

# Ascendis Direct Health Centres

JOHANNESBURG			
<b>Johannesburg</b> Agatha Lebidi	Tuscany Office Park,6 Coombe Place, Sandton	Tel: 011 317 8300 Fax (011) 317 8400	Mon-Fri: 0800-16:30 Sat 09:00-12:30
<a href="mailto:agatha.lebidi@ascendisdirect.com">agatha.lebidi@ascendisdirect.com</a>			
CAPE TOWN			
<b>Cape Town</b> Warren Vlok	OBZ Square Shop 2A Cnr Penzance & Main Roads Observatory	Tel: (021) 551 2183 Fax (021) 551 1477 Cell: 0866 339 585	Mon-Fri 0800-15:30 Last Sat of Month 09:00-12:00
<a href="mailto:warren.vlok@ascendisdirect.com">warren.vlok@ascendisdirect.com</a>			
DURBAN			
<b>Durban</b> Pat Reddy	415 Umgeni Road Durban	Tel: (031) 207 7044 Fax: (031) 209 6781 Cell: 084 710 4044	Mon-Fri: 0800-17:00 Sat 08:00-12:00
<a href="mailto:pat.reddy@ascendisdirect.com">pat.reddy@ascendisdirect.com</a>			
MASAKHANE			
<b>Masakhane</b> Audrey & Granny	Corner Kruis & Market Street Markade Building 6 Floor	Tel: (011) 331 4942 Fax: (011) 331 4942	Mon-Fri: 0800-17:00 Sat 08:00-13:30
<a href="mailto:masakhane.depot@swissgarde.com">masakhane.depot@swissgarde.com</a>			
NEWCASTLE			
<b>Newcastle</b> Andile Shoba	Shop 1 , 50 Sutherland Street Newcastle	Tel: (034) 312 4919	Mon-Fri 8:00-17:00 Last day of month all day
<a href="mailto:andile.shoba@ascendisdirect.com">andile.shoba@ascendisdirect.com</a>			
PRETORIA			
<b>Pretoria</b> Petro Scheun	881 Justice Mohamed Street Brooklyn Pretoria	Tel: (012) 460 4390 Fax: 086 633 9474	Mon-Thu 8:00-16:30 Fri 8:00-16:30 Sat 9:00-12:00
<a href="mailto:petro.scheun@ascendisdirect.com">petro.scheun@ascendisdirect.com</a>			
PRETORIA (2)			

<b>Pretoria</b> Emily & Thandazo	Shop No. 123 The Tremshed Cnr Francis Bart & Lillian Ngoyi Street Pretoria	Tel: (012) 322 4410 Fax: (012) 322 4411	Mon-Fri: 0800-17:00 Sat 08:00-12:00
<a href="mailto:pretoria@swissgarde.com">pretoria@swissgarde.com</a>			
<b>VOSLOORUS</b>			
<b>Vosloorus</b> Ellen Maseko	Naledi Mall Shop 16 & 17, 1st floor MC Botha Drive Vosloorus	Tel:(011) 906 2581 Fax: 0866 333187 Cell 072 3600866	Mon-Fri: 0800-16:30 Sat 09:00-12:30
<a href="mailto:ellen.maseko@ascendisdirect.com">ellen.maseko@ascendisdirect.com</a>			

