

Ascendis Direct Health Centres

JOHANNESBURG			
Johannesburg Agatha Lebidi	Tuscany Office Park,6 Coombe Place, Sandton	Tel: 011 317 8300 Fax (011) 317 8400	Mon-Fri: 0800-16:30 Sat 09:00-12:00
agatha.lebidi@ascendisdirect.com			
CAPE TOWN			
Cape Town 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 0800-16:30 Sat 09:00-12:00
warren.vlok@ascendisdirect.com			
DURBAN			
Durban Pat Reddy	415 Umgeni Road Durban	Tel: (031) 207 7044 Fax: 0866 339 446	Mon-Fri: 0800-16:30 Sat 09:00-12:00
pat.reddy@ascendisdirect.com			
PRETORIA			
Pretoria Petro Scheun	881 Justice Mohamed Street Brooklyn Pretoria	Tel: (012) 460 4390 Fax: 086 633 9474	Mon-Fri: 0800-16:30 Sat 09:00-12:00
petro.scheun@ascendisdirect.com			
VOSLOORUS			
Vosloorus 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
ellen.maseko@ascendisdirect.com			

Ascendis Health Direct Depots South Africa

Gauteng

Distribution	Address	Contact Details	Hours
Boksburg 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 mwzann@mweb.co.za
Centurion Loryn van Wyk	3 Bruarfoss Road Valhalla	Cell: 082 739 2628	Mon - Fri 13:30 - 17:30 loryn.sportron@gmail.com
Rooihuiskraal Alida Swanpoel	Christiaan de Wet street nr 20	Cell: 0834319081	alida.swanepoel@foodwagon za.com
Daveyton Maria Malape Precious Malape	6046 Etwatwa Daveyton	Cell: 084 532 6311 073 883 9430 062 828 3158 011 962 4696	Mon - Fri 9:00-17:00 Sat 9:00-13:00 Maria Malape sportron.maria02@gmail.com
Heidelberg Juanita	HF Verwoerd street 66 Shop no 5 Heidelberg 441	Tel: (016) 341 3168 Cell: 0834508777 Cell: 0812993142	Monday till Thursday 8:00- 17:30 (lunch 13.00 till 14.15) Friday 8:00-17:00 (Lunch 13:00 till 14.15) Saturday 9:00-12:00 Sundays 10:15-12:00 juanita@2yourhealth.co.za
Lenasia 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 farzanacassim@gmail.com
Soweto Margaret Khawe	Lekwa Centre Room 10, Zone 6 1862 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 margaret.khawe@yahoo.com
Vanderbijlpark Marietjie Roos	Roosmaryn Kliniek 47 Schumann street, SW5	Tel: (016) 932 5514	Mon-Fri 08:00-16:00 roosmaryn@telkomsa.net

Eastern Cape

Distribution	Address	Contact Details	Hours
East London	10 Fairview place Beacon Bay, East London, 5201	Tel: (043) 748 3992	Mon; Fri 8:00-16:00 Sat: 8:00- 12:00

Antoinette Bruce – Alexander		Cell: 072 678 2452	easterncape@autismsouthafrica.org
Mthatha, formerly Umtata Lazola Buyeye	55 Babara's Geust House, Nelson Mandela Drive, Next to Mtata Private Hospital, Umtata	011 3178445	Mon; Fri 8:30-16:30 Sat: lazolabuyeye@ascendisdirect.com
Port Elizabeth Charmain	181 Circular Drive Port Elizabeth	041 368 7855 Cell: 083 294 1532	Mon-Fri 8:00-17:00 charlo@smileykids.co.za
Port Elizabeth Elizabeth Soxusa	4088 Apple House Govan Mbeki Road Port Elizabeth	Cell: 073 994 1297	Mon-Fri 9.00-17.00 Sat 9.30 -13:30

Free State

Distribution	Address	Contact Details	Hours
Bloemfontein 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 sportronbfn@telkomsa.net
Welkom 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 fonseca@telkomsa.net

KZN

Distribution	Address	Contact Details	Hours
Durban Sandhaya Ragunath	40 DR AB Xuma 5th Floor Commercial City Building Durban Room 539	Tell: 031) 305 1679 Cell: 0832379306 Fax: 0866455712	Mon - Fri 8:30-16:30 Sat 9:00 – 12:30 sandhayaragunath@yahoo.com

