



HEALING TOUCH OF HORSES



From left: Karen Spies with Liané van Zyl (22 months), enjoying a ride on Boesman.

Rustenburg – In Touch Therapy provides a unique form of therapy for people of various ages and needs. Horse therapy improves muscle tone, breathing and posture as well as balance, coordination and motor functions.

Anyone struggling with trauma, physical and emotional challenges or who just wants to relax will benefit from this form of therapeutic horse riding. Riders' ages range from a mere 18 months old to sixty-seven.

There are four horses: Blits, Boesman, Kordaat and Shiloh. These horses each has their own distinct personality, ranging from calm and regal to silly and energetic. Boesman has a reputation as a nosy parker. He has lots of energy and patience and also works with disabled children. Kordaat is a beautiful and sensitive creature. Shiloh is good natured

and loves attention, while Blits is a very charming guy who runs like lightning.

In Touch Therapy is a Section 21 company that wants to reach out to people who will benefit from this form of therapy. Sessions cost R500 per month, which includes 1 session per week with a minimum of 30 minutes, but In Touch would like to offer these sessions free of charge for those who need them but cannot afford them.

They would also like to build an activity track, but their equipment and games were stolen 18 months ago and now they have to collect everything all over.

Another struggle is planting grass, starting a garden gen getting the instruments for the activities in place.

Anyone who would like to help out or contribute in any way can contact Karen Spies on 084-422 2377 or email karenspies@telkomsa.net.

SUPPORT CARE BEAR RUSTENBURG

@ Cars in the Parking event, 2 July

Rustenburg – Hydro Dip Wizards is hosting a 'Cars in the Parking' event on Sunday, 2 July 2017, as a means to raise funds for Care Bear Rustenburg.

They are inviting everyone in the community to support this day. Activities for young and old are already lined up. Trophies will be handed

out to the category winners, and while all the dads spend time viewing spectacular vehicles... 'Boys and their Toys'... the youngsters can have fun at the kids' play area. A beer garden will also be available.

If you are interested in showcasing one of your own golden oldie vehicles, you want to book

a stall, or for any other enquiries, please contact 072-808 4865 or 084-251 2722 or email:

info@hydrodipwizards.co.za.

The event starts at 09h00 and will be held at 149 Kruger Street, Rustenburg. Winners of the categories will be announced at 15h00. Entrance is R10 pp.

• *The Care Bear Clinic (CBC) is a society in which 'there is hope and healing'.*

"When children are abused, we provide efficient and multi-disciplinary professional services to effectively promote their healing and stop any further abuse," says Gys van Zyl, manager and co-founder of Care Bear Clinic for Abused Children.

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