RE-INTRODUCING THE
CAPE TOWN CITY HALL
Cape Town’s iconic landmark gets a makeover

THE FESTIVE SEASON GUIDE
YOUR PULL-OUT-AND-KEEP SPECIAL SUPPLEMENT

SAFE, CLEAN, CARING AND OPEN FOR BUSINESS
Welcome to Our Special Festive Season Issue

Tasso Evangelinos
CEO of the CCID

As the year winds down, our downtown turns into a hive of activity as both locals and tourists alike take time to recharge by exploring the CBD – undoubtedly one of South Africa’s best travel destinations.

To maximise the Central City experience, this bumper issue of City Views, which includes a special festive season guide, is aimed at highlighting the many options that are available for all to enjoy over the next three months and even beyond. This year is particularly exciting as we have seen several new businesses making the Central City their home – adding more vibrancy and options to enjoy. And, while the East City (Precinct 4) has been the talk of the town with its many new venues this year, our other three precincts are also thriving. Check out page 6 to find out where these are as well as to find more useful information about the CCID itself and what it does for all its CBD stakeholders. On page 3, we cast the spotlight on our award-winning Best of Cape Town Central City guide produced in collaboration with New Media Publishing. The guide was recognised at an event held in San Antonio, Texas in the USA.

This issue also contains our annual four-page special festive guide supplement in which we’ve done our utmost to bring you a taste of the range of offerings across all four precincts – and in which you’ll hopefully find something for everybody. Since the Central City is a playground for both young and old, on page 5 we’ve also compiled a selection of fun stuff for kids to do in the Central City as well. One of the things that makes the Central City such a special place to visit is that it is also jam packed with memorable landmarks, which is why we’re also very excited about the restoration of our City Hall and its reopening to the public. On page 4, we cast the spotlight on this Central City gem and reveal some lesser known facts about it.

Equally important to us is ensuring that the Central City remains a safe environment for both the people who use it every day as well as visitors from near and far, and this is especially crucial during our busy festive season when so many more people come to town to enjoy the holiday offerings. To this end, our CCID Safety & Security department will be bolstering our usual 24/7 deployment with additional public safety officers throughout the festive period. This is also when we run our annual “Stash it, don’t flash it” public awareness campaign. See page 7 for more details on this and also to discover useful tips to help you enjoy your time in the Central City safely.

Remember, at the CCID – even though it’s the festive season with many people taking leave – it’s still business as usual for us. We are here for you and all our teams will be hard at work throughout the next few months as we continue to strive for a Central City that is safe, clean, caring and open for business. On behalf of the CCID team, I wish you a peaceful and safe festive season.

CCID Safety & Security on WhatsApp

Members of the public who wish to report safety issues in the Central City can now contact the Cape Town Central City Improvement District’s (CCID) Safety & Security department through WhatsApp.

Says Muneeb “Mo” Hendricks, manager of CCID Safety & Security: “We have now officially activated WhatsApp Web in our 24-hour control centre which means members of the public can now also contact us via WhatsApp, using our usual emergency number 082 415 127.

“At present, our trained control room team has a dedicated screen as well as high-speed internet and our members are able to respond quickly to messages sent to them. Upon receiving messages, they either ask questions to gain more clarity on the issue or immediately dispatch a response team. The message contains all the elements required by the controller. We urge our stakeholders to make use of this new service by sending us WhatsApp messages which can include text, voice notes, pictures or instant videos to inform us of any issues identified in the CBD.”

Members of the public who still prefer to call the CCID (on 082 415 7127) to report safety issues instead of using WhatsApp can continue to do so as all calls are still monitored within the CCID’s 24/7 control centre as usual.

Since We Published the Last Issue of City Views:

UrbAn Management

- Identified 660 illegal posters
- Removed 1 847 stickers & signs
- Removed 510 incidents of graffiti
- Removed 435kg of waste from cigarette bins
- Cleaned 5 074 drains
- Maintained 441 tree wells
- Painted 105 road markings

Social Development

- Engaged with 296 people on the streets
- Assisted 16 adults to shelter & the City’s Safe Space
- Assisted 14 adults to healthcare facilities
- Assisted 32 adults home
- Assisted 10 mothers with babies
- Conducted 80 interventions with day shoppers
- Assisted 16 children with preventive services & interventions

Safety & Security

- Conducted 33 697 crime prevention initiatives and issued 123 warnings
- Together with City Law Enforcement, made 375 arrests, and issued 471 fines to a total of R234 800 during the day
- Issued 1 745 fines to a total of R9 600 300 at night
- Dealt with 66 illegal trading offences
- Rendered public & vehicle assistance 252 times
- Responded to 127 medical & rescue calls

Safety & Security Continued...

