

# 2005 NATIONAL DAYS 2005

Compiled by SZERENA KNAPP

*Every effort has been made to ensure that the correct information is published. Should there be any discrepancies please contact the author on (021) 483-2483. Also please note that contact details appear at the end of the article. For National days January and February 2005, see November/December 2004 Cape Librarian.*

## MARCH

### International Endometriosis Awareness Month

Date: 1-31 March 2005

Presenter: Endometriosis Society of South Africa

### Intellectual Disability (Mental Handicap) Awareness Month

Date: 1-31 March 2005

Theme: *Human rights of persons with intellectual disability*

Presenter: Cape Mental Health Society

### Diet, Nutrition and Lifestyle

Date: 1-31 March 2005

Theme: *5-a-day for better health*

Presenter: Cancer Association of South Africa

### Contraception Week

Date: 7-11 March 2005

Presenter: Provincial Administration Western Cape (PAWC): Reproductive Health

### International Women's Day

Date: 8 March 2005

### Karoo 25th Anniversary Celebration

Date: 9 March 2005

Presenter: Department of Environmental Affairs and Tourism

### Library Week

Date: 14-19 March 2005

Theme: *Learn Read Succeed!*

Contact person: Janine de Villiers

Presenter: Western Cape Provincial Library Service

### Brain Awareness Week

Date: 14-20 March 2005

Theme: *A career in the neurosciences*

Presenter: Mental Health Information Centre

### World Forestry Day

Date: 21 March 2005

### International Day for the Elimination of Racial Discrimination

Date: 21 March 2005

### National Water Week

Date: 21-27 March 2005

Presenter: Department Water Affairs and Forestry

### World Day for Water

Date: 22 March 2005

Presenter: Department Water Affairs and Forestry

### World Meteorological Day

Date: 23 March 2005

Theme: *Weather, climate, water and sustainable development*

Presenter: Department of Environmental Affairs and Tourism

### World Tuberculosis Day

Date: 24 March 2005

Presenters: Health Promotion Resource Centre  
CMC Health Resource Centre

## APRIL

### Blood Donor Month

Date: 1-30 April 2005

Presenter: Western Province Blood Transfusion Service

### Oesophagus Health and Lung Health Month

Date: 1-30 April 2005

Presenter: Cancer Association of South Africa

### National Polio Eradication Awareness Week

Date: 4-10 April 2005

Presenter: Department of Health: Social Mobilisation

### World Health Day

Date: 7 April 2005

Theme: *Maternal and child health*

Presenter: Department of Health

### International day to combat Desertification

Date: 15 April 2005

Presenter: Department of Environmental Affairs and Tourism

### World Haemophilia Day

Date: 17 April 2005

Presenter: Western Cape Haemophilia Foundation

### World Heritage Day

Date: 18 April 2005

### Earth Day

Date: 22 April 2005

### World Book Day

Date: 23 April 2005

Theme: *A non-stop journey*

Presenter: Centre for the Book

### International Noise Awareness Day

Date: 28 April 2005

### World Day for Safety & Health at Work

Date: 28 April 2005

Presenter: Provincial Administration Western Cape (PGWC): Occupational Health

Presenter: Occupational & Environmental Health Research Unit (MRC)

## MAY

### Cystic Fibrosis Awareness Month

Date: 1-31 May 2005

Presenter: Cystic Fibrosis Association

### Anti-Tobacco Month

Date: 1-31 May 2005

Presenter: Cancer Association of South Africa

### Hospice Week

Date: 1-8 May 2005

Presenters: Hospice Association  
St Luke's Hospice

### World Asthma Day

Date: 3 May 2005

Theme: *Burden of asthma*

Presenter: Asthma Association

### World Press Freedom Day

Date: 3 May 2005

### International Firefighters' Day

Date: 4 May 2005

### International No-Diet Day

Date: 6 May 2005

Theme: *Emphasis on percentage body fat as a health measure*

Presenter: Provincial Administration Western Cape (PAWC): Dietician

### World Red Cross Day

Date: 8 May 2005

### International Day of Families

Date: 15 May 2005

Presenter: Family and Marriage Society of South Africa (FAMSA) Western Cape

### International AIDS Candlelight Memorial Day

Date: 15 May 2005

Presenter: Provincial Administration Western Cape (PAWC): Health Promotion & Marketing

