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CCID launches: *Best of Cape Town Central City 2019 guide*

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Know your Central City Improvement District

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Stash it, don't flash it to stay safe this season

CityViews

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YOUR FREE CAPE TOWN CENTRAL CITY NEWSPAPER

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

Summer 2018-19



RE-INTRODUCING THE CAPE TOWN CITY HALL

Cape Town's iconic landmark
gets a makeover



THE FESTIVE SEASON GUIDE

YOUR PULL-OUT-AND-KEEP
SPECIAL SUPPLEMENT



CCID 24-hour
control centre



082 415 7127

www.capetownccid.org

SAFE, CLEAN, CARING AND OPEN FOR BUSINESS



TALK OF THE TOWN

CityViews

IS A FREE CAPE TOWN CENTRAL CITY COMMUNITY NEWSPAPER PUBLISHED BY THE CAPE TOWN CENTRAL CITY IMPROVEMENT DISTRICT (CCID), A NON-PROFIT ORGANISATION. IT IS THE CCID'S VISION TO ENSURE 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.

www.facebook.com/CityViewsCapeTown

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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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WELCOME TO
OUR SPECIAL
FESTIVE
SEASON ISSUE

TASSO EVANGELINOS
CEO OF THE CCID

As the year winds down, our downtown turns into a hive of activity as both locals and tourists alike take time to recharge by exploring the CBD – undoubtedly one of South Africa's best travel destinations.

To maximise the Central City experience, this bumper issue of *City Views*, which includes a special festive season guide, is aimed at highlighting the many options that are available for all to enjoy over the next three months and even beyond. This year is particularly exciting as we have seen several new businesses making the Central City their home – adding more vibrancy and options to enjoy. And, while the East City (Precinct 4) has been the talk of the town with its many new venues this year, our other three precincts are also thriving. Check out page 6 to find out where these are as well as to find more useful information about the CCID itself and what it does for all its CBD stakeholders. On page 3, we cast the spotlight on our award-winning *Best of Cape Town Central City* guide produced in collaboration with New Media Publishing. The guide was recognised at an event held in San Antonio, Texas in the USA.

This issue also contains our annual four-page special festive guide supplement in which we've done our utmost to bring you a taste of the range of offerings across all four precincts – and in which you'll hopefully find something for everybody. Since the Central City is a playground for both young and old, on page 5 we've also compiled a selection of fun stuff for kids to do in the Central City as well. One of the things that makes the Central City such a special place to

visit is that it is also jam packed with memorable landmarks, which is why we're also very excited about the restoration of our City Hall and its reopening to the public. On page 4, we cast the spotlight on this Central City gem and reveal some lesser known facts about it.

Equally important to us is ensuring that the Central City remains a safe environment for both the people who use it every day as well as visitors from near and far, and this is especially crucial during our busy festive season when so many more people come to town to enjoy the holiday offerings. To this end, our CCID Safety & Security department will be bolstering our usual 24/7 deployment with additional public safety officers throughout the festive period. This is also when we run our annual "Stash it, don't flash it" public awareness campaign. See page 7 for more details on this and also to discover useful tips to help you enjoy your time in the Central City safely.

Remember, at the CCID – even though it's the festive season with many people taking leave – it's still business as usual for us. We are here for you and all our teams will be hard at work throughout the next few months as we continue to strive for a Central City that is safe, clean, caring and open for business. On behalf of the CCID team, I wish you a peaceful and safe festive season.

CCID SAFETY & SECURITY ON WHATSAPP

Members of the public who wish to report safety issues in the Central City can now contact the Cape Town Central City Improvement District's (CCID) Safety & Security department through WhatsApp.

Says Muneeb "Mo" Hendricks, manager of CCID Safety & Security: "We have now officially activated WhatsApp Web in our 24-hour control centre which means members of



the public can now also contact us via WhatsApp, using our usual emergency number **082 415 7127**.

"At present, our trained control room team has a dedicated screen as well as high-speed internet and our members are able to respond quickly to messages sent to them. Upon receiving messages, they either ask questions to gain more clarity on the issue or immediately despatch a response team if the message contains all the elements required by the controller. We urge our stakeholders to make use of this

new service by sending us WhatsApp messages which can include text, voice notes, pictures or instant videos to inform us if any issues are identified in the CBD."

Members of the public who still prefer to call the CCID (on **082 415 7127**) to report safety issues instead of using WhatsApp can continue to do so as all calls are still monitored within the CCID's 24/7 control centre as usual.

SINCE WE PUBLISHED THE LAST ISSUE OF CITY VIEWS:

URBAN MANAGEMENT



Identified **660** illegal posters



Removed **1 847** strings & stickers



Removed **510** incidents of graffiti



Removed **435kg** of butts from cigarette bins



Cleaned **5 074** drains



Maintained **488** tree wells



Undertook **146** road maintenance repairs



Painted **105** road markings

SOCIAL DEVELOPMENT



Engaged with **296 people** on the streets

Assisted **33 adults** to shelters & the City's Safe Space

Assisted **16 adults** to healthcare facilities

Assisted **32 adults** home

Assisted **10 mothers** with babies

Conducted **80 interventions** with day strollers

Assisted **16 children** with preventative services & interventions

Handed donations received from **Circa Luxury Apartment Hotel, Protea Hotel North Wharf, Clarke's Bar & Dining Room, Mount Nelson and The Silo Hotel** to various NGO partners and the City's Safe Space

SAFETY & SECURITY



Conducted **33 697** crime prevention initiatives and issued **9 123** warnings



Together with City Law Enforcement, made **357** arrests, and issued **471** fines to a total of **R294 800** during the day



Issued **1 745** fines to a total of **R 960 300** at night



Dealt with **66** illegal trading offences



Rendered public & vehicle assistance **262** times



Responded to **127** medical & rescue callouts

SAFETY & SECURITY CONTINUED...



Chrysalis Academy student ambassadors undertook **5 589** prevention initiatives and assisted the public **4 138** times.



CCID-funded City traffic wardens issued **5 589** fines to a total of **R4 055 700**

COMMUNICATIONS



Generated **111 clips** with media exposure (AVE) of **R2 955 938** reaching an audience of approximately **63 million people**

Published both the **CCID Annual Report** and the 2019 edition of the **Best of Cape Town Central City** guide

Conceptualised and concluded the **"Show You Care"** campaign for the CCID's Social Development department with over **R10 000 received in donations** from SnapScan alone

#TRENDING

#StashItDontFlashIt



The CCID's 2018-19 "Stash it, don't flash it" public awareness and crime prevention campaign is in full swing. Look out for street pole posters throughout the CBD. #StaySafe

WE WANT TO HEAR
FROM YOU.

Share your feedback by emailing:
simangele@capetownccid.org

STAKEHOLDER NEWS

OPEN FOR BUSINESS

The CCID wishes these new retailers all the best in the Central City.



RIVERINE RABBIT

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



► Riverine Rabbit

Riverine Rabbit, formerly known as Ash Restaurant, is the brainchild of the quirky and talented Ash Heeger. She has created a dining experience unlike any other for an eager crowd, hungry for something a little different. The emphasis is more on great food prepared with passion, served with heart and enjoyed in comfort and class.