## Ascendis Health Direct Depots South Africa

Gauteng			
Distribution	Address	Contact Details	Hours
<b>Boksburg</b> Suzanne Baker	2 Veldenia Street, Beyerspark, Boksburg	Tel: (011) 918 3900 Fax: 086 684 3140 Cell: 083 516 2526	Mon-Fri 13:00-17:00 Last 3 days of the month 9:00-17:00 Last Sat of month 9:00-11:00 <a href="mailto:mwzann@mweb.co.za">mwzann@mweb.co.za</a>
<b>Carletonville</b> Christina Ndzondo	Office No. 6 Terenure Building, 124 Kaolin Street, Carletonville	Cell: 083 584 6836 Zandile Cell: 073 705 6597 078 077 6102	Mon-Fri 9:00-17:00 Sat 9.00-15.00  <a href="mailto:vangile.ndzondo@gmail.com">vangile.ndzondo@gmail.com</a>
<b>Centurion</b> Loryn van Wyk	3 Bruarfoss Road Valhalla	Cell: 082 739 2628	Mon, Tues, Thursday 11:00 -13:00 & 15:30 -18:30 Wed & Fri 08:00 12:00 <a href="mailto:loryn.sportron@gmail.com">loryn.sportron@gmail.com</a>
<b>Rooihuiskraal</b> Alida Swanpoel	Christiaan de Wet street nr 20	Cell: 0834319081	<a href="mailto:alida.swanepoel@foodwagonza.com">alida.swanepoel@foodwagonza.com</a>
<b>Daveyton</b> Ntokozo Dllamini	6046 Etwatwa Daveyton	Tel (011) 962 4696 Cell: 072 359 8065 0730406282	Mon, Fri 9:00-17:00 Sat 9:00-13:00 Maria Malape (via Google Sheets) <a href="mailto:sportron.maria02@gmail.com">sportron.maria02@gmail.com</a>

<b>Heidelberg</b> Juanita	60 Strydom Street Heidelberg, 1441	Tel: (016) 341 3168 Cell: 081 299 3142	Mon-Fri 07:30-17:30 <a href="mailto:juanita@2yourhealth.co.za">juanita@2yourhealth.co.za</a>
<b>Lenasia</b> Farzana Shaikh Husband: Junaid	57 Goud Crescent Ext 5 Lenasia 1820	Tel: (011) 852 0823 Cell: 071 109 6600	Mon-Fri 10:00-14:00 <a href="mailto:farzanacassim@gmail.com">farzanacassim@gmail.com</a>
<b>Soweto</b> Margaret Khawe	Lekwa Centre Room 12, 8650 Zone 6 Kokwana Street  (Opposite Diepkloof Hotel)	Tel: (011) 933 7924 Fax: (011) 933 7925 Cell: 083 430 6452	Mon-Fri 9:00-17:00 Sat 9:00-13:00 <a href="mailto:margaret.khawe@yahoo.com">margaret.khawe@yahoo.com</a>
<b>Tembisa</b> Myra Maboya	310 Mzilikazi Street Umfuyaneni Section 1632	Tel: (011) 925 6669 Cell: 083 464 8921 / 079 461 0103	Mon-Fri 8:00-17:00 Sat: 9:00-13:00
<b>Vanderbijlpark</b> Marietjie Roos	Roosmaryn Kliniek 47 Schumann street, SW5	Tel: (016) 932 5514	Mon-Fri 08:00-16:00 <a href="mailto:roosmaryn@telkomsa.net">roosmaryn@telkomsa.net</a>

## Eastern Cape

Distribution	Address	Contact Details	Hours
<b>East London</b> Antoinette Bruce – Alexander	10 Fairview place Beacon Bay, East London, 5201	Tel: (043) 748 3992 Cell: 072 678 2452	Mon; Fri 8:00-16:00 <a href="mailto:easterncape@autismsouthafrica.org">easterncape@autismsouthafrica.org</a>
<b>Mthatha, formerly Umtata</b> Nati Mdluli	55 Babara's Geust House, Nelson  Mandela Drive, Next to Mtata Private Hospital, Umtata	Cell: 062 4231138	Mon; Fri 8:30-16:30 <a href="mailto:umtatanathi1@gmail.com">umtatanathi1@gmail.com</a>
<b>Port Elizabeth</b> Elizabeth Soxusa	408 Alphen House Govan Mbeki Road Port Elizabeth	Cell: 073 984 1297	Mon-Fri 9.00-17.00 Sat 9.30 -13:30

