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Amagugu Edijithali: Indlela Izinkundla Zokuxhumana Ezishintsha Ngayo Indlela Esigubha Ngayo Imikhosi

I nyanga Yamagugu eNingizimu Afrika yisikhathi esikhethekile. Njalo ngo-September, sikhunjuzwa ngokubaluleka kokukhumbula ukuthi sivelaphi futhi sigubhe amasiko ahlukahlukene akha isizwe sethu. Imindeni ivame ukuhlangana ukuze ijabulele ukudla kwamasiko, umculo, nezingubo, kuyilapho izikole nezindawo zokusebenza zikhuthaza abantu ukuba bagqoke izingubo zendabuko. Yinyanga esixhumanisa nemvelaphi yethu futhi isikhumbuza ngomlando wethu esabelana ngawo.

Okugqamile kule nyanga uSuku Lwamafa ngomhla ka-24 September, lapho abantu baseNingizimu Afrika ezweni lonke beziqhenya ngokukhombisa amasiko abo. Izinhlangano eziningi zikhuthaza izisebenzi ukuba zifike emsebenzini zigqoke izingubo zendabuko noma zilethe ukudla okuvela emlandweni wabo wamasiko ukuze zihlanganyele nozakwabo. Le micimbi ingaphezu nje kwezinsuku zokugqoka ezijabulisayo, isungula amathuba okuba abantu bafunde komunye nomunye, bagubhe ukuhlukahluka emsebenzini, futhi bajabulele ukuceba kokudla kwendabuko kwaseNingizimu Afrika. Kusukela emisebenzini yobuhlalu yesiZulu kuya kuzitshulu zesiTswana, kusukela kuma-curry wamaNdiya kuya kuma-koeksisters wezikhulumi ze-Afrikaans, izindawo zokusebenza ziphenduka izindawo ezithokozisayo zokushintshisana ngamasiko.

Eminyakeni yamuva, izinkundla zokuxhumana zenzeze ungqimba olusha kule mikhosi. Izinkundla ezifana ne-TikTok,



i-Instagram, i-Facebook, ne-YouTube asephenduke amathuluzi anamandla abantu baseNingizimu Afrika ukuze babonise ukuziqhenya kwabo ngamasiko. Lezi zinkundla zishintsha indlela esigubha ngayo iNyanga Yamagugu, okwenza kube lula ngabantu

abasha ukuthi babelane futhi bafunde ngesiko ngezindlela ezintsha nezijabulisayo.

Enye yezinguquko eziphawuleka kakhulu ukuthi izikhathi zamasiko zingasakazeka ngokushesha kangakanani ku-inthanethi. Umdanso owodwa we-TikTok ogqugquzelwe

izinyathelo zendabuko ungasasazeka ngokushesha, ufinyelele izethameli ngale kwemingcele yezwe lethu. Ngendlela efanayo, iresiphi/indlela yokupheka eyenziwa buthule ekhishini lomndeni manje ingathwetshulwa ocingweni bese ifakwa ku-Instagram, lapho izinkulungwane zabantu zingabuka khona, ziyizame, futhi ziyidlulisele. Izinkundla zokuxhumana zishintshe ukuhwebelana ngamasiko kwaba okuthile okusheshayo, okufinyelelekayo, nokujabulisayo.

Ukudla kuye kwaba enye yezindlela ezithandwa kakhulu zokugubha amagugu ku-inthanethi. Abapheki abasebasha nabathandi bokudla basebenzisa izindlela zesimanje zokupheka ukudla kwendabuko, basungula ukudla okujwayelwe futhi nokufreshi. Amagwinya manje afakwa ushokoleli noma ushizi, ama-kota agcwaliswe ngokudla kwekwalithi ephezulu (gourmet), futhi i-chakalaka ithole indawo yayo ekudleni kwama-vegan. Amavidiyo alezi zindlela zokupheka ngokuvamile mafushane futhi kulula ukuwalandela, okusho ukuthi ukudla okuyigugu akugcini ngokugcinwa kuphela kodwa kucatshangelwe kabusha izizukulwane ezintsha.

Imfashini nayo isiphenduke inkundla yedijithali yokuziqhenya ngamasiko. Abaklami bezingubo zasemgwaqweni kanye nabantu baseNingizimu Afrika bansuku zonke bahlanganisa amaphrinta omdabu kanye nomsebenzi wobuhlalu namateki, ama-hoodie, nezigqoko ezinjengebhakede/izipoti.

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Next Edition (29 October 2025) Sneak Peek: The Teaching Shortage: Why Our Best Educators Are Leaving

How to Experience South Africa's Culture and Outdoors This Heritage Month

September in South Africa is more than just the start of spring. It is also Heritage Month, a time when we celebrate the rich cultural traditions that shape our nation. With warmer weather, clear skies, and the country buzzing with activity, it is the perfect opportunity to step outside Gauteng and explore how culture and adventure come together in other provinces.

KwaZulu-Natal: Mountains and Zulu Culture
Begin your journey in KwaZulu-Natal, where the Drakensberg Mountains meet traditional Zulu communities. A visit to Shakaland, a cultural village, offers insight into Zulu history, with traditional dancing, pottery making, and spear-throwing experiences. From there, venture into the Drakensberg for hiking trails with breathtaking views and ancient San rock art. The Kamberg Nature Reserve features some of the best-preserved paintings, created thousands of years ago. For more adrenaline, try white-water rafting on the Tugela River or canoeing in the Midlands, and explore mountain biking routes that pass through Zulu communities, offering a chance to learn about local crafts and customs.

Western Cape: Wine, Culture, and Outdoor Thrills

The Western Cape blends rich cultural traditions with adventure. In Cape Town, visit the Bo-Kaap Museum to learn about Cape

Malay culture, then take a cable car up Table Mountain for panoramic views and hiking opportunities. Stellenbosch and Franschhoek offer wine farms where visitors can learn about winemaking while enjoying cellar tours, vineyard hikes, or even mountain biking. Along the Garden Route, Oudtshoorn's ostrich farms showcase regional agricultural heritage, while Tsitsikamma National Park offers canopy tours, zip-lining, and bungee jumping at Bloukrans Bridge. Coastal towns like Hermanus provide excellent whale-watching opportunities in spring.

Mpumalanga: Panorama Route and Local Communities

The Panorama Route in Mpumalanga is perfect for scenic hiking and cultural exploration. Marvel at the Three Rondavels and God's Window, then visit Ndebele villages to see striking geometric wall paintings and learn about traditional crafts. Adventure seekers can enjoy white-water rafting on the Sabie River or hot-air ballooning over the escarpment, and even try gold panning at historic sites.

