc	'Home is not a Place'	Anami Gallery

VALENTINE THINGS

Couples Massage	Passion 4 Nurture	076 175 6748
Wine Pairing & Painting	Korf Cafe	028 007 0175
Sip and Paint	Excelsior	084 082 8115
Create a Bowl	Cherie Prins Ceramics	076 410 0585
Valentine Long Table	Joubertsdal	083 648 8700
Hearts on Fire	The Rustic	078 229 1383
Love of Life Party	Greenlands	082 888 9689
True Love	Kapokbos	Online



NEWLY LISTED EVENT



THE ANNUAL CHAMPAGNE BREAKFAST & MEMBER MINGLE AT LA BELLE ALLIANCE - UNDER THE TREES

WEDNESDAY, 25 FEBRUARY

09:00 FOR 09:30

Cost: R140 for members, R170 for guests plus R50 subs (if not yet paid)

RSVP: the.emissary@icloud.com by Monday, February 23rd

- Champagne on arrival
- A delicious F&N breakfast: juice, tea/coffee, scrambled eggs, bacon, sausage, mushrooms, toast & preserves
- A relaxed, social morning with fellow members
- Optional table-number draw for a bit of fun
- Additional drinks for your own account.

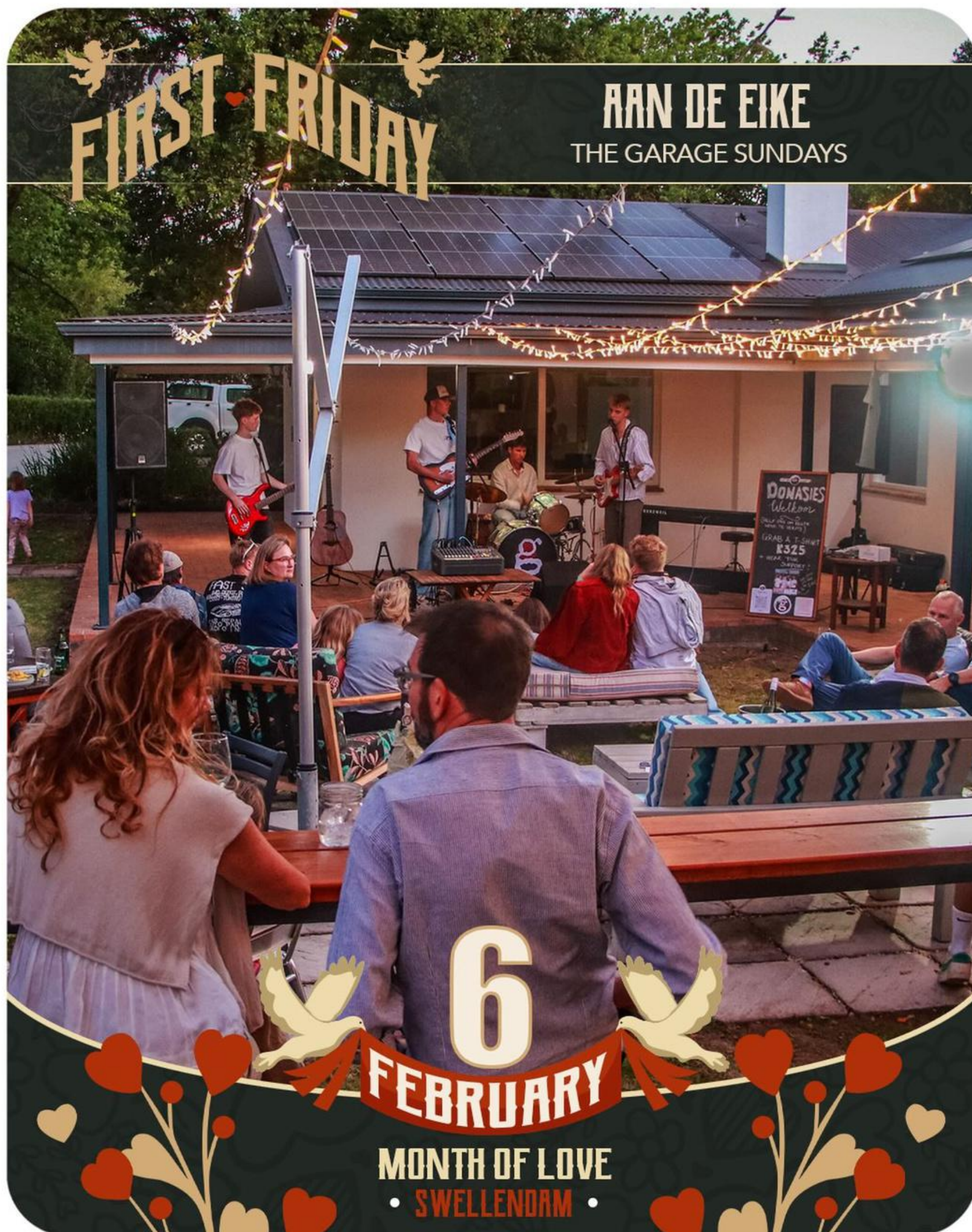
A DOG'S BREAKFAST



You can bring your furry friend!, La Belle Alliance welcomes them with a special dog-friendly menu.



FIRST FRIDAY



Live music with @thegaragesundays taking over @aandeleisure on Friday 6 Feb from 18:00

Expect great tunes, juicy burgers and chips, and their legendary Aperols flowing freely. Good energy, and the kind of night that sets the tone for the rest of the weekend, don't miss this one.

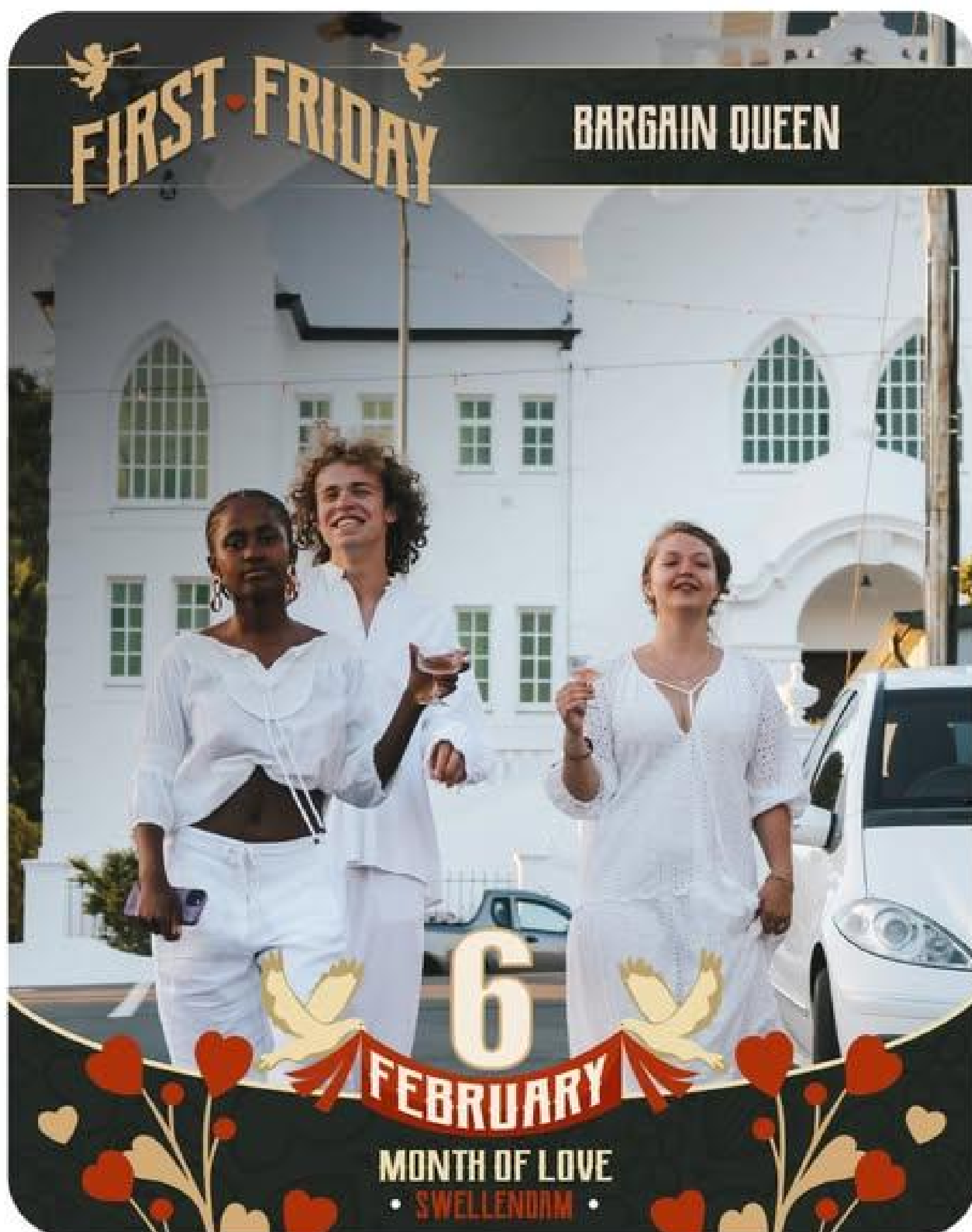
FIRST FRIDAY



This First Friday, make a SPLASH at the @arterieonline Gallery exhibition opening on Friday 6 Feb at 18h00.

