*The PRA does not hold any responsibility for the actual services listed in this document. Businesses should be contacted for detail about their products.*

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| **Name of Business** | **Offering** | **Contact person** | **Contact details** |
| *The Perfect Cup* | Freshly Roasted Coffee Coffee shopThe Perfect Cup is your local coffee roastery.We can deliver any amount of coffee beans to your door.We also have our famous pancake batter for sale so you can make the pancakes at home. | Michelle Dancer | michelle@perfectcup.co.za082 884 4420 011 4860683 |
| *Trabella Pizzeria* | Pizza, pasta etc | Tammy | 010 013 4617 WAYS TO ORDER# Have a look at the menu and order online, [wwwtrabellapizzeria.co.za](http://wwwtrabellapizzeria.co.za)# whatsapp (text only no calls) 067 338 2677# UBEReats# Mr Delivery |
| *Creative Catering* | North and South Indian cuisine.  PlattersDelivery in Parkview  | Hemantha Govender | 0609932623 |
| *Trudi’s Home Bake*  | Homemade cakes, biscuits, rusks, meringues, savouries, precooked meals, Party Platters etc. We can deliver in the Parks area. |  Trudi Mitchell | 0722046000gmt@telkomsa.net |
| *The Foyer Coffee Shop* | We have a great menu trying to keep it focused on fresh home cooked meals cooked daily. Our full menu is available for eat-in or takeaways and we deliver to the Parkview area at no charge.We have also developed an exciting range of frozen meals. | Samantha and Chris | 0824581352(message to be part of the whatsapp group for daily specials) |
| *Taste of Punjab* | Authentic Indian Food, we do deliveries in a radius of 5 km and can also be reached through Uber Eats, Mr Delivery. | Aleck Dube | 0116469031 / 0114864035 |
| *Kate Naughton food and events* | A local catering and events catering that is focused on freshly frozen meals until parties can resume. In better times an exclusive catering and events company that specializes in beautiful, delicious events for small to medium sized private events. | Kate Naughton | kate@katenaughton.com[Www.KateNaughton.com](http://Www.KateNaughton.com) |
| *So Sorted Professional Organisers* | Downsizing, Decluttering, Professional Organising, Packing and Moving, Relocation Services, Handyman Services | Kirsten van Rooyen | 0823790902kirsten@sosorted.co.za |
| *Stylishly sorted* | Stylishly Sorted has been operating happily for 11 years. We sort, declutter and turn your home or office into an organized, calm space. Selling your home?  We do a clean sweep declutter and make your home the perfect space for prospective buyers. Relocating? Why pay to move your clutter to a new home? We declutter, pack up your entire house and unpack in your new home.Whether it’s an entire house, 1 room, shed or garage, we can help you be organised and clutter free!! All unwanted goods are given to charity, which is a great feeling too!Live your life the way you have always wanted to, in the home you have always wanted | Michelle Germond | 083 406 1457michelle@stylishlysorted.co.za |
| *Studio Cailin Interiors* | Interior Design and project management | Cailin Wandrag | 0718653231cailin.wandrag@icloud.com |
| *Honeyriver* | Shoe and Handbag maker | Karen Fourie | 0834563900karen@honeyriver.co.za Honeyriverbags@gmail.com |
| *The Makery Collection* | Jewellery, accessories and giftingIf you would like a jewellery gift delivered to someone, you can order online or contact us directly to do the delivery. All gifts are packaged in gift bags and boxes and a card will be included upon request. | Jackie Myburgh Chemaly | 087 153 7758082 600 7142info@themakerycollection.com |
| *Collection Giovanni* | Largest range of costume Jewellery made up with Swarovski Crystal, all our Jewellery is Nickel Free. We also do repairs Wire Restring, knotting and on Elastic, replace missing stones. All Our jewellery is packed on pouches and jewellery folder with care instructions | Audrey Zini | Audrey@giovanni.co.za 0839267978  |
| *Polka Holdings* | We provide the best quality gifts, ceramics, home décor and accessories. | Nhlanhla Mabaso | Nhlanhlamabaso1975@gmail.com |
| *Tyrone Pharmacy* | Pharmacy and clinic servicesWe do deliveries (civil unrest may delay or hinder home deliveries, please contact pharmacy to confirm) | Cheryl Kuit and Kelly Robinson | 011 646 3818info@tyronepharmacy.com |