81 Church St
021 424 7204
www.ashrestaurant.co.za

Are you looking for something specific in the Cape Town Central City? Then visit the CCID website to search in our "Explore" section for everything from a general retail category to a specific venue. www.capetownccid.org

► Safari #7

This Somali takeaway restaurant is another exciting addition to the Central City's diverse restaurant scene. According to eatout.co.za, if you can't afford anything on the menu at Safari #7, you can let the staff know what you can afford, and they'll create a plate for you accordingly.

074 497 3350
98 Long St
(inside the African Mall)

► Momiji Lounge

At the reservations-only Momiji Lounge, you can enjoy a wide variety of speciality spirits, cocktails, Japanese whiskey, premium sake and a unique wine list to complement the food.

165 Longmarket
021 422 4920
www.tjingtjing.co.za



► Kale & Co

Kale & Co is the latest addition to the Central City's list of tailors and is a breath of fresh air when it comes to traditional tailoring, incorporating a fusion of Italian and Nordic craftsmanship.

61-67 Bree St
083 468 1398
www.kaleandcobespoke.com

Q&A WITH MANON VIELLEDENT, HEAD PASTRY CHEF FOR VICTOIRE BAKERIES

What is it like working in the Central City?

It reminds me of my home, France. The people are so friendly here and the buildings are beautiful.

Why should someone visit your bakery?

Our pastries and breads are prepared fresh on-site daily using traditional French baking methods. We also have a selection of French tarts and sweets, plus a sit down a la carte menu.

Which Victoire Bakeries treat do you highly recommend and why?

The croissant, of course, or - if you're in the mood for something sweet - the chocolate éclair. We use plenty of butter in our freshly baked croissants and our special ingredient is a combination of local stoneground flour and a special flour developed for us in France.

37 Parliament St
<http://victoirebakery.africa/>

CCID LAUNCHES BEST OF CAPE TOWN CENTRAL CITY 2019 GUIDE

The CCID has released its 2019 edition of the *Best of Cape Town Central City* guide featuring over 300 places to enjoy in the CBD to complement 900 others that can be found on its website www.capetownccid.org.

The entertainment, shopping, sightseeing and culinary guide to the Cape Town CBD, published by the CCID in collaboration between its Communications department and New Media Publishing, showcases the best of what the Central City has to offer both locals and visitors.

Says CCID project coordinator, Aziza Patandin: "Every year, together with our partners at New Media, we strive to

make the guide unique so that everyone who comes across it derives great value from it and fully experiences what the CBD has to offer. We're proud of what we've put together and this year is particularly exciting as we've seen a lot of enjoyable and diverse new venues make the CBD their home.

"We have once again printed a total of 60 000 copies of the guide which we'll distribute free of charge within the CCID footprint as well as further afield. And of the 60 000 copies, around 15 000 copies will be made available at no charge to the publisher of *The Big Issue* magazine, to assist the NGO's vendors in selling the December bumper issue of the magazine."

If you'd like to receive the *Best of Cape Town Central City 2019* guide, email Aziza at aziza@capetownccid.org

The guide is also available online at: www.capetownccid.org/about-ccid/publications/Best-of-Cape-Town-Central-City/59



BEST OF CAPE TOWN CENTRAL CITY GUIDE WINS AN INTERNATIONAL AWARD



In October, the CCID's *Best of Cape Town Central City* guide produced in collaboration with New Media Publishing was awarded a Certificate of Merit at the International Downtown Association (IDA) 64th Annual Conference & Tradeshaw held in San Antonio, Texas in the USA. The guide was selected by the IDA panel out of 83 submissions from across the globe.

USEFUL CONTACTS

EMERGENCY

CCID 24-HOUR
SAFETY &
SECURITY



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
SERVICESINCIDENT 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
- Social Development: Children
0800 220 250
- Social Development: Adults
0800 872 201
- CCID Social Department
082 563 4289

BYLAW & TRAFFIC
INFRINGEMENTS

- Law Enforcement
021 596 1999 (24 hours)
- Traffic Police
0860 765 423
- Metro Police
0860 765 423

A GLIMPSE INSIDE THE NEW-LOOK CITY HALL

CITY HALL READY TO HOST MORE WORLD-CLASS EVENTS

The City Hall is in the process of being restored to its former glory. This is the first major refurbishment of the venue since 1947, and now the spruced-up facility is ready to take centre stage to host more world-class events and be a public place for all.

Constructed in 1905 from imported Bath limestone, polished Aberdeen granite and marble sourced from Italy, the City Hall at the heart of the Central City is arguably one of the most iconic buildings in Cape Town or even South Africa.

Says David Hart, principal professional from the heritage resources section of the City of Cape Town's Environmental Management Department: "The City Hall is designed to make a statement and, with it being almost entirely imported from Britain and Europe in both materials and architectural style, it concedes nothing to its local context; it's a magnificent declaration of its time, built in a style reminiscent of the French Second Empire.

"What makes the building special is that not much has changed; it still has a great deal of integrity and it's wonderful that it's being restored so that it can be returned to the people of Cape Town to use."

Standing tall and proud for 113 years, the City Hall lies between Longmarket and Darling streets in the East City (Precinct 4) and was designed in two portions, namely, the administration and Grand Hall wing. As such, in its heyday, matters of local importance were debated at the City Hall and decisions made here that went on to shape Cape Town into the city we know today. It was then, in recognising the value of this historic venue and the need to preserve it, that the City of Cape Town instituted the refurbishment.

The makeover includes replacing and upgrading the main auditorium seating, stabilising and restoring floors as well as installing a new mechanical ventilation and fire system. Restoration work has also been undertaken in surrounding function rooms as well as the main entrance hall, on the slate roof and on the organ in the main auditorium – a key feature of the City Hall. This restoration work is not only visually appealing but also significant in ensuring that the City Hall is compliant with national safety regulations so that all who come to enjoy the venue can do so with peace of mind.

David further explained that Cape Town-based heritage architect, John Rennie, played a significant role in ensuring that the refurbishment of the City Hall was done with utmost care to preserve the integrity of the heritage building and the equipment within.

THE HIDDEN GEMS INSIDE THE CITY HALL

Most people in the past have only seen what was broken when looking at the City Hall; but stepping inside is akin to getting lost in a book and going on a journey of discovery as the building is filled with hidden gems. Back on the street, you're reminded of the old cliché to never judge a book by its cover. David outlines some of the interesting things about the City Hall in the blocks below and to the right.

Did you know? You can hire the City Hall for exhibitions and events. To book, email Fazlin Simon on fazlin.simon@capetown.gov.za



CCID BOARD MEMBERS STANDING NEXT TO THE RECENTLY UNVEILED MANDELA STATUE AT CITY HALL

CONSTRUCTION OF THE CITY HALL

The City Hall took five years to complete after the laying of its cornerstone in 1900 and many of the workers who built it were from District Six.

PAINTED GLASS WINDOWS

The venue has painted glass windows depicting King Edward VII (ruler of the UK at the time the City Hall was built) and his wife, Queen Alexandra. King Edward's statue can also be seen on the Grand Parade facing the City Hall.

THE MARBLE STAIR

The most impressive and decorative feature of the City Hall is the marble stair leading up from the main front entrance. Designed to be the ceremonial entrance to the heart of the city, it was procured from Italy.