- Chrysallis Academy student ambassadors undertook 5 589 prevention initiatives and assisted the public 4 138 times
- CCID-funded City traffic wardens issued 5 589 fines to a total of R4 955 700

Communications

- Generated 111 clips with media exposure (AVE) of R12 955 988 reaching an audience of approximately 63 million people

Published both the CCID Annual Report and the 2019 edition of the Best of Cape Town Central City guide

Conceptualised and concluded the “Show You Care” campaign for the CCID’s Social Development department with over R10 000 received in donations from SnapScan alone
OPEN FOR BUSINESS

The CCID wishes these new retailers all the best in the Central City.

Q&A WITH MANON VIEILLEDENT, HEAD PASTRY CHEF FOR VICTOIRE BAKERIES

What is it like working in the Central City?
It reminds me of my home, France. The people are so friendly here and the buildings are beautiful.

Why should someone visit your bakery?
Our pastries and breads are prepared fresh on-site daily using traditional French baking methods. We also have a selection of French tarts and sweets, plus a sit down a la carte menu.

Which Victoire Bakeries treat do you highly recommend and why?
The croissant, of course, or - if you’re in the mood for something sweet - the chocolate éclair. We use plenty of butter in our freshly baked croissants and our special ingredient is a combination of local stoneground flour and a special flour developed for us in France. 37 Parliament St http://victoirebakery.africa/

CCID LAUNCHES BEST OF CAPE TOWN CENTRAL CITY 2019 GUIDE

The CCID has released its 2019 edition of the Best of Cape Town Central City guide featuring over 300 places to enjoy in the CBD to complement 900 others that can be found on its website www.capetownccid.org.

The entertainment, shopping, sightseeing and culinary guide to the Cape Town CBD, published by the CCID in collaboration between its Communications department and New Media Publishing, showcases the best of what the Central City has to offer both locals and visitors.

Says CCID project coordinator, Aziza Patandin: “Every year, together with our partners at New Media, we strive to make the guide unique so that everyone who comes across it derives great value from it and fully experiences what the CBD has to offer. We’re proud of what we’ve put together and this year is particularly exciting as we’ve seen a lot of enjoyable and diverse new venues make the CBD their home. “We have once again printed a total of 60,000 copies of the guide which we’ll distribute free of charge within the CCID area.”

In October, the CCID’s Best of Cape Town Central City guide produced in collaboration with New Media Publishing was awarded a Certificate of Merit at the International Downtown Association (IDA) 64th Annual Conference & Tradeshow held in San Antonio, Texas in the USA. The guide was selected by the IDA panel out of 83 submissions from across the globe.

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The City Hall is in the process of being restored to its former glory. This is the first major refurbishment of the venue since 1947, and now the spruced-up facility is ready to take centre stage to host more world-class events and be a public place for all.

Did you know? You can hire the City Hall for exhibitions and events. To book, email Fazlin.Simon@capetown.gov.za

The City Hall took five years to complete after the laying of its cornerstone in 1900 and many of the workers who built it were from District Six.

The striking and intricate mosaic floors have to date not been seen. The most impressive and decorative feature of the City Hall is the marble stair leading up from the main front entrance. Designed to be the ceremonial entrance to the heart of the city, it was procured from Italy.

The venue boasts a classic pipe organ made from mahogany, teak and pine. Its specifications were especially drawn up for the City Hall by Sir George Martin, an organist of St Paul’s Cathedral in London.

The venue has painted glass windows depicting King Edward VII (ruler of the UK at the time the City Hall was built) and his wife, Queen Alexandra. King Edward’s statue can also be seen on the Grand Parade facing the City Hall.

The most impressive and decorative feature of the City Hall is the marble stair leading up from the main front entrance.

Various statues can be found inside the City Hall including that of The Lady of Good Hope by acclaimed sculptor, Rinaldo Rinaldi.

The City Hall is designed to make a statement and, with it being almost entirely imported from Britain and Europe, both materials and architectural style, it concedes nothing to its local context; it’s a magnificent declaration of its time, built in a style reminiscent of the French Second Empire.

The marble stair was broken when looking at the City Hall; most people in the past have only seen what can be seen on the Grand Parade facing the City Hall. King Edward’s statue can also be seen on the Grand Parade facing the City Hall.

