

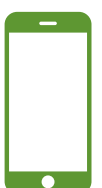
CityViews

Autumn 2023

Brought to you by the Cape Town Central City Improvement District (CCID)

YOUR FREE CAPE TOWN CENTRAL CITY NEWSPAPER

A NEWBIE'S GUIDE TO TOWN



**CCID 24-HOUR
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NUMBER**
082 415 7127

www.capetownccid.org

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SAFE, CLEAN, CARING AND OPEN FOR BUSINESS



LETTER FROM THE CEO

All indicators are pointing to a recovery of the CBD's economy, and we need to work together to support this by providing a clean, risk-free, and hospitable urban environment.

Town is brimming with events, the tourism industry is almost back on track, workers are returning to the office in droves, new retail stores are opening, and cranes abound as construction projects run full-steam ahead.

To support this renaissance, we all need to pull together to keep our CBD clean. Tackling unwanted litter and illegal dumping has become a priority for the CCID and the City of Cape Town as it contributes towards creating a successful and welcoming downtown for locals, visitors and investors.

That is why, in addition to our highly successful cleaning initiatives, we will complement the excellent efforts of our Urban Management department by rolling out an anti-litter educational campaign in a bid to encourage people not to trash our town and become responsible citizens who dispose of waste correctly and report illegal dumping.

Look out for our campaign on social media, on our LED screens and in various parts of town where we'll be doing public space activations. Most importantly, be part of the solution as a clean CBD is created by the conscientious people who live, work, do business, and have fun here.

As usual, in this issue we focus on intrepid inner-city entrepreneurs who are pushing the envelope with innovative projects such as the redevelopment of the Heritage Square precinct (pp. 4-5), where really exciting things are happening, and the cool business plan behind Cool Bananas (p. 6).

TASSO EVANGELINOS
CEO of the CCID

ATM FRAUD – DON'T BECOME A VICTIM

ATM fraud is rife in Cape Town – including in the CBD – and the perpetrators are slick, sophisticated scammers.

To educate the public, the CCID has ramped up its communication on this opportunistic crime so that local and international visitors don't become victims.

The wily scammers who target business and leisure tourists are usually dressed in black suits or security gear so that they look legitimate.

Their most common *modus operandi* is to convince pedestrians that they need a "permit" to walk in the street, and that these "permits" are issued by ATMs or vending machines inside fast-food outlets.

Don't be fooled. It's a scam. You don't need a permit to walk anywhere in the Cape Town CBD. In the past, scammers have told tourists they need a Covid permit, or a permit to walk in an area where a film shoot is taking place, or if an important person is in town.

CCID Safety & Security has an ongoing educational campaign to alert the public to these scams. Thousands of flyers with safety tips have been handed out in the CBD in recent months and the campaign is ongoing.

Remember:

- ATMs or vending machines do NOT issue permits
- You do NOT need a permit to walk in the CBD
- Do not hand over your bank card to a stranger
- Do not disclose your PIN to anyone
- Do not use an ATM in a quiet area



Numbers THE CCID AT WORK FROM NOVEMBER 2022 TO JANUARY 2023

SAFETY & SECURITY

19 Made **19** arrests with City Law Enforcement



Rendered public assistance **19** times



Conducted **156** joint crime-prevention initiatives and issued **679** warnings

120 Conducted 120 awareness campaigns

Responded to **1** alarm activation

Dealt with **25** illegal trading offences

85 Responded to **85** medical & rescue call-outs

Assisted with **138** motor vehicle accidents



Traffic wardens issued **4 908** fines to a total of **R3 008 000**

City Law Enforcement issued **1 635** fines for non-moving traffic infringements to the value of

R3 115 600

& **254** fines for bylaw violations to a total of

R209 500

COMMUNICATIONS

80 Generated **80** media clips to an advertising value equivalent (AVE) of **R3 135 698** reaching an audience of **70 942 941**



f Wrote **372** Facebook posts on the CCID's **3** Facebook pages

Produced **3** e-Newsletters which each reached **5 424** subscribers

Boosted **1** Facebook post which reached **29 200** people



Wrote, produced and distributed the Summer 2022/23 edition of **City Views**

Distributed **7 000** CCID ciggie pouches to help curb cigarette-butt litter in the CBD and **16 500** pamphlets with safety tips