THE CLASSIC PIPE ORGAN

The venue boasts a classic pipe organ made from mahogany, teak and pine. Its specifications were especially drawn up for the City Hall by Sir George Martin, an organist of St Paul's Cathedral in London.

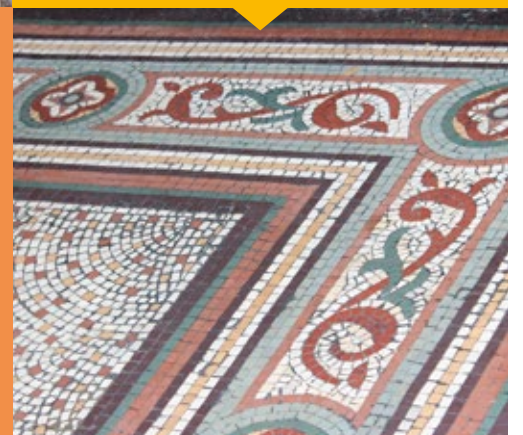


THE LADY OF GOOD HOPE

Various statues can be found inside the City Hall including that of The Lady of Good Hope by acclaimed sculptor, Rinaldo Rinaldi.

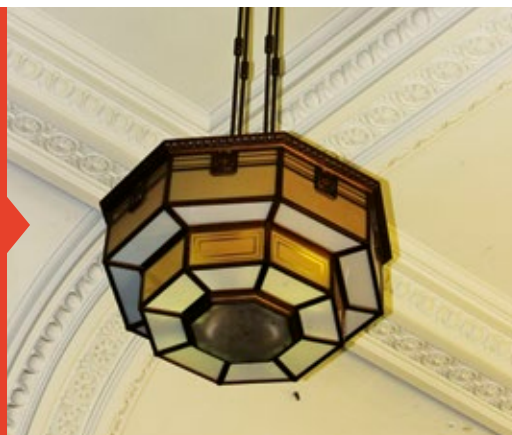
MOSAIC FLOORS

The striking and intricate mosaic floors throughout the City Hall remain a significant feature of the venue.



ART DECO LIGHTS

A prominent feature inside The Council Chamber at the heart of the City Hall is the collection of art deco lights that came from the old Electricity House which was on the corner of Burg and Strand streets and which was demolished in the 1970s to make way for the Cape Sun Hotel.



THE RECEPTION ROOM

Also known as the David Bloomberg Room, the Reception Room is a fine space with an ornate ceiling and a dado panelling of teak. Paintings of previous mayors lined the walls of the room.

FUN THINGS TO DO WITH KIDS

FUN THINGS TO DO WITH KIDS IN THE CENTRAL CITY

The beauty about the Central City is that it caters for everyone. If you're looking for family friendly things to do, especially on a budget, there's plenty to choose from. Here's our selection.

There are other shows guaranteed to delight audiences of all ages at Artscape this festive season. Visit www.artscape.co.za or call 021 410 9800

MATILDA THE MUSICAL

11 December 2018 till 15 January

Inspired by the beloved book by the incomparable Roald Dahl, *Matilda The Musical* from the Royal Shakespeare Company is the story of an extraordinary little girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny.

Where: Artscape Theatre Centre, DF Malan St
Cost: R100 – R520
www.artscape.co.za

STORYTIME AT THE BOOK LOUNGE

Every Saturday at 11h00

Every Saturday morning is Storytime at The Book Lounge and all kids are welcome. Storytime is always free of charge, plus there's no need to RSVP.

Where: 71 Roeland St
Cost: Free
www.booklounge.co.za

THE COMPANY'S GARDEN

At 15 Queen Victoria Street lies the oldest (and, if we might add, most beautiful) garden in the country which also happens to be the perfect venue for the entire family, from the lawns on which to relax and play to the many surrounding venues brimming with art and history.

PLANETARIUM AND DIGITAL DOME

While at The Company's Garden, use the opportunity to check out the Iziko Planetarium and Digital Dome nearby. It's a space of innovation and discovery where art, science and entertainment meet.

Where: 25 Queen Victoria St
Cost: R60 (for adults); R30 (for children, students and SA pensioners)
www.iziko.org.za



FESTIVE LIGHTS IN THE CBD

The festive lights in Adderley Street in December are something to marvel at. Bring the entire family for a late lunch and, as the evening winds down, watch the beautiful festive lights come on.

OTHER FUN THINGS TO CONSIDER

- **Museums and galleries:**
www.iziko.org.za and www.youngblood-africa.com
- **Tunnel tours**
www.goodhopeadventures.com
- **Rent a bike**
www.andbikes.co.za and www.upcycles.co.za

USEFUL INFO FOR YOUR CENTRAL CITY ADVENTURE

Driving into town?
Download ParkFind – the app that enables you to seek out areas where there are available parking bays throughout the CBD. You can pay by cash, card or SnapScan. More info here: <http://parkfind.co.za>.

DID YOU KNOW?

MyCiTi is family friendly and the perfect way to access many of Cape Town's leisure destinations. Start your exploration from the Central City and head to the main station at the Civic Centre to access more MyCiTi routes across the city.



NEED HELP?

IF YOU'RE IN THE CENTRAL CITY AND NEED ASSISTANCE, APPROACH ONE OF THE CCID'S PUBLIC SAFETY OFFICERS IN BRIGHT GREEN BIBS AND CAPS. ALSO, SAVE THE CCID'S 24-HOUR NUMBER (082 415 7127) ON YOUR MOBILE PHONE TO REPORT ANY SAFETY ISSUES IN THE CBD VIA **WHATSAPP**.

SOME FOOD PLACES TO TRY OUT



FLAME-GRILLED CHICKEN

Barcelos
216 Long St
www.barcelos.co.za

Nando's
1. 6 Adderley St
2. Cnr Long & Waterkant streets
www.nandos.co.za

FRIED CHICKEN

Afro's Chicken Shop
4 Church Square, 4 Spin St
www.afroschicken.co.za

Chicken Licken
48 Adderley St
www.chickenlicken.co.za

Frydays
5 Waterkant St

Hungry Lion
Shop 1 Golden Acre, 11 Adderley St
www.hungrylion.co.za

KFC
1. Cnr Long & Strand streets
2. 52 Adderley St
3. Shop 88 Golden Acre, Cnr Strand & Adderley streets
4. 98 St Georges Mall
5. Cape Town Station
6. Cnr Darling & Corporation streets
www.kfc.co.za

BURGERS

RocoMamas
29 Buitenkant St(cnr Barrack St)
www.rocomamas.com

Burger King
1. 33 Heerengracht
2. Cape Town Station
3. 54 Shortmarket St
www.burgerking.co.za

McDonald's
1. 4 Adderley St
2. Cape Town Station
www.mcdonalds.co.za

Steers
1. Cnr Loop & Strand streets
2. Shop No 103, 263 Long St
3. Shop 90 Golden Acre,
11 Adderley St
www.steers.co.za

BAKED GOODS

Dunkin' Donuts
1. 9 on Long
2. Cnr Plein & Spin streets
www.dunkin-donuts.co.za

Charly's Bakery
38 Canterbury St
www.charlysbakery.co.za

QUICK-SERVICE RESTAURANTS

Spur
The Pinnacle, cnr Strand & Burg St
www.spur.co.za

Wimpy
1. Shop 7 Golden Acre,
11 Adderley St
2. 101 St Georges Mall
www.wimpy.co.za

Debonairs
1. Shop 6 The Pinnacle, cnr Strand & Burg streets
2. Shop C91 Golden Acre, cnr Strand & Adderley streets
www.debonairspizza.co.za

Mariam's Kitchen
1. 101 St Georges Mall
2. 31 Heerengracht
www.mariamskitchen.co.za

Food Lover's Market
1. 122 St Georges Mall
2. Icon Building, Hans Strydom St
3. The Towers, Cnr Heerengracht & Hertzog Boulevard, Foreshore
www.foodloversmarket.co.za

Food Inn India
156 Long St
www.facebook.com/FoodInnIndiaCapeTown

WANT MORE BOOKS?

