

## I. BEAUFORT WEST

### I.1 About Beaufort West

**Beaufort West** (Afrikaans: Beaufort-Wes) is a town in the Western Cape province in South Africa. It is the largest town in the arid Great Karoo region, and is known as the "Capital of the Karoo". It forms part of the Beaufort West Local Municipality, with 34 085 inhabitants in 2011. It is the centre of an agricultural district based mainly on sheep farming, and is a significant town on the N1 national road.

Beaufort West was the first town to be established in the central Karoo. The town was founded in 1818 and initially named Beaufort after Henry Somerset, 5th Duke of Beaufort, who was the father of Lord Charles Henry Somerset, then governor of the Cape Colony. The town was renamed Beaufort West in 1869 to avoid confusion with Port Beaufort in the Western Cape as well as Fort Beaufort in the Eastern Cape.

#### **Muslim Prayer Facilities**

Beaufort West Mosque

De Klerk Avenue, New Town

Beaufort West

### I.2 Beaufort West Hospital

**Beaufort West Hospital** is a district hospital with a 57-bed capacity. District hospitals serve a defined population within a health district and support primary health care; with a district hospital package of care on a 24 hour basis. They have general practitioners, family physicians and clinical nurse practitioners providing health services; it includes in-patient and ambulatory health services as well as emergency health services.

District hospitals provide:

- Services of a family physician – not available at all district hospitals
- Specialist outreach clinics – this varies from weekly visits to monthly visits depending on the speciality and the logistics involved.
- The clinics are run by specialists visiting from regional hospitals and supported by the district hospital

Most district hospitals have specialist clinics in the following domains:

- Internal Medicine
- Orthopaedic surgery
- General surgery
- Obstetrics and Gynaecology

Take note: some hospitals also have ENT clinics

### I.3 Participating Departments

Family Medicine and Primary Care, Community Health & Rehabilitation Studies

### I.4 Academic Supervisors

SUPERVISOR	DESIGNATION	CONTACT NUMBER
Dr Braam Muller	Academic Supervisor	078 214 3300

### I.5 Information & Communications Technology (ICT)

There are laptops and routers available from the SUNLOC office. Each item issued will require a R100 refundable deposit. Damaged, lost or late return of items will result in the forfeiture of the refundable deposit.

### I.6 Accommodation Details and Contact Person/s

#### **Hannah's Haven**

Contact Person : Hanna Muller

Contact Number : 060 450 4936

Keys for guesthouse can be collected from Hanna upon arrival. Upon departure, keys are to be dropped off.

### **1.7 Address and driving directions**

#### **Hannah's Haven**

44 Danie Theron Street, Beaufort West

Get on N1 in Loevenstein from Francie Van Zijl Drive & Mike Pienaar Boulevard (4.7km). Turn right to merge onto onto N1 toward Paarl (450m). Merge onto N1 (441km). Turn right onto Danie Theron Street (140m).

### **1.8 Facilities**

#### **KITCHEN:**

- Fully equipped kitchen with all cutlery, crockery and cooking utensils provided
- Fridge
- Microwave oven
- Toaster & Kettle

#### **BEDROOMS:**

- 1 fully furnished bedroom – beddings and towels provided

#### **BATHROOM:**

- En-suite bathroom with shower
- Please conserve water and electricity at all times as we are in crisis

#### **CLEANING SERVICE AND LAUNDRY:**

- Students are required to keep all communal areas and their bedrooms clean at all times
- Communal areas will be cleaned by cleaning staff once per week according to their schedule
- Kitchen is to be kept neat and tidy at all times, no pile up of dirty tableware
- Laundry facilities are available – one load per student per week

### **1.9 Inclusions & Exclusions**

The following items are allowed in room:

- Radio or CD player
- Extension cord, multi-plug
- Electronic alarm clock/radio
- TV
- Ironing Board & Iron
- Kettle
- Tested hairdryer / hot brush / hair iron

The following items are **prohibited** in all rooms:

- Smoking
- Pets
- Overnight guests – family, friends and acquaintances
- Loud music and disruptive behavior

### **1.10 Safety & Security**

- Keep cars locked and keep valuables out of view
- Students are urged to look after keys, locks and remotes as the safety of all students will be jeopardized in the event of a loss
- Personal valuable items are to be locked away when not in use
- Close all windows and lock all doors upon exit
- Report any incidents or complaints immediately to Ms. Nicole Crow on 082 420 4864

**PLEASE NOTE:**

***Your safety is a priority to the SUNLOC team and Stellenbosch University.  
Be alert and do not compromise your own safety under any circumstances.***

**2. BISHOP LAVIS**

**2.1 About Bishop Lavis**

Bishop Lavis is a suburb of Cape Town, located 15 kilometers east of the city centre near Cape Town International Airport. It had, as of 2001, a population of 44,419 people, of whom 97% described themselves as Coloured, and 90% spoke Afrikaans while 9% spoke English.