Conducted a **First Thursdays** survey

URBAN MANAGEMENT

2 282 Serviced **2 282** bins in the CCID/Khulisa Streetscapes' Long and Loop Sts Bin Project

Removed **326.587 kg** of litter and illegally dumped waste to landfill



Cleared **11.366 kg** of waste from municipal and storm water drains

Removed **392** incidents of graffiti

Maintained **383** tree wells and removed a total of **451.5 kg** of debris

Cleaned **297** channels and removed **462 kg** of waste

Cleaned municipal drains **2 714** times & cleaned **672** storm water drains



264 Undertook **264** road maintenance repairs

Repaired **186** potholes

Removed **102** illegal posters

Painted **63** road markings

Watered **54** trees in the CBD fortnightly



Replaced **25** drain covers

Removed a total of **243** strings & stickers

Removed **519.75 kg** of cigarette butts from **307** ciggie bins

Used a total of **62 207** bags to remove waste

Inspected **680** rodent boxes in the CBD monthly



SOCIAL DEVELOPMENT

17 Placed **17** adults in shelters in the CBD



Interacted with **168** homeless people

Assisted **7** adults to get back home

Referred **32** people to NGOs for general services

3 Conducted **3** interventions with children



Assisted **1** adult to a healthcare facility



Referred **8** clients to TB HIV Care and Straatwerk

Provided **12** clients with counselling support, employment assistance and skills training assistance



Assisted **1** client with an ID application

Received donations from Mount Nelson, A Belmond Hotel, Hotel Sky, The Square at 50 Buitenkant St, Jack Lemkus and MGI Bass Gordon



CityViews

is a free Cape Town Central City community newspaper published by the Cape Town Central City Improvement District (CCID), a non-profit company. It is the CCID's vision to ensure that the Central City is safe, clean, caring and open for business for all who use it, whether they live, work or play here, or are passing through.

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For more Central City news, sign up to receive our monthly newsletter.

The link appears at the bottom of our website homepage. Go to www.capetownccid.org



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CityViewsCapeTown



CapeTownCCID

CITY VIEWS SUPPORTS SHOW YOU CARE



ShowYouCareCT

OPEN FOR BUSINESS

The CCID welcomes these new businesses to town.



Q&A WITH CHRISTOPHE DURAND CO-OWNER OF SILK ASIAN FUSION

Tell us more about Silk Asian Fusion?
Silk Asian Fusion is a joint venture between me and my business partner, Faisal Khakoo. We also own Bouchon Bistro in town, which is a French-inspired restaurant that we opened seven years ago. Encouraged by its success, we combined our expertise once more to launch Silk Asian Fusion at Heritage Square, a beautiful venue.

We love the name! Tell us more.
The restaurant's name is inspired by the ancient Silk Route. We offer cuisine that brings together a meeting of East and West, incorporating the flavours and cuisine of Japan, South Korea, China, Vietnam, Thailand, and India. When you complement this with fine wines, cocktails, and liquors, you have the makings of good times, celebrated with great food.

What is unique or unusual about the menu?
We serve Asian fusion tapas and the menu is based on a fresh-food concept and changes frequently. We also pride ourselves on great value for money. Our executive chef, Nicholas Blazic, understands our vision and makes it a reality on a plate (read more on p. 5).
108 Shortmarket St
www.silkrestaurant.co.za

For more Central City news and views, subscribe to the CCID's e-Newsletter. Go to **www.capetownccid.org** and enter your email address at the bottom of the homepage.