| *Kimberly Jones Occupational Therapy* | Physical & cognitive rehabilitation for clients with neurological conditions Vocational rehabilitation Driving assessments Hand therapy and splinting for neurological & orthopaedic conditions Guidance on assistive devices & home modifications Caregiver training/education Home visits on request  | Kimberly Jones | 084 222 1192 / 079 261 523 info@holismhealth.co.za 14 Loch Avenue, Parktown |
| *Added Touch* | Specialising in Manicures PedicuresEyelash & Eyebrow Tinting Eye Lash EnhancementMake-upLeg/face Wax – HOT & BODY TEMP.Eyebrow Shaping | Tiny/Babs | 0793997767011 4861663bramwelladdedtouch@gmail.com54 Tyrone Avenue (Parkview Centre) |
| *The Mask Skin and Body Clinic* | A wide variety of skin and body treatments using top products.ALL COVID 19 protocols strictly followed – clients who would like manicures & pedicures can done as a home service during time can call us and products can be sent through POSTNET or UBER within 10 kilometres or Mays Pharmacy kindly deliver on our behalf.Any service we can offer with skin issues please contact via email or give us a call and we can advise.  | Helene Bramwell-Weber | 011 6466166079 8920243helene@global.co.za60 Tyrone Avenue, Parkview (The Village Parkview) |
| *Health for Life* | NeoLife products - they cover nutrition, homecare, and skin care | Debbie Flatau | 072 796 2606debbieflatau@gmail.com<https://shopneolife.com/healthforlifeza> |
| *MOKSHA* | Lion’s Mane Functional Mushroom Supplement | Michael Lawrence  | 0844192244 mike@moksha.co.za <https://www.mokshrooms.com/> |
| *J BredenkampInc/Executor Law* | Drafting of wills, Administration of deceased estates, Conveyancing – transfers and bond registration, registration of marriage contracts and Notary work.We commission/certify documents for residents at no charge on Tuesdays between 9h00 and 10h00. Emergency signing can be arranged.We check resident’s sale agreements at no charge when they sell their properties. We are always willing to take residents calls at no charge. We also offer preferential rates to Parkview residents | Janine Bredenkamp | 08260080450110238701/2Janine@jbattorneys.co.za |
| *Tyson Properties* | Real estate sales and rentals in Parkview and surrounding suburbs | Brad Neille | 0723979038 brad.neille@tysonprop.co.za |
| *Slalom Solutions* | IT Services. All Hardware, Software, Windows, Mac. Networking, Wi-Fi, Routers etc. Can also supply inverters and batteries. Online and remote assistance.Machines can be dropped off. House Calls only after 24 July. | Dave Drinkwater | 0834981771dave@slalomsolutions.co.za |
| *Social Perspectives* | Consulting Research and Evaluation Services for Social Sector Solutions | Sheri Errington | 083 280 9613Sheri@socialperspectives.co.za |
| *Fight with Insight* | At home Boxing coaches and Personal Trainers. | Sheri Errington | 083 280 9613Sheri@socialperspectives.co.za |
| *Parkview Preprimary School* | An Independent school for young children aged 3 – 5 years.Following a play-based approach, we encourage curiosity, creativity, exploration and critical thinking.  Our flexible, child-centred activities allow for individual growth and a positive self-image.  Open Day is Every Day! | Debbie Brown | 011 646-23090780960025info@parkviewpreprimary.co.za |
| *Tiny Tots Playgroup* | A small playgroup (for children from 10 months to 3 years old) from my home in Dundalk Avenue. This is our 15th year in operation. We operate from 7h45 to 12h30 Monday to Friday | Amy Maddams | 0828983296tinytots2018@gmail.com |
| *GriffHub 3D Printing* | I offer 3D Printing services as well as 3d modeling, design and prototyping. | Griffin Trace | 0822207550Griff@3dsa.co.za[Griff Hub 3D Printing – Griff Hub 3D Printing (3dsa.co.za)](https://3dsa.co.za/) |
| *The Guys* | Handyman Services - Small Home Alterations  | Jason Wilson | 072 870 3846jasonwilson649@gmail.com |
| *The Write Stuff* | School and office stationery, arts and crafts, helium balloons and greetings cards.Phone through your order and Thabang will have it ready for collection | Thabang | 011481-3333twsontyrone@gmail.com |
| *PAPERLY* | Paper and related products and services which includes Arts and Crafts, Stationery, printing and copying | Roger Bozzoli | 0832543993Paperly.co.za |
