

The Independent Voice of the Free State!



FREE STATE OPENS ITS DOORS FOR BUSINESS: MAJOR PROPERTY INVESTMENT



Panelists at the Free State Public Property Investment Summit last Thursday.

MEC Dibolelo Manche

By Lebohang Maloka

A new era of growth is on the horizon for the Free State as the provincial government hosts its first-ever Public Property Investment Summit, a landmark event designed to convert abandoned and underused state buildings into engines of jobs, development, and community safety. The summit, held under the theme "A Free State That Works for All: Unlocking State Assets for Inclusive Growth", signals a bold shift in how the province manages its assets.

For years, many state properties have stood empty, attracting crime, vandalism, and decay. Now, the government is throwing open the doors to investors of all sizes, including SMMEs, inviting them to help reimagine these properties through innovative partnerships.

Premier of the Free State, Macqueen Letsoha-Mathae, in a decisive message, announced that the summit is not a disposal of assets but a strategic reawakening.

"This summit is a definite signal that the Free State is open for business. We are not merely disposing assets—we are building lasting partnerships to transform dormant properties into dynamic hubs for economic activity and improved service delivery."

This aligns with the 7th Administration's key priorities, which include driving inclusive economic growth, creating sustainable jobs, reducing poverty, and strengthening a capable and ethical state.

MEC for Public Works & Infrastructure, Dibolelo Mance, emphasised that the province is entering a new era of infrastructure development - one that is green, inclusive, and transformative. She stressed that all investment partnerships must prioritize climate-friendly solutions, adding that the Free State should be at the forefront of delivering green energy initiatives that future-proof communities and reduce environmental impact.

Mance also highlighted the urgent need for transformation within the property sector, insisting that the industry must reflect South Africa's current demographics to ensure that opportunities, ownership, and economic participation are accessible to all. "We are moving beyond being passive landlords to becoming active investment partners. Bring your capital and expertise—we will provide prime assets, a de-risked framework, and a committed

partnership. This is not an auction; it is a call to co-create a greener, more inclusive Free State that works for all," she said.

The summit will promote PPP-based models such as: Public-Private Part nerships (PPP), Build-Operate-Transfer (BOT), Refurbish-Operate-Transfer (ROT), and Design-Build-Operate-Maintain (DBOM). These models provide clear investor returns while offering the state long-term budget certainty

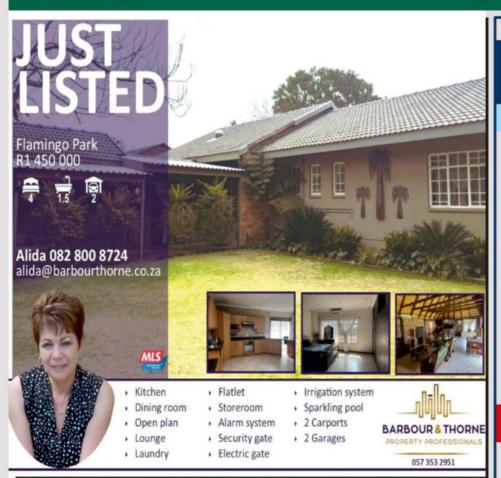
A total of 16 strategic sites - from vacant prime land to unused hospitals, resorts and office blocks - will be showcased. These sites include the Macufe Site in Bloemfontein, proposed for transformation into a modern office hub, and the Kopano Complex (old Provincial Hospital) in Welkom, proposed for conversion into a 195-bed student residence. Other sites are located in Orangeville, Sasolburg, Parys, Thaba Nchu, Qwaqwa and Kroonstad. Each site will be presented with "before and after" redevelopment concepts, showcasing their potential for economic activation.

Many of the showcased properties have a history of decay, illegal occupation, or

crime. Their rehabilitation will increase safety and security, clean up urban blight, support economic activity around redevelopment zones, stimulate township economies, and provide immediate construction and long-term operational jobs. This Summit is a game changer For Free State residents and will transform the province by providing more jobs through construction and operations; ensure better use of public money by reducing reliance on costly private leases; provide safer neighbourhoods as abandoned buildings are revitalised; providing new opportunities for SMMEs, cooperatives, and youth-owned enterprises as well as increasing investor confidence in the province's economic direction.