SHOP Lufi-D

Fashion brand Lufi-D by self-taught fashion designer Fortunate Nkateko Khoza caters for both men and women and specialises in garments made with colourful African prints.
16 Bree St
0843032990
@ lufi_d_

FACE IT

This concept store is a collaboration between FACE IT make-up and beauty studio and German professional make-up brand, KRYOLAN. It offers beauty services and treatments for all occasions and beauty products including the KRYOLAN range.
7 Bree St
064 935 6453
www.faceitmakeup.co.za



EAT Amber on Bree

The colour amber has a positive vibe and an air of sophistication about it. That's exactly what Amber on Bree encompasses, with its relaxed lounge feel, cool entertainment offering and tempting seasonal menu. Open from morning until late.
16 Bree St
087 470 0816
www.amber-restaurants.co.za

USEFUL CONTACTS

EMERGENCY

CCID 24-HOUR EMERGENCY
(Available via cell phone or WhatsApp)
082 415 7127
(Cape Town CBD only)

AMBULANCE, HEALTH, NOISE & FIRE
107 / 021 480 7700
(24 hours)
107 from landlines only

SAPS CENTRAL CITY
021 467 8001/2
(24 hours)

CITY OF CAPE TOWN SERVICES

INCIDENT REPORTING & ENQUIRIES
Refuse collection, water issues, street lights and electricity faults
0860 103 089

Traffic signal faults
0860 001 948

Prepaid electricity meters
0800 220 440

Cable theft
0800 222 771

Disaster Risk Management
080 911 4357
021 597 6000 (24 hours)

SOCIAL CONCERNS
Alcohol & Drug Helpline
0800 435 748

City of Cape Town Social Development: Children
0800 220 250

Adults
0800 872 201

CCID Social Development
082 563 4289

BYLAW & TRAFFIC INFRINGEMENTS
Law Enforcement
021 596 1999 (24 hours)

Traffic Police
0860 765 423

Metro Police
0860 765 423

DON'T TRASH OUR TOWN!

They're up to the task of keeping a windy, busy downtown clean, regardless of the countless challenges. The CCID's Urban Management department's cleaning teams sweep (up litter), scrub (down graffiti tags), pick (up cigarette-butt litter) and more.

There are several clean-up initiatives and strategies in place, including the deployment of 37 daytime and 16 night-time sweepers via J&M Cleaning Services. They are aided and abetted by the so-called Broom Brigade, which tackles litter in highly pedestrianised areas such as St Georges Mall and the Golden Acre block. To curb cigarette-butt litter and graffiti tags, a whopping 305 cigarette-butt bins are strategically placed in the CBD and there's a dedicated Graffiti Squad.

However, littering and illegal dumping remains a huge problem. In the past financial year from 1 July 2021 to

30 June 2022, the CCID removed 1 225 tonnes of litter and illegally dumped waste from town to landfill, using an astonishing 184 330 bags. Teams also re-bagged 652 overflowing black wheelie-bin bags and removed 682.5 kg of cigarette-butt litter.

In a bid to encourage the public and business owners to dispose of litter responsibly, the CCID is rolling out an anti-litter campaign.

Says Kally Benito: "While the Cape Town CBD is still South Africa's cleanest inner city, we have a problem in town with illegal dumping, cigarette-butt litter and waste that spills out of torn litter bags."

The campaign is running on social media and the CCID's LED screens in town, and there will also be activations in public spaces. Please heed the message not to litter our landscape and report illegal dumpers.



IT'S ALL HAPPENING AT HERITAGE SQUARE



The Cape Town inner city has a new buzz of creative activity. It's especially concentrated in a recently revitalised Shortmarket Street extension of the Heritage Square precinct.

By Kim Maxwell

IN THE LAST TWO YEARS, Heritage Square has come into its own as a hub of creative entrepreneurship in town. The latest redevelopment of the building (which houses the Cape Heritage Hotel) includes a new Asian fusion eatery, a mind-blowing interior design outlet and a business hub. Step inside.

ALWAYS WELCOME

It's the first CBD showcase of locally made furniture and homeware collections, in a new Cape Town partnership between local design collective Always Welcome and inner-city developers, Habitus.

The Always Welcome Heritage House space occupies two floors in a corner that extends the Heritage Square precinct, where Buitengracht crosses Shortmarket streets. "We are a collective of established and emerging southern African design brands with a mission to present a growing African design movement to local and international consumers," says new CEO Stephen Wilson. The Always Welcome mix of about 40 furniture, lighting and homeware options is curated for a customer to "feel like they're stepping into the home of a good friend".