The Central Library also has a big children's section and storytelling takes place here in various languages including isiXhosa, isiZulu, Sesotho and siSwati. 1 Parade Street | <https://www.facebook.com/centrallibrarycapetown/>

STRIVING FOR A SAFE, CLEAN, CARING
CENTRAL CITY THAT IS OPEN FOR BUSINESS

EVERYTHING YOU NEED TO KNOW ABOUT THE CCID

THE CAPE TOWN
CENTRAL CITY
IMPROVEMENT
DISTRICT

City Views is one of the many ways in which the CCID communicates with its stakeholders – whether they work, play, live in or are visiting the traditional “downtown” of Cape Town, the Central City. But there’s much more to the CCID, and we’ve prepared the following information for our readers to keep at hand.

INTRODUCING THE CCID

A public-private partnership and NPO, the CCID was established in 2000 by property owners with a vision for Cape Town’s traditional CBD to rise from the crime and grime scenario it had fallen into, to once again become a safe, clean and caring urban environment that was open for business.

Working within a 1.62km² radius (see map), the CCID is one of the City of Cape Town’s Special Rates Areas, and provides top-up services in addition to those rendered by its primary partners in the CBD – namely, the **City of Cape Town** and the **South African Police Service (SAPS)**.

The CCID works across four departments: **Safety & Security**, **Urban Management**, **Social Development** and **Communications**, to develop, promote and manage the Central City area.

Let’s introduce you to each of our departments in terms of the top-up services they provide, as well as important contact numbers for the primary service providers at the City of Cape Town and SAPS.

SAFETY & SECURITY

The CCID Safety & Security department works around the clock to provide top-up services to those of its primary partners at the City of Cape Town and the South African Police Service (SAPS). Along with a four-person fulltime team (including two night managers) overseeing operations, there are 270 public safety officers

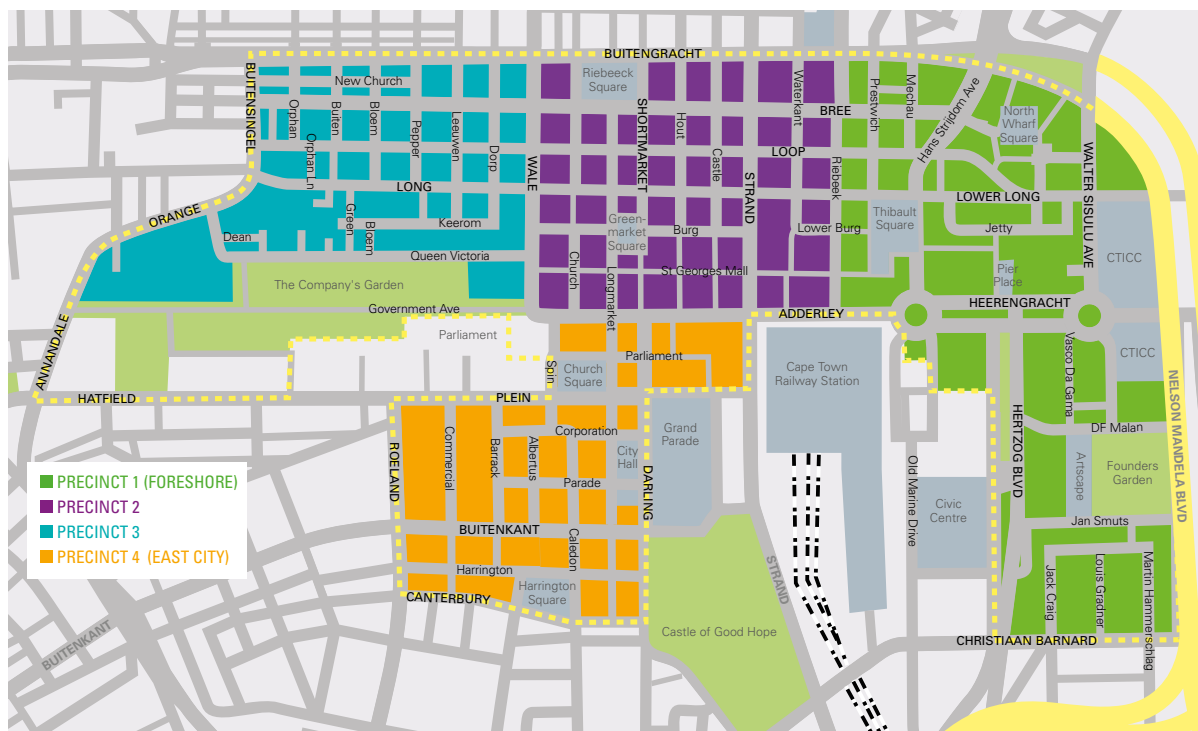
deployed on a 24/7, 365 days-a-year rotational shift basis. The CCID also funds 20 City of Cape Town Law Enforcement Officers as well as six traffic wardens, dedicated to the CCID footprint. For more about this department, and its upcoming festive season “Stash it, don’t flash it” campaign, see page 7.

URBAN MANAGEMENT

With four full-time staff, this department provides the following top-up services in addition to those of the primary service provider, the City of Cape Town.

- Professional street sweeping, provided via 53 **J&M CLEANING’s** team. Present both day and night, and easily identified by their yellow uniforms and green CCID bibs, this team operates in two nine-hour shifts, from 08h00 until 17h00, and from 20h00 until 05h00.
- Via NGO partner **STRAATWERK**, 300 work opportunities are created each year for disadvantaged individuals. With their green overalls, Straatwerk members undertake:

- Minor road maintenance and paving repairs
- Beautification, including gardening, street furniture repairs and waste removal
- Graffiti tagging removal
- Maintenance of the CCID’s 270 cigarette bins
- Municipal and stormwater drain cleaning



HOW (AND WHEN) TO CONTACT THE CITY OF CAPE TOWN AND SAPS

While the CCID provides many top-up services, major services are still provided by the City of Cape Town and SAPS. Here’s a list of numbers to keep at hand for the following matters:

EMERGENCY NUMBERS:

SAPS Cape Town Central:
021 467 8002
SAPS Flying Squad: 10111
City of Cape Town Metro Police:
021 596 1999
Fire Department: 021 535 1100
Ambulance: 10177
All emergencies: 107 (landline only) or 112 (cellphones only)
Netcare 911 & NSRI: 082 911

CITY OF CAPE TOWN SERVICE DEPARTMENTS

For any of the following, call the City of Cape Town’s toll-free number **0860 103 089**
Water & sewerage faults
Cleaning & waste management
Electricity enquiries
Streetslights

For any of the following, call the City of Cape Town’s toll-free number **0860 103 090**
Applications & permits
Roads & stormwater drainage
Illegal posters & signage
Tree trimming & beautification

For faulty traffic signals, call **0860 001 948**

For health & noise queries, call **107 on landlines or 021 480 7700 all hours**



- Litter picking and hotspot sanitisation
- Rodent baiting (with City of Cape Town’s Environmental Health Department)

SOCIAL DEVELOPMENT

Along with a Social Development manager who is a registered social worker, the CCID deploys four field workers (two of whom are also registered social workers) to work with the CBD’s streetpeople community and liaise between them and the NGO partners with whom the CCID works, as well as the primary social development departments at the City of Cape Town and Western Cape Government.

