



METRO DISTRICT HEALTH SERVICES: OCCUPATIONAL THERAPY DEPARTMENT

- Please send patients with referral letter to the relevant CHC. Tell Patients to go direct to the OT/Physio Dept., not Reception
 - Bookings can also be made by phone at OT or PT or Reception- PLEASE USE LANDLINE AS FIRST OPTION.
 - Cellphones cannot always be answered when busy with clients. Never give cell number to client.
 - For further detail regarding referrals please see referral pathway

SUB-STRUCTURE:	CATCHMENT AREA	FACILITY & CONTACT DETAILS	Where to find OT and when	OCCUPATIONAL THERAPIST	OT CONTACT DETAILS
Southern / Western	Sea Point Bo-Kaap Cape Town CBD	Green Point CHC: 021-4210288	Room 11: Mondays	Tahirah Timol (Comm serve OT)	Email: Tahirah.Timol@westerncape.gov.za timoltaahirah@gmail.com
	Rondebosch Salt River Maitland Observatory Woodstock	District 6: 021-4609180	Physio gym room: Tuesdays		
	Atlantis (Avondale, Saxon sea, Robinvale, Protea Park, Witsand, Sherwood Park, Extension 12 and 13) Mamré Pella Kanonkop Phillidelphia Darling	Wesfleur Hospital: 021-5718040 ext. 8095	OT room: Wed-Friday		
	Capricorn Dieprivier Grassy Park Heathfield Muizenberg Lakeside Plumstead Retreat Seawinds	Retreat CHC: 021-7139800 (switch board) 021-7139814 (OT ext.)	OT room: Mon, Tues, Wed, Fri In the building across the parking lot from CHC Main Reception; same building as Physiotherapy		Cell: 0724215763 E-mail: Widaad.sulaiman-ryklief@westerncape.gov.za

Steenberg Westlake Wynberg				
Hout Bay Harbour Heights Hangberg Imizamo Yethu Mandela Park	Hout Bay CHC: 021-7901050 <i>Please phone Main Reception to book appointment</i>	In main building: one/two Thursdays of the month		
Capri Village Fish Hoek Kommetjie Masiphumelele Ocean View Redhill Scarborough	Ocean View:021-4005474 <i>Please phone Main Reception to book appointment</i>	In main building: one/two Thursdays of the month		
Epping industry Bonteheuwel Langa Kalksteenfontein Netreg	Vanguard CHC: 021-6958235	Room 1: Everyday besides outreach days	Sonya Green	Cell: 0832346819 Email: Sonya.Green@westerncape.gov.za
Kensington Factreton Pinelands Thorton	Kensington CHC: 021-5931152	Room 7: 2 nd Tues		
Maitland Garden Village	Maitland CHC: 021-5106473	White Container next to the clinic: 4th Wed		
Du Noon Milnerton Tableview Parklands Marconi Beam Blouberg Sunningdale Joe Slovo Woodbridge	Du Noon CHC: 021-2004500 ext. 4588	Rehab Department : Mon-Fri Community Outreach: Tues	Anél Potgieter	Cell: 0781139066 Email: Anel.Potgieter@westerncape.gov.za anel.potties@gmail.com

	Brooklyn Summer Greens Sanddrift Wolwerivier Melkbosstrand				
Klipfontein / Mitchell's Plain	Bayview Beacon Valley Colorado Eagle Park Eastridge Flamingo Heinz Park Lentegeur London Village Lost City New Tafelsig New Woodlands Portlands Rocklands Rondevlei San Remo Strandfontein Strandfontein Village Tafelsig The Farm Wavecrest Westgate Woodlands	Mitchell's Plain CHC: 021-3925161/2/3/0/4 ext. 273/225	Rehab Department: (Tues-Fri) Mon, Wed-Friday	Tasneem Safiedien	Email: Tasneem.Safiedien@westerncape.gov.za *Please no cellphone calls or messages* Cell: 0833952635 Email: marelizenel.9118@gmail.com
	Cosovo Marcus Gavy Phase 6 Phillipi Samora Machel Siyahlala Siyanyanzela Village 2 Village 3 Village 4 Vlei	Browns Farm:	Thursday after 11h00		

	Hanover Park Newfields Heideveldt Bonteheuwel Philipi East Manenberg	Hanover Park CHC: 021-6921240/1/2/3	OT room: Wednesdays	Insaaf Mohammed	Email: Insaaf.Mohammed@westerncape.gov.za *Please no cellphone calls or messages*
	Gugulethu Philipi	Gugulethu CHC: 021-6371280	Physiotherapy Room: Thursdays		
	Kewtown Bridgetown Rylands Estate Silver Town Belgravia Estate Lansdowne Hatton Estate Hazendal Crawford Athlone area Gleemore Sunny side Alice Dale	Dr Abdurahman: 021-6379071	Physiotherapy Room: Mondays		
	Mitchell's Plain Phillips Samora Machel Cross Roads	Klipfontein / Mitchell's Plain Substructure: 021-3705000 ext. 5019	OT based at Substructure and involved with RCW's. All referrals need to be sent via Mitchells Plain CHC	Ruwayda Hull	Email: Ruwayda.Hull@westerncape.gov.za *Please no cellphone calls or messages*
Khayelitsha / Eastern	Site B (subsections A-Z)	Khayelitsha Site B CHC: 021-3605200 Direct line: 021-3605271	Room 28: Mon, Wed and Fri Community Based: Tue and Thurs	Bronwyn Sadler	Cell: 0781192711 Email: Bronwyn.Sadler@westerncape.gov.za