Limpopo

Distribution	Address	Contact Details	Hours
Acornhoek Emelda Phale	Stand 388 Boelang Village Acornhoek 1360	Cell: 0839379890 Cell: 0824096199	emeldadilebo@gmail.com

Atok Francia Malatjie	1483 Unit A Lebowakgomo Ntseekgpu Street Atok	Tel: (015) 632 5245 Fax: (015) 632 5245 Cell: 082 3999 026 Patricia Cell: 0723237829	Makgwale.malatjie@gmail.com
Lephalale Tshidi Katjimone	2691 Marapong EXT 4 Lephalale	Cell: 0799980909	tshidikatjimone@gmail.com
Makhado Doris Madzanani	Sabina Complex Shop no 84 Thohyandou 0950	Cell: 0837475582	

North West

Distribution	Address	Contact Details	Hours
Klerksdorp Dricia Janse Van Vuuren	66 Central Road Flamwood Klerksdorp 2570	Tel: (018) 468 2772 Fax: 0864589025 Cell: 082 936 8300 (Dricia)	Mon-Fri 10:00 – 12:30 12:30 – 16:00 Sat 10:00 - 12:00 klerksdorpdepot@gmail.com
Potchefstroom Mitzi Immelman <i>Springs</i> <i>Witbank</i>	56 Esselen Street Potchefstroom <i>Riana Palm</i> <i>Abre Smit</i>	Tel: (018) 294 8267 Fax: (018) 297 8693 Cell: 071 8793700 <i>Cell: 082 442 4832</i> <i>Tel: (013) 656 4014</i>	Mon-Fri 9:00-17:30 potchefstroomdepots@telkom.sa.net
Rustenburg 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 ascendis.rst@gmail.com
Zeerust	22 Gerrit Maritz Street	Cell: 079 290 2786	Mon-Fri 8:00-17:00

Western Cape

Distribution	Address	Contact Details	Hours
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George 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 sportrondepotgeorge@gmail.com
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Ascendis Health Direct Depots in Africa

SWAZILAND			
Distribution	Address	Contact Details	Hours
Mbabane Maria Mavuso	SPM building Office 2b Gwamile street	Cell: (00268) 78 64 2417 (00268) 2404 9488	
Bambisanani Banele	SNAT Building Office 2b Mancishane Street	Cell: (00268) 76 23 1303 Tel: (00268) 2505 6347	Banza2857@gmail.com
NAMIBIA			
Distribution	Address	Contact Details	Hours
Windhoek 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 gvkahd@gmail.com
Windhoek	Unit 27, Edison Square, Edison Street, Southern Industrial, Windhoek	+264 851224789 +264 61243898	Mon-Fri 9:00 –16:00 windhoek@ascendisdirect.com
Ondangwa Tusnelde Shivute	Anytime Take Away opposite Bank Windhoek and Avbob Ondangwa Main Road	Tel: (00264) 65 245 665 Cell: (00264) 81 1298 040	shivute@iway.na ttilenims@hotmail.com
Okuryangava Martha	Okaramba street Wanaheda	(00264) 81 2526 301 Nangombe42@gmail.com	Tresia HaitembuT@bankwindhoek.com.na
Omungwelume (North) Lucia Shilamba	443 Nafindi Street Valambola (Omungweiwme main road, next toTunako)	Cell: (00264) 81 271 7575 (00264) 65 230373	Mon-Fri 8:00-17:00 Sat 8:00-13:00 Efraim.ismel.0302@gmail.com
Ongwediva Liinna Sheefeni	Veluka Health Centre Ongwediva Main road 6340	Tel: (00264) 65 230 385 (00264) 811290381 Cell: (00264) 81 1290 381	Mon-Fri 8:00-17:00 Sat 8:00-13:00

			velukahealthascendings@gmail.com
Yetu Theopolina Badu	Yetu Building Pick a phone Yetu	Tel: (00264) 65 221 285 Fax: (00264) 65 221 300 Cell: (00264) 81 1274 280	badu@gmail.com