### Occupational Therapy Awareness Week

Date: 16-21 May 2005

Theme: *Get a better grip on life with occupational therapy*

Presenter: Occupational Therapy Association of South Africa

### World Telecommunication Day

Date: 17 May 2005

Presenter: TELKOM

### International Museum Day

Date: 18 May 2005

Theme: *Museums bridging cultures*

Presenters: Iziko: Museums of Cape Town  
Centre for Conservation Education

### International Day for Biological Diversity

Date: 22 May 2005

### International Day of Action for Women's Health

Date: 28 May 2005

Presenter: Gender Advocacy Programme

### Child Protection Week

Date: 30 May-4 June 2005

# 2005 NASIONALE DAE 2005

Presenters: Department of Social Development  
Department of Social Services

## World No-Tobacco Day

Date: 31 May 2005

Presenter: Cancer Association of South Africa

## JUNE

### Child Safety Month

Date: 1-30 June 2005

Theme: *Building child-safe communities*

Presenter: Resources Aimed at the Prevention of Child Abuse and Neglect (RAPCAN)

### Men's Health Prostate and Testicular Cancer

Date: 1-30 June 2005

Presenter: Cancer Association of South Africa

### International Children's Day

Date: 1 June 2005

Presenter: Department of Social Development

### National Paraffin Safety Day

Date: 1 June 2005

Presenter: Paraffin Safety Association of SA

### International Volunteer Week

Date: 1-7 June 2005

Presenter: Volunteer Centre

### World Environment Day

Date: 5 June 2005

Presenter: Department of Environmental Affairs and Tourism

### Alcoholics Anonymous Founders Day

Date: 10 June 2005

Presenter: Alcoholics Anonymous

### World Blood Donor Day

Date: 14 June 2005

Presenter: WP Blood Transfusion Service

### National Youth Day

Date: 16 June 2005

Presenter: Resources Aimed at the Prevention of Child Abuse and Neglect (RAPCAN)

Presenter: Museum Services

Presenter: Planned Parenthood Association of South Africa (PPASA)

### Refugees Day

Date: 20 June 2005

Presenter: Planned Parenthood Association of South Africa (PPASA)

### National Epilepsy Week

Date: 20-26 June 2005

Theme: *Into the light*

Presenter: South African National Epilepsy League (SANEL)