Limpopo: Cultural Villages and Wildlife

In Limpopo, visitors can explore Venda villages, watching pottery making, wood carving, and traditional dancing. Nearby game reserves provide safari experiences, while the Mapungubwe Cultural Landscape offers hiking and archaeological exploration, revealing



Image source: www.pixabay.com

insights into ancient African kingdoms. Many reserves also run cultural programmes, including guided walks that highlight traditional hunting techniques, medicinal plants, and the relationship between communities and wildlife.

Stay in locally-owned lodges or guesthouses that offer cultural programmes and traditional cuisine. Dress modestly when visiting communities, wear suitable footwear for outdoor activities, and bring layers for variable spring weather. Support local artisans by purchasing crafts directly from them, and consider hiring local guides for authentic insights.

Combining cultural exploration with outdoor adventure makes for a rich, rewarding trip. Spend the morning learning about local customs, then the afternoon hiking, rafting, or zip-lining for a complete South African experience. Spring is the ideal season to embrace both culture and adventure, creating memories that last long after your journey ends.

Quick travel tips for Heritage Month adventures

- **Pack for variety:** South African spring weather can change quickly, carry layers, sunscreen, and a hat for outdoor activities.
- **Respect local customs:** When visiting cultural villages, dress modestly, greet respectfully, and ask before taking photos.
- **Support local economies:** Buy crafts directly from artisans and eat at community-run eateries to keep your spending local.
- **Travel light, travel smart:** Comfortable walking shoes are a must for hikes, markets, and heritage tours.
- **Mix culture with adventure:** Balance mornings exploring traditions with afternoons outdoors, from zip-lining to whale watching.
- **Stay connected:** Follow hashtags like #HeritageMonth and #MyHeritageSA on social media to share your journey and learn from others.

Amagugu Edijithali: Indlela Izinkundla Zokuxhumana Ezishintsha Ngayo Indlela Esigubha Ngayo Imikhosi

Continued from page 01

Lokhu kubukeka kuvame ukuvela kuqala ku-Instagram noma ku-TikTok ngaphambi kokuba kube izitayela (trends) empilweni yangempela. Ngale ndlela, imfashini isibe indlela egqamile neyesimanje yokuthi, "Ngiziqhenya ngalokho engiyikho."

Umculo nobuciko nakho kuthola izethameli zomhlaba wonke ngenxa yezinkundla zokuxhumana. Amapiano, azalelwe/avela emalokishini, aqhume emhlabeni wonke. Ingxenywe enkulu yempumelelo yawo ingaxhunyaniswa nezinkundla zokuxhumana lapho o-DJ nabadansi behlanganyela khona izingxube nezinqubo zabo, beqashelwa emhlabeni wonke. Abaculi ababukwayo nabo bahlanganisa okudala nokusha, besebenzisa amathuluzi edijithali ukhlanganisa amaphethini endabuko nomklamo wesimanje. Umsebenzi wabo uhamba ngalé kwemiphakathi yabo lapho behlanganyela ku-inthanethi, unikeza izethameli zomhlaba wonke ukunambitheka kobuciko baseNingizimu Afrika.

Inyanga Yamagugu ibilokhu iphathelele nokuziqhenya nokuxhumana. Okwenziwe izinkundla zokuxhumana ukwenza kube lula ukuthi lezi zindaba, ukudla, imidanso, namasiko kwabiwe kabanzi. Kusikhumbuzo ukuthi ifa/igugu aliphathelene nesikhathi esidlule kuphela, kodwa futhi nendlela esiphila futhi sigubhe ngayo namuhla. Ngezinkundla zokuxhumana, abantu baseNingizimu Afrika balolonga amasiko amasha kuyilapho begcina amadala ephila, beqinisekisa ukuthi isiko lethu lihlala lishukumisa, liziqhenya, futhi likhethekile kithi.

Unelukuluku lokuzama okuthile okusha? Bheka ikhasi 7 ukuze uthole iresiphi yokupheka ama-Mopane Worms, isidlo sakudala sesiTsonga okumelwe sizanywe noma ubani ohlola ifa lokudla elicebile laseNingizimu Afrika.

Spring Into Action: Fresh Starts Before Year-End

Spring in Gauteng brings longer days, warmer mornings, and a chance to shake off the winter slump. For many in Johannesburg and Pretoria, the new season offers more than a change in weather. It is a reminder to refresh our goals and energy before the December holidays arrive. By the time year-end fatigue sets in, deadlines pile up, and focus slips. The months of September, October, and November give us a window to spring into action.

Set short-term goals

With only a few months left in the year, large and long-term plans can feel overwhelming. Instead, break them down into smaller, achievable steps. At work, this could mean finishing that one project on your desk rather than aiming to overhaul your entire department. At home, it might be sorting one cupboard at a time instead of tackling the whole house. The sense of progress keeps motivation high.

Manage time wisely

Time management becomes more important as the year-end approaches. Use a diary or phone calendar to plan daily tasks and stick to set times for meetings, work, or family responsibilities. Avoid multitasking, which often slows you down. Instead, focus on one task at a time and complete it before moving on. Protecting your time in this way reduces stress and gives you a clearer head.

Boost your energy naturally

Spring is the perfect season to get outdoors. Even a short walk in the morning or during a lunch break can lift your mood and energy. Swap heavy winter meals for lighter, fresher options like salads, seasonal fruit, and grilled vegetables. Stay hydrated, as drinking enough water improves focus and helps keep fatigue at bay. Adequate rest is equally important. Going to bed an hour earlier can make the next day more productive.



Create balance

While work deadlines are pressing, balance is key to avoiding burnout. Schedule time for family, friends, or personal hobbies. These breaks provide mental rest and make it easier to return to work refreshed. Balance also means saying no when your plate is too full.

A fresh mindset for December

By using spring as a reset button, you can face the end of the year with more energy and less stress. The December holidays should be a time of rest and celebration, not recovery from burnout. A few changes in focus, diet, and time management now can set you up to end the year strong.

Spring is here, make it the season of fresh starts and renewed drive.



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Cash 'n Carry Stokvel: How It Works and How to Benefit This Festive Season

For decades, stokvels are, and continue to be, a trusted way for communities to save, share, and support one another. One growing type is the Cash 'n Carry Stokvel, which combines collective savings with the opportunity to purchase groceries, household items, and festive treats at discounted rates.

How it works

A Cash 'n Carry Stokvel operates much like a traditional stokvel, where members contribute a fixed amount of money regularly, weekly, fortnightly, or monthly. The pooled funds are used to make bulk purchases directly from cash-and-carry stores, allowing members to buy essentials at lower prices than retail.

Members take turns receiving the bulk goods or cash equivalent, ensuring that everyone benefits over time. This system not only encourages disciplined saving but also provides access to groceries, cleaning products, and other household items that might otherwise strain budgets, especially during the festive season.