Ilitha Park Harare Kuyasa Enkanini Makhaza Makhaya Town 2	Michael Mapongwana CHC: 021-3613353	Room 35B- Mon, Wed and Fri Community Based: Tue and Thurs <i>** Patients residing in Town Two, Makhaza, Makhaya, and patients attending Matthew Goniwe Clinic should be referred to Michael Mapongwana</i>	Kirsten De Reuck (Comm Serve OT) Mandisa Mafuya (OTT)	Email: Kirsten.DeReuck@westerncape.gov.za Cell: 0760381002 (Mandisa) Email: mandisamafuya123@gmail.com
Site C Bongweni Ikwezi Park Tembani Blue Downs Taiwan Driftsands Site B (if patient prefers Site C) Mfuleni (if patient prefers Site C) Delft (if patient prefers Site C)	Nolungile CHC (Site C): 021-4446567 (switchboard) 021-4444030 (direct line)	Room 87- Mon, Wed and Fri Community Based: Tue and Thurs	Tarryn Jonas	Cell: 0730382086 Email: Tarryn.Jonas@westerncape.gov.za
Macassar Marvin Park Firgrove Faure Raithby Sandvlei Kramat Macassar Village	Macassar: 021-8572330 ext. 119 Fax: 0218572251/0865703483	Report to reception: Tues, Wed, Fri	Laura-Lee Pillay	Email: lauraleepillay21@gmail.com *Please no cellphone calls or messages*
Gustrouw Rustof Strand Gordon's Bay Secor Park Casablanca Broadlands Village Broadlands Park	Gustrouw (Rustof) CDC: 021-8458384	Physio room: Mondays	Alett-Marie Burger	Cell: 0720161929 Email: Alett-Marie.Burger@westerncape.gov.za
Nomzamo Asanda Lwandle Somerset West	Nomzamo CDC: 0741998834/0741673561	Club Room: Tue-Fri		

	Blue Downs Black Heath Wimbledon Estate Hagley Eerste River Kuilsriver Sarepta	Kleinvlei CDC: 021-9044410	OT department: Mon & Wed	Celice Groenewald	Cell: 0769724898 Email: Hendrina.Groenewald@westerncape.gov.za
	Mfuleni Wesbank	Mfuleni CDC: 021-9093138	Clubroom: Thursdays		
	All patients from Kleinvlei and Mfuleni catchment areas	Eerste River Hospital: 021-9028000	Physio Department: Every 2 nd Tues Community: Every alternative Tues Home visits on Fri		
Northern / Tygerberg	Whole of Kraaifontein (Scotsville, Brighton, Bonnie Brae, Bonnie Brook, Zoo Park, Windsor Park, Zonnendal, Peerless Park, Klein Begin, Eikendal, Belmont Park) Wallacedene Bloekombos Joostenberg vlakte Bottelary farms Klapmuts Brackenfell (incl. Brackenfell Central and Protea Heights) Scottsdene (if patient has folder at Kraaifontein CHC)	Kraaifontein CHC: 021-9870080 Fax: 0219882115	Container: Mon, Tues, Thurs, Friday and Wednesday Afternoon	Mariechen Breytenbach	Cell: 0828412837 Email: Mariechen.Viljoen@westerncape.gov.za
	Scottsdene Northpine Bernadino Heights	Scottsdene: 021-4448133	Please note: Scottsdene has an OT service on Wednesday morning only. Every 3 rd week.		
	Roosendal De Hogue Voorburg Suburban Endhoven	Delft CHC: 021-9542237/5 Fax: 0219542455	Rehab Department : Everyday		

Sarepta Greenlands Mimosa Bellville South Glenhaven	Kasselsvlei CHC: 021-9512326 Fax: 021-9512998	Every Alternate Tuesday	Lucielle du Toit	Cell: 0731306252 (Lucielle) Email: dutoit.lucielle@gmail.com
Matroosfontein Clarke Estate Eureka Salberau Leonsdale Balvenie Parow Parow Valley Thornton Epping Forest The Range	Elsies River CHC: 021-9310211/2/4 ext. 123 Fax: 0219318359/6030	Room 8: Daily	Graham Clark Anci Francis (OTT)	Cell: 0822160335 (Graham) Email: Graham.Clark@westerncape.gov.za Cell: 0825302044 (Anci) Email: Anci.Francis@westerncape.gov.za
Uitsig Cravenby	Ravensmead CDC: 021-9282960 Fax: 0219282969	Thursdays		
Epping Ruyterwacht Vasco	Ruyterwacht CDC: 021-5344361	Once a month on a Friday		
Blikkiesdorp N2 Gate Way Suburban (opposite Blikkiesdorp) Belhar	Symphony Way CDC: 021-2049400 ext. 454	Rehabilitation Corridor (orange corridor) last office on the left: Mon-Fri	Rizqa Armien	Email: Rizqa.armien@gmail.com Email: rizqa.armien@westerncape.gov.za *Please no cellphone calls or messages*
Bishop Lavis Valhalla Park	Bishop Lavis CHC: 021-9346315	Rehabilitation Centre	Maatje Kloppers	
Edgemead Monta Vista Bothasig Plattekloof Welgelegen	Bothasig CDC: 021-5585010	Club room or nurses office: Mondays and Tuesdays	Mellisa Francke	Cell: 0844511433 Email: Mellisa.Francke@westerncape.gov.za

	Panorama Kleinbosch Richwood Parow North				wildschuttmellisa@gmail.com
	Goodwood	Goodwood CDC: 0214447283	Twice a month on a Thursday		
	Morningstar Fisantekraal Klipheuwel Durbanville Farms Whole of Durbanville	Durbanville CDC: 021-4447421	Once a month on a Wednesday		
Outreach from Heiderberg Hospital		Ikweni: 021-8244400 Sir Lowry's Pass: 021-8581493 Gordans Bay: 021-8568021	Mondays Tuesday Wednesday	Umamah Allie	Facility: 0218504716