Believing a hand up will always be better than a handout on the streets, the CCID encourages concerned members of the public to support its “Show you Care” campaign (www.showyoucare.co.za) by helping the NGOs that help the homeless. Please access

this website for ways in which you can assist.

The following 24-hour hotlines are also available:

To assist an adult, call the City of Cape Town Social Development Department: 0800 872 201

To assist a child, call the Western Cape Department of Social Development: 0800 220 250

COMMUNICATIONS

With the primary tasks of promoting the work of the CCID as well as the Central City as a downtown for all, this four-member team handles all publications and campaigns produced by the CCID, as well as all media and general public enquiries. Publications include: the annual investment guide *The State of Cape Town Central City Report*, the quarterly *City Views* newspaper, and the popular annual *Best of Cape Town Central City* guide to places at which to shop, eat, play in, stay at or visit.

HOW TO CONTACT THE CCID

There are many ways in which you can contact the CCID, from our 24/7 control centre number for emergencies to contacting our teams or chatting to us on social media. Keep the following close to hand.

24-HOUR CCID CONTROL CENTRE:
Call or WhatsApp
082 415 7127

INFORMATION AND GENERAL ENQUIRES:
W www.capetownccid.org
E info@capetownccid.org
T +27 (0)21 286 0830 (office hours)

CapeTownCCID @CapeTownCCID CapeTownCCID

SAFETY & SECURITY CAMPAIGN

STASH IT, DON'T FLASH IT

To help ensure that both locals and visitors have peace of mind while enjoying themselves in the CBD during the festive season, the CCID has launched its 2018-19 crime prevention and public awareness “Stash it, don’t flash it” campaign and is also intensifying its Safety & Security measures.

You can now contact
CCID Safety & Security
via WhatsApp to report
safety issues:
082 415 7127



CCID NIGHT MANAGERS, MARTINUS "TJ" JENKINS (LEFT) AND GARY DYSEL (RIGHT) WITH CCID-FUNDED CITY OF CAPE TOWN LAW ENFORCEMENT OFFICERS, AND CCID PUBLIC SAFETY OFFICERS INCLUDING MEMBERS FROM THE IMPACT AND PRECINCT COMMANDER TEAMS.

The Central City is a popular venue for partygoers and others looking for entertainment and, during the festive season, even more people come to the CBD to enjoy themselves. Unfortunately, as in any busy downtown, crafty criminals also look for and find opportunities as people are in holiday mode, enjoying their “down time” and may not be as vigilant as they normally would. This is exactly what the “Stash it, don’t flash it” campaign seeks to address – educating members of the public on how NOT to become victims of crimes.

Elements of the campaign include a display of street pole posters reminding people to be aware of theft out of vehicles, pickpocketing

and ATM fraud. Flyers containing top personal safety tips as well as brochures with more detailed information are also distributed by CCID-branded teams in areas that are prone to these types of crime – look out for our teams and the information they have with them.

A newly introduced element of the campaign is the “Find Me” concept – an initiative aimed at encouraging members of the public to familiarise themselves with the CCID public safety officers (PSOs), who work on rotation around the clock throughout the CCID footprint. Easily identifiable in their black uniforms with bright green CCID-branded bibs and caps, we encourage anyone needing assistance to “find” one of our officers – the most visible presence of the CCID in the Cape Town Central City with around 90 officers patrolling the streets during the day and 70 at night. These PSOs are on the streets to keep YOU safe – so be sure to find them. You can also follow this initiative and campaign on the CCID’s social media platforms (see page 6 for details of these platforms).

According to Muneeb “Mo” Hendricks, manager of CCID Safety & Security: “Our main focus for the CBD is to eliminate the opportunity to commit crime in the first place.

“Due to the economic vibrancy of the CBD, thanks to hundreds of established retailers, the thousands of cars and visitors that enter day and night and the booming tourism industry, opportunistic criminals will attempt theft out of vehicles, pickpocketing and ATM fraud. These are the three most prominent types of crime that we are targeting once again through our campaign and festive season safety plans with

our law enforcement partners at the City of Cape Town and SAPS. We also urge everyone to be sensible and vigilant when they’re out and about to help ensure their own personal safety.”

In addition to the elements of the “Stash it, don’t flash it” campaign, and throughout the four-

month festive season (from 1 December 2018 till 31 March 2019), **the CCID Safety & Security department will deploy an additional festive season team of 15 PSOs to add to the 270 PSOs deployed 24/7, 365 days-a-year on a rotational-shift basis.** The additional 15 PSOs will be brought in from 16 December to 16 March 2019 to cover the increase in nighttime entertainment associated with the festive season in general as well as major events happening in the CBD at this time of year.

Throughout the year, the CCID also conducts the following and will continue to do so during the festive season:

1. The CCID funds a team of 20 City Law Enforcement Officers (LEOs) as well as six traffic wardens. During the festive season, the LEOs will continue to be deployed on a shift rotation basis 24/7 and the traffic wardens will continue to assist with traffic violations and traffic congestion during the daytime.
2. CCID Safety & Security’s four lockup response vehicles and bicycles will continue to roam the CBD 24/7 responding to safety issues.
3. The CCID’s partnership with the Western Cape Government’s Department of Community Safety will continue to see a team of student ambassadors from the Chrysalis Academy deployed during the day in The Company’s Garden to provide a safety presence within this iconic space. Similarly, a team of Chrysalis student ambassadors will continue to be deployed at certain hot-spot ATMs to prevent ATM fraud. Joint agency operations between the CCID, SAPS, the City’s Metro Police, Cyclops, Law Enforcement and Traffic departments will also continue as per usual.

TIPS TO KEEP YOURSELF SAFE WHILE YOU PARTY

Mo has a number of tips he encourages every Central City visitor to keep in mind, irrespective of how much fun they’re having.