Benefits of joining

- Savings on essentials:** Buying in bulk from cash-and-carry outlets reduces the cost per item, meaning more value for every rand saved.
- Financial discipline:** Regular contributions help members manage money and plan for bigger expenses, such as Christmas shopping or school fees.
- Community support:** Stokvels build trust and social connections, creating a network of support where members look out for one another.
- Flexibility:** Many stokvels allow members to choose between receiving bulk goods or cash payouts, depending on what works best for their household needs.
- Special holiday benefits:** Joining before Christmas means members can receive contributions or bulk goods timed for the festive season, easing the cost of gifts, meals, and celebrations.

How to join

Membership is generally open to anyone who wants to participate, though it may be subject to approval by existing members. New members are often encouraged to attend a few meetings to understand how contributions are managed and how purchases are made. It's important to choose a stokvel that is transparent about funds, purchases, and rules to avoid misunderstandings.



How to make the most of your Cash 'n Carry stokvel this Christmas

- Join early**
 - Sign up before November to ensure your contributions can be used for festive purchases.
- Plan your purchases**
 - List groceries, household items, and gifts you need, so the stokvel buys in bulk efficiently.
- Stick to your contribution schedule**
 - Regular payments keep the stokvel running smoothly and guarantee your share.
- Communicate clearly**
 - Attend meetings or group chats to know when bulk goods will be available or payouts made.
- Share and support**
 - Help new members understand the system and enjoy the sense of community.
- Keep it transparent**
 - Make sure your stokvel has clear rules and records to avoid misunderstandings.

Tip: Planning ahead with your stokvel can save money and reduce Christmas stress, giving you more time to enjoy the festive season with family and friends.

Joining a Cash 'n Carry Stokvel ahead of the festive season can be especially helpful. Members can access bulk Christmas groceries, beverages, and gift items at lower prices, making the season more affordable while avoiding the last-minute rush at crowded stores.

Cash 'n Carry Stokvels are more than just a way to save, they are a community-driven tool that combines financial discipline, savings, and festive preparation. For those looking to stretch their rands and enjoy a stress-free Christmas, becoming a member before the holiday season can provide both practical benefits and a sense of community support.

Why You Need to Pay Attention to Liver Health



The liver is one of the most hardworking organs in the human body; filtering toxins, supporting digestion, managing cholesterol, and storing essential nutrients. Yet in South Africa, liver health is often overlooked until it's too late.

Conditions such as non-alcoholic fatty liver disease (NAFLD), hepatitis B and C, and alcohol-related liver damage are becoming increasingly common. According to the South African Medical Research Council (SAMRC), liver disease is among the top ten causes of natural deaths in the country, often due to late diagnosis and poor lifestyle choices.

In many communities, high alcohol consumption, sugary diets, and limited access to preventative healthcare contribute to liver strain. The burden is further exacerbated by co-morbidities such as obesity and diabetes, both of which are rising in South Africa.

Warning signs of liver problems include fatigue, yellowing of the eyes (jaundice), dark urine, abdominal discomfort, and unexplained weight loss. However, by the time these symptoms appear, damage may already be significant.

Fortunately, liver disease is preventable and often reversible, especially when caught early. Public health programmes such as those by Liver SA and Hepatitis South Africa urge people to adopt regular screening and healthy lifestyle changes.

Simple ways to protect your liver:

- Avoid excessive alcohol and binge drinking.
- Eat a balanced diet rich in vegetables, lean proteins, and healthy fats.
- Maintain a healthy weight through regular physical activity.
- Get vaccinated against hepatitis A and B.
- Limit processed foods, high sugar drinks, and refined carbs.

With the right information and habits, every South African can take control of their liver health, one plate at a time.

Healthy adjustments that are easy on your liver:

- Moringa and spinach smoothie**
 - 1 cup spinach
 - 1 tsp moringa powder (or fresh)
 - 1 banana
 - ½ cup water
 - 1 tsp lemon juice
 - Blend and enjoy. It's packed with antioxidants and iron.
- Rooibos detox tea**
 - Brew rooibos with a few slices of ginger and lemon.
 - Drink twice daily to aid digestion and reduce inflammation.
- Pap and chakalaka (low-fat version)**
 - Steam pap instead of adding butter.
 - Make chakalaka with extra beans and less oil for a high-fibre, liver-friendly side.

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Mind Your Health: Simple Daily Habits to Boost Mental Well-being

October marks Mental Health Awareness Month. Mental health affects us all, regardless of background, age or status. Yet, too often in our communities, saying “I need help” still carries stigma. That stops people from getting the support they deserve.

Every mind matters

About one in three South Africans will experience a mental health condition in their lifetime, ranging from anxiety and depression to bipolar disorder and PTSD (Source: www.selibeng.com). These are genuine health issues, no more “crazy” than having high blood pressure or diabetes.

Yet fear, shame and cultural misunderstandings persist. Many people believe mental illness stems from “witchcraft”, ancestral punishment, or a sign of weakness. These beliefs often lead individuals to seek help only after their situation has worsened or not at all.

Mental health conditions can affect anyone, regardless of age, race, income, or background. They are not signs of weakness, madness or spiritual failing. They are real, diagnosable conditions that can be managed with support and treatment.

Here’s a simple guide to help recognise some of the most common mental health conditions:

1. Burnout

Burnout is more than just being tired or stressed. It’s a state of emotional, physical and mental exhaustion caused by prolonged stress, often linked to work or caregiving.

- Signs: Constant fatigue, feeling cynical or detached from work, and reduced performance.

2. Anxiety

Anxiety disorders involve intense, persistent worry or fear that interferes with daily life.

- Signs: Restlessness, sweating, a racing heart, difficulty concentrating, and avoiding social situations.

3. Depression

Depression is not just sadness, it’s a deep, ongoing low mood that affects how you feel, think, and function.

- Signs: Feeling hopeless, loss of interest in things you used to enjoy, changes in appetite or sleep, and thoughts of self-harm.

4. Bipolar disorder

Bipolar involves extreme mood swings from manic highs to depressive lows.

- Manic phase: High energy, fast speech, impulsive behaviour.
- Depressive phase: Deep sadness, fatigue, and difficulty making decisions.

5. Post-Traumatic Stress Disorder (PTSD)

PTSD can develop after experiencing or witnessing a traumatic event, such as abuse, violence, or a serious accident.

- Signs: Nightmares, flashbacks, avoiding reminders of the event, and feeling on edge or easily startled.

6. Substance-use disorders

These occur when alcohol or drug use becomes a coping mechanism, leading to health and relationship problems.