Think high-end local design presented in a one-stop shop. "By presenting a range of designers from different backgrounds in a single space, we are inviting the public to make local design their own. Our vibrant design scene bubbles with creativity and expression, which gives everyone the opportunity to define their own style, combining a mix of statement pieces with more traditional looks," explains Wilson.

A wooden dining table on the first floor, with mismatched chairs from a variety of designers, is a similar example. Manager Camila Gillman says Always Welcome is the only comprehensive Cape Town retail outlet for furnituremakers Dokter and Misses, Houtlander, and others. The store also stocks pieces from designers located elsewhere. On level one, admire cream



ABOVE: Inner-city gem Heritage Square has expanded to include restaurant Silk Asian Fusion, Always Welcome and Habitus on Heritage Square.



“By presenting a wide range of designers from different backgrounds in a single space, we are inviting the public to make local design their own.”
– Stephen Wilson, CEO of Always Welcome



ABOVE, LEFT AND RIGHT: Always Welcome’s showrooms present homeware and décor options for the discerning buyer.

and charcoal sconce wall lights by Kalki Ceramics in Durban. Or ‘The Pronk’, a bold, wooden bedside table from Deft Studios in Gqeberha. Homeware accessories include a metallic pink “Sarah Silverma’am” lamp from Joe Paine Studio, quirky Pac-Man lamps from Mash.T Design Studio, and carved aluminium vases and trays from NØDE.

Always Welcome is nothing if not ambitious in growing retail platforms for southern African designers and manufacturers. Having established outlets in Johannesburg and Cape Town, it is set to soon launch international stores in Windhoek and Hamburg. What’s more, the company offers shipping to Europe for international visitors to its local stores.

Always Welcome Heritage House,
108 Shortmarket St
[alwayswelcome.store](https://www.alwayswelcome.store)

URBAN HABITS

When three business acquaintances bumped into each other on quiet Central City streets post-Covid, they were drawn together by a “strong connection” to town. Their eventual business collaboration was about a mission to return the inner city to its thriving, bustling, retail, eating and drinking glory.

Brand consultant Brad Armitage had been involved in Bree and Kloof Street businesses; former Wesgro CEO Tim Harris had connections in driving local investment. And Cape Heritage Hotel director Victoria Engelhorn was also overseeing the Heritage Square retail and food node.

They created Habitus, a development company focused on the restoration and curatorship of an inner-city heritage property portfolio. The trio wanted to rekindle small and micro-business interest, and to lure back independent brands.

NEW EXPERIENCES

“You’ve got Table Mountain and the V&A Waterfront, but vacant CBD shops and streets were quite worrying for us. There is a finite amount of space locked between the harbour and the mountain, and it presented an opportunity. We’ve learnt that when you take a risk and introduce a new experience or service to a person, with a cityscape as a backdrop, you’re trying to change their habits,” explains Armitage.

Noting how Bree Street had evolved into the city’s culinary restaurant and bar strip, but how it lacked retail options, they realised that independent businesses thrive when surrounded by likeminded brands. The Habitus team saw a gap and – for instance – approached small jewellery manufacturers who had previously moved out. Identifying opportunities in the city to curate. “It’s nice that a Long Street experience is different from a Bree or Loop Street experience,” says Armitage.

MAINTAINING OUR HERITAGE

Habitus is looking to create a balance of established and new micro-businesses, and eventually to start a local design walking tour of galleries, art and jewellery. “We’re geographically focused on a few city streets now, but that may change,” he says.

“We’d hate to see a bulk development coming in, so our vision is to maintain a lot of these magnificent heritage buildings. And although you can have a heritage lens and a social lens, a commercial lens needs to be applied, too.

“We’re trying to create a sense of place. There are a couple of thousands of new apartments coming into town within the next year. Where those people will eat, drink, do their laundry, go to gym or buy their bread and milk, is relevant.”