The City Hall is compliant with national safety regulations so that all who come to enjoy the venue can do so with peace of mind.

This restoration work is not only visually appealing but also significant in ensuring that the City Hall is compliant with national safety regulations so that all who come to enjoy the venue can do so with peace of mind.

The classic pipe organ

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FUN THINGS TO DO WITH KIDS IN THE CENTRAL CITY

The beauty about the Central City is that it caters for everyone. If you’re looking for family-friendly things to do, especially on a budget, there’s plenty to choose from. Here’s our selection.

MATILDA THE MUSICAL

11 December 2018 till 15 January

Inspired by the beloved book by the incomparable Roald Dahl, Matilda The Musical from the Royal Shakespeare Company is the story of an extraordinary little girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny.

Where: Artscape Theatre Centre, DF Malan St
Cost: R100 – R520
www.artscape.co.za

FESTIVE LIGHTS IN THE CBD

The festive lights in Adderley Street in December are something to marvel at. Bring the entire family for a late lunch and, as the evening winds down, watch the beautiful festive lights come on.

ON THE WAY TO THE COMPANY’S GARDEN

While at The Company’s Garden, use the opportunity to check out the Iziko Planetarium and Digital Dome nearby. It’s a space of innovation and discovery where art, science and entertainment meet.

SOME FOOD PLACES TO TRY OUT

1. Hungry Lion
   1. 9 on Long & Adderley streets
   www.hungrylion.co.za

2. Chicken Licken
   1. 4 Adderley St
   www.chickenlicken.co.za

3. Debonairs
   1. Shop 6 The Pinnacle, cnr Strand & Burg streets
   www.debonairspizza.co.za

4. RocoMamas
   29 Buitenkant St (cnr Barrack St)
   www.rocomamas.com

5. McDonald’s
   3. 54 Shortmarket St
   www.mcdonalds.co.za

6. Steers
   1. 33 Heerengracht
   www.steers.co.za

BUDDIES

1. Charly’s Bakery
   1. 122 St Georges Mall & Adderley streets
   www.charlysbakery.co.za

2. Food Lover’s Market
   1. 122 St Georges Mall
   www.foodloversmarket.co.za

3. Food Inn India
   1. 54 Shortmarket St
   www.foodinnindia.co.za

4. Spur
   1. 31 Heerengracht
   www.spur.co.za

5. Debonairs
   1. Shop 6 The Pinnacle, cnr Strand & Burg streets
   www.debonairspizza.co.za

6. RocoMamas
   29 Buitenkant St (cnr Barrack St)
   www.rocomamas.com

7. McDonald’s
   2. Cape Town Station
   www.mcdonalds.co.za

8. Steers
   1. 33 Heerengracht
   www.steers.co.za

9. Charly’s Bakery
   1. 122 St Georges Mall & Adderley streets
   www.charlysbakery.co.za

10. Food Inn India
    1. 54 Shortmarket St
    www.foodinnindia.co.za

QUICK-SERVICE RESTAURANTS

1. 7 Golden Acre, 11 Adderley St
   www.debonairspizza.co.za

2. 101 St Georges Mall
   www.wimpy.co.za

3. 101 St Georges Mall
   www.wimpy.co.za

4. 101 St Georges Mall
   www.wimpy.co.za

5. 101 St Georges Mall
   www.wimpy.co.za

6. 101 St Georges Mall
   www.wimpy.co.za

7. 101 St Georges Mall
   www.wimpy.co.za

8. 101 St Georges Mall
   www.wimpy.co.za

9. 101 St Georges Mall
   www.wimpy.co.za

10. 101 St Georges Mall
    www.wimpy.co.za
City Views is one of the many ways in which the CCID communicates with its stakeholders – whether they work, play, live in or are visiting the traditional “downtown” of Cape Town, the Central City. But there’s much more to the CCID, and we’ve prepared the following information for our readers to keep at hand.

INTRODUCING THE CCID

A public-private partnership and NPO, the CCID was established in 2000 by property owners with a vision for Cape Town’s traditional CBD to rise from the crime and grime scenario it had fallen into, to once again become a safe, clean and caring urban environment that was open for business.

Working within a 1.62km² radius (see map), the CCID is one of the City of Cape Town’s Special Rates Areas, and provides top-up services in addition to those rendered by its primary partners in the CBD – namely, the City of Cape Town and the South African Police Service (SAPS).

The CCID works across four departments: Safety & Security, Urban Management, Social Development and Communications, to develop, promote and manage the Central City area.