- Signs: Needing more to get the same effect, withdrawal symptoms, neglecting responsibilities, and trying but failing to cut down.

Recognising these signs and acting with empathy can make a life-saving difference. You don’t need to fix everything, simply being there and guiding someone to help can restore hope and begin healing.

Stigma does more than hurt feelings, it delays lifesaving care. People may stop treatment early, refuse to admit distress, and even risk suicide. For men especially, cultural expectations of stoicism and emotional toughness make it even harder to speak up.

Pathways to understanding

- Community mental-health champions, individuals with lived experience, can show others that recovery is possible.
- Talk therapy in townships, like Phola’s Orange Farm group sessions, create safe spaces where people share trauma and find healing together.
- Integration of tradition and science, working with sangomas and traditional healers,



acknowledges culture while ensuring medical support.

- Education and awareness drives in schools, churches, workplaces and clinics help dismantle myths, particularly around supernatural causes.

Actions you can take

- Listen without judgement. Encourage conversation: “Tell me more... You are not alone.”
- Share factual resources. Refer to SADAG, Lifeline, or your nearest clinic, not witch doctors.
- Include mental-health check-ins in community dialogues and parenting groups. Normalise it like diabetes or hypertension.
- Champion local therapy models, such as community groups and peer support in township halls.

Why this works

- Local empathy builds trust, especially when stories come from shared cultural contexts.
- Reliable services let people replace shame with therapy and resilience.
- Early intervention through education avoids crises and eases pressure on already overburdened public health systems.

By shifting the view of mental health from

“crazy” to “care”, we affirm that emotional well-being is a human right, one rooted deeply in ubuntu. Let’s support campaigns in township halls, schools, churches and clinics. Let’s share stories of hope. And let’s treat mental health with the same openness as other health challenges.

Together, we can end the silence and ensure that help is within reach, for every one of us.

Where to find help:

SADAG (SA Depression and Anxiety Group)

Call: 0800 567 567 | SMS 31393

www.sadag.org

Lifeline SA

Call: 0861 322 322 | WhatsApp: 065 989 9238

www.lifelinesa.co.za

Mental Health Info Helpline (Department of Health)

Call: 0800 12 13 14 (24/7)

Let’s change the conversation

Talking about mental health openly can save lives. By learning the signs and reaching out early, we can support one another and begin to break the stigma. Mind matters, and every mind deserves care.

Your Annual Health Check: Why Regular Screenings Can Save Lives



October marks Breast Cancer Awareness Month, a vital reminder for all adults to prioritise their health through regular screenings. While breast cancer is often associated with women, it’s crucial to recognise that men can also develop breast cancer, though less commonly. This underscores the importance of inclusive health practices for everyone.

The Cancer Association of South Africa (CANSA) and PinkDrive offer accessible and cost-effective screening options. For instance, CANSA provides free clinical breast examinations at various locations, including Mamelodi West, thanks to partnerships that sponsor the costs (Source: www.cansa.org.za). These initiatives aim to make screenings accessible to all, regardless of financial status.

Regular screenings are essential because early detection of breast cancer significantly increases the chances of successful treatment. Clinical breast examinations, mammograms, and self-examinations are effective methods for detecting abnormalities. It’s recommended that individuals, especially those over 40 or with a family history of breast cancer, consult healthcare providers about appropriate screening schedules.

Men, too, should be aware of the possibility of breast cancer. Although rare, male breast cancer exists, and awareness can lead to early detection and better outcomes. Encouraging open

conversations about men’s health and breaking the stigma surrounding male breast cancer are crucial steps towards comprehensive healthcare.

In summary, regular health screenings are a proactive approach to maintaining well-being. Utilising available resources like CANSA and PinkDrive can facilitate access to necessary screenings. Remember, early detection can save lives, prioritise your health today.

Self-Check: 7 Simple Steps

1. Pick a day

- For women: a few days after your period ends each month.
- For men or post-menopausal women: same day every month.

2. Mirror check: Arms down

- Stand in front of a mirror, shoulders straight, arms on hips.
- Look for:
 - o Size or shape changes
 - o Skin dimpling or puckering
 - o Redness or swelling
 - o Nipple changes or discharge

3. Mirror check: Arms up

- Raise arms overhead.

- Repeat visual check for changes in skin, shape, or nipples.

4. Lying down: Touch

- Lie flat, pillow under shoulder.
- Use finger pads in small circular motions.
- Cover the entire breast and armpit.
- Use light, medium, and firm pressure.

5. Standing/shower check

- While wet or dry, repeat circular motion.
- Helps detect lumps you may miss while lying down.

6. Know your normal

- Breasts may feel lumpy or uneven.
- Familiarity helps identify unusual changes.

7. Report changes quickly

Contact a healthcare provider if you notice:

- New lumps or thickened areas
- Skin dimpling or puckering
- Nipple discharge or changes
- Persistent pain or swelling

Remember: Self-checks are a first step. Combine them with clinical exams and mammograms as recommended. Early detection saves lives.

Hostels to Homes: Tshwane's Affordable Housing Makeover

The City of Tshwane is transforming a neglected area near the Pretoria Zoo into a vibrant mixed-use precinct aimed at providing affordable housing and student accommodation. This initiative is part of the city's broader strategy to address housing shortages and revitalise underutilised urban spaces.

The project involves repurposing 16 aged, city-owned properties, many of which are currently occupied by municipal workers with expired leases. These buildings, over 50 years old, are set to be demolished to make way for a high-density, purpose-built development. The new precinct will offer affordable rentals, student housing, and commercial spaces, all within walking distance of the Pretoria CBD.

The location is strategically chosen, situated next to the Pretoria Zoo and close to major transport corridors, making it an ideal spot for residents to access work and educational opportunities. The city's vision is to create

a walkable, mixed-use space that prioritizes affordability, accessibility, and long-term public value.

Current tenants will be served notice but will be given first preference to rent in the new development once completed. This approach aims to balance urban transformation with social fairness. The 1.1-hectare site will be consolidated from the 16 standalone plots, ensuring optimal land use without selling off city assets. Instead, the municipality will offer the land through an open tender process, seeking a private development partner under a 30-year lease, with the option to extend for 20 more.

This development is a significant step in addressing the housing needs of Tshwane's residents, providing affordable living options close to the city's economic and educational hubs. It also represents a commitment to sustainable urban development and community upliftment.



Image source: www.hct.tshwane.gov.za

Spotting the Signs Early: How to Recognise ADHD in Children



October is ADHD Awareness Month, a reminder for parents and caregivers to pay attention to children's behaviour and developmental patterns. Attention-Deficit/Hyperactivity Disorder (ADHD) is a common neurodevelopmental condition that affects children's ability to focus, control impulses, and regulate activity levels. Early recognition can make a significant difference in a child's academic success and emotional well-being.