1. **KEEP A FAMILY MEMBER OR FRIEND POSTED OF WHERE YOU INTEND TO SPEND THE EVENING.**
2. **DON'T LEAVE VALUABLES IN YOUR CAR. ALSO PHYSICALLY CHECK THAT YOUR CAR IS LOCKED BEFORE YOU WALK AWAY.**
3. **NEVER ACCEPT DRINKS FROM STRANGERS.**
4. **DON'T HANG BAGS OVER THE BACK OF CHAIRS.**
5. **STAY TOGETHER WITH WHOEVER YOU CAME WITH, AND HELP TO LOOK OUT FOR EACH OTHER.**
4. **DRINK RESPONSIBLY – YOU DON'T HAVE TO FINISH EVERYTHING BEHIND THE BAR IN ONE NIGHT.**
5. **NEVER LEAVE A VENUE WITH SOMEONE YOU'VE JUST MET.**
6. **SAVE THE CCID 24-HOUR CONTROL CENTRE NUMBER (082 415 7127) ON YOUR PHONE TO REPORT ANY SAFETY ISSUES. AND IF IN DOUBT, FIND A CCID PUBLIC SAFETY OFFICER AND ASK FOR HELP.**



PLAY

“ALWAYS FIND TIME FOR THE THINGS THAT MAKE YOU FEEL HAPPY TO BE ALIVE.”

– UNKNOWN

Here's a selection of what you can look forward to in the Central City this festive season.

For more event info, visit *City Views* on Facebook at www.facebook.com/CityViewsCapeTown.

IT'S PARTY TIME

15 December

MOTHER CITY QUEER PROJECT PARTY

Kick off the festive season with the annual Mother City Queer Project (MCQP) costume party which has grown to become one of Africa's biggest and longest running costumed parties. The theme for this year is Drag Race. Remember, MCQP is not just a dress-up party; it's a place where people get together without judgement and express themselves as they want.

Where: Cape Town Stadium, Fritz Sonnenberg Rd
When: 19h00 till late | **Cost:** See www.quicket.co.za for various packages
www.mcqp.co.za



EXPLORE KEWPIE'S LIFE AND DRAG CULTURE IN DISTRICT SIX

Now on till 18 January 2019

KEWPIE: DAUGHTER OF DISTRICT SIX

Gay & Lesbian Memory in Action (GALA) presents the personal photographic collection of Kewpie, whose given name was Eugene Fritz. Kewpie was part of a queer community in District Six from the 1950s to the early 1980s. The curated photographs and accompanying material explore Kewpie's life and drag culture in District Six, introducing a new audience to a fascinating period of LGBTIQ+ social history, and deepening historical understanding of the diverse District Six community.

Where: District Six Museum Homecoming Centre, 15A Buitenkant St | **When:** 09h00 to 16h00 | **Cost:** Free
www.districtsix.co.za

ENJOY THE TRADITIONAL TWEDE NUWE JAAR PARADE

2 January

TWEDE NUWE JAAR

Building on the long tradition and legacy of Tweede Nuwe Jaar, which has been celebrated in the Cape for more than 110 years, minstrel troupes from areas across Cape Town will once again delight both locals and tourists in a massive and colourful parade.

Where: Rose, Wale, Adderley and Darling streets; watch press for details | **When:** 12h00 till 23h00 | **Cost:** Free
www.facebook.com/kaapsekloppsekarnivalasosiasie/



RECLAIM YOUR STREETS

27 January

OPEN STREETS CITY CENTRE

Hosted by Open Streets Cape Town, in partnership with the City of Cape Town and the Transformative Urban Mobility Initiative (TUMI), Open Streets days celebrate streets as shared public spaces, and encourage people to think differently about how they move around the city. On the day, Bree Street will be closed off to cars and open for people to walk, skate, cycle, play, dance, explore, or just connect with friends and family in a safe, relaxed public space.

Where: Bree Street, Cape Town CBD
When: 09h00 to 14h00 | **Cost:** Free
www.openstreets.org.za



REGULAR EVENT

First Thursdays (3 January and 7 February)

2018 CAPE TOWN CYCLE TOUR

Take an after-hours walk between the galleries, restaurants and shops in the Cape Town CBD and experience what our Central City has to offer.

When: 17h00 till late
www.first-thursdays.co.za



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.



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 Carpenter's Shop
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

Festive Season GUIDE

Vol 1 No 4 | 2018 - 19 Summer Edition | Brought to you by the Cape Town Central City Improvement District (CCID) and *City Views*



II OUR PICK OF MUST-VISIT RESTAURANTS IN THE CBD

III LOOKING FOR GIFTS THAT GO BEYOND THE EXPECTED?

IV YOUR 2019 GUIDE TO FITNESS IN THE NEW YEAR

YOUR FESTIVE SEASON GUIDE

The end of the year presents a time to reflect on the 365 days that have gone by. It is also a time to kick back and relax because, as cliché as it may sound, all work and no play isn't good for you; taking time off is important to recharge those batteries.

And to help you do just that, we've compiled this festive season guide. It contains useful information regarding some of the venues you may want to consider visiting in the Central City if you wish to play, eat or shop. We've also provided a useful guide for your new year fitness needs because after all, balance is the key to everything.

We'd also like to extend our thanks to all our Central City retailers for always being prepared to assist the City Views team and being available for interviews or taking time to respond to our requests. And thank you, also, to all of you who work, live and play in the Central City for making our CBD unique and vibrant.

■ The City Views team



Swan Café interior by designer Haldane Martin

STEP INTO SWAN CAFÉ: AFTER ALL, PARIS IS ALWAYS A GOOD IDEA

The East City area in the Central City, which we've dubbed, "the precinct of possibilities" continues to amaze and turn heads. It is now home to Swan Café, Cape Town's first authentic Parisian crêperie. We spoke to the team at Swan Café to find out more about the venue and, most importantly, what they have in store for you this summer.

A LITTLE ABOUT SWAN CAFÉ

Swan Café is the brainchild of French-born Jessica Rushmere. A former international model and originator of the legendary La Petite Tarte restaurant, she has channelled her quirky irreverent style, a trained eye for detail and impeccable taste into Swan Café on the corner of Buitenkant and Barrack streets.

She entrusted Haldane Martin – a South African furniture and interior designer who is internationally renowned for work with a powerful sense of identity – with the interior. On his website, Haldane is quoted as saying: "Designing meaningful objects and spaces helps us understand ourselves and creates a sense of belonging to our time and place." Judging by how Swan Café looks, he managed to do just that. *House and Leisure* described it best

by saying: "Bold artwork, patterned tiles and stunning light fixtures give Swan Café a unique charm that delights anyone who walks through the door."

THE SWAN CAFÉ DIFFERENCE

Sarah Jayne Fell, a representative of Swan Café, explains that the other factors that make Swan Café exceptional include the menu, which is very selective in supporting local artisans. Patrons are also greeted with a gracious "Bonjour!" as they walk in and are treated to French music that keeps the atmosphere lively.

Commenting on what patrons can look forward to this Summer, Sarah says: "Swan Café has developed a very loyal following and so the time is right to expand the menu and cater for a slightly wider market as well as the more niche but growing vegan market due to very popular demand.

"We are adding three vegan salad bowl options with deliciously fresh and super healthy ingredients such as edamame beans and crispy kale. We will have at least two vegan crêpe options – our Roma with roasted baby tomatoes, fresh basil, baby spinach and toasted pine nuts with vegan cheese and avocado instead of cheese and a brand-new ratatouille galette with vegan cheese. We are also adding all-day breakfast vegan treats made with chia seeds, coconut milk and fresh fruit."

