

95 on Main - stylish, upmarket lifestyle centre



LIFESTYLE CENTRE

Celebrate this Easter with us!

Humansdorp's most stylish lifestyle centre has something for everyone - a place to eat, shop, relax and play. Amenities include shaded seating, beautiful water features, an outdoor kiddies' jungle gym and play area, security, safe parking, and air-conditioning.

Situated on Main Street diagonally opposite Spar, this upmarket lifestyle centre was built to be beautiful, to give locals a building that would make them feel like they could be anywhere in the world and to show there is a future and hope for this town and area.

This is what motivated Lex Guttsche, a resident of the area since 1980 after his father bought Woodlands Farm. Guttsche has a deep love for the town, area and it's people. When the property that currently houses 95 on Main became available, it soon became apparent that renovation would not be the answer.

The Lifestyle Centre is home to the following businesses:

Grill & Company, a licensed family restaurant with a kids play area and outside seating area. This is a beautiful venue for any function, seating up to 130 guests. Grill & Company's menu offers a wide variety of dishes, including a must try - mouth-watering steaks with a side of your choice.

Indulge, an artisan bakery, is known for its

delicious ciabatta breads, pies, decadent cakes and a variety of deli items. Other fresh goodies also available here include - Almond Loaves, Olive & Cheese Focaccia, Nut and Fig Bread, Rye Bread and much more.

Aqua Spa & Skin Clinic. Leave your concept of time at the door and enter the Aqua Spa & Skin Clinic haven. Here you can treat mind, body & soul.

Impact Photography & Design Studio first and foremost values the clients' experience. Originally the owner planned it to be a one-woman business, but it quickly grew and after 5 years employs 6 people. Services range from photography to design as well as social media marketing & management.

Heritage Gifts is the brainchild of owner, Janice Guttsche. The name of the gift shop carries the heart of that which we hope to achieve; a heritage for our generation as well as the next. The shop stocks a variety of items, catering for varied budgets and age groups. On offer are baby items, toys, games, jewellery, body products, décor items, handbags, scarves and gifts for men. We are proud to source most products locally and support upliftment projects.

Studio JACK Professional Hair - Make your appointment today!

Human sanctuary and counselling

The shame of mental illness

Most people willingly go to the doctor if they break their leg, says counselling therapist Charles Black.

Most of us look after our bodies by exercising, watching our diet or visiting our doctor if we do not feel well. One in four of us in South Africa are going to get a mental illness and 75% are not going to get any help. If we have asthma we take medicine, if we have flu we take medicine. How tragic it is that if we have to take medicine for the mind there is such a stigma attached to it.

This is a guiding principle for Black's local practice which opens in March in St. Francis Bay. He believes mental health is just as normal a part of being as physical health and strives for his clients and community members to become comfortable with that fact. He sees people as capable of healing, strengthening, and growing, sometimes with an assistance. Leading from this point is his view that one of the major goals of therapy is to leave therapy, rather than becoming dependent upon it.

The consequences of stigma and discrimination can be severe or even life-threatening. The average life expectancy of people with mental illness is at least 15 years shorter than that of the general population. This is, at least in part, due to less effective treatment by family doctors and hospital staff of the physical health problems of people who also have mental illness: staff sometimes misattribute physical complaints as being "all in the mind", rather than investigating problems thoroughly.

A further challenge is that, in every country where this has been studied, the great majority of people with mental illness do not get any treatment at all for these conditions. In poor countries this is largely because treatment is not available, but it is now clear that another important reason is that people do not seek help because stigma makes them fear loss of reputation.

Charles reiterates that while some are

comfortable with the normalcy of therapy, others are not. Therefore, he maintains strict confidentiality regarding all his clients. In other words, some people are not shy about participating in therapy and may even tell their friends how helpful it is while others need total privacy.

What is Mental Illness? Depression is the most common mental illness and by 2020 is forecast to be the second leading global disability after heart disease. A link between poor mental health and cardiovascular disease has been established. Other common mental illnesses include general anxiety disorder, substance abuse, bipolar disorder, schizophrenia and anorexia of over 200 clinically diagnosable conditions. It is normal to feel sad, angry, upset, frustrated, confused - so how do we know if what we're experiencing is indicative of a more serious problem? "When it starts to take control of your life and inhibits our normal day to day activities," says Charles.

Charles continues by saying that even though many people are opening up about their mental health these days, it is still an uphill battle. If you think you might be dealing with a mental health illness, you can seek help. Affordable self-care is available and no one should be ashamed of it, ever.

Charles earned a Bachelor's degree from Michigan State University in 1993. He has subsequently completed his PhD in Metaphysical Psychology and Diploma in Counselling. He is currently continuing his studies towards the Advanced Diploma in Logotherapy.

Seeking counselling is a sign of resourcefulness, not a sign of weakness.

If you would like more information about this topic, please contact Charles Black at 083-411-8126, email: charles.ths@gmail.com or visit www.thehumansanctuary.org

<p>INDULGE BAKERY</p> <p>042 291 0986</p>	<p>IMPACT PHOTOGRAPHY</p> <p>042 291 0889</p>	<p>AQUA SPA CLINIC</p> <p>042 291 1278</p>
<p>STUDIO JACK HAIR</p> <p>042 291 1063</p>	<p>HERITAGE GIFTS</p> <p>042 291 1307</p>	<p>GRILL & COMPANY</p> <p>042 295 2777</p>

95 Main Street, Humansdorp 042 295 2777



SPECIAL

OF THE MONTH

**Catch our
SPECIAL I**

Build Your Own Combo

Fresh Hake (Grilled or Fried)	46.
Local Calamari	42.
Chicken Schnitzel	38.
Baby Back Pork Ribs	44.
Pan Fried Prawns	89.
(Minimum order of two items)	
Sides	
French Fries	15.
Greek Salad	32.
Potato Mash	14.
Seasonal Vegetables	16.

The Port Hole Building, Port St. Francis, St. Francis Bay

042-294-0419

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Competitive
Rates

Seeking counselling
is a sign of resourcefulness

Not a sign of weakness.

- Anxiety & Stress
- Depression
- Grief & Loss
- Addictions
- Relationships & Sexuality

*The Human
Sanctuary*

Contact **Charles Black** confidentially at

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or

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