### SANCA National Week

Date: 20-27 June 2005

Presenters: CapeTown Drug Counselling Centre

South African National Council on Alcoholism and Drug Dependence

### Get Tested Day

Date: 21 June 2005

Presenter: Heart Foundation

### National Epilepsy Day

Date: 21 June 2005

Theme: *Into the light*

Presenter: Epilepsy South Africa

### International Day Against Drug Abuse and Trafficking

Date: 26 June 2005

Presenters: CapeTown Drug Counselling Centre

South African National Council on Alcoholism and Drug Dependence

## JULY

### Men's Health Colorectal Cancer

Date: 1-31 July 2005

Presenter: Cancer Association of South Africa

### Psychiatric Disability Awareness Month (Mental Illness)

Date: 1-31 July 2005

Theme: *Human rights of persons with psychiatric disability*

Presenter: Cape Mental Health Society

### Corporate Wellness Week

Date: 4-10 July 2005

Presenter: Heart Foundation

### World Population Day

Date: 11 July 2005

Presenter: Planned Parenthood Association of South Africa

### National Schizophrenia Day

Date: 25 July 2005

Theme: *Education is the key (to acceptance)*

Presenter: Schizophrenia Foundation of South Africa

### Sterilisation Week

Date: 25-29 July 2005

Presenter: Association for Voluntary Sterilisation of South Africa

## AUGUST

### Oral Health Month

Date: 1-31 August 2005

Presenter: South African Dental Association

### Organ Donor Month

Date: 1-31 August 2005

Presenter: Organ Donor Foundation of South Africa

### Breastfeeding Week

Date: 1-7 August 2005

Theme: *Exclusive breastfeeding for 0 to 6 months*

Presenter: Department of Health: Nutrition

### Cancer Prevention Week

Date: 1-7 August 2005

Theme: *Flowers for hope*

Presenter: Cancer Association of South Africa

### National Immunisation Awareness Week

Date: 1-7 August 2005

Presenter: Department of Health: Social Mobilisation

### Rheumatic Fever Week

Date: 1-7 August 2005

Presenter: Heart Foundation

### International Friendship Day

Date: 3 August 2005

### International Day of Indigenous People

Date: 9 August 2005

### National Women's Day

Date: 9 August 2005

Presenter: Family and Marriage Society of South Africa (FAMSA) Western Cape

### Health Promoting Schools Week

Date: 15-19 August 2005

Theme: *Ten years of HPS*

Presenter: UCT Schools Development Unit: (Achat Adams)

Presenter: Health Resource Centre

### Kidney Awareness Week

Date: 20-27 August 2005

Presenter: Kidney Foundation of South Africa

### International Day for Remembrance of the Slave Trade

Date: 23 August 2005

### Cerebral Palsy Awareness Week

Date: 29 August-3 September 2005

Theme: *Disability not inability*

Presenter: Western Cape Cerebral Palsy Association

## SEPTEMBER

### Contenance Awareness Month

Date: 1-30 September 2005

Presenter: Contenance Awareness South Africa

### Muscular Dystrophy Awareness Month

Date: 1-30 September 2005

Presenter: Muscular Dystrophy Foundation

### National Heart Awareness Month

Date: 1-30 September 2005

Presenter: Heart Foundation

### National Tourism Month

Date: 1-30 September 2005

Presenter: Department of Environmental Affairs and Tourism

### School AIDS Month

Date: 1-30 September 2005

Presenter: Planned Parenthood Association of South Africa

### Women's Health - Cervical Care Month

Date: 1-30 September 2005

Presenter: Cancer Association of South Africa

# 2005 NATIONAL DAYS 2005

## Arbor Week

Date: **1-7 September 2005**

Presenter: Department Water Affairs and Forestry

## School AIDS Week

Date: **5-9 September 2005**

Presenter: Planned Parenthood Association of South Africa

## Casual Day

Date: **2 September 2005**

Presenter: South African National Council for the Blind

## Adult Learners' Week

Date: **4-10 September 2005**

Presenter: The Adult Learning Forum

## Pharmacy Week

Date: **5-9 September 2005**

Presenter: Department of Health

## Deaf Awareness Week

Date: **5-11 September 2005**

Presenter: Deaf Federation of South Africa (DEAFSA)

## Readathon Week

Date: **7-11 September 2005**

## International Literacy Day

Date: **8 September 2005**

Presenter: Centre for the Book

## International Fetal Alcohol Syndrome Day (FAS)

Date: **9 September 2005**

Theme: *Ringing of the bells*

Presenter: South African National Council on Alcoholism and Drug Dependence (SANCA Western Cape)

## Safe Sleep Week

Date: **10-18 September 2005**

Theme: *Reducing the risk of cot death*

Presenter: Snuggle-Time

## Physiotherapy Back Week

Date: **12-16 September 2005**

Presenter: South African Society of Physiotherapy

## International Coastal Clean-up Day

Date: **14 September 2005**

Presenter: Department of Environmental Affairs and Tourism

## International Day for the Preservation of the Ozone Layer

Date: **16 September 2005**

Presenter: Department of Environmental Affairs and Tourism

## International Retina Week

Date: **19-25 September 2005**

Theme: *Retinal Blind*

Presenter: Retinal Preservation Foundation of South Africa (Cape of Good Hope Branch)