As investors gather, the message is unmistakable: the Free State is not looking for buyers, it is looking for builders, partners, and visionaries. By unlocking state assets and driving green, inclusive development, the provincial government is laying the foundation for a stronger, safer, and more prosperous Free State.





Dr. John O. Akinbohun

SPECIALIST FAMILY PHYSICIAN

MBBS, (IB) M.FAM.MED (UOFS), DOH, (UOFS), MPH(UWC), MBA (UFS) • Pr, Nom: 0322202 • MP No : 0422037

SATURDAYS FROM 9:00 - 13:00 SERVICES:

SPECIAL GP • SONAR • ECG **OCCUPATIONAL HEALTH • FAMILY MEDICINE**

Shop 5 • 64 Bok Street, Welkom 9459 Tel: 057 352 6481 • Fax: 057 357 5753 • Cell: 081 433 0160 Email: holycrossfamilyclinic@gmail.com/akinjohn@telkomsa.net

Mafusi Maduna

ROAD ACCIDENT FUND CLAIMS



Have you been seriously injured in a motor vehicle accident or suffered a loss of income? We are here to assist.

We handle a range of personal injury claims, including those related to dog bites, motor vehicle accidents, municipal liabilities, public facility incidents and medical negligence.

Contact our experienced attorneys: Percy Mudzusi or Richard Mokhele.

MUDZUSI INCORPORATED (ATTORNEYS)

37 ELITE, PHUTHADITJHABA-J Northridge Mall, Kenneth Kaunda Road, Bloemfontein Tel: 058 713 0222 / 051 403 6683

Richard Mokhele 083 240 2062

Email: alpha@mudzusi.com / admin@mudzusi.com

T. M. MOLEPO **OPTOMETRIST** B OPTOM (Turf) .F.O.A (SA) PR. 702 1402



NGAKA YA MAHLO-OPTICIAN

WE COVER THE FOLLOWING MEDICAL S

Gems • Hosmed • Fedhealth • Medipos • Libcare • SA Breweries • Parmed • Samwumed • Discovery Health • Old Mutual • Bankmed • Medshield • LA Health Med

Keyhealth • Momentum • Bestmed • Bonitas

• Polmed • Umvuso Health

Drivers Licence Certificate Available

Shop No 34 Bok Street Welkom, Zone 2 C 0573529510 ℃ 0573523018 molepo@optimaxmail.co.za

YOUR VISION IS OUR CONCERN



CONTACT:





Free State Sun is a Jones Mojak Publishers CC Publication Printed by Paarl Coldset





FOR ADVERTISING AND NEWS Mobile: 083 758 9439

Arrarat Road Welkom, 9460

Fax: 086 608 2391

Email: fs-sun@prontomail.com / jonesmojaki@yahoo.com

Headlines, news-bills and sub-editing by Michelle Mojaki (Editor/Publisher) of building38 Checkers Centre, Buiten Street Welkom. 9460. The reproduction or broadcasting without permission of articles published in the newspaper on any current topic is forbidden and expressly reserved to Jones Mojaki publishers under section 12 (7) of the Copyright Act of 1978. Free State Sun subscribes to the South African Press Code that prescribes news that is truthful, accurate, fair and balanced. If we do not live up to the standards set in the code, please contact the Public Advocate in the Press Council at: 011 484 3612/8, fax: 011 484 3619, website: www.presscouncil.org.za





LEGAL CORNER

Employers May Dismiss Workers After Retirement Age

By Advocate Sephiri Moshodi Executive Director: Justice Equality Foundation

Introduction:

In South African labour law, the subject of whether an employer can legitimately fire a worker who continues to work after reaching retirement age has long been controversial. While section 187(1)(f) of the Labour Relations Act 66 of 1995 ("LRA") automatically makes age-based dismissals unfair, section 187(2)(b) offers an important exception: if the employee has reached the standard or agreed-upon retirement age for those employed in that capacity, the dismissal is fair.

However, different judges have interpreted this exception differently. The Solidarity Union Strydom and Others v State Information Technology Agency SOC Limited ("SITA") judgement of the Labour Court has maintained an employer's right to rely on section 187(2)(b) even after an employee has worked past their usual retirement age. This article discusses this stance, its relationship with subsequent Constitutional Court decisions, and its broader consequences for companies and employees.