Let’s introduce you to each of our departments in terms of the top-up services they provide, as well as important contact numbers for the primary service providers at the City of Cape Town and SAPS.

SAFETY & SECURITY

The CCID Safety & Security department works around the clock to provide top-up services to those of its primary partners at the City of Cape Town and the South African Police Service (SAPS). Along with a four-person fulltime team (including two night managers) overseeing operations, there are 270 public safety officers deployed on a 24/7, 365 days-a-year rotational shift basis. The CCID also funds 20 City of Cape Town Law Enforcement Officers as well as six traffic wardens, dedicated to the CCID footprint. For more about this department, and its upcoming festive season “Stamp it, don’t flash it” campaign, see page 7.

URBAN MANAGEMENT

With four full-time staff, this department provides the following top-up services in addition to those of the primary service provider, the City of Cape Town.

- Professional street sweeping, provided via J&M CLEANING’s team. Present both day and night, and easily identified by their yellow uniforms and green CCID bibs, this team operates in two nine-hour shifts, from 08h00 until 17h00, and from 20h00 until 05h00.
- Via NGO partner STRAATWERK, 300 work opportunities are created each year for disadvantaged individuals. With their green overalls, Straatwerk members undertake:
  - Minor road maintenance and paving repairs
  - Beautification, including gardening, street furniture repairs and waste removal
  - Graffiti tagging removal
  - Maintenance of the CCID’s 270 cigarette bins
  - Municipal and stormwater drain cleaning

HOW AND WHEN TO CONTACT THE CITY OF CAPE TOWN AND SAPS

While the CCID provides many top-up services, major services are still provided by the City of Cape Town and SAPS. We’ve prepared the following information for our readers to keep at hand.

EMERGENCY NUMBERS:

- SAPS Cape Town Central: 021 467 8002
- SAPS Flying Squad: 1011
- City of Cape Town Metro Police: 021 596 1999
- Fire Department: 021 535 1100
- Ambulance: 10177
- All emergencies: 107 (landline only) or 112 (cellphones only)
- Netcare 911 & NSRI: 082 911

HOW TO CONTACT THE CCID

There are many ways in which you can contact the CCID. Here are our 24/7 control centre number for emergencies to contacting our teams or chatting to us on social media. Keep the following close to hand.

INFORMATION AND GENERAL ENQUIRIES:

- 24-HOUR CCID CONTROL CENTRE: Call or WhatsApp 082 415 7127
- W www.capetownccid.org
- E info@capetownccid.org
- T +27 (0)21 286 0830 (office hours)

COMMUNICATIONS

With the primary tasks of promoting the work of the CCID as well as the Central City as a downtown for all, this four-member team handles all publications and campaigns produced by the CCID, as well as all media and general public enquiries. Publications include: the annual investment guide The State of Cape Town Central City Report, the quarterly City Views newspaper, and the popular annual Best of Cape Town Central City guide to places at which to shop, eat, play in, stay at or visit.

NETCARE 911 & NSRI:
- 082 911
- 021 535 1100

- Litter picking and hotspot sanitisation
- Rodent baiting (with City of Cape Town’s Environmental Health Department)

SOCIAL DEVELOPMENT

Along with a Social Development manager who is a registered social worker, the CCID deploys four field workers (two of whom are also registered social workers) to work with the CBD’s streetpeople community and liaise between them and the NGO partners with whom the CCID works, as well as the primary social development departments at the City of Cape Town and Western Cape Government.

Believing a hand up will always be better than a handout on the streets, the CCID encourages concerned members of the public to support its “Show you Care” campaign (www.showyoucare.co.za) by helping the NGOs that help the homeless. Please access this website for ways in which you can assist.

The following 24-hour hotlines are also available:
- To assist an adult, call the City of Cape Town Social Development Department: 0800 872 201
- To assist a child, call the Western Cape Department of Social Development: 0800 220 250

J&M CLEANING’S TIPS:
- Graffiti removers
- Litter pickers
- Rodent baiting
- Cleaning and waste management enquires
- Streetlights
- Faulty traffic signals
- For health & noise queries, call 0860 001 948
- For any of the following, call the City of Cape Town’s toll-free number 0860 103 089
- Water & sewerage faults
- Cleaning & waste management
- Electricity enquires
- Streetlights
- For any of the following, call the City of Cape Town’s toll-free number 0860 103 090
- Applications & permits
- Roads & stormwater drainage
- Illegal posters & signage
- Tree trimming & beautification
- For faulty traffic signals, call 0860 103 348
- For health & noise enquires, call 0860 103 7700 all hours

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STASH IT, DON’T FLASH IT

To help ensure that both locals and visitors have peace of mind while enjoying themselves in the CBD during the festive season, the CCID has launched its 2018-19 crime prevention and public awareness “Stash it, don’t flash it” campaign and is also intensifying its Safety & Security measures.

