

# HOPE HILL - A BEACON OF HOPE

**Rustenburg** – Hope Hill, a tranquil venue nestled at the foot of the Magaliesberg mountains, has now become a place of hope for people suffering from drug addiction, alcoholism or addiction to prescription medication.

This centre is an inpatient rehabilitation centre making use of peer counsellors overseen by an experienced clinical supervisor. The programme of recovery is based on the 12-step abstinence model practiced all over the world.

#### PERSONAL EXPERIENCE

Director Wessel Mostert was inspired to open the centre after witnessing his friend, Dave de Jager's

struggle with substance abuse and supporting him on his road to recovery. "I have seen the devastating effects of addiction first-hand but have also seen the wonders of recovery. When Dave came to me and said he wanted to help other addicts recover, I thought it was a brilliant idea. After looking at all the aspects and challenges involved in rehab centres, we decided that we wanted to create a place where we could provide support to recovering addicts to get clean and sober," Mostert said.

Mostert laughingly told *Platinum Weekly* that most of the planning for the centre happened next to the dam while they were fishing.

De Jager, who has been sober for more than three years, is now a counsellor at Hope Hill. "I myself went through the process of rehabilitation. I have a strong passion for helping others through the process and spreading the message of hope," de Jager said in an interview with *Platinum Weekly*.

"We want people to know that there is hope, we know it's not easy, but we are a passionate team that is dedicated to see our patients succeed. It is our vision to rehabilitate, educate and re-integrate individuals into communities and society, who understand that their story of recovery from substance use disorder has value to others who are still suffering from the same affliction which once crippled them. We want Hope Hill to stand as a beacon of hope for addicts a 100 years from now," he added.

Hope Hill counsellor Chantelle Edwards started her journey to recovery in September 2016. "I find it greatly rewarding working with others in recovery. I want to share what I have learnt with others and give them the same opportunity to take back control of their lives – an opportunity I was graciously given."

#### CERTIFICATION

Both counsellors are registered with the Board of Addiction Professionals South Africa and have completed their basic addiction counsellor certificate with Addiction Counsellor Certifications South Africa. They have been through the same process, which enhances their understanding of what is required for each individual patient to find the strength and hope needed to live a life in recovery. Having been down the same path, they understand the importance of an effectively structured and closely monitored journey into understanding the behaviour deficiencies which cause the individual to feel the need to turn to drugs or alcohol abuse.

#### MAKE THE DREAM A REALITY

Another key member of the Hope Hill team is Marlett Els. She is a social worker with 28 years of experience

in clinical social work and substance use disorders. "I was so inspired by these people and the work they put in to make their dream a reality. I am truly blessed to be part of such a dynamic team," she said.

#### DO YOU NEED HELP?

If you are an addict and want help, Hope Hill is here for you. You can start by contacting their office and scheduling an appointment for screening. During the screening process, they will determine if their programme is the correct approach for your recovery. Once a patient has been admitted, they will be evaluated by a nurse and within 24 hours they will consult with a doctor for a medical assessment to determine the method and requirements for each patient's individual detox.

They then enter the grace period. The grace period may be utilised to settle in, become familiar with the facility, detox and sort out any medical emergencies.

After the patient have settled in, a bio-psychosocial assessment is done by the social worker to create a treatment plan that caters for the recovery of the patient as an individual. Once the patient is ready to return to society, Hope Hill draws up a relapse prevention plan where they consult with significant others and family members to assist a recovering addict to get their lives back on track after rehab.

#### YOU CAN GET CLEAN!

Hope Hill also offers Narcotics Anonymous and Alcoholics Anonymous meetings to offer support to recovering addicts.

The centre believes that any addict deserves the grace and has the power to get clean. If you have a problem with an addiction, know that there are people who are ready to support you and there is life after addiction. The sooner you get help for your problem the better. Do not let the pain, loneliness and despair keep you under, there is hope. Their mission is to instil a strong foundation of recovery in individuals who work through their programme.

If you suspect that a family member has a problem with substance abuse, the centre encourages that you take a calm approach in helping that person. Do not enable him or her, rather advise rehabilitation, being sensitive and supportive.

