

95 on Main - stylish, upmarket lifestyle centre



LIFESTYLE CENTRE

Celebrate this Easter with us!



INDULGE BAKERY
042 291 0986



IMPACT PHOTOGRAPHY
042 291 0889



AQUA SPA CLINIC
042-291 1278



STUDIO JCK HAIR
042 291 1063



HERITAGE GIFTS
042 291 1307



GRILL & COMPANY
042 295 2777

95 Main Street, Humansdorp 042 295 2777

Loligos
Seafood & GrillSPECIAL
OF THE MONTH

Catch our
SPECIAL !

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

loligossfb@gmail.com

Book Online : www.loligos.co.za

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 Gutsche, a resident of the area since 1980 after his father bought Woodlands Farm... Gutsche 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, offers a à la carte menu and a separate seating area. This is a beautiful venue for a 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 croissants, breads, pastries, decadent cakes and a variety of deli items. Other fresh goodies also available here include - Almond Loaves, Olive & Cheese Foccacia, 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 for 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 Gutsche. The name of the gift shop carries the heart of that which we hope to accomplish - that is to say, to give 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 JCK 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 is it that if we have to take medicine for the mind there is such a stigma?

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 living 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 assistance. Leadership is a key element of his practice. One of the major goals of therapy is to leave therapy, rather than becoming dependent on 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 health care providers and a lack 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 help at all. In South Africa, in particular, 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 with 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 depression and heart disease has been established). Other common mental illnesses include general anxiety disorder, substance abuse, bi-polar disorder, schizophrenia and enuresis out 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? "It starts to take control of your life and inhibit our normal day to day activities," says Charles.

Charles continues by saying that even though more 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 afraid to seek help.

Charles earned a Bachelor's degree from Michigan State University in 1983. He subsequently completed his PhD in Metaphysical Theology and Diploma in Counselling. He is currently continuing his studies towards the Advanced Diplomat 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



Seeking counselling
is a sign of resourcefulness

Not a sign of weakness



Contact **Charles Black** confidentially at
083-411-8126 or charles.ths@gmail.com
www.thehumansanctuary.org