Case Law:

Section 187(1)(f) of the LRA provides that dismissal on the basis of age constitutes an inevitably unfair dismissal, save if section 187(2)(b) applies. The second part specifies that dismissal is fair if the employee has reached the normal or agreed retirement age for employees in that role. This legal balance strives to safeguard employees against arbitrary age-based dismissals while allowing firms to handle succession planning and generate employment chances for younger workers, a matter of particular relevance in South Africa's setting of persistent youth unemployment.

In Solidarity obo Strydom and Others v State Information Technology Agency SOC Limited, the Labour Court clarified that an employer may rely on the protection in section 187(2)(b) from the moment the employee reaches the regular retirement age and at any time thereafter. According to the Court, an employee's employment contract and relationship continue on the same conditions and the

retirement age stays the same if they work continuously past the standard retirement age. Therefore, as long as the choice is sincere and complies with the legal framework, the employer may lawfully dismiss the employee at any point in the future based just on age without the dismissal being inherently unfair.

This principle, however, is not absolute. The Court highlighted two crucial requirements: A new retirement age may develop if expressly agreed between the parties; and The employer may be assumed to have surrendered its right to depend on the prior retirement age through unmistakable conduct implying a desire to renounce that right. The Labour Court further defended its reading as aligning with the societal objective of section 187(2)(b): enabling businesses to make space for younger employees and contributing to labour market renewal in a country suffering high unemployment levels.

The Labour Court's rationale must be viewed against the backdrop of the Constitutional Court's split ruling in Motor Industry Staff Association and Another v Great South Autobody CC t/a Great South Panelbeaters and Solidarity obo Strydom and Others v SITA. In a divided 4-4-1 judgement, the Constitutional Court failed to offer a definite position: Four judges (including the Chief Justice) decided that dismissal on the basis of age is fair only if it occurs at the instant the employee attains the agreed or usual retirement age, or, at most, at the end of that month. Any dismissal subsequently would be automatically unfair.

The other viewpoint was supported by four additional judges, who maintained that businesses are free to fire employees at any point after retirement age as long as they give fair notice and haven't forfeited their right to do so. The ninth judge took a contractual stance, arguing that when an employee reaches retirement age, the employer must decide whether to end the contract (fairly) or to keep it in place, in which case all further terminations must

adhere to basic fairness requirements. The absence of a majority left the legislation unclear and generated ambiguity for employers trying to manage post-retirement employment contracts.

The earlier, more practical approach first expressed in Waco Distributors (Pty) Ltd v. Olivier and later confirmed in Landman v. Great South Autobody CC t/a Great South Panelbeaters has been reaffirmed by the Labour Court and Labour Appeal Court following the Constitutional Court's split decision.

The dominant stance, as reaffirmed in the SITA judgement, is that employers are permitted to rely on section 187(2)(b) to terminate an employee at any stage after they have reached the customary or agreed retirement age, unless a fresh agreement or waiver can be established. This approach gives both doctrinal coherence and practical assurance, enabling employers to manage staff transfers without fear of triggering an inherently unjust dismissal.

Practical consequences and policy considerations

The reiterated viewpoint provides a number of useful insights:

For employers: It is vital to set a clear retirement age in all employment contracts and to retain evidence of any later agreements or extensions. Employers should also provide appropriate advance notice of retirement-based terminations to maintain fairness and dignity in the process.

Employees who work over retirement age should be aware that they are effectively using "borrowed time." Their employment remains valid but terminable on the employer's election, subject to S187(2)(b).

Conclusion:

The Labour Court's decision in SITA has offered much-needed clarification following the Constitutional Court's split judgements in Landman and Solidarity.

The legal implications, as it currently stands, is that once an employee reaches the normal or negotiated retirement age, the employer may lawfully terminate employment based on age at any later time by relying on section 187(2)(b) of the LRA.

This will remain the case until there is strong evidence of a new retirement arrangement or an unequivocal waiver by the employer.

While the trend of post-retirement employment is likely to continue under changing economic realities, employees who work beyond retirement must be cognisant that their employment continues at the discretion of the employer, essentially, on borrowed time.

The writer is the Executive Director of Justice Equality Foundation.