Bishop Lavis is one of many townships that was established in the Western Cape Province by the country's reigning regime at the introduction of apartheid in South Africa. During this period non-white citizens were moved from their lands and homes across the region (because it was abruptly designated for "whites only"), into these townships.

Bishop Lavis is a low socio-economic community situated on the Cape Flats in the Western Cape. The community is mainly Afrikaans speaking with a population of 54 006. The 2011 National Census reports a 26.6% unemployment rate in this community and 47% of the community receiving an income of less than R3200 per month. The 2011 National Census also reflects that 15.4% of this population has either not completed primary education or has no education and only 5.9% have higher level qualifications.

**2.2 Participating Departments**

Family Medicine and Primary Care, Community Health & Rehabilitation Studies  
Human Nutrition  
Occupational Therapy  
Physiotherapy  
Speech and Language Therapy

**2.3 Bishop Lavis Rehabilitation Centre**

The Bishop Lavis Rehabilitation Centre (BLRC) Project was initiated by the Faculty of Medicine of Stellenbosch University (SU) in November 1993 as part of the Bishop Lavis Community Day Centre (BLCDC), and as an academic primary health care centre. It was developed as a partnership between Stellenbosch University, the House of Representatives, the Regional Services and the community of Bishop Lavis.

The project was developed with two main aims. These were to provide a comprehensive health care service to the community of Bishop Lavis, and to provide students of Stellenbosch University with opportunities to gain training in primary health care.

The BLRC creates opportunities for third and fourth year students from Stellenbosch University to gain practical experience in community-based rehabilitation.

Students are supervised by the PT and OT at the centre, as well as clinical supervisors from the respective Divisions of the Faculty of Medicine and Health Sciences, Stellenbosch University. The centre was also a venue for final year practical exams for both PT and OT students.

The above mentioned students have been involved in many activities at the centre which included the following:

- assessment and treatment of clients,
- home and factory visits,
- facilitation of groups,

- service learning projects,
- community outreach services (including volunteer and home-based carer training),
- health promotion,
- administrative work,
- networking and
- completion of projects required by the BLRC.

## 2.4 Academic Supervisors

SUPERVISOR	DESIGNATION	CONTACT NUMBER	E-MAIL ADDRESS
Maatjie Kloppers	Occupational Therapy	074 142 0077	<a href="mailto:maatje@sun.ac.za">maatje@sun.ac.za</a>
Ronel Beukes	Human Nutrition	084 441 4400	rb3@sun.ac.za

## 2.5 Information & Communications Technology (ICT)

### Service Learning Centre

- 7 desktop computers
- 2 laptops
- Study desks and chairs
- Wi-Fi available for academic purposes

### General Rules

- No prestik on walls
- All lights to be switched off when you leave
- Lock all doors and close all doors upon departure
- No smoking, eating or drinking in the center
- Keep center neat and tidy at all times
- No disruptive behavior or loud music
- Emergency doors is only to be used in a case of emergency
- Security door can be used, but to be locked upon departure

## 2.6 Facilities

All areas are for communal use

### **KITCHEN:**

- Fully equipped communal kitchen with all cutlery, crockery and cooking utensils provided
- Fridge
- Microwave oven

## 2.7 Address and driving directions

Head south towards Francie Van Zijl Drive (400m). Turn right at the first cross street onto Francie Van Zijl Drive (250m) and keep left. Turn left onto 35<sup>th</sup> Avenue/M12 (2.9km). Turn right onto Lavis Drive (1.4km) and left onto Kasteelberg Road (46m). Your destination will be on the left.

### **PLEASE NOTE:**

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Be alert and do not compromise your own safety under any circumstances.  
For any queries or complaints, please contact Ms. Nicole Crow on 082 420 4864.***