ADHD presents in different ways, but there are common signs parents can watch for. Children with difficulty focusing may struggle to complete tasks, follow instructions, or stay on topic during conversations. They might

appear daydreamy or forgetful, often losing items like schoolbooks or stationery.

Hyperactivity is another key indicator. Children may seem constantly on the go, unable to sit still during meals or classroom activities. They might fidget, tap their hands or feet, or talk excessively. In contrast, some children have more subtle hyperactive tendencies, which may show as restlessness rather than overt movement.

Impulsiveness is also common in ADHD. This can show up as interrupting others, blurting out answers in class, or acting without thinking about consequences. Children may struggle to wait their turn or follow rules consistently.

It's important to note that occasional inattentiveness, high energy, or impulsive behaviour is normal in children. ADHD is diagnosed when these behaviours are frequent, persistent, and interfere with school, home, or social functioning.

Early detection allows parents and educators to provide structured support. Simple strategies include creating predictable routines, breaking tasks into smaller steps, and using positive reinforcement to encourage desired behaviours. Teachers can offer extra guidance in the classroom, while healthcare providers may discuss behavioural therapy or other interventions tailored to the child's needs.

Raising awareness during ADHD Awareness Month helps reduce stigma and encourages families to seek help without delay. By recognising the signs early, parents can ensure children receive the understanding, tools, and support they need to thrive at school and at home.

Careers Column

Welcome to the Careers Column, your go-to space for discovering exciting and attainable jobs that you can explore as a side hustle or new career path. Whether you're seeking to earn extra income or embark on a fresh journey, this column aims to inspire your next move.

This edition, we are focusing on how you can start your own mobile carwash business!

Looking for a way to earn extra income with minimal investment? Mobile car washing could be the perfect solution. This side hustle allows you to bring a much-needed service directly to your community, washing cars at people's homes, workplaces, or local taxi ranks. Why it works: Cars need cleaning regularly, but many owners don't have the time or equipment. By offering a convenient, mobile service, you tap into a constant demand and build a loyal client base.

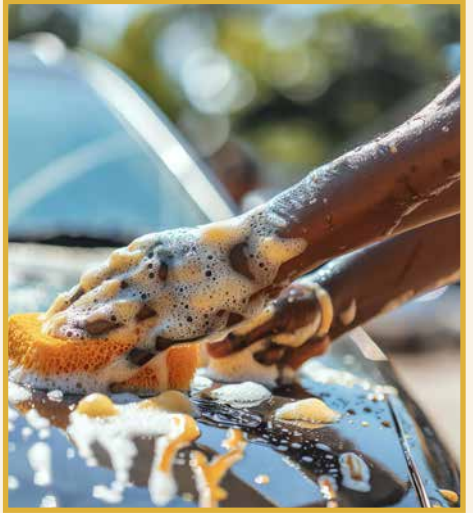
Getting started is simple:

- Materials:** All you need are basic cleaning supplies, bucket, sponges, cloths, car shampoo, and water.
- Space:** No fixed premises are required; you work at your client's location.
- Pricing:** Charge per car or offer weekly/monthly packages to encourage repeat customers.

Tips for success:

- Offer quality service:** Clean thoroughly, pay attention to details, and always use clean water and cloths.
- Promote yourself:** Word of mouth is powerful. Let neighbours, friends, and local businesses know about your service.

- 3. Flexible hours:** Work mornings, evenings, or weekends to fit around your schedule.
 - 4. Upsell:** Offer interior cleaning, tyre shining, or waxing for additional income.
 - 5. Build repeat clients:** Provide incentives for regular customers, like discounted packages or loyalty rewards.
- Even with just a few clients a week, you can generate a meaningful side income. As demand grows, you can expand your team or add services, turning a simple idea into a small business.
- Mobile car washing is low-cost, flexible, and immediately useful in any community. It's an ideal starting point for anyone looking to earn extra money while providing a service that keeps cars clean and drivers happy.



Let's Break the Silence Around Estate Planning

From 15 to 19 September, South Africa observed National Wills Week, a campaign that once again highlighted the importance of having a valid will. The initiative, driven by the Law Society of South Africa, gave citizens the opportunity to draft basic wills for free at participating law firms and organisations.

But what exactly is a will? Simply put, a will is a legal document that outlines how a person's money, property, and belongings should be distributed after their death. It can also specify who will take care of minor children, manage debts, or carry out final wishes. Without a will, the state makes these decisions, often causing delays and disputes among family members.

For many families, the absence of a will had in the past led to painful disputes, long court delays, and uncertainty about who should inherit what. This year's campaign shone a spotlight on why a will mattered, particularly within the black community, where the subject was often seen as taboo. Talking about a will was sometimes viewed as inviting death, and younger people believed it was something only the elderly needed to worry about.

Yet the message from Wills Week was clear: every working adult, regardless of age, benefited from having a will. As soon as one started earning an income, acquiring assets, or supporting dependents, a will became necessary. It was not only about dividing property but also about protecting children, ensuring the right guardianship, and avoiding family conflict.

Lawyers and community leaders who took part in the week's events explained that updating a will was just as important as writing the first one. Life changes such as marriage, divorce, the birth of a child, or the purchase of property all required adjustments to make sure the document remained valid and relevant.

National Wills Week also worked to shift attitudes among young professionals. Many were reminded that a will was not just about wealth, but about responsibility and planning for the future. Without a will, the state decided how assets would be shared, often leaving families in difficult and avoidable situations.

By the close of the week, hundreds of South Africans had taken up the chance to draft their wills. More importantly, conversations had been started in homes and workplaces, breaking the silence around a subject long clouded by cultural hesitation.



National Wills Week served as a reminder that planning for tomorrow did not bring death closer, but instead brought peace of mind and dignity for those left behind.

Take action: Write your will today

You don't need to wait for National Wills Week to secure your family's future. Drafting a will is simple, affordable, and can be updated whenever life changes. Visit your local law firm, community legal clinic or LegalWise to get guidance. Also note that some banks offer will writing services.

Having a valid will is not about fearing death, but about protecting your loved ones and giving them peace of mind. The best time to write your will is now.

5 Simple steps to writing your will

- 1. List what you own:** Write down your property, bank accounts, cars, policies, and personal items.
- 2. Decide who gets what:** Be clear about who will inherit. This avoids confusion or family disputes later.
- 3. Choose a guardian:** If you have children, name someone you trust to care for them.
- 4. Pick an executor:** This is the person who will carry out your wishes. It can be a family member, friend, or lawyer.
- 5. Sign and keep it safe:** Sign your will in front of two witnesses (not beneficiaries). Store it safely at home, with your lawyer, or at the Master of the High Court.