New sweet crêpes have also been added on the menu following a poll in which Swan Café asked its customers to choose an option they'd like to see on the menu. And the delectable Ferrero Rocher was the preferred option. ■

**Cnr Buitenkant & Barrack streets
079 454 4758
www.swancaffe.co.za**



Top: Swan Café crêpes on the table Bottom left: Swan Café interior designer, Haldane Martin with Swan Café owner, Jessica Rushmere Bottom right: The delectable Ferrero Rocher has been added onto the Swan Café menu



EAT OUR PICK OF “MUST VISIT” RESTAURANTS IN THE CBD

The past few months have been particularly exciting as we’ve seen a number of eateries making the Central City their home and adding even more options. Here’s our selection of “must visit” restaurants in the CBD this summer – from the newer venues to old favourites.

LA TÊTE

La Tête, which prides itself as being Cape Town’s only nose-to-tail dining eatery, is the result of the culinary dream of brothers, Giles and James Edwards. Popular dishes at La Tête include mussels with bacon and cider, roast shallots, mint and pork terrine, hake, chard and anchovy, beef and kidney pudding and ox heart with chips and horseradish.

17 Bree St | www.latete.co.za
021 418 1299



MAMA AFRICA

Mama Africa was established in 1995 as a celebration of South Africa’s new democracy and of the vibrant diversity and hospitality of our continent. Since then, Mama has served as an oasis for both locals and tourists to meet, eat, drink and interact in a warm welcoming environment.

178 Long St
www.mamaafricarestaurant.co.za
021 424 8634

BOOTLEGGER COFFEE COMPANY

Bootlegger Coffee Company prides itself on only serving coffee made from the best beans its team can find as well as making “honest food” using fresh local produce and farm fresh eggs. Visit its beautifully designed Harrington store in East City.

50 Harrington St
www.bootlegger.co.za
021 201 6708

SMAK DELICATESSEN & RESTAURANT

Smak was founded on the belief that great food doesn’t have to be complicated. On the menu, you’ll find a variety of breakfast and lunch options as well as delicious pastries and cakes.

22 Bree St | www.smak.co.za | 021 824 5023

THE ELECTRIC

Located in a repurposed auto-electrician building that burnt down, The Electric describes itself as “an ongoing experiment”. It’s a juice and nut-milk bar, sandwich shop and bakery. And with its bright-yellow building, is one the most instagrammable venues in the CBD.

48 Canterbury St | www.the-electric.com
021 461 0916



LEKKER VEGAN

This plant-based junk-food heaven offers mouth-watering chicken-style burgers, beef-style gatsbys, cheese-style spring rolls, chicken-style nuggets and dairy-free softserve ice cream creations.

Corner Barrack & Harrington streets
www.lekkervegan.co.za



MANGA

At Manga, you’ll find it tough to choose between the wide-ranging mix of eclectic and classic sushi, sushi salads, poké bowls as well as inventive main creations packed with punch and Asian flavours.

The Piazza on Church Square, 32 Parliament St
www.manga-capetown.co.za | 066 211 9107

CLARKE’S BAR & DINING ROOM

A firm favourite among many in the Central City, Clarke’s Bar & Dining Room offers great vibes and mouth-watering food. You’ll love the fresh juices, all-day breakfasts, sandwiches, brunch, oysters, dinner and excellent cocktails.

133 Bree St | www.clarkesdining.co.za | 087 470 0165

For other places to eat in the CBD, visit www.capetownccid.org

THE HOT SKILLET

The Hot Skillet is all about good food, good people and good vibes. The eatery is located inside an artist hub, Youngblood Gallery, meaning you can enjoy the delicious summer menu while also taking in some art.

72 Bree St | www.facebook.com/TheHotSkilletSA/
061 522 5296

HONOURABLE MENTIONS

1. Kleinsky’s Delicatessen
32 Parliament St,

2. Between Us
176 Bree St

3. TOMO Japanese Restaurant
86 Loop St

4. Marrow
83 Loop St

5. La Parada Tapas Restaurant & Bar
107 Bree St

6. Hail Pizza
133A Bree St

7. New York Bagels
44 Harrington St

8. Monk’s Chinese Food
33 Loop St

9. Yours Truly
63 Loop St & 175 Long St

GIULIO’S CAFÉ

An award-winning eatery, Giulio’s Café is a place of comfort whether you’re popping in for a quick coffee or looking for a cosy spot to have breakfast or lunch. Giulio’s Café was recently recognised as the “Best Italian-Inspired Eatery in the Western Cape” at the Eat Out Mercedes-Benz Best Everyday Eateries awards.

16 Loop St (cnr Riebeek St)
www.giulios.co.za | 021 418 6304



THE POKÉ CO.

If you’re looking for one of the most unique and delicious food experiences around, The Poké Co. is your best bet with their Hawaiian-style poké.

90 Loop St
www.pokecoct.com
087 470 0125

SHOP AND PLAY

GIFTS THAT GO BEYOND THE EXPECTED

In the Central City, you can shop till you drop or play to your heart's desire. If you're looking for gifts that go beyond the expected, give the following retailers and entertainment venues a try.

SHOP: JUST LIKE PAPA

Located in the bustling East City, Just Like Papa is an urban adventurer's dream destination. This outdoor store specialises in curated collections of premium-quality adventure products that will stand the test of time.

73 Harrington St | www.justlikepapa.com

SHOP: JACK LEMKUS

Occupying 330m² at the heart of the Central City, Jack Lemkus caters to sneaker enthusiasts and is stocked with reasonably priced quality sneakers and apparel from some of the biggest brands in the world.

26 St Georges Mall
www.jacklemkus.com



SHOP: ORPHAN STREET CLOTHING SHOP (OSCS)

OSCS is arguably one of the Central City's coolest streetwear stores. It acts as the flagship location for Cape Town brands Sol-Sol and Maylee. Since its opening in November 2017, the shop has added 032c, Bloom as well as Not Seen to its highly curated selection. The shop's interior also looks amazing – be sure to pop in.

7 Orphan St | www.orphanstreetclothingshop.com

PLAY: CAFÉ ROUX SESSIONS

If you or those close to you are passionate about local talent, treat yourself to Café Roux Sessions and enjoy listening to some of the country's biggest as well as new up-and-coming musicians and comedians in an intimate setting. Some of the acts to look forward to this December include Arno Carstens, The Kiffness, Jesse Clegg and Acoustic Element.

74 Shortmarket St | www.caferouxsessions.co.za

Brighten your day with flowers from the market nestled between the old Standard Bank building and the Golden Acre Shopping Centre on Adderley Street.

SHOP: NIC HARRY

Sock-designer extraordinaire Nic Harry is focused on incredible style and amazing quality with his socks made from unbelievably soft and luxurious bamboo fibres. Go on and make someone feel especially "socksational". The shop also sells lightweight bamboo t-shirts and super comfortable boxers. Plus, ordering online is seamless.

66 Wale St | www.nicharry.com

SHOP: SKINNY LAMINX

In 2007, Heather Moore started screen printing her patterns onto fabric, just for fun. Next thing, her hobby had become a business. For unique gifts (screen printed fabrics and homeware) made with clean pattern designs and a dose of African chic, pay Skinny laMinx a visit.