| *PostNet Parkview* | Local and International Courier, Copies, Printing, Binding, Wide Format Printing, Photos, Laminating, Stationery, Mailboxes, Internet Café | Sonia Bartkunsky | 011 646 9553 or 646 3272082 687 8034parkview@postnet.co.za |
| *Jane Webb*  | Educator and authorOffering curriculum development and science writing and editing services. Also online tuition (currently) in General Science up to Grade 9 and Life Sciences/Biology up to Grade 12/A Level. | Jane Webb | 0833663663janewebb.edu@gmail.com |
| *Pulp Books* | We source any book at a great price. Free delivery to your door. | Janita Lawrence | 0829030396janita@pulpbooks.co.za |
| *The Old Limpopo Curiosity Shop (research bookshop)* | We are a Bookshop & Map and Print Gallery, We specialise in books on South Africa and maps of Africa and South Africa. We have been here for nearly 20 years and try to keep an interesting selection. | Mark Inman | 076390689oldlimpopo@gmail.comThe Bookshop, The Old Lake Market, 64 Tyrone Avenue, Parkview |
| *My Next Step* | I am a psychometrist and do assessments, mainly the Kobus Neethling brain profile ones (NBI)**.**Completed online or I can be phoned / emailed.Depending on requirements I am happy to have Zoom calls to discuss results.I do a lot of subject and career choice assessments. | Debbie Flatau | 072 796 2606debbieflatau@gmail.com |
| *INside\_OUT Empowerment Coaching* | Online Creative Consciousness Coaching. A pharmacist facilitating individuals and groups (10 years and older) to shine with the uplifted awareness and find the answers and solutions from withinOnline Creative Consciousness Coaching. A pharmacist facilitating individuals and groups (10 years and older) to shine with the uplifted awareness and find the answers and solutions from within | Heena Morar | heena.morar@gmail.comMobile: 082 355 3966 |
| *MobiBins Jhb North* | We provide mini skips for waste removal | Gerhard Maritz | 082 840 8042 jhbnorth@mobibins.co.za |
| *Evolve Habitats* | Residential Architecture and ConstructionHouse plans, council submissions, renovations | Nick Brits | 0716889089Nick@evolvehabitats.co.za |
| *Parkview Veterinary Hospital* | Veterinary services including digital X- ray, ultrasound, full chemistry and haematology lab, food and accessory sales. | Elizabeth Stephenson | 011 486 0400vets@parkviewvet.co.za |
| *Nakinja Canine Mobile Support Services* | Canine rehabilitation, including massage and therapeutic exercise.I will treat dogs at their homes or at a facility in Parkwood | Kirsty Brebner | 082 784 8420laylabejie@gmail.com |
| *Parkview Ballet and Dress up* | Toys, Ballet Wear and Dress upWe have an online store, and all of our products can be purchased online | Vivienne | 011-6469310info@parkviewballet.co.za[www.kiddiemajigs.co.za](http://www.kiddiemajigs.co.za) |
| *Noise Dance Studio* | Dance lessons to childrenDance tuition via zoom and live classes in Parkview on Tyrone Ave when circumstances allow | Julia Lamberton | 083 682 1900julia@aces.co.za |
| *11:11 Let the Journey Begin* | Personal Training & Pilates Instruction  | Lloyd Campbell | 0680857613admin@1111letthejourneybegin.com |
| *RabbitsinaRow* | Relationship Coach | Sex CoachUnlocking quality of life, happiness and a sense of wellbeing through fulfilled relationshipPersonal Coaching:Couples CoachingSex & Intimacy Therapy:WorkshopsKeynote SpeakerAll sessions are offered online during Covid | Michele Levin | 082 8830513michele@rabbitsinarow.com[rabbitsinarow.com](http://rabbitsinarow.com) |
| *Laundry.Joburg* | Wash, dry & iron /  Wash, dry & fold / Iron only / alterations/ dry cleaningFor your laundry and dry cleaning needs, simply book by sending us a Whatsapp and we’ll pick up and deliver for free.  | Lynda | 071 448 6851info@laundry.joburg |
| *Wash N Go* | Wash N Go is a Parkview-based car and home cleaning service that comes to where you are for a hassle-free experience. Bringing our own supplies to your home or business, we are committed to providing excellent cleaning services for great value. We do cars, gutters, exterior windows and deep clean home interiors.  | Learnmore | 0812336192 [www.facebook.com/WashNGoCarNHome/](http://www.facebook.com/WashNGoCarNHome/) |