Tip: Update your will after big life events such as marriage, divorce, or buying property.

Exploring Mzansi on a Budget: Smart Savings Tips for Working-Class Travellers



September is Tourism Month which makes it the perfect time to explore the incredible destinations in our own backyard. For most South Africans, traveling within the country isn't just affordable - it's an investment in our economy and a chance to discover the remarkable diversity that makes Mzansi special.

When you travel within South Africa, your money stays in the country, supporting local communities and creating jobs. Domestic travel also offers practical benefits: no passport requirements, no foreign exchange costs, and familiar languages and customs. You can explore world-class destinations without the stress and expense of international travel.

Smart saving strategies

Start a dedicated travel fund: Open a separate savings account specifically for travel. Set up an automatic debit order to transfer even R100 per month. In a year, you'll have R1 200 plus interest, enough for a weekend getaway.

Use the envelope method: Put aside loose

change and small notes in a jar or envelope. You'll be surprised how quickly R5 and R10 coins add up. Many people save R500-800 annually just from loose change.

Cut one luxury per month: Skip one restaurant meal, reduce takeaways, or buy generic brands instead of name brands. Redirect that money to your travel fund. Saving R200 per month gives you R2 400 annually for adventures.

Take advantage of loyalty programmes: Many hotel chains, airlines, and car rental companies offer loyalty points. Sign up for free programmes and accumulate points through everyday spending. These can significantly reduce travel costs.

Travel during off-season: Avoid school holidays and peak summer months. Accommodation rates drop significantly, and attractions are less crowded. September, with its spring weather, offers excellent value for money.

Book accommodation with kitchen facilities:

Self-catering saves substantial money on meals. Visit local markets for fresh, affordable ingredients and enjoy picnic-style meals at scenic spots.

Use group bookings: Travel with friends or family to split accommodation and transport costs. Many guesthouses and self-catering units offer better rates for groups.

Look for package deals: Many tourism operators offer packages that include accommodation, meals, and activities for less than booking separately. Compare prices and read reviews carefully.

Choose free activities: We have countless free attractions like beaches, hiking trails, cultural sites, and scenic drives. Research free activities at your destination before spending money on paid attractions.

Share fuel costs: If you have access to a car, road trips with friends can be very economical when costs are shared. Plan routes that maximise sightseeing whilst minimising distance.

Use intercity buses: Companies like Intercape and Greyhound offer affordable long-distance travel with comfortable buses and regular schedules. Book early for better prices.

Consider domestic flight specials: Airlines occasionally offer domestic flight specials that can be cheaper than long-distance bus travel, especially when booked well in advance. Making Travel a Priority

Plan and save for specific trips: Rather than hoping to travel "someday," choose a specific destination and date. Having a goal makes saving easier and more motivating.

Start small: Your first trip doesn't need to be expensive or elaborate. A weekend exploring a nearby town builds confidence and experience for bigger adventures later.

Trade skills for accommodation: Some lodges and farms offer accommodation in exchange for work. This can provide unique experiences whilst keeping costs minimal.

Travelling within South Africa helps you appreciate the country's incredible diversity, from the dramatic landscapes of the Western Cape to the cultural richness of Limpopo, from the beaches of KwaZulu-Natal to the history of the Free State. This understanding creates pride in our country and broadens perspectives about what South Africa offers.

When you return from domestic travel, you become an ambassador for South African tourism, sharing experiences with friends and family and encouraging others to explore locally. September's Tourism Month reminds us that adventure doesn't require a passport or foreign currency. With careful planning and smart saving strategies, working-class South Africans can explore the remarkable destinations that international visitors travel thousands of kilometres to experience.

Start planning today! Choose a destination, set a realistic budget, and begin saving. Your next South African adventure is closer and more affordable than you think. The memories you'll create and the country you'll discover are worth every rand saved and every effort made.



Celebrate Our Heritage



What is Heritage Day?

- Heritage Day is on 24 September every year.
- It is a special day for all South Africans.
- We celebrate our different cultures and traditions.
- People wear traditional clothes.
- Families enjoy special foods like braais, curries and vetkoek.
- Schools sometimes have cultural days with dancing and music.
- We learn about our languages and stories.
- It reminds us to be proud of who we are.
- Heritage Day is also called Braai Day by many people.
- It shows that we are one Rainbow Nation!

Word Search

B	R	A	A	I	X	D	B
I	P	C	U	R	R	Y	E
E	C	Z	R	A	I	N	A
D	R	U	M	D	A	I	D
Q	L	K	A	Z	V	F	S
U	B	U	N	T	U	A	R

Find and circle the words:

UBUNTU, DRUM, BEADS, BRAAI, CURRY, RAIN

Did you Know?

- The day was once known as Shaka Day, in honor of the great Zulu King Shaka.
- Traditional beadwork can tell a story – different colors and patterns have special meanings.
- Some families cook recipes passed down from grandparents to remember their roots.
- Music and dance are a big part of the day – from drumming to gumboot dancing.
- People decorate with the South African flag colors to show unity and pride.
- Communities often hold Heritage festivals with food stalls, parades, and performances.

Colour in the Picture



Can you guide the children to the family braai?



Colour in the Picture



The Protea is South Africa's National Flower.

From the Township to the Tryline: How Club Rugby is Creating Opportunities in Disadvantaged Communities

Rugby is deeply rooted in South African heritage; we can see it in the sea of green and gold jerseys and the smell of braai meat filling the air on match days, to communities coming together to support and uplift our country's rising stars at inter-school and club rugby tournaments. This can be seen through our coverage of the sport as well where Springbok matches are broadcast nationally, where club and school tournaments can be watched on platforms like SuperSport or SABC Plus. Even with national coverage and popularity, rugby tends to be overlooked in certain spaces, namely in townships and women's rugby due to a lack of access to developmental opportunities. But organisations like the Blue Bulls Rugby Union (BBRU) are actively working towards creating more opportunities for women and in disadvantaged communities. We had the opportunity to interview Jappie Modibane, the cluster manager for the BBRU and hear his insights on Club Rugby in these often-overlooked areas.

Is there an interest in rugby in townships and predominantly black communities?

Due to racist selection processes during apartheid, rugby has always been seen as a symbol of white dominance, with painfully slow progress even after apartheid, but the 2019 Rugby World Cup national team had changed mindsets with Siya Kolisi being the first black Springbok captain and a starting lineup with six black players included, which inspired rugby players in townships like Tembisa and giving them hope that they can also build a career playing rugby.

Mr Modibane replied: "Rugby is played with great enthusiasm at both primary and high school levels by boys and girls, showing a



deep-rooted interest and passion within these communities... Club rugby initiatives promote unity, identity and opportunity through bridging the gap between schools, local communities and professional rugby structures, as well as serving as a developmental pathway for aspiring rugby players."