Executive Director Advocate Sephiri Moshodi



7 Mooi Street, Welkom Cell : (083) 250 6852 / (083) 383 5266

BETTER DRIVING SKILLS LESS ROAD ACCIDENTS

LEARNERS LICENSE IS 2 HOURS PER CLASS

2025 SPECIAL DE A LEARNER COMPUTER CLASSES

5 Days R 100 10 Days R 200 20 Days R 300 CODE 8
5 lessons
R 500

CODE 10 5 lessons R 700 CODE 14 5 lessons R 1000

FACILITATOR IS ALWAYS READY TO ASSIST YOU IN CLASS



TRUCK HIRE R 1500



Lejweleputswa District municipality unites against Gender Based Violence and media stereotypes

By Dikeledi Ntsollane

In a powerful display of unity, the Lejweleputswa District Municipality and Matjhabeng Local Municipality, in collaboration with the Film and Publication Board, hosted a "March for Peace" on Friday, 28th November, which began at Orange Circle and concluded at Central Park. At the park, Ms Hulisani Ramugadi, the acting CEO of FPB(Film and Publication Board), handed over a memorandum to the National Prosecuting Authority(NPA) and the district South African Police Services(SAPS), highlighting the

need to shift how women are represented in the media and to address GBV. In her statement, Ms Ramugadi emphasised that the media has a significant impact on how we perceive and treat women. "We need to work together to create a safer digital environment and promote positive representation of women in media," said Ms Ramugadi. After the march, a prayer session and joint event to stand against Gender Based Violence and femicide(GBVF) was also held in Ferdi Meyer. This event brought together political leaders, church leaders and communities within the

Lejweleputswa District to promote safety, healing and collective action. The prayer session, led by Cllr Matinte Radebe, programme director of the event, set a tone of unity and purpose, emphasizing the importance of collective action in addressing GBVF. Cllr Thanduxolo Khalipa, the executive mayor of Matjhabeng Local Municipality, highlighted the municipality's commitment to eradicating GBVF and promoting culture of respect and safety. Ms Elizabeth Meya from the office of the premier also emphasized on working together to break the silence and build a culture

of respect.

The event featured practical advice on combating GBVF, including using mobile phones to report instances and supporting the acting executive mayor of Lejweleputswa District Municipality, Cllr. Victoria Van Rooyen urged attendees to join the fight, emphasising that "every voice matters in creating a society where women and children can live without fear". The event concluded with a call to action, urging everyone to play their part in preventing GBVF and promoting a safer, more just society













effects or overdose



Energy Boosters, Immune Boosters, Hangover Recovery & Jetlag, Skin Brightening & Tightening, Anti-Aging Boosters, Weight-Loss & Metabolism Boost, Detoxification, Stress / Mood / Concentration Drip, Brain Boost, Fertility Boost, Pregnancy & Breast-Feeding Drip, Migraines & Inflammation, Sex / Libido Booster, Cramps & Low Blood, Mellow - Yellow Skin Glow and many more.

RH Matihabeng Hospital | Room 60/61 . Sun City Building | 057 439 0979 | dripzone61@gmail.com









independent
pharmacy and we
do have a clinic for
your convenience.

hop 03, Khotsopulanala Complex, 8001 Constantia Road, Welkom | 057 355 1148

WATER AND SANITATION HANDS OVER THE 2025 BASWA LE MEETSE NATIONAL PRIZE TO SETSHABELO PRIMARY SCHOOL EDUCATOR.

By Marcus Motshegwa

The Department of Water and Sanitation (DWS), together with the provincial Department of Education, handed over a token of appreciation to an educator, Ms Dikeledi Mokhothu, who was named a national winner at the recent Baswa le Meetse 2025, under the auspices of the Water and Sanitation Education Programme.

Ms Mokhothu is an educator from Setshabelo Primary School in Welkom, who mentored the learners who participated in the competition. She scooped first place for Matjhabeng Local Municipality in the Free State and also won first place nationally in the Poster category of the competitions.

The young learners team, led by Ms Mokhothu, participated in a series of competitions that started with District competitions and culminated in the National Adjudications, recently held in Benoni, Gauteng Province, on 06-11 October 2025.

The handover event took place on the 11th of November 2025 at Setshabelo Primary School, under the jubilation of the SGB, learners, educators, and the school management, who wished well to the hardworking mentor and educator, Ms Dikeledi Mokhothu.