## Free State

Distribution	Address	Contact Details	Hours
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<b>Bloemfontein</b> Fanie vd Walt Trecia vd Walt	40 Gustav Ave Bloemfontein	Tel: (051) 522 9930 Cell: 0827845119 Cell: 0729964973	Mon and Wed 09:00- 17:30 Tues and Thurs 09:00- 14:00 Fridays 08:00_12:00 <a href="mailto:sportronbfn@telkomsa.net">sportronbfn@telkomsa.net</a>
<b>Qwa Qwa</b> Merriam Motaung	Room 124 First Floor Finance Building, Witsleshoek 9870 (Above post office)	Tel: (058) 713 2057 Fax: (058) 713 2057 Cell: 071 602 3904	Mon-Fri 8:00-17:00 Sat 8:00 -13:00 <a href="mailto:motsehoamek5@gmail.com">motsehoamek5@gmail.com</a>
<b>Welkom</b> Tom Fonseca	23 Barnato Street, Reitzpark, Welkom 9459	Tel: (057) 396 2411 Fax: 086 631 0605 Cell: 082 743 6495	Mon-Fri 9:00-13:00 13:30-17:00 Sat 9:00-12:00 <a href="mailto:tfonseca@telkomsa.net">tfonseca@telkomsa.net</a>

## KZN

Distribution	Address	Contact Details	Hours
<b>Durban</b> Sandhaya Ragunath	40 DR AB Xuma 5th Floor Commercial City Building Durban Room 539	Tell: 031) 305 1679 Tel: (031) 304 0633 Cell: 063 007 4249 Fax: (031) 305 6050	Mon - Fri 8:30-16:30 Sat 9:00 – 12:30 <a href="mailto:sandhayaragunath@yahoo.com">sandhayaragunath@yahoo.com</a>

## Lesotho

Distribution	Address	Contact Details	Hours
<b>Maseru</b> Melita Selebalo	Speedy Complex Room 6 2nd Floor Maseru Maselo	Tel: 00266 588 48 382 Tel: 00266 589 24 251	Mon - Fri 8:00-18:00 Sat 8:00-17:00
<b>Maputsoe</b> Rakgadi Lerotha	Seretse Khama Road Maputsoe  (Next to border gate, beteen Engen Garage)	Tel: 00266 224 30 552 Cell: 079 161 8800	Mon - Fri 8:00-17:00 Sat 8:00-16:30

## Limpopo

Distribution	Address	Contact Details	Hours
<b>Acornhoek</b> Emelda Phale	Stand 388 Boelang Village Acornhoek 1360	Cell: 0839379890 Cell: 0824096199	<a href="mailto:emeldadilebo@gmail.com">emeldadilebo@gmail.com</a>

<b>Atok</b> Francia Malatjie	1483 Unit A Lebowakgomo Ntseekgpu Street Atok	Tel: (015) 632 5245 Fax: (015) 632 5245 Cell: 082 3999 026  Patricia Cell: 0723237829	<a href="mailto:Pheladi.mataibela@swissgarde.com">Pheladi.mataibela@swissgarde.com</a>
<b>Burgersfort</b> Joyce Mamogobo	BBS Centre Shop 19 63 Winterbach Maroni Sreet Maroni super save shopping Centre	Tel: (013) 231 8233 Cell: 0721139532	Mon- Fri: 8.00-17.00 Sat: 8.00-13.00 <a href="mailto:burgersfortdepot@gmail.com">burgersfortdepot@gmail.com</a>
<b>Lephalale</b> Tshidi Katjimone	2691 Marapong EXT 4 Lephalale	Cell: 0799980909	<a href="mailto:tshidikatjimone@gmail.com">tshidikatjimone@gmail.com</a>
<b>Makhado</b> Doris Madzanani	Sabina Complex Shop no 84 Thohyandou 0950	Cell: 0837475582	
<b>Polokwane</b> Plura / Mpho	18C Devenish Street Polokwane	Tel &Fax: 015 297 7894  Cell: 072 425 8389 Cell: 083 747 3402	Mon - Fri 8:00-17:00 Sat – 8:00-13:00 <a href="mailto:swisspol@telkomsa.net">swisspol@telkomsa.net</a>

## North West

Distribution	Address	Contact Details	Hours
<b>Klerksdorp</b> Dricia Janse Van Vuuren	66 Central Road Flamwood Klerksdorp 2570	Tel: (018) 468 2772 Fax: 0866138713 Cell: 082 936 8300 (Dricia)	Mon-Fri 9:00 -16:00 Sat 9:00-12:00 <a href="mailto:klerksdorp@depots.sportron.co.za">klerksdorp@depots.sportron.co.za</a>
<b>Potchefstroom</b> Mitzi Immelman	56 Esselen Street Potchefstroom	Tel: (018) 294 8267 Fax: (018) 297 8693 Cell: 071 8793700	Mon-Fri 9:00-17:30  <a href="mailto:potchefstroomdepots@telkomsa.net">potchefstroomdepots@telkomsa.net</a>
<i>Springs</i>	<i>Riana Palm</i>	<i>Cell: 082 442 4832</i>	
<i>Witbank</i>	<i>Abre Smit</i>	<i>Tel: (013) 656 4014</i>	