What are some challenges that players face and does the BBRU have any initiatives to support promising talent in underprivileged areas?

A few challenges faced by rugby players in these areas vary from limited parental support to inadequate rugby facilities and minimal backing from local businesses. While these challenges are prevalent, players can still join recruitment drives run by local clubs in specific communities, which can open doors to players beyond formal school systems. The BBRU runs a Community Schools League System and Youth Club Systems that identifies and nurtures talent in these areas as well.



Are there enough opportunities for women and youth interested in playing rugby?

"Yes, opportunities are growing and becoming more accessible to both women and youth. We have active Youth and Senior Clubs in townships such as Atteridgeville, Soshanguve, Mamelodi and Eesterus. Our Club league and VUKA High Schools league are vibrant platforms that give players exposure and competitive experience." VUKA is a rugby development project created by the South African Rugby Legends Association in partnership with the South African Rugby Union (SARU) with a focus on uplifting young players in disadvantaged communities who have traditionally been excluded from structured rugby training and grassroots level competition.

How can Coaches and Clubs create opportunities for players with BBRU and its other associations?

"There are existing channels of engagement through various association affiliations and

meetings – including coach, referee and club associations, which promote collaboration and resource sharing to uplift players." The Blue Bulls Rugby Coaches Association (BBRCA) offers coach mentorship, education and certification as well as a strong network of coaches with a passion for Rugby.

Does the BBRU have any upcoming community engagement initiatives?

"Yes, we continually plan and execute community programs aimed at talent identification, development clinics, and local club empowerment, ensuring consistent growth in township rugby."

An example of these community engagement initiatives in action is iQhawe Week, a yearly tournament aimed at empowering under-15 boys and girls from lower league and non-traditional rugby schools and give them an opportunity to play rugby at the highest level and a chance to be scouted into a traditional rugby school.

Closing Remarks

Club rugby gives rugby players an opportunity to make a living playing the sport they love, with top players like Handre Pollard earning over R15 million per season by playing for international clubs, this is a clear indication that you don't have to play for the Springboks to earn a salary from rugby. Associations like the BBRCA and VUKA development project open doors for players and coaches to more opportunities for development and empowerment in underprivileged communities which gives more people a chance to earn a living from rugby, allowing more players, coaches and communities to participate in the sport they are passionate about.

Take a look at our spread of classic and new recipes to try in honour of Heritage Month.

Mashonzha & Pap

Serves 4



Ingredients

- 250 g dried mopane worms
- 1 large onion, chopped
- 2 tomatoes, chopped
- 2 tbsp cooking oil
- 1 tsp curry powder
- 1 tbsp peanut butter (optional for creaminess)
- 1 cup maize meal (for pap)
- 3 cups water
- Salt to taste

Method:

- Prepare Mopane Worms: Rinse thoroughly, then boil in salted water for ±30 minutes until softened. Drain.
- Cook Sauce: Fry onions in oil until golden. Add tomatoes, curry powder, and peanut butter (if using). Simmer for 10 minutes.
- Combine: Add mopane worms and cook for a further 10 minutes. Adjust seasoning.
- Make Pap: Boil water, stir in maize meal, and cook over low heat for ±25 minutes, stirring until stiff.
- Serve mopane worms hot with pap.



How About Some Classic Banana Bread?

Serves: 8–10 slices | Prep time: 15 minutes | Cooking time: 50–60 minutes



Ingredients

- 3 large overripe bananas, mashed
- ½ cup (100 g) white sugar
- ½ cup (100 g) brown sugar (or use all white if preferred)
- ½ cup (120 ml) oil or melted butter
- 2 large eggs
- 1 teaspoon vanilla essence
- 1 ½ cups (190 g) cake flour
- 1 teaspoon bicarbonate of soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon (optional)

Method:

- Preheat the oven to 180°C. Grease and line a standard loaf tin with baking paper.
- In a large bowl, whisk together the mashed bananas, sugar, oil (or butter), eggs and vanilla until well combined.
- In another bowl, sift together the flour, bicarbonate of soda, salt and cinnamon.
- Fold the dry ingredients gently into the banana mixture until just combined. Do not overmix.
- Pour the batter into the prepared tin and smooth the top. Bake for 50–60 minutes, or until a skewer inserted into the centre comes out clean.
- Allow the loaf to cool in the tin for 10 minutes before removing. Slice once cooled and serve as is, or with a spread of butter.

Braaiied Snoek With Apricot Jam Glaze

Serves: 4–6

Prep time: 15 minutes

Cooking time: 25–30 minutes

Ingredients

- 1 fresh snoek (about 1.2–1.5 kg), cleaned and butterflied
- ½ cup smooth apricot jam
- 3 cloves garlic, finely chopped
- Juice of 2 lemons
- 2 tablespoons oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- Foil for wrapping



Delicious

Method:

- In a small bowl, mix the apricot jam, garlic, lemon juice, olive oil, salt and pepper until smooth.
- Rinse the snoek under cold water and pat dry with paper towels. Place it skin-side down on a large sheet of foil.
- Spread the apricot glaze generously over the flesh of the snoek, making sure to coat it evenly.
- Fold the foil over the fish and seal the edges well. Place the foil packet over medium coals, skin-side down.
- Braai for about 20–25 minutes, depending on the thickness of the fish. Open the foil for the last 5 minutes of cooking so the glaze can caramelise slightly. The fish is ready when it flakes easily with a fork.
- Serve the snoek hot with pap, a fresh green salad, and lemon wedges on the side.

Tips

- Add a pinch of chilli flakes to the glaze for a sweet-and-spicy flavour.
- Do not overcook the snoek, it dries out quickly.
- If you prefer, you can braai the snoek directly on a grid for a smoky taste, brushing with extra glaze while cooking.

Booi Lauded for Massive Contribution to SA Rugby

SA Rugby president, Mr Mark Alexander, paid tribute to outgoing Springbok Women captain Nolusindiso Booi, following her decision to hang up her boots after a storied career of close to two decades.

Booi, who started playing senior rugby for Border in 2007, has confirmed her retirement after returning from the 2025 Women's Rugby World Cup in England, where the Springbok Women were knocked out in the quarter-finals by defending champions, New Zealand, which was her last Test for South Africa.

With 55 caps for South Africa, Booi departs as the most capped Springbok Women Test player of all time, and the most capped captain in the history of the women's game, having led the Bok Women in 26 internationals.

She made her Test debut in 2010 against Kazakhstan and in that same year, represented South Africa at the RWC in England, and did so again in 2014, when the tournament was hosted in France.