Apart from the R30 000.00 monetary prize won by the learners on behalf of their school, the Department saw a need to recognise and award the hardworking educators who guided the school learners throughout the Baswa Le Meetse Competitions. The educator received a tablet as a token of appreciation for their hard work and dedication in ensuring that learners are equipped in the field of education and career development.

According to Mr Vukani Mtya, Deputy Director of the Water and Sanitation Education Program, the competitions expose learners to water and sanitation education initiatives that they use to educate the community. He said it is essential to educate young minds because they will be the leaders of the future.

Through educators, we channel the correct information to learners so they become responsible citizens and further their interest in bettering their careers within the sector. The Water and Sanitation Education Program (WSEP) is a pathway for learners

participated in a program called BLM (Baswa le Meetse), meaning Youth in Water. She had a theme to present and connect with the art form in which character and conduct fused to form a winning Poster at the National Awards.

The department encouraged Ms Mokhothu to prosper and continue doing her best, as it befits to acknowledge her efforts in the program, and to further serve as an from the Department of Water and Sanitation really warmed my heart, as a teacher, because educators are not recognised in most competitions we participate in. This token of appreciation serves as an encouragement for other educators and me to go beyond expectations in educating our learners. The ceremony was a special day for me, and my learners were given a platform of honour in front of my colleagues. My state-of-the-art tablet will come in handy for my work preparations and will also help in eliminating unnecessary paperwork.

The Department also acknowledged the EW SETA that contributed the ablets, applauding the work done by the educators and assisting them in their Annual Teaching Plan (ATP) and enabling them to load documents relating to the education curriculum.

Mr Mokoena, the Principal of Setshabelo Primary School, congratulated Ms Mokhothu on the outstanding award she brought to the school. She lauded her support to the learners who won the Provincial R10 000.00 award on behalf of the school, and also took the learners to the National Awards, where they won the Poster category, bringing in a total of R30 000.00 to the school.

The principal further said that the school is proud of Ms Mokhothu, who represented the Free State at the National Teachers Awards in 2024. "We are proud of our dynamite, as she is affectionately called. We are grateful for her continuing to put the name of Setshabelo Primary School on the map", concluded Mr Mokoena.

The department urges both educators and learners to participate in the Water and Sanitation Education Program, comprising Baswa le Meetse for the intermediate phase and high school Aqua Enduro, SAYWP and Public Speaking.



Representatives from DWS, and Education, at the 2025 Baswa Le Meetse National prize at Setshabelo Primary School in Thabong (Welkom)

participating in the grassroots intermediate phase, Baswa le Meetse, that transitions to high school programs such as the South African Youth Water Price (SAYWP), Public Speaking, and Aqua Enduro competitions, which lead to bursary awards. The bursary pays for the learner's tuition at any institution of their choice, and they are also exposed to getting employment within the water sector", said Mr Myta.

The educator, Ms Dikeledi Mokhothu,

ambassador and a change advocate for the Baswa le Meetse program.

The competitions started at the district level and proceeded to provincial competitions, where Matjhabeng Local Municipality won the ticket to represent the Free State as a Province at the National competitions.

Ms Mokhothu said: As an educator", I have managed to present my learner's Poster which covered issues on water, hygiene, use and care of sanitation facilities. The support



"People's Race"



Welkom Runner member Mr Morne Nel

By Free State Sun Journo

The 30th African Bank Soweto Marathon once again celebrated its reputation as "The People's Race," drawing local and international runners to the township route that has become iconic in South African distance running.

Unique among major marathons for its township setting, the Soweto Marathon honours the area's rich history by routing participants past landmark sites such as Chris Hani Baragwanath Hospital, Walter Sisulu Square, Regina Mundi Catholic Church, the Credo Mutwa cultural village,

Morris Isaacson High School and the June 16 memorial precinct, including Vilakazi Street and the Hector Pieterson Memorial.

Now in its 30th year, the event remains a showcase of community pride and sporting spirit, offering competitors a chance to experience Soweto's cultural and historical landscape while competing in a well-established marathon. Runners from Welkom were among those representing the Free State, continuing the tradition of broad regional participation in this celebrated



For good, together







NOTICE OF INTENTION TO APPLY IN TERMS OF SECTION 27 READ WITH SECTION 31 FOR REGISTRATION

FREE STATE GAMBLING AND LIQUOR ACT, 2010

Notice is hereby given that LEFU SAMUEL MAPENA intends to lodge an application on 05 DECEMBER 2025

Particulars of which appear hereunder.