The Central City is a popular venue for partygoers and others looking for entertainment and, during the festive season, even more people come to the CBD to enjoy themselves. Unfortunately, as in any busy downtown, crafty criminals also look for and find opportunities as people are in holiday mode, enjoying their “down time” and may not be as vigilant as they normally would. This is exactly what the “Stash it, don’t flash it” campaign seeks to address – educating members of the public on how NOT to become victims of crimes.

Elements of the campaign include a display of street pole posters reminding people to be aware of theft out of vehicles, pickpocketing and ATM fraud. Flyers containing top personal safety tips as well as brochures with more detailed information are also distributed by CCID-branded teams in areas that are prone to these types of crime – look out for our teams and the information they have with them.

A newly introduced element of the campaign is the “Find Me” concept – an initiative aimed at encouraging members of the public to familiarise themselves with the CCID public safety officers (PSOs), who work on rotation around the clock throughout the CCID footprint. Easily identifiable in their black uniforms with bright green CCID-branded bibs and caps, we encourage anyone needing assistance to “find” one of our officers – the most visible presence of the CCID in the Cape Town Central City with around 90 officers deployed 24/7, 365 days-a-year on a rotational-shift basis.

In addition to the elements of the “Stash it, don’t flash it” campaign, and throughout the four-month festive season (from 1 December 2018 to 31 March 2019), the CCID Safety & Security department will deploy an additional festive season team of 15 PSOs to add to the 270 PSOs deployed 24/7, 365 days-a-year on a rotational-shift basis. The additional 15 PSOs will be brought in from 16 December to 16 March 2019 to cover the increase in nighttime entertainment associated with the festive season in general as well as major events happening in the CBD at this time of year.

Throughout the year, the CCID also conducts the following and will continue to do so during the festive season:

1. The CCID funds a team of 20 City Law Enforcement Officers (LEOs) as well as six traffic wardens. During the festive season, the LEOs will continue to be deployed on a shift rotation basis 24/7 and the traffic wardens will continue to assist with traffic violations and traffic congestion during the daytime.
2. CCID Safety & Security’s four lockup hot-spot ATMs to prevent ATM fraud. Joint agency operations between the CCID, SAPS, the City’s Metro Police, Cyclops, Law Enforcement and Traffic departments will also continue as per usual.
3. CCID’s partnership with the Western Cape Government’s Department of Community Safety will continue to see a team of student ambassadors from the Chrysalis Academy deployed during the day in The Company’s Garden to provide a safety presence within this iconic space. Similarly, a team of Chrysalis student ambassadors will continue to be deployed at certain hot-spot ATMs to prevent ATM fraud. Joint agency operations between the CCID, SAPS, the City’s Metro Police, Cyclops, Law Enforcement and Traffic departments will also continue as per usual.
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Mo has a number of tips he encourages every Central City visitor to keep in mind, irrespective of how much fun they’re having.

1. KEEP A FAMILY MEMBER OR FRIEND POSTED OF WHERE YOU INTEND TO SPEND THE EVENING.
2. DON’T LEAVE VALUABLES IN YOUR CAR. ALSO PHYSICALLY CHECK THAT YOUR CAR IS LOCKED BEFORE YOU WALK AWAY.
3. NEVER ACCEPT DRINKS FROM STRANGERS.
4. DON’T HANG BAGS OVER THE BACK OF CHAIRS.
5. STAY TOGETHER WITH WHOEVER YOU CAME WITH, AND HELP TO LOOK OUT FOR EACH OTHER.
6. DRINK RESPONSIBLY – YOU DON’T HAVE TO FINISH EVERYTHING BEHIND THE BAR IN ONE NIGHT.
7. NEVER LEAVE A VENUE WITH SOMEONE YOU’VE JUST MET.
8. SAVE THE CCID 24-HOUR CONTROL CENTRE NUMBER (082 415 7127) ON YOUR PHONE TO REPORT ANY SAFETY ISSUES. AND IF IN DOUBT, FIND A CCID PUBLIC SAFETY OFFICER AND ASK FOR HELP.
“ALWAYS FIND TIME FOR THE THINGS THAT MAKE YOU FEEL HAPPY TO BE ALIVE.” – UNKNOWN

Here’s a selection of what you can look forward to in the Central City this festive season.