FOUR FACTS ABOUT SILK ASIAN FUSION EATERY

- 1 Food fun:** “It’s about having fun with good food and cocktails,” says Faisal Khakoo. “We keep it casual; we aren’t trying to be authentic Japanese, Cantonese, Indian or Thai.” Find Asian fusion tapas in this December 2022 partnership between Christophe Durand and Khakoo of Bouchon, a French-Spanish bistro also in Heritage Square.
- 2 Fusion cocktails are big:** About 30 % of regulars order cocktails on a busy night. Popular options include Monsoon Fizz, Fire Dragon, Geisha Martini and the Silk Sling.
- 3 Finger food for sharing:** Poached octopus in flour dumpling batter is cooked into dome-shaped moulds of Japanese Takoyaki. Served with salty-sweet, dark tonkatsu sauce, Kewpie mayo and pickled ginger with daikon. Or Peking duck croquettes combine roasted Peking duck, marinated in hoisin, mirin, ginger, garlic and spring onion, all crisped in panko crumbs. These beer-friendly croquettes arrive with Ponzu sauce.
- 4 Flippin tender:** Executive chef Nic Blazic makes a mean fire-grilled sirloin, marinated in olive oil, rosemary and thyme. It’s grilled over a Japanese hibachi and sliced crosswise, for dunking in shitake cream sauce.
- Silk Asian Fusion, 108 Shortmarket St**
[silkrestaurant.co.za](https://www.silkrestaurant.co.za)



ABOVE: The sublime interior of Silk Asian Fusion restaurant at Heritage Square.

COOL BANANAS!

Cool Bananas is slang for “awesome”. And that just about sums up the slew of great little eponymous eateries in town that deliver fresh, healthy, on-point meals at a very cool price point. Meet the team behind the success story.



CLOCKWISE FROM LEFT: Modester Ruzive at Cool Bananas Foreshore Place; OJ All Day Raw Juice; and owners Malcolm Royston and Boris Kozhanow.

If the Cool Bananas brand was a person, they'd be quirky, fun-loving, off-beat and personable. So it's no surprise to find that the brains behind the business are a little like that.

Cape Town-born entrepreneur Malcolm Royston and his wife, Jennie, founded the business 18 years ago. While the initial idea was to supply restaurants, cafés and guest houses with fresh produce, this changed when people kept entering the venue wanting to buy the fresh produce because it looked appealing and was affordable.

The venue then started serving products over the counter, which led to the first Cool Bananas kiosk in St Georges Mall in 2017. In 2020, Lithuanian-born entrepreneur Boris Kozhanow came on board to help grow the business.

EXPECT THE UNEXPECTED

So, what's the business philosophy these days? “Expect the unexpected, find us if you can and try us if you dare,” explains Kozhanow. “If you look at the locations of our shops in the city centre, you'll find them in unexpected areas where other entrepreneurs wouldn't think to do business or where they'd think a business wouldn't work. We are happy to push those boundaries.”



BEST SELLERS

- 1 Chip roll with a toasted panini, chips, mozzarella cheese, salsa and secret coriander mayo.
- 2 PB & J smoothie with peanut butter, banana, ice and full cream milk.
- 3 Chicken stir-fry with chicken, noodles, carrots, onion, bell peppers and soy sauce.
- 4 “Chicken Little” wrap with chicken, tomatoes, lettuce, salt, pepper and mayo.

This is the philosophy behind the primate brand identity and the Cool Bananas gorilla, nicknamed Kong. Royston says Cool Bananas is a disruptive business and he likens their ethos to that of primates, which are resilient and family-oriented. “Baboons don't forage for food with other animals, and they look like they are playing when they're working. We follow the same philosophy and we are very serious,” he says.

WORKING AT COOL BANANAS

“I love working here and meeting new people, it's a fun environment with music as well. I have been given an opportunity and am positively adding to the business and growing with it.”

– Modester Ruzive, Cool Bananas Foreshore Place.

VISION AND MISSION

Known as Cool Bananas The Vegologist, the company no longer supplies fresh produce to clients. It is focussing on its retail outlets, including those in the CBD, which sell fruit and freshly made food and drinks such as fresh smoothies, raw juices, sandwiches, burgers, wraps, salads, and a selection of baked goods.

And have we mentioned the coffee? There's great coffee to be had at ridiculous prices.