	1	2		3	4	5	6
N	Municipality: Matjhabeng	and postal address of applicant and identity	registration number:	Type of Registration applied for: Liquor Store	sold/Manufactured: SELL ALL KINDS OF LIQUOR	Name under which business is to be conducted and full address of premises MNS Bottle Store 4049 Thabong Welkom	Name of, nature of and distance to institutions of leaming, similar registered premises and places of worship CHURCH: NONE SCHOOL: THOTAGAUTA SECONDARY SCHOOL 420M LIQUOR STORE: NONE

Any person may, within 21 days from **05 DECEMBER 2025** (date of publication in Provincial Gazette) lodge in terms of section 33 of the Free State Gambling and Liquor Act, 2010 an objection in writing to the Free State Liquor Authority (address set out hereunder). The objection must clearly indicate the full names, identity number, residential address, postal address and telephone number, if any, and where applicable, its registration number and address of its office, of the objector. The objection must also identify the application to which it relates. "The application may be inspected at the offices of the Authority during their office hours. The address of the relevant Office of the Liquor Authority is: **06 De Kaap Street Welkom 9459**

Signature of applicant or Person authorized to sign application Date: 07 NOVEMBER 2025

Place: WELKOM

Diski99 Tournament Showcases Free State School Sport Talent as Teto High School Crowned **Champions**



The Zuka Baloyi Stadium in Thabong was a hive of youthful energy as the Diski99 Tournament, sponsored by fibre- network company Net99, returned with a strong display of school- level football and netball talent. The development- focused event has become a cornerstone of grassroots sport in the Free State and sets a positive tone for the 2026 school sport calendar.

Organised with support from the provincial Department of Sports, Arts, Culture and Recreation, Diski99 aims to empower learners, promote healthy lifestyles and create pathways for sporting success. This year, 16 schools from township Lehakoe Primary and Mojaho

communities competed, delivering disciplined, competitive matches that highlighted the depth of local talent.

Teto High School emerged as soccer champions after a day of intense fixtures, earning the R3,000 top prize following consistent teamwork and composure. Lephola High School reached the final after a strong campaign but finished as runners- up, while Leseding Secondary School secured third place after a spirited playoff performance.

In netball, Thabong Primary School claimed first place, followed by Primary.

Key results - Soccer semi- finals: Teto High School 1–0 Leseding High School; Lephola High School (4) 0–0 (3) ThutaGauta High School (penalties) - Third place: Leseding Secondary School - Final: Teto High School crowned champions; Lephola High School runners- up -Netball top three: 1. Thabong Primary; 2. Lehakoe Primary; 3. Mojaho Primary

Corporate and government representatives attended the event, underlining the value of publicprivate partnerships in youth development. Net99 executives present included CEO Albert

Oosthuysen and COO Andrew Cohoe, while provincial sport officials Vincent Khetha and Kutlwano Tlhakudi represented the Department of Sports, Arts, Culture and Recreation.

Organisers said Diski99 does more than stage competitions: it nurtures talent, strengthens school sport structures and fosters community cohesion. With the 2026 season approaching, stakeholders expressed confidence that the tournament will continue to expand its impact and provide meaningful opportunities for young athletes across the province.







OBSTETRIC SERVICES (PREGNANCY & CHILDBITH)

ANTENATAL & PREVENTIVE CARE

- Routine antenatal check-ups (blood pressure, weight, fundal height)
- Blood tests and urine tests (anaemia, infections, blood group, glucose)
- Ultrasound scans: dating scan, nuchal translucency, anomaly scan, growth scan
- Foetal monitoring (NST non-stress test, CTG
- cardiotocography)
- Maternal vaccinations (tetanus, influenza
- Nutritional counselling and supplementation
- (iron, folic acid, calcium) Genetic counselling and testing
- LABOUR & DELIVERY

- Normal vaginal delivery
- Assisted vaginal delivery (forceps or vacuum) Caesarean section (elective and emergency)
- Pain management in labour (epidural,
- Induction and augmentation of labour