## International Day of Peace

Date: **20 September 2005**

## World Alzheimer's Day

Date: **21 September 2005**

Presenter: Alzheimer's and Related Dementias Association: Western Cape (ARDA)

## World Heart Day

Date: **25 September 2005**

Presenter: Heart Foundation

## Week of Older Persons

Date: **26 September-2 October 2005**

Theme: *Remember them, remember us*

Presenters: South African Council for the Age, Age in Action

## World Tourism Day

Date: **27 September 2005**

Theme: *A journey of discovery*

Presenter: Department of Environmental Affairs and Tourism

## International Translation Day

Date: **30 September 2005**

## OCTOBER

### International Arthritis Awareness Month

Date: **1-31 October 2005**

Presenter: Arthritis Foundation

### Mental Health Awareness Month

Date: **1-31 October 2005**

Theme: *Mental well-being is a human right*

Presenter: Cape Mental Health Society

### Women's Health - Breast Cancer Month

Date: **1-31 October 2005**

Presenter: Cancer Association of South Africa

### International Day for Older Persons

Date: **1 October 2005**

Presenters: South African Council for the Aged  
Age in Action

### International Arthritis Day

Date: **1 October 2005**

Presenter: Arthritis Foundation

### World Animal Day

Date: **4 October 2005**

### International Animal Week

Date: **1-9 October 2005**

Presenter: Cape of Good Hope SPCA

### Grandparents' Day

Date: **2 October 2005**

Presenter: Age in Action

### World Habitat Day

Date: **3 October 2005**

### World Teachers' Day

Date: **5 October 2005**

### World Post Day

Date: **9 October 2005**

### National Nutrition Week

Date: **9-15 October 2005**

Presenter: Provincial Administration Western Cape (PAWC): Department of Health: Nutrition

### World Mental Health Day

Date: **10 October 2005**

Theme: *Mental well-being is a human right*

Presenter: Cape Mental Health

### Eye Care Awareness Week

Date: **10-14 October 2005**

Presenter: SA National Council for the Blind

### National Anxiety Disorders Awareness Week

Date: **10-16 October 2005**

Theme: *Advances in and benefits of research*

Presenter: Mental Health Information Centre

### International Day for Natural Disaster Reduction

Date: **12 October 2005**

### World Sight Day

Date: **13 October 2005**

Presenter: SA National Council for the Blind

### International White Cane Day

Date: **15 October 2005**

Presenter: SA National Council for the Blind

### World Food Day

Date: **16 October 2005**

Presenter: Provincial Administration Western Cape (PAWC): Department of Health: Nutrition

### International Day for the Eradication of Poverty

Date: **17 October 2005**

### Down Syndrome Awareness Week

Date: **17-22 October 2005**

Presenter: Down Syndrome Association

### Obesity Week

Date: **17-23 October 2005**

Presenter: Heart Foundation

### National Osteoporosis Day

Date: **20 October 2005**

### International School Libraries Day

Date: **25 October 2005**

Presenter: Centre for the Book

### World Psoriasis Awareness Day

Date: **29 October 2005**

Theme: *Hope for the future*

Presenter: South African Psoriasis Association

## NOVEMBER

### Home/Community-based Care Awareness Month

Date: **1-30 November 2005**

Presenters: Hospice Association St Luke's Hospice

### Sun Safe Awareness Month

Date: **1 November-31 December 2005**

Presenter: Cancer Association of South Africa

### Men's Health Week

Date: **2-9 November 2005**

Theme: *Prevention is better than cure*

Presenter: Men's Health Magazine

**National Children's Day**  
Date: 5 November 2005

**World Diabetes Day**  
Date: 14 November 2005  
Presenter: South African Diabetes Association

**National Diabetes Awareness Week**  
Date: 14-19 November 2005  
Presenter: South African Diabetes Association

**CPR Week**  
Date: 14-20 November 2005  
Presenter: Heart Foundation

**World Day for the Prevention of Child Abuse and Neglect**  
Date: 19 November 2005  
Presenter: Resources Aimed at the Prevention of Child Abuse and Neglect (RAPCAN)