Currently, six Cool Bananas outlets are peppered throughout the Central City. Here you'll be hard-pressed to find anything over R50. Making healthy food accessible is a fundamental aspect of the business.

Uncomplicated food with a minimum number of ingredients and no preservatives is the name of the game. Costs are kept down by sourcing products directly from farms and suppliers. The idea is to also support local growers and empower employees with a range of skills including barista training.

The vision is to have 14 to 18 stores in town, which has the attraction of having a large number of residents, workers and visitors – as well as an untapped student market.

PEOPLE BEFORE PROFIT

“It's about people before profit,” says Kozhanow. “We are not going to charge you R35 for a chip roll today and R40 a couple of days later just because the price of potatoes has shifted. That is not how we work,” he says.

Royston says they are a side-street type of vendor that “caters to the working guy” who is part of an underserved market. “Our customer ranges from an office worker to the homeless person who comes in to buy a smoothie with the money they've collected standing at the traffic light.”

Cool bananas, for sure.

GOOD TO KNOW

- Find Cool Bananas at:
 1. Foreshore Place (Absa Building)
 2. Spin St (opposite Truworths)
 3. Strand St (at the entrance to The Felix)
 4. Waterkant St (opposite Hemelhuys)
 5. The original St Georges Mall kiosk near Strand St
 6. Cnr of Shortmarket & Adderley Sts
- Each store employs two to three people.
- Produce is delivered every morning from the Maitland branch.
- Peak hours: 12h30 – 14h00.
- Opening hours: 07h00 onwards (closing times vary).
- Single fresh fruit is for sale.

Newbie guide to the CBD

New in town?
Here’s our
must-know
guide to the
Cape Town
CBD.



WORK

Digital nomads have come to the right place. Town is a co-working haven with several spacious, well-equipped and contemporary spaces. Top picks include the **Neighbourgood Bree St Workspace** (129 Bree St), **Cube Workspace** (24 Hans Strijdom Ave) and **Roamwork** (50 Harrington St), a dog-friendly space that doesn't get load shedding. Go figure! Then there's **The Box Office** (9 Lower Burg St) on the 30th floor of The Box, a bold, creative and engaging space for office workers. What's more, the view is next-level.



GET FIT

Get on a health and wellness journey or take it up a notch at various Central City gyms, including **Virgin Active Foreshore** (17 Rua Bartholomeu Dias Plain), **BODYTEC South Africa** (42a Hans Strijdom Ave), **Ignite Fitness SA** (122 St Georges Mall) and **Sting's Boxing Gym** (58 Strand St). For outdoor exercise, take a stroll in the inner city's green lung, the Company's Garden, or try out the garden's six-piece public outdoor gym or the larger one on Pier Place. There are also other health options, such as joining cycling community **Fixie Fit SA** on Wednesdays for a leisurely ride through the CBD and surrounds. The meeting place is **Rook Cycles** in Bree St at 17h45 and the ride starts at 18h00. Everyone is welcome to explore the city by bike. Finally, **The Balance Group** (12 Loop St) offers physiotherapists, a chiropractor, a biokineticist, personal trainers, yoga teachers and massage therapists all under one roof.



ABOVE: Totalsports Women's Race participants.



ABOVE: Cape Town City Ballet will stage the classical ballet Swan Lake at the Artscape Theatre Centre in July.

ACT UP

Cultural mavens have countless spaces to find inspiration in town, where there are 29 art galleries and 24 artistic studios. Top galleries to visit include **99 Loop Gallery** (99 Loop St), **WORLDART** (54 Church St) and the **Association For Visual Arts Gallery**, which has been based at 35 Church St for over 50 years.

The CBD is also home to the national treasure that is the **Iziko South African National Gallery** (25 Queen Victoria St), as well as the **Iziko South African Museum** (25 Queen Victoria St), the **Slave Lodge** (cnr Adderley and Wale Sts) and the **Iziko Planetarium & Digital Dome** (25 Queen Victoria St), all stellar cultural establishments.