HIGH-RISK PREGNANCY MANAGEMENT

- Pre-eclampsia/eclampsia monitoring
- Gestational diabetes management
- Multiple pregnancies (twins, triplets) Cardiac or medical conditions in pregnancy
- Rh incompatibility and immunoglobulin administration
- **POSTNATAL CARE**

Immediate postpartum care (bleeding control, uterine involution)

- Lactation support and breastfeeding
- counselling Family planning counselling
- Postpartum depression screening and support

OTHER OBSTETRIC SERVICES

- Management of miscarriage, threatened miscarriage, or ectopic pregnancy
- Stillbirth and neonatal loss support
- Placental complications management (previa,
- Foetal growth restriction management
- Preterm birth prevention and management

Can Ne

GYNAECOLOGICAL SERVICES (WOMEN'S REPRODUCTIVE HEALTH)

PREVENTIVE & SCREENING SERVICES

- Routine pelvic exams
- Pap smear / cervical cancer screening
- HPV testing
- Breast examination and breast cancer
- Bone health screening (osteoporosis in postmenopausal women)

REPRODUCTIVE HEALTH & FERTILITY

- Contraception counselling and provision (pills implants, IUDs, sterilization)
- Fertility evaluation (hormonal tests, ultrasound, semen analysis)
- Assisted reproductive techniques referral (IVF,
- Menstrual disorder management (heavy bleeding, irregular cycles, dysmenorrhea)
- Polycystic Ovary Syndrome (PCOS) diagnosis and management
- surgical)

SURGICAL GYNAECOLOGY

- Laparoscopic surgery (diagnostic and therapeutic)
- Hysteroscopy (polyp or fibroid removal, septum correction)
- Hysterectomy (laparoscopic, abdominal, or
- Myomectomy (fibroid removal)
- Ovarian cystectomy

Pelvic organs prolapse repair

INFECTION & STI MANAGEMENT

- Diagnosis and treatment of urinary tract infections (UTIs)
- Diagnosis and treatment of sexually
- transmitted infections (STIs)
- Vaginitis and vulvitis management
- **HPV** vaccination

MENOPAUSE & HORMONAL HEALTH

- Management of perimenopausal and postmenopausal symptoms
- Hormone replacement therapy (HRT)
- Bone and cardiovascular health support

PELVIC & UROLOGICAL GYNAECOLOGY

- Pelvic floor dysfunction evaluation
- Urinary incontinence management
- Chronic pelvic pain evaluation and treatment
- Endometriosis and adenomyosis care

ONCOLOGY & SPECIALIZED CARE

- Cervical, ovarian, endometrial, and vulvar cancer screening
- Pre-cancerous lesion management (LEEP,
- Referral for gynaecological oncology treatment
- Genetic counselling for inherited cancer risk

OTHER SUPPORTIVE SERVICES

- Counselling for sexual and reproductive health Weight management and lifestyle advice
- Psychosocial support for infertility, pregr
- loss, or gynaecologic illness Health education (maternal health, safe sex,





24 Lategan Street St Helena Welkom 9459 Opposite Mediclic

Locate Us:



We Accept?

Call Us:

Simply Scan The QR Code To Find Out!"

Want to Know Which Medical Aid Schemes

057 065 0374/ 078 381 8361



Connect With Us:

Instagram Facebook You tube WhatsApp Channel

Dr Vuyo Makhanya Specialist Obstetrician & Gynaecologist

"Expert Care for Every Chapter of a Woman's Life"

@DrVuyoMakhanyaClinic

SPORT CAPE TOWN TOP THE SELS JOBURG'S TITLE DEFENCE HITS ANOTHER HURD E ON WAY 2 OF SPAR NATIONAL NETBALL CHAMPIONS SES



Frikkie Coetzee (red shirt), the Dr EG Jansen High School Maintenance Manager, and his team dry the centre court after a thunderstorm / Reg Caldecott

Saneliswe Ntobela of the Johannesburg Senior A Centre controls the ball against Cape Winelands / Reg Caldecott

Kelly Gouws, the Cape Winelands Goal Defender, attempts to block the shot at goal by Goal Shooter

Nerine Koopman the Cape Town Wing Attack controls the ball during Cape Town's 60-56 win over Nelson Mandela Bay / Reg Caldecott

Cape Town extended their early momentum at the SPAR National Netball Championships on Wednesday, securing two more wins to stay unbeaten at Dr EG Jansen High School in Boksburg, Ekurhuleni.

