

WHAT'S NEW IN PLETT 4 JUNE 2026



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manipulated and deeply afraid of what
would happen if she tried to leave.
Leaving is often not the safest or easiest
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Sometimes support starts with listening
instead of judgement.

♥ Understanding trauma responses
matters.

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– What is it?

The Plett Probus Club is a local association of retired or semi-retired professional or business people who have similar levels of interest, are of good character and are respected in the community. The objectives of Probus include: To stimulate thought, interest and participation in a variety of activities and to create opportunity to make new friends at a stage in life when folk have both the need and the time. As a Probian, you will find membership interesting and satisfying, but what is more important, you will meet and enjoy the fellowship of a group of similarly minded folk, who, like yourself, are expanding their interest and extending their friendships. We have regular meetings either for an informal breakfast or a luncheon during which a presentation on popular current day topics of interest is given at venues in and around Plett. So don't delay – **JOIN NOW!**
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give the the following info:

1. Your name and telephone number.
2. Your Position
3. Position of casualty.
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Give as much information as possible & stay in position and keep your telephone line open.

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5 June - Errol Lucas; Tamzon Pile;
Anandi Cronje

6 June - Peter Hammond

7 June - Cheryl Erasmus;
Nicola Davidson;

8 June - Jo Whitehouse Taylor; Ray
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SHIELD GBV Response & Safeguarding Consultancy

SHIELD Support Line: 078 252 8046

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2026/263916/08

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TION. Account Number: 63201543287

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Strandloper Project

Marine Wildlife Strandings in the Garden Route.

If, while enjoying your time on the beach and shoreline, you encounter a stranded species of marine wildlife, please contact your local Marine Stranding organization.

WHAT TO DO IF YOU FIND A TURTLE.

1) Do not return it to the ocean. It has stranded as it is either weak, ill, tired or has ingested plastic. 2) Do not place it in a container of water. Turtles are air breathing and can drown if weak and tired. 3) Keep it in a dry, ventilated and room temperature box, preferably placing the turtle on a towel. 4) Contact the turtle rescue number or the local marine stranding organization.

5) Get a location pin

WHAT TO DO IF YOU FIND A LIVE SEAL.

1) Do not try and chase it into the water - it is either tired, undernourished or weak and wants to rest. 2) Create a safe zone around it and prevent dogs and crowds from approaching it. 3) Call your local marine stranding organization.

4) Take a location pin to share with the rescuers.

WHAT TO DO IF YOU FIND A PENGUIN

1) Do not try and chase it into the water - it is either tired, undernourished or weak and wants to rest. 2) Create a safe zone around it and prevent dogs and crowds from approaching it. 3) Call your local marine stranding organization.

4) Take a location pin to share with the

rescuers. 5) After you have spoken to a marine animal rescuer, and they request you to collect the Penguin, follow their instructions on how to handle it and where to take it. Please be aware that they have extremely sharp beaks and need to be handled with care and cautiously.

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Check for any obvious injuries.

2) Report to the local marine stranding organization and provide a detailed report of condition and location. 3) Unless advised by the stranding organization, do not attempt to return the dolphin to the ocean. Keep it cool by placing wet towels over it and wetting the towels about every 10 minutes. 4) Reduce any stress from dogs and crowds.

Plett area

Plett Stranding Hotline - +27 79 463 4837

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"Two Sisters — One Story": New Awareness Talk Highlights What Children Experience Inside Domestic Violence. A new awareness talk titled "Two Sisters — One Story" is set to bring an important and often overlooked perspective to the conversation around gender-based violence (GBV): the child's experience. Presented by sisters Victoria and Sarah through SHIELD GBV Response & Safeguarding Consultancy, the talk focuses on what children truly experience inside homes affected by domestic violence — not only the visible incidents, but the atmosphere, the fear, the silence, and the long-term impact that shapes their understanding of love, safety, and self-worth. While public conversations around GBV often focus on adult relationships, "Two Sisters" shifts the lens to the child who watches, listens, and learns from what happens behind closed doors. "Children may not always understand the words," Victoria explains, "but they understand the feeling. They feel tension. They feel fear. And those feelings shape

their identity long before they have language for what is happening." The awareness talk explores how repeated exposure to violence can normalise unhealthy patterns, sometimes carrying into adulthood. It addresses themes such as trauma bonding, the cycle of abuse, community silence, and the difficult realities surrounding leaving abusive environments. Importantly, the talk does not aim to blame or sensationalise. Instead, it encourages reflection and responsibility. The sisters share how children often attempt to become protectors in violent homes — stepping into adult roles far too early. They also highlight how communities sometimes see warning signs but remain silent out of fear, uncertainty, or the belief that domestic violence is a "private matter." "Silence protects perpetrators more than it protects victims," Sarah says. "Awareness creates choice. And choice creates change." Through storytelling combined with educational insight, "Two Sisters" encourages audiences to recognise that violence is not only physical. Emotional control, isolation, intimidation, and constant criticism can all create environments of fear — environments that children absorb deeply. The talk concludes with a powerful reminder: while the past cannot be changed, awareness gives communities the opportunity to respond differently for the next generation. SHIELD GBV Response & Safeguarding Consultancy offers awareness

PLEASE NOTE:

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Charmaine Wild,

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talks, workshops, and community education programmes aimed at strengthening early response and prevention.