**International Day for the Prevention of Violence Against Women**  
Date: 25 November 2005  
Presenters: Western Cape Network on Violence against Women, New Women's Movement

**16 Days of Activism Against Domestic Violence**  
Date: 25 November-10 December 2005  
Presenters: Western Cape Network on Violence against Women, New Women's Movement

## DECEMBER

**World AIDS Day**  
Date: 1 December 2005  
Theme: *Women and HIV/AIDS*  
Presenter: Planned Parenthood Association of South Africa

**International Day for Persons with Disabilities**  
Date: 3 December 2005  
Presenters: Association for the Physically Disabled (Western Cape)  
SA National Council for the Blind

**Transplant Day**  
Date: 3 December 2005  
Presenter: Organ Donor Foundation

**International Volunteer Day**  
Date: 5 December 2005  
Presenter: Volunteer Centre

**International Human Rights Day**  
Date: 10 December 2005

**International Day Against Child Trafficking**  
Date: 12 December 2005  
Presenter: Resources Aimed at the Prevention of Child Abuse and Neglect (RAPCAN)

## CONTACT DETAILS

**The Adult Learning Forum**  
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**Age in Action**  
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**Alcoholics Anonymous**  
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Fax: (021) 592-5047  
Web site: [cape.org.za](http://cape.org.za)

**Alzheimer's and Related Dementias Association: Western Cape (ARDA)**  
Contact person: Henriette Arendse  
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Contact person: Karen Borochowitz  
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Web site: [alzheimers.org.za](http://alzheimers.org.za)

**Arthritis Foundation**  
Contact person: Pat Jones  
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**Association for the Physically Disabled (Western Cape)**  
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**Association for Voluntary Sterilisation of South Africa**  
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**Asthma Association**  
Contact person: Sue Edwards  
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**Cancer Association of South Africa**  
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**Cape of Good Hope SPCA**  
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**Cape Mental Health Society**  
Contact person: Tahira Kassiem  
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E-mail: [info@cmhs.co.za](mailto:info@cmhs.co.za)  
Web site: [capementalhealth.co.za](http://capementalhealth.co.za)

**Cape Town Drug Counselling Centre**  
Contact person: Angelica Parkinson  
Tel: (021) 447-8026  
E-mail: [ctdcc@iafrica.com](mailto:ctdcc@iafrica.com)

**Continance Awareness South Africa**  
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**Centre for the Book**  
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Web site: [Centreforthebook.org.za](http://Centreforthebook.org.za)

**Centre for Conservation Education**  
Contact person: Sigi Howes  
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**Child Accident Prevention Foundation of South Africa**  
Tel: (021) 685-5208

**Childbirth Educators Resource Group**  
Tel: (011) 827-4810 / 0860 18 18 18

**CMC Health Resource Centre**  
Tel: (021) 931-8140

**Cystic Fibrosis Association**  
Tel: (021) 557-0323

**Deaf Federation of South Africa (DEAFSA)**  
Contact person: Carol Cory  
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**Department of Health**  
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**Department of Health: Nutrition**  
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**Department of Health: Pharmacist**  
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**Department of Health: Social Mobilisation**  
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**Department of Environmental Affairs and Tourism**  
Contact person: Desetso Ramotso  
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**Department of Social Development**  
Contact person: Stefanus Scholtz  
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**Department of Social Services**  
Contact person: Derrick Schroöder  
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**Department Water Affairs and Forestry**  
Contact person: Michelle Parker  
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**Down Syndrome Association**  
Tel: (021) 910-0753 / 919-2701