"Each person has their own journey and being an addict doesn't make you a bad person, it just means that you made a few bad decisions," said Els.

**CONTACT INFORMATION**  
076 023 2574  
info@hopehillcentre.co.za  
www.hopehillcentre.co.za



One of the conference rooms.



One of the conference rooms.



## MARKETING REPRESENTATIVE

- The person must have at least 3 years experience in marketing field especially mining industry.
- Will be reporting to Marketing Manager
- Must be able to meet targets and deadlines
- Salary will be market related and negotiable.

**Closing Date:** 20th June 2020 at 14:00

Applications must be sent to:  
admin@umfaziwempela.co.za  
olgap@umfaziwempela.co.za



## WE ARE OPEN



### FOR ALL YOUR SECURITY NEEDS

Shop 8, Waterfall Mall  
Matfar Motor City Complex  
Tel: 014 537 2884



## FINANCIAL INDICATORS

|                 |          |
|-----------------|----------|
| ZAR / USD       | 16.60    |
| Rand/Pound      | 21.18    |
| Rand/Euro       | 18.84    |
| Rand/Aus Dollar | 11.60    |
| Dollar/Pound    | 1.28     |
| Pound/Euro      | 1.12     |
| GOLD            | 1,717.63 |
| Platinum        | 865.50   |
| Palladium       | 1,977.00 |

At time of print

## RYWANET DEBT SOLUTIONS

50 VON WIELIGH STREET,  
RUSTENBURG, 0300



WHAT HAPPENS  
AFTER YOUR  
PAYMENT RELIEF?

Email: rywanet@telkom.co.za

Tel: 014 592 8567 | Cell: 071 891 3539

# SUDOKU

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## RUSTENBURG EMERGENCY CONTACT NUMBERS

### SAPS

Rustenburg SAPS Radio Control Centre:

014 590 4115/6/7

Rustenburg SAPS Community Service Centre:

014 590 4126/27/39

SAPS Boitekong: 014 593 6001/ 6002/ 6003

SAPS Emergency (cell phones only): 112

SAPS Marikana: 014 572 3143

SAPS Rustenburg: 014 590 4116

SAPS Thabane: 014 565 9171/54/59

### AMBULANCE

Ambulance / Metro Control Room:

014 597 6612

Ambulance / Metro Control Room (provincial):  
10177

### MEDICAL EMERGENCY

Med 24/7 (Private): 086 177 7761

ER24: 084 124

NetCare 911: 082 911

Trauma Rescue:

014 594 0689

Ferncrest Hospital (Emergencies):

014 568 4339/8

Peglerae Hospital (Casualties):

014 597 2823

### HOSPITALS

Ferncrest Hospital: 014 568 4399

Job Shimankana Tabane (JST) provincial hospital: 014 590 5100

La Femme Clinic: 014 594 9500

RusMed 24: 014 523 9378/9351

### PEST CONTROL / SNAKE EMERGENCY NUMBERS

Mostert Pest Control: 071 213 5107

### CLEANING SERVICES 24/7

CIA Crime Incident Accident:

079 498 7606

### FIRE

Fire Department: 014 590 3232 /3444/3333

Rustenburg Local Municipality emergencies

(fire): 014 590 3090

### RTB LOCAL MUNICIPALITY

RTB Accounts Queries:

014 590 3111

Press 1 for:

RTB Emergencies (Fire Dept.)

Press 2 for:

RTB Customer Care Supervisor

### ALARMS

ADT (Control Room):

086 121 2520 / 086 121 2501

Oracle Protection Services:

014 533 3062/3726 / 081 358 4032

Wesalarms: 014 592 8364

### SSR & CPF/GPF

CPF Sector 1: 061 019 6870

CPF Sector 2: 079 085 3424

CPF Sector 3: 072 204 4847

CPF Sector 5: 071 496 5244

CPF Sector 6: 084 555 1513

Staan Saam RTB: 083 444 6391

CPF Website: www.rustenburgcpf.co.za

Staan Saam Rustenburg Community Watch:

083 296 6949

### SOUTH AFRICAN COMMUNITY CRIME WATCH RUSTENBURG (SACCW)

079 689 0961