Celebrating water as a source of life, reflection, and power especially poignant in a time of local water scarcity, the exhibition features new works by local and visiting artists across various media, including work by Clare Menck. A thoughtful, refreshing stop on your First Friday route.

FIRST FRIDAY



The Queen has returned, and she's feeling generous. This First Friday, 6 Feb, Bargain Queen is unleashing another round of thrift-store triumphs, new arrivals, scandalously good prices, and the kind of finds that make you gasp in public. Come browse, dig, and claim your treasure. Royal composure not guaranteed.

GET BOOKING!



The 2026 Swellendam Show

One of South Africa's oldest country shows is gearing up for another unforgettable year, and it all begins with a proud Optog winding its way through town — a tradition that still gives locals and visitors that little thrill of “it’s really happening.”

From there, the fun only grows. Prize cattle, gleaming horses, champion sheep, and all the small farm favourites will be out in full force, showing off the agricultural heart that has anchored this show for generations. Add a bustling funfair, live music drifting across the grounds, and the easy camaraderie of neighbours catching up between stalls, and you’ve got a weekend that feels both timeless and full of fresh energy.

It’s Swellendam at its most welcoming: heritage on display, animals stealing hearts, and good old-fashioned fun for absolutely everyone.



GET BOOKING!



	FEB	SWELLENDAM SKOU
Dinsdag	24	Mel die Storieverteller
Woensdag	25	Skou Optog
Woensdag	25	Skaapkopete
Donderdag	26	Ekonomiese en politieke forum
Donderdag	26	Slaglamveiling
Don-Sat	26 -28	Pluimvee
Vrydag	27	Swellendam Angus
Vrydag	27	Mini Skoukoningin
Vrydag	27	Junior Skoukoningin
Saterdag	28	JeugSkou
Saterdag	28	Royal Swellendam Cat Show
Saterdag	28	Fun Dog Show

Die Stoep

DIE SMARTIES GAAN VANJAAR WEER SORG VIR ETES.

Dié is maar bietjie van die vele wat ons op Die Stoep gaan bedien.

- ★ Afval
- ★ Skaapvleispot
- ★ Hoenderschnitzel & slaai
- ★ Heeldag plaasontbyt
- ★ Ontbytburger
- ★ Skyfies

DIE VOLLE WINS WORD IN DIE GEMEENSKAP TERUGGEPLOEG.

SWELLENDAM LANDBOUSKOU

SMARTIES

SKAAPKOPETE

ACVV SWELLENDAM

DATUM: 25 FEBRUARIE 2026

TYD: 19:00

PLEK: SKOUTERREIN (BIERTUIN)

R300 PER PERSOON

NAVRAE EN BESPREKINGS:

CYNTHIA- 082 967 2766

NEW GUEST WRITER

BY POPULAR DEMAND

Ladies and Gentlemen

It is my great honour (and contractual obligation, according to her) to announce the arrival of Swellengram's newest and most self-assured guest writer: Lyra the Cat.

You may know her as Mrs Gram's beloved companion, but Lyra prefers to be introduced by her full list of titles:

Countess of the Sunbeam Reserve, Duchess of the Warm Laundry Pile, Keeper of the Sacred 3AM Zoomies, and Supreme Editor of Anything Left Unattended on a Keyboard.

After years of offering editorial feedback in the form of pointed glares, dramatic sighs, and the occasional strategic walk across the laptop, Lyra has finally agreed to lend her considerable talents to this publication.

She arrives with a strict creative vision, a deep commitment to justice (especially for shelter animals), and a firm belief that deadlines are optional but snacks are not.

Her weekly column promises:

- Bold opinions delivered with the confidence of someone who has never been wrong
- Cultural commentary from a creature who observes everything and judges most of it
- Occasional emotional wisdom disguised as complaints
- And, when necessary, a gentle reminder that humans should relax, stretch, and bask in a patch of sunlight

Please join us in welcoming Lyra—international icon, literary prodigy, and the only staff member who insists her rider consists solely of Whiskas Tuna in Gravy. (which is no longer available anywhere in Swellendam)

Greetings. It's Lyra. As a very busy cat with an intense nap schedule, I require your assistance. If you live with a creature of wit, charm, or strong opinions, (it can be a dog if need be) have them submit a short story for my column—with a photo, naturally. I must see who I'm dealing with.