The **South African Jewish Museum** (88 Hatfield St) is a world-class venue not to be missed. Theatre lovers can enjoy productions at Cape Town's biggest theatre centre, **Artscape Theatre Centre** (DF Malan St) or at the **District Six Homecoming Centre** (Caledon St), a multi-functional venue and vibrant cultural hub.

PRAY

The Central City accommodates various religious groups and faiths. Places of worship include the **Noor El Hamedia Mosque** (138 Long St), **St George's Cathedral** (5 Wale St), **Central Methodist Mission** (151 Longmarket St) and **St Mary's Cathedral** (16 Roeland St).

EAT

Downtown Cape Town has a myriad destination venues ranging from casual eateries to finer establishments. The CCID has a **CBD Eateries Map** featuring 98 top venues to try. It can be downloaded online at www.capetownccid.org (click on "Departments", scroll to "Communications" and the map is under downloads). Alternatively, pick up a copy at the **CCID's offices** (13th floor, One Thibault, cnr Long St & Hans Strijdom Ave) and follow us on social media on our main CCID Facebook page as well as our City Views Facebook page for regular updates on hip-and-happening eateries and cafés.

PLAY

If listening to live music or enjoying DJs spinning the decks is what you are after, visit **Fable** (cnr Bree and Wale Sts), **House of Artezian** (217 Bree St), **VIXI Social House** (49 Bree St) and **The House Of Machines** (84 Shortmarket St). Other great spots for live music are jazz venue **The Blue Room** (103 Bree St), **Harringtons Cocktail Lounge** (61B Harrington St), **Who Knows Bar** (17 Bree St), **Allure Rooftop Lounge** (71 Waterkant St) and **The Station On Bree** (207 Bree St), where the Upper Bree Street Market is headlined by popular performers.



ABOVE: The Station On Bree.

STAY HEALTHY

The Foreshore is the heart of the Central City's medical sector. It has **Netcare Christiaan Barnard Memorial Hospital** (cnr DF Malan St and Rua Bartholomeu Dias Plain), one of the city's top private hospitals, and has the most medical practices in the Central City. There are also several pharmacies, including **Barr's Pharmacy** (14 Long St), **Dis-Chem pharmacies** (St Georges Mall and 12 Rua Vasco Da Gama) and **Clicks pharmacies and clinics** (in the Golden Acre and at 2 Long, 48 Adderley and 58 Strand Sts, and cnr Burg and Church Sts).

WHAT'S ON IN TOWN

Ours is a busy, bustling, vibrant inner city. Here's what's hot-and-happening ...



For more event info,
visit *City Views*
on Facebook at
[www.facebook.com/
CityViewsCapeTown](https://www.facebook.com/CityViewsCapeTown).

NETBALL WORLD CUP

Downtown Cape Town is hosting the first Netball World Cup on African soil in the competition's 60-year history. Catch all the action at the Cape Town International Convention Centre (CTICC 1) as the world's 16 best teams compete to clinch the grand prize and bragging rights.

Where CTICC 1, 1 Lower Long St
When 28 July - 6 August 2023 from 08h00 - 20h00
www.netball.sport



TOTALSPORTS WOMEN'S RACE

Entries for the Totalsports Women's Race are officially open. Don't miss out on this fantastic annual event in which thousands of women (and a sprinkle of men!) in Cape Town, Durban and Joburg, run or walk to commemorate National Women's Day. The fun run, which is always followed by a concert, also supports the PinkDrive, which promotes breast cancer awareness.

Where The Grand Parade, Cape Town CBD
When 9 August at 08h00
www.totalsportswomensrace.co.za

JAZZ AT AMBER ON BREE

Bree Street's new venue hosts jazz sessions on Thursdays by well-known trumpeter, Muneeb Hermans. PS: The Athletic Club & Social in Buitengracht St also has live jazz on Thursday nights from 21h00, while The Blue Room at 103 Bree St has live jazz performances every Tuesday to Saturday from 20h00.

Where Amber on Bree, 16 Bree St
When Every Thursday from 20h00
www.amber-restaurants.co.za

THE JAM AT GORGEOUS GEORGE HOTEL

Play a musical instrument, have a great voice, or just love music? Head to the Gorgeous George (with your instrument) on Tuesdays to jam with other musos or to listen to their sounds. Anyone - from guitarists to singers, pianists and drummers - is welcome to join the session on the deck of Gigi Rooftop or the mirror lounge if the weather isn't ideal.