Booi captained South Africa for the first time in a Test match against Wales in 2018, and twice at Rugby World Cups – in 2022 in New Zealand and recently in England, which was her fourth appearance at the global tournament.

In her 15-year international career, Booi faced all the top teams in the world, bar Ireland, while under her leadership, the Springbok Women claimed the Rugby Africa Women's Cup in 2019, 2022, 2023 and 2024, where they qualified for the 2025 RWC. At provincial level, Booi played for Border and DHL Western Province.

"Cindy Booi will go down as a true legend – not only of women's rugby, but of the game itself," said Mr Alexander.

"We have been privileged to witness the career of an undoubted icon of Springbok Women's rugby. From the moment she

first pulled on the green and gold jersey in 2010, Cindy distinguished herself with a rare combination of talent, tenacity and heart.

"Over the years, she became central to many of the most defining and memorable moments in the women's game, leaving an indelible mark on the sport. Her leadership – especially during times of challenge – was nothing short of extraordinary.

"Cindy stood as a tower of strength, both on and off the field. She led with dignity, courage and an unwavering commitment to her teammates and to the values of the Springbok jersey.

"Part of her enduring legacy is the model she leaves behind: one of discipline, leadership and professionalism. It is a legacy that will continue to inspire future generations of players and one of which she should be immensely proud.

"On behalf of SA Rugby, we honour Cindy Booi for her remarkable contribution to the game. Her name will forever be etched in the history of South African rugby."

Booi said the highlight of her international career was being part of a team that started with little but now inspires the next generation of girls and young women's players.

"When you start out as a Springbok it's about proving that you're good enough, but as you play more Tests that feeling dissolves and you realise it's not about you, it's about standing up to the responsibility of what this team should mean to the next generation," she said.

"I think we have made massive strides in that regard and what I'm most proud of. It was never about me, but the bigger reward of seeing the power of this team to inspire others.

"I have so many people to thank on this journey I had, from those early days taking multiple taxis to get to training, to the professional set-up we are enjoying now. Family, friends, fellow players, coaches, medical staff – where does one stop?



Caption: Nolusindiso Booi Launching FNB's sponsorship in 2022.

"I had my fair share of injuries and the patience and dedication of the medical staff, especially in the last couple of seasons, helped me to be strong and fit until my very last game. But I also must listen to my body, and it is telling me it is time to stop.

"Lastly, to SA Rugby and their endeavours to improve the status of the women's game, thank you. We have made so much progress in recent years, and the commitment shown by SA Rugby is not lip service only, we see it and can feel it. The jersey is indeed in a better place."

- SA Rugby Press Release

Upcoming Fixtures

(as of 22 September 2025)

Soccer: World Cup Qualifiers

6 October:
RSA vs Zimbabwe

13 October:
RSA vs Rwanda

Rugby

4 October
RSA vs Argentina

Cricket: The Proteas tour Pakistan

11 Oct:
RSA vs Namibia

12-16 October:
RSA vs Pakistan
Test Match

20-24 October:
RSA vs Pakistan
Test Match

Netball:

21, 24, 28 September:
RSA vs New Zealand

4, 8, 12 October:
RSA vs Australia

* Fixtures correct at time of print

17 Oct 2025

Richards Bay VS Orbit College FC

17 Oct 19:30 - Richards Bay Stadium, Richards Bay

18 Oct 2025

AmaZulu FC VS Durban City

18 Oct 15:30 - Moses Mabhida Stadium, Durban

Orlando Pirates VS Polokwane City

18 Oct 15:30 - Orlando Stadium, Soweto

Magesi FC VS TS Galaxy

18 Oct 17:30 - Seshego Stadium, Pietersburg

Sekhukhune United VS Mamelodi Sundowns

18 Oct 17:30 - Peter Mokaba Stadium, Polokwane

Stellenbosch FC VS Golden Arrows

18 Oct 20:00 - Danie Craven Stadium, Stellenbosch

19 Oct 2025

Marumo Gallants VS Chippa United

19 Oct 15:30 - Dr Molemela Stadium, Bloemfontein

Kaizer Chiefs VS Siwelele

19 Oct 17:30 - FNB Stadium, Johannesburg

31 Oct 2025

Durban City VS Kaizer Chiefs

31 Oct 19:30 - Chatsworth Stadium, Chatsworth

Siwelele VS Sekhukhune United

31 Oct 19:30 - Dr Molemela Stadium, Bloemfontein

01 Nov 2025

Mamelodi Sundowns VS Orlando Pirates

01 Nov 15:30 - Loftus Versfeld Stadium, Pretoria

Orbit College FC VS Magesi FC

01 Nov 15:30 - Olympia Park, Rustenburg

Polokwane City VS Richards Bay

01 Nov 17:30 - Old Peter Mokaba Stadium, Polokwane

Chippa United VS AmaZulu FC

01 Nov 20:00 - Buffalo City Stadium, East London, South Africa



South African Premiership Matches



* Fixtures correct at time of print. Source: www.psl.co.za

02 Nov 2025

TS Galaxy VS Stellenbosch FC

02 Nov 15:30 - Mbombela Stadium, Nelspruit

Golden Arrows VS Marumo Gallants

02 Nov 17:30 - King Goodwill Zwelithini Stadium, Durban

04 Nov 2025

AmaZulu FC VS Polokwane City

04 Nov 19:30 - Princess Magogo Stadium, Durban

Chippa United VS Magesi FC

04 Nov 19:30 - Buffalo City Stadium, East London, South Africa

Kaizer Chiefs VS Orbit College FC

04 Nov 19:30 - FNB Stadium, Johannesburg

Sekhukhune United VS Richards Bay

04 Nov 19:30 - Peter Mokaba Stadium, Polokwane

05 Nov 2025

Durban City VS Marumo Gallants

05 Nov 19:30 - Chatsworth Stadium, Chatsworth

Golden Arrows VS Orlando Pirates

05 Nov 19:30 - King Goodwill Zwelithini Stadium, Durban

Mamelodi Sundowns VS TS Galaxy

05 Nov 19:30 - Loftus Versfeld Stadium, Pretoria

Stellenbosch FC VS Siwelele

05 Nov 19:30 - Danie Craven Stadium, Stellenbosch

22 Nov 2025

AmaZulu FC VS Siwelele

22 Nov 15:30 - Moses Mabhida Stadium, Durban

Orlando Pirates VS Chippa United

22 Nov 15:30 - Orlando Stadium, Soweto

Magesi FC VS Kaizer Chiefs

22 Nov 17:30 - Seshego Stadium, Pietersburg

Marumo Gallants VS Sekhukhune United

22 Nov 17:30 - Dr Molemela Stadium, Bloemfontein