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Jaco.grobler@me.com



Responding to Abuse with Care and Expertise

SHIELD – Description

SHIELD is a GBV Response and Safeguarding Consultancy focused on providing practical, survivor-centred support and clear response pathways for individuals, organisations and communities affected by Gender-Based Violence. Our work centres on creating safer responses through compassionate guidance, ethical support practices and strong referral networks. SHIELD assists individuals by offering confidential support, helping them understand their options, and connecting them to trusted services such as counselling, legal assistance, medical care and social support. In addition to direct support, SHIELD provides awareness talks, educational workshops and safeguarding guidance to communities, schools,

organisations and businesses. These sessions aim to increase understanding of GBV, promote prevention, and empower people with the knowledge to respond safely and responsibly. Our mission is to improve how GBV is responded to — making support accessible, coordinated, trauma-informed and community-focused.

078 252 8046

shieldgbv.consultancy@gmail.com

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HOME FOR HOPE SOUP KITCHEN

The above mentioned organisation is asking for your kind donations of stamp, mielies, bread, soup mix, pasta and veggies for ±150 children in KwaNokuthula. Kindly leave at Print Shop for collection. Thank you. Enq: Theodora Krabie (063 840 7154)

SUSPECT DOG FIGHTING ?

Phone Manager Public Safety/Law Enforcement all hours. You can stay anonymous. Tel. 044 533 5000

REACH FOR RECOVERY - Breast Cancer Support Group. Phone June 044-533 3062

NEW BUSINESS cutting trees, roof cleaning call 078 7822 181

Plett Shark Spotters

Winter spotting hours are here!

From 1 May, our shark spotters will be on duty daily across:

Lookout • The Wedge • Central Beach • Robberg 1 • The Wreck

07:30 – 17:00

We'll be sharing updates via our WhatsApp Community and Plett Sightings Group, including white shark sightings and any other important activity. Join here: <https://tr.ee/i2FZn7IT7b>

Before you swim, always check if lifeguards are on duty and follow their guidance. Conditions can change, so it's always best to double check.

Stay safe and enjoy the bay

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DIAMOND EXPERT - I will buy your diamonds or provide professional advice and valuations if you want to keep them. 083 266 2500

SNAKES ALIVE - REPTILE RESCUE

Snakes play a very important role in our eco-system. Don't kill them, call us. We capture and re-release them back into wild protected areas. 074 120 9416/534 8056

ALANON MEETINGS

Is your home unhappy because someone drinks/drugs too much? Al anon offers help, free of charge, to the families and friends of problem drinkers/users. Meetings are held at 12H30 (Mondays) at The House of Steps "little wooden hut behind Piesang Valley Hall and Gym"

A reminder to our community.

FAMSA assists with all forms of emotional and relationship challenges, e.g. depression, abuse, grief, trauma, parenting and divorce counselling. We would love to assist and make a difference. **Call 044 533 0515 for info.**

Harry G Petrie

Pr.0935328



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FAMSA
Families South Africa
Knysna & Plettenberg Bay 095-417-NPO

Transforming Lives: FAMSA Knysna/Plettenberg Bay/Sedgefield Offers Life-Changing Counselling Course for Volunteer Counsellors – USHO – Understanding Self to Help Others. For those with the passion to help others and the time to learn, a remarkable opportunity awaits. FAMSA (Families South Africa) Knysna/Plettenberg Bay/Sedgefield, a trusted name in strengthening families and communities, is offering a comprehensive counselling course that equips volunteers with the skills to support individuals through life's most challenging moments. The course, which is both transformative and practical, is open to individuals who are ready to dedicate their time and heart to making a difference. Designed with both theory and hands-on experience, this training prepares participants to become FAMSA volunteer counsellors — capable of providing emotional support, guidance, and practical

PLEASE NOTE:

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tools to those in need. It also improves skills and knowledge to helping professionals. "We believe that anyone with empathy, commitment, and time can become a powerful force for healing," said Karin, Director of FAMSA Knysna. "This course doesn't just teach counselling techniques — it shapes compassionate listeners who can help others rebuild their lives." As shared below by a 2025 USHO Graduate explaining the impact of the course on his life: "USHO (Understanding Self to Help Others) counselling course was the onset of change for me, as well as the platform for processing decades worth of trauma and self-trauma. It emancipated me from my old-self and stimulated growth into new areas of my life which were under-developed, or just plain stagnant. In short, "I found me". Do it for yourself and in time you will indirectly, and directly inspire and help others who surround you.

Participants learn about trauma support, relationship counselling, communication skills, crisis intervention, and more. The program includes supervised practical sessions, group work, and regular feedback, ensuring volunteers are confident and competent by the time they begin their service.

Graduates of the course not only gain invaluable skills but also join a community of dedicated volunteers who are changing lives every day. Whether you're looking to give back, explore a new path, or grow personally, this course is a stepping stone to meaningful impact.

One of our volunteer counsellors says: *We give our clients this safe place (counselling room), we peel back the layers to their gold centre and we are witness to their struggles ... past and in recent years. It is a privilege to walk a little way with our clients ... we walk them to a place of healing.* ♥

For more information or to apply, contact FAMSA at trainingknysna@famsa.org.za or visit our website: <https://famsaknysna-plett.org.za/>. Karin du Plessis Director

Jana, professional, certified Massage Therapist

Come spoil yourself



WINTER WARMER

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PLETT STANDS AGAINST GENDER- BASED VIOLENCE

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IN THIS TOWN WE BELIEVE:

- No one should live in fear
- Consent is non-negotiable
- Survivors deserve to be heard and believed



WE STAND WITH VICTIMS



WE STAND FOR JUSTICE



WE STAND FOR CHANGE

Let's build a safer Plettenberg Bay — starting here.

#EndGBV #BelieveSurvivors #BreakTheSilence #Plett