Where Gorgeous George Hotel, 118 St Georges Mall
When Every Tuesday from 08h00 - 23h00
[@gorgeousgeorgecpt](https://www.instagram.com/gorgeousgeorgecpt)

SOUTH AFRICAN INTERNATIONAL BALLET COMPETITION

A favourite with ballet lovers, the 10th SAIBC hybrid event draws top competitors from all over the world and in various age groups to perform in front of the best judges in the business. In addition to new dance categories, there will also be an exhibition, in the Artscape foyer, honouring dance photographers who have captured the performers since the competition's inception in 2008.

Where Artscape Theatre Centre, DF Malan St
When 23 - 26 July 2023 (various times) and online
www.saibc.com



ENCOUNTERS SOUTH AFRICAN INTERNATIONAL DOCCIE FESTIVAL

Encounters returns to physical venues this year after Covid-19 disruptions. There is a well-curated line-up of local and international films and documentaries. The event, held in various venues including community theatres, is outside the inner city but is significant for Cape Town.

Where Various venues including The Labia Theatre, 68 Orange St
When 22 June - 2 July 2023 (various times)
www.encounters.co.za

WE WILL ROCK YOU

Get ready for a brand-new production of Queen and Ben Elton's acclaimed rock musical, which makes its way to Cape Town in May. The show is a must-see for music lovers and features 24 of Queen's mega-hits, including *We are the Champions* and *Bohemian Rhapsody*.

Where Artscape Theatre Centre, DF Malan St
When 5 May - 4 June 2023 (various times)
www.artscape.co.za



ROOFTOP RETREATS

Reconnect with nature and your body by joining inner-city Roof Retreats. This initiative allows people from all walks of life to gather on the best rooftops in town to enjoy a multi-disciplinary experience of sessions with local and international professionals covering mindful movement practices, martial arts, yoga, dance, breathwork and meditation.

Where Various CBD rooftops
When Every mid-month on Wednesdays
www.360degreeshuman.com

PLANT POWERED SHOW

This showcase is for anyone looking to reduce their footprint on the planet by choosing healthy food options. It has the latest products, demos from international and local celebrity cooks and chefs, and over 200 exhibitors.

Where CTICC 2, 1 Lower Long St
When 26 - 28 May 2023 from 10h00 - 18h00
www.plantpoweredshow.com

DECOREX

Decorex, Africa's premier decor, design and lifestyle show, will feature over 120 exhibitors. Apart from trendsetting décor and industry insights, it will offer curated exhibitions, eateries, bars and product launches. There will also be a programme of open showrooms, workshops, talks and networking events.

Where: CTICC 1, 1 Lower Long St
When: 22 - 25 June 2023 from 10h00 - 18h00
www.decorex.co.za



Hope
For the homeless
Make a donation, give the gift of hope

Remember to help the NGOs that help the homeless and give where it will make a DIFFERENCE.*

YOU CAN GIVE IN ONE OF THE FOLLOWING WAYS:

SNAPSCAN
You can download the free SnapScan app onto your smartphone and SCAN the code (right) to donate the amount of your choice via your phone.



PAYPAL
Use the link below to make a donation via PayPal:
<https://paypal.me/CCIDShowYouCare>.

SMS "GIVE" TO 38088
to donate R10 towards the CCID's NGO partners.

VISIT OUR WEBSITE
for more information on the campaign, our NGO partners and other ways in which you can assist.
www.showyoucare.co.za

* The Cape Town Central City Improvement District works closely with the following NGO partners in the Cape Town CBD:

The Hope Exchange
Vocational training and rehabilitation services for adults

Khulisa Social Solutions
Work-based rehabilitation for the chronic homeless

Straatwerk
Job rehabilitation projects for street people

The Homestead
Residential care and family integration for boys

Ons Plek
Residential care and reunification processes for girls

Youth Solutions Africa
Shelter and skills training programmes for adults