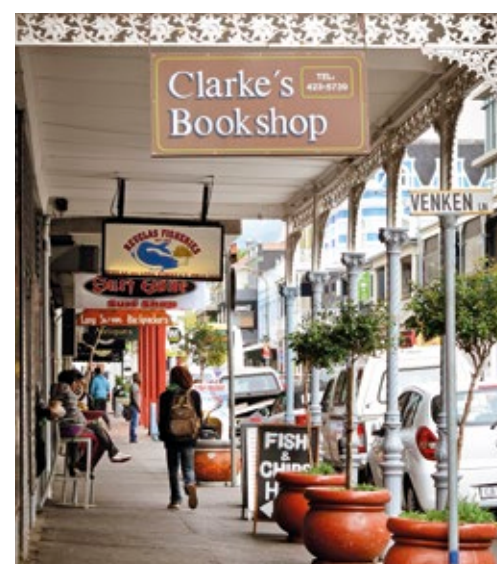
201 Bree St
www.skinnylaminx.com



SHOP: ROOK CYCLES

Rook Cycles is all about pumping attitude back into street cycling with their good-looking bikes and accessories. What's more, every Thursday night (weather permitting), the venue hosts free group rides around Cape Town. The meeting point is at the shop (18h30 for 19h00) and all types of bicycles are welcome, plus you get to socialise and have beers at the shop afterwards.

295 Long St | www.rookcycles.com



SHOP: CLARKE'S BOOKSHOP

Clarke's Bookshop carries new, second-hand and out-of-print books on Southern Africa as well as a large selection of general second-hand books. The store has been around for about 62 years – meaning the team knows their way around books and will help you find the perfect gift.

199 Long St | www.clarkesbooks.co.za

PLAY: CONCERTS BY THE CAPE TOWN PHILHARMONIC ORCHESTRA

The Cape Town Philharmonic Orchestra (CPO) puts on concerts throughout the year at City Hall (where the main hall has just received a luxurious revamp) and tickets to any of its shows are the perfect treat. On 20 December, you can look forward to the celebrity guest gala concert where the CPO will share the stage with Stephen Hough, whose performance has been called "the most perfect piano playing conceivable". Also look out for details on the CPO's traditional Viennese New Year's concert to ring in 2019.

Darling St | www.cpo.org.za

YOUR 2019 GUIDE FOR YOUR FITNESS NEEDS

If you'd like to join the many individuals who are moving toward a wellness-oriented lifestyle or if you're already part of the movement and would like to explore more options, you'll be glad to know that the Central City has many gyms offering various packages that are in line with worldwide fitness trends. We highlight some of these below as well as the fitness trends to look forward to in 2019.



Virgin Active in the Foreshore

CENTRAL CITY GYMS

1. True Muay Thai, Boxing & Fitness Gym

77 Bree St
www.truemuaythai.co.za
072 123 4404

2. Bodytec

42 Hans Strijdom Avenue
www.bodytec.co.za
021 418 1523

3. Switch

186 Bree St
www.switchplaygrounds.com
021 422 2515

4. Virgin Active

17 Rua Bartholomue Dias Plain, Foreshore
www.virginactive.co.za
021 418 5704

5. Ignite Fitness

122 St Georges Mall
www.ignitefitness.com
021 422 1670

6. Planet Fitness

Atterbury House, Cnr Lower Burg and Riebeek St
www.planetfitness.co.za
087 135 1375

7. Zone Fitness

1st floor, 34 St Georges Mall
www.zonefitness.co.za
021 418 1255

8. 360 Specialised Training

31 Martin Hammerschlag Way
www.360training.co.za
021 418 1072

9. Pound for Pound Boxing Gym

260 Bree Street
www.poundforpound.co.za
072 159 8361

FITNESS TRENDS TO LOOK FORWARD TO IN 2019

According to the 13th annual survey of worldwide fitness trends by the American College of Sports Medicine, the following are some of the fitness trends for 2019:



WEARABLE TECHNOLOGY

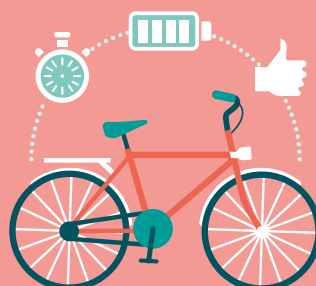
This includes fitness trackers, smart watches, heart-rate monitors and GPS tracking devices. The use of mobile exercise apps (which are now available for mobile devices such as the iPhone, iPad and Android) will also continue to rise.

GROUP TRAINING

Group exercise instructors lead and motivate individuals to achieve fitness goals through intentionally designed larger classes.

HIGH-INTENSITY INTERVAL TRAINING

These exercise programmes involve short bursts of high-intensity bouts of exercise followed by a short period of rest.



FITNESS PROGRAMMES FOR OLDER ADULTS

This is a trend that emphasises and caters to the fitness needs of baby boomers.

BODYWEIGHT TRAINING

Here, minimal equipment is used which makes this an inexpensive but functional way to exercise effectively.

OUTDOOR ACTIVITIES

This is a trend for health and fitness professionals to offer more outdoor activities such as group walks, group rides or organised hiking groups.

YOGA

Yoga is here to stay and has taken on a variety of forms recently including power yoga, yogilates and yoga in hot environments.

EMPLOYING CERTIFIED FITNESS PROFESSIONALS

Hiring health or fitness professionals that are fully accredited is more important than ever.

PERSONAL TRAINING

This trend continues as the profession of personal training becomes more accessible online, in health clubs, in the home and in workplaces that have fitness facilities.

FUNCTIONAL FITNESS TRAINING

This is a trend toward using strength training and other activities and movements to improve balance, coordination, strength and endurance to improve activities of daily living.

HEALTH AND WELLNESS COACHING

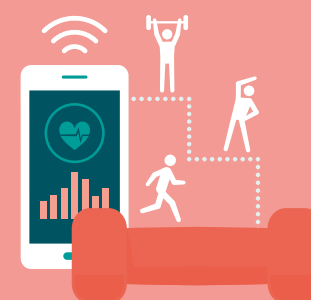
This approach involves a coach in a one-on-one setting and at times a small-group, providing goal setting, guidance and encouragement.

WORKSITE HEALTH PROMOTION AND WORKPLACE WELL-BEING PROGRAMMES

This is a trend toward a range of programmes and services provided by employers to improve the health and wellness of their workers.

POST-REHABILITATION CLASSES

These are exercise programmes that are specifically designed for patients with chronic health conditions.



DID YOU KNOW?

Every summer, The Om Revolution hosts outdoor yoga classes at The Company's Garden on Tuesdays (17h45) and Saturdays (19h00). Classes start from R70 a session and all levels are welcome.

www.theomrevolution.co.za
081 077 3183

STOCK UP FOR YOUR FITNESS & WELLNESS NEEDS

RUN

This specialist store has products relating to road and trail running.

7 Bree St
www.runspecialiststore.com
021 418 1051

Totalsports

Totalsports stocks a range of sportswear.

Shop 11, Adderley St
www.totalsports.co.za
021 461 1391

GAINSVILLE NUTRITION

This supplement store offers a variety of reasonably priced supplements.

8 Riebeek St
www.gainsvillenutrition.co.za
084 281 1382

Nude Foods

This plastic-free grocer has wholefoods, health foods and earth-friendly products.

5 Constitution St
www.nudefoods.co.za
021 437 3003