Send entries to WhatsApp 072 566 7093 or email to swellengram@gmail.com

SWELLENDAM SPCA

Swellendam SPCA Charity Shop will be selling Valentines cupcakes from the 12 - 14th February. The cupcakes are only R15 each. If you wish to pre-order for yourself or your staff please contact Barbara our charity shop manager +27733764645.



You can read Lyra's true opinion on Valentines Day [HERE](#)

SWELLENDAM SPCA

We desperately need to paint all our kennels and outside walls. We are going to need a lot of paint 😞
 We have been quoted R1952 for 20L inside paint.
 R1952 for outside paint. Grey Stoep paint R 616 for 5L.
 If anyone could make a donation towards the paint we would be most grateful 🙏
 Our banking details are:
 NEDBANK Swellendam Current Account 102 048 0890
 Sort Code 132105 REFERENCE KENNEL MAINTENANCE.

UP FOR ADOPTION



Meet JANE ❤️

Female

DSH

Age: 5 years old

JANE was found as a stray on the R60 and never claimed 😞

She is a beautiful affectionate cat that loves to be stroked and enjoys cuddles and treats. 😊

If you are interested in offering JANE a loving forever home please contact 📞 the office on 028 514 2083 or MAKE AN APPOINTMENT to meet her.

Adoption and T&C's apply

MIDAS
 FOR THE LOVE OF ANIMALS

LOCAL JOBS

We Are **HIRING**

QUALIFIED SPCA INSPECTOR

Based in the Overberg, the Swellendam SPCA has a position available for a qualified inspector to join our committed and established team

QUALIFICATION REQUIREMENTS

- NSPCA Certificate of Competency
- AWA qualification (SAVC registration an advantage)
- LAE competency
- Valid unendorsed EB license
- Clean Police Clearance Certificate

LANGUAGE and GENERAL REQUIREMENTS

- Proficiency in English and Afrikaans
- Good computer and administration skills
- Physical fitness
- Excellent animal handling skills

PERSONAL CHARACTERISTICS

- A passion for animals and their welfare
- High standard of ethics and discretion regarding sensitive Information
- Excellent time management
- Ability to follow instruction
- Good interpersonal skills

If you consider you have the required skills and training to fill this position, please send your CV along with proof of above requirements and an introduction letter to:

office@spcaswellendam.co.za



ADVERTISE IN SWELLENGRAM

Currently, Swellengram runs (loosely based) on **daily** themes
Events on Monday, **Business** on Tuesday, **Wellness** on Wednesday, **Nature** on Thursday
 and **Weekend Vibes** on Friday.

In the new **weekly** digital flipbook (coming soon), all of these themes will appear together as clearly marked sections in one organised publication. Readers will be able to flip straight to the content they want, and advertisers will enjoy a full week of visibility instead of just one morning.

Planned sections include

Events, Business Specials, Food & Drink, Jobs, Local Articles and Opinions, Barrydale, Suurbraak, Gallery, Animals, Nature, Heritage, Activities, Appeals, and Classifieds
 all in one easy-to-navigate edition.

When choosing to advertise please give an indication of the section in which you would like to feature. Please inquire by email to swellengram@gmail.com - giving details of your requirements.

Section sponsors will receive priority placement as well as a full page,
 and a mention in the Contents Table.

PLEASE NOTE:

All current paid up advertisers will have their full packages honoured at last year's rates

MAIN SPONSOR (4 editions) Logo and Link on Front Cover. Inside front cover: Full Page	R1,600
ANNUAL PACKAGE One year (50 weeks) placement each week @ R90	R4,500
ONCE OFF GRAM PLACEMENT A once only placement on the Daily Gram	R120
20 WEEK PACKAGE 20 FULL PAGE ads @ R120	R2,400
10 WEEK PACKAGE FULL PAGE AD @ R130 for ten weeks	R1,300
SECTION SPONSOR (NEW) (4 weeks min) Introduce a Section: eg Business Food/ drink FULL PAGE	R800.00
5 WEEK PACKAGE Full page ad @ R140	R700
JOB LISTING Link to Jobs page on Swellendam.com	R500
ITEMS FOR SALE One week only	Donation
ACCOMMODATION TO LET For private rentals and room shares.	R125