<b>Rustenburg</b> Vanessa Venter Chantel Jacobs	174 B Kock Street Rustenburg 0299	Tel: 014 597 0897 Tel: 014 594 1457 Cell: 072 182 0757	Monday to Friday 8:00 to 16:30 Saturday 8:30 to 12:00  <a href="mailto:ascedis.rst@xsinet.co.za">ascedis.rst@xsinet.co.za</a>
<b>Rustenburg</b> Martha Mosi Moses Mosi	Office 45B Steen Str Rustenburg 0299 Next to Eskom	Tel (014) 592 3194 Fax: (014) 592 3194 Cell: 072 579 5974	Mon-Fri 9:00-17:00 Sat 9:00-13:00 <a href="mailto:moisiimmartha@gmail.com">moisiimmartha@gmail.com</a>
<b>Zeerust</b>	22 Gerrit Maritz Street	Cell: 079 290 2786	Mon-Fri 8:00-17:00

## Western Cape

Distribution	Address	Contact Details	Hours
<b>George</b> Elisabeth Potgieter	13 Ironsyde Street George	Tel & Fax: (044) 873 0128 Cell: 083 627 9105 Tel: (044) 322 5487	Monday - Friday 10:30 - 13:30 <a href="mailto:george@depots.sportron.co.za">george@depots.sportron.co.za</a>
<b>Somerset West</b> Petra Hawes	20 Briza Street Somerset West	Fax: 0865475076 Tel: (021) 852 4461 Cell: 084 552 4461	<a href="mailto:mwhawes@iafrica.com">mwhawes@iafrica.com</a>

## Ascendis Health Direct Depots in Africa

SWAZILAND			
Distribution	Address	Contact Details	Hours
<b>Mbabane</b> Maria Mavuso	Mbabane House 2nd Floor, left wing, Warner Street Mbabane	Tel: (00268) 786 424 17	
<b>Bambisanani</b> Maria Mavuso	S.N.A.T. Co-Operatives House Manzini	Tel: 00268) 786 42 417 Cell: (00268) 076 23 1303	
NAMIBIA			
Distribution	Address	Contact Details	Hours
<b>Windhoek</b>  Gisela MoweSe van kent	Madume Ndemufeyo and Frans Indonga Drive,  Shop 10 Ellmer Building (opposite Wernhill Park Shopping Centre)	Tel: (00264) 61 242 399 Fax: (00264) 61 242 713 Cell: (00264) 81 124 6495	Mon-Fri 8:00-17:00 Sat 8:30-14:00
<b>Ondangwa</b>  Tusnelde Shivute		Tel: (00264) 65 245 665 Cell: (00264) 81 1298 040	<a href="mailto:shivute@iway.na">shivute@iway.na</a>
<b>Okuryangava</b>  Haitembu, Tresia	Okaramba street Wanaheda		<a href="mailto:HaitembuT@bankwindhoek.com.na">HaitembuT@bankwindhoek.com.na</a>
<b>Omungwelume</b> (North)  Lucia Shilamba	443 Nafindi Street Valambola (Omungweiwme main road, next toTunako)	Cell: (00264) 81 271 7575	Mon-Fri 8:00-17:00 Sat 8:00-13:00
<b>Ongwediva</b>  Liinna Sheefeni	1663 Ongwediva main road Swissgarde Premises	Tel: (00264) 65 230 385 (00264) 811290381 Cell: (00264) 81 1290 381	Mon-Fri 8:00-17:00 Sat 8:00-13:00
<b>Yetu</b>  Theopolina Badu	Yetu Building Pick a phone Yetu	Tel: (00264) 65 221 285 Fax: (00264) 65 221 300 Cell: (00264) 81 1274 280	