**Endometriosis Society of South Africa**  
Tel: (011) 646-0449

**EPI**  
Tel: (021) 918-1703

**Epilepsy South Africa**  
Tel: (021) 447-3014

**Family and Marriage Society of South Africa (FAMSA) Western Cape**  
Contact person: Shaunette Toms  
Tel: (021) 461-7360

Fax: (021) 461-9198  
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Web site: [famsawc.org.za](http://famsawc.org.za)

**Gender Advocacy Programme**  
Contact person: N Gamildien  
Tel: (021) 465-0192/7

**Health Promotion Resource Centre**  
Tel: (021) 931-8140

**Heart Foundation**  
Contact person: Michelle Kearney  
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Web site: [heartfoundation.co.za](http://heartfoundation.co.za)

**Hospice Association**  
Tel: (021) 531-2094

**Iziko: Museums of Cape Town**  
Contact person: Medeé Rall  
Tel: (021) 424-3330

**Kidney Foundation of South Africa**  
Contact person: Sue Peiser / Pat Fourie  
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**Leprosy Mission Southern Africa**  
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**Men's Health Magazine**  
Tel: (021) 408-3800

**Mental Health Information Centre**  
Tel: (021) 938-9229

**Muscular Dystrophy Foundation**  
Tel: (021) 557-1423

**Museum Services**  
Tel: (021) 483-9707

**New Women's Movement**  
Tel: (021) 697-3337/8

**Occupational & Environmental Health Research Unit (MRC)**  
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**Occupational Therapy Association of South Africa**  
Tel: (021) 440-3218

**Organ Donor Foundation of South Africa**  
Tel: 0800 22 66 11 (toll free) / (021) 426-0198

**Paraffin Safety Association of SA**  
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**Provincial Administration Western Cape (PAWC): Chronic Care**  
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**Provincial Administration Western Cape (PAWC): Dietitian**  
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**Provincial Administration Western Cape (PAWC): Health Promotion & Marketing**  
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**Provincial Administration Western Cape (PAWC): Information Management**  
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**Provincial Administration Western Cape (PAWC): Maternal and Neonatal Services**  
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**Provincial Administration Western Cape (PAWC): Occupational Health**  
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**Provincial Administration Western Cape (PAWC): Reproductive Health**  
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**Planned Parenthood Association of South Africa**  
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**Resources Aimed at the Prevention of Child Abuse and Neglect (RAPCAN)**  
Tel: (021) 448-9034

**Retinal Preservation Foundation of South Africa (Cape of Good Hope Branch)**  
Contact person: Roy Abbott  
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**SA National Council for the Blind**  
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**Schering-Plough (Pty) Ltd**  
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**Schizophrenia Foundation of South Africa**  
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Fax: (011) 784-8482  
Web site: [sch-sa.co.za](http://sch-sa.co.za)

**Society for Family Health**  
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**South African Council for the Aged**  
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**South African Dental Association**  
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**South African Diabetes Association**  
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**South African Federation for Mental Health**  
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**South African National Council on Alcoholism and Drug Dependence (SANCA Western Cape)**  
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**South African National Epilepsy League (SANEL)**  
Tel: (021) 447-3014  
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**South African Psoriasis Association**  
Tel: (021) 981-1650

**South African Society of Physiotherapy**  
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**St Luke's Hospice**  
Contact person: Anne Wright  
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**University of the Western Cape (UWC): Public Health**  
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**Volunteer Centre**  
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**Western Cape Cerebral Palsy Association - 50th anniversary**  
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**Western Cape Haemophilia Foundation**  
Tel: (021) 404-3538

**Western Cape Network on Violence against Women**  
Tel: (021) 633-5287 / 422-1690

**Western Cape Provincial Library Service**  
Tel: (021) 483-2234  
Fax: (021) 419-7541  
E-mail: <capelib@pgwc.gov.za>  
Web site: [www.capegateway.gov.za/library](http://www.capegateway.gov.za/library)

**Western Province Blood Transfusion Service**  
Contact person: Marika Champion  
Tel: (021) 507-6368  
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E-mail: <arika@wpbts.org.za>