The Western Cape side defeated eThekwini in their morning match before a top vs bottom-ofthe-log clash against Nelson Mandela Bay in the afternoon. The Gqeberha team were not to be underestimated, however, as they pulled out all the stops and won two of the four quarters. But the Capetonians ultimately pulled through, winning 60-56.

Captain Sian Moore described the narrow victory as a reality check for her side.

"This was a tough one," she said. "It's that time of the tournament where it's challenging to get the girls' energy levels up. It's hot, it's cold, it's windy, it's weird, it's match six in three days. It's

"But we're happy with the win. Still on the path that we thought we were going to be on, or that we planned to be on, so very excited about that." Cape Town coach Freda Kemp believes the groundwork her side put in ahead of the tournament is showing on court.

"We worked our butts off," she said. "After the TNL, we realised that we need to put more work in. And we went on extensive SNC [strength and conditioning] programmes and worked hard on our coaching sessions. It's so good to see them reap the reward of their hard

As to what else is giving her side the edge, Kemp added: "Obviously, we're in the business of winning, and the more you win, the better you play, so we are trying to execute critical moments and keep our error rate low and be consistent."

Later in the day, Tshwane gave their semifinal hopes a massive boost by beating Mangaung. The Pretoria side took an early lead and never looked back, despite a late fightback from the Free State outfit.

Speaking after the 46-43 win, after a loss to Dr Kenneth Kaunda earlier in the day, Tshwane coach Rozanne Matthyse said: "I think we were just finding our feet and gelling. It's a new team, it's a young team. We're building now in Tshwane at the moment. So, I'm very

proud of the players, and I think today is the first time at the tournament that I saw them play together as a unit.

As for moving into third position on the log by the end of day three, Matthyse added: "We obviously want to be in the top four, but we take it match for match. I think tomorrow's match is a good preparation for what is to come in the semi-finals. We're going with the same intensity, focus and drive.

The Johannesburg side secured two crucial wins on Wednesday.

The three-time defending champions, who endured a slow start to the tournament, first claimed a 71-38 win over Cape Winelands before beating eThekwini 54-47

Speaking after the morning match, Johannesburg coach Elsjé Jordaan said, "I definitely think we're building. We had a tough two days at the start... I knew we just needed one or two games to get some momentum. And I think that's what happened this morning. "I love the energy that was out there on the court, and I could see the attacks started to Meanwhile, the Botswana national team, coached by former SPAR Proteas captain Martha Mosoahle-Samm, wrapped up their shortened participation in the championships, which they were using as preparation for the Africa Netball Cup, with a 48-45 victory over Dr Kenneth Kaunda.

Mosoahle-Samm led Mangaung to last year's SPAR National Netball Championships final, and her heart clearly remains with the Free State

"They will forever be my babies, so I'm watching it, and I'm supporting Mangaung all the way, and I'm hoping that this year they can finally take it," she said of her former side, now coached by another iconic SPAR Protea, Karla Pretorius, who is currently fourth on the log.

"It's the top four that counts, so I'm waiting for that top four and definitely the final. I do not doubt in my mind that if they make the final, this is our year as Mangaung."

In the under-21 A section, defending champions Johannesburg extended their unbeaten run with victories over Ekurhuleni and Dr Kenneth Kaunda.



5km Fun Run/ Walk **Virgin Active Open Day**

Run for a cause





This event is more than just a race—it's an opportunity to unite and support less fortunate children. Proceeds of this event will be used to buy school uniforms and sanitary towels for kids in and around Matjhabeng.

Entry Fee: R80

Kids < 12 Years - R50

Donations

You are more than welcome to donate by any of the following means:

- 1. Sanitary towels Drop off at Boutique Higher Dimensions Cakes
- 2. School uniform (New or Used) Drop off at Masupatsela Pharmacy
- 3. Money Account number (FNB, Welkom Runners Club 63163176689, Ref. Your name



Mbobo Legacy



06 December 2025





Late Registration

05 Dec. 2025 - 13:00 to 19:00