**IT’S PARTY TIME**
15 December

**MOTHER CITY QUEER PROJECT PARTY**
Kick off the festive season with the annual Mother City Queer Project (MCQP) costume party which has grown to become one of Africa’s biggest and longest running costume parties. The theme for this year is Drag Race. Remember, MCQP is not just a dress-up party, it’s a place where people get together without judgement and express themselves as they want.

Where: Cape Town Stadium, Fritz Sonnenberg Rd
When: 18h00 till late | Cost: See www.quicket.co.za for various packages

**ENJOY THE TRADITIONAL TWEED NUWE JAAR PARADE**
2 January

**TWEED NUWE JAAR**
Building on the long tradition and legacy of Tweede Nuwe Jaar, which has been celebrated in the Cape for more than 110 years, minstrel troupes from areas across Cape Town will once again delight both locals and tourists in a massive and colourful parade.

Where: Rose, Wale, Adderley and Darling streets; watch press for details | When: 12h00 till 23h00 | Cost: Free

**RECLAIM YOUR STREETS**
27 January

**OPEN STREETS CITY CENTRE**
Hosted by Open Streets Cape Town, in partnership with the City of Cape Town and the Transformative Urban Mobility Initiative (TUMI), Open Streets days celebrate streets as shared public spaces, and encourage people to think differently about how they move around the city. On the day, Bree Street will be closed off to cars and open for people to walk, skate, cycle, play, dance, explore, or just connect with friends and family in a safe, relaxed public space.

Where: Bree Street, Cape Town CBD
When: 09h00 to 14h00 | Cost: Free
www.openstreets.org.za

**EXPLORE KEWPIE’S LIFE AND DRAG CULTURE IN DISTRICT SIX**
Now on till 18 January 2019

**KEWPIE: DAUGHTER OF DISTRICT SIX**
Gay & Lesbian Memory in Action (GALA) presents the personal photographic collection of Kewpie, whose given name was Eugene Fritz. Kewpie was part of a queer community in District Six from the 1950s to the early 1980s. The curated photographs and accompanying material explore Kewpie’s life and drag culture in District Six, introducing a new audience to a fascinating period of LGBTQ+ social history, and deepening historical understanding of the diverse District Six community.

Where: District Six Museum Homecoming Centre, 15A Buitenkant St | When: 09h00 to 16h00 | Cost: Free
www.districtsix.co.za

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www.facebook.com/kaapsklopskearnivalalossiesie/

**REGULAR EVENT**
First Thursdays (3 January and 7 February)

**2018 CAPE TOWN CYCLE TOUR**
Take an after-hours walk between the galleries, restaurants and shops in the Cape Town CBD and experience what our Central City has to offer.

When: 17h00 till late
www.first-thursdays.co.za

For more event info, visit City Views on Facebook at www.facebook.com.CityViewsCapeTown.
YOUR FESTIVE SEASON GUIDE

The end of the year presents a time to reflect on the 365 days that have gone by. It is also a time to kick back and relax because, as cliché as it may sound, all work and no play isn’t good for you; taking time off is important to recharge those batteries.

STEP INTO SWAN CAFÉ: AFTER ALL, PARIS IS ALWAYS A GOOD IDEA

The East City area in the Central City, which we’ve dubbed, “the precinct of possibilities” continues to amaze and turn heads. It is now home to Swan Café, Cape Town’s first authentic Parisian crêperie. We spoke to the team at Swan Café to find out more about the venue and, most importantly, what they have in store for you this summer.

A LITTLE ABOUT SWAN CAFÉ

Swan Café is the brainchild of French-born Jessica Rushmere. A former international model and originator of the legendary La Petite Tarte restaurant, she has channelled her quirky irreverent style, a trained eye for detail and impeccable taste into Swan Café on the corner of Buitenkant and Barrack streets.

She entrusted Haldane Martin – a South African furniture and interior designer who is internationally renowned for work with a powerful sense of identity – with the interior. On his website, Haldane is quoted as saying: “Designing meaningful objects and spaces helps us understand ourselves and creates a sense of belonging to our time and place.” Judging by how Swan Café looks, he managed to do just that. House and Leisure described it best by saying: “Bold artwork, patterned tiles and stunning light fixtures give Swan Café a unique charm that delights anyone who walks through the door.”

THE SWAN CAFÉ DIFFERENCE

Sarah Jayne Fell, a representative of Swan Café, explains that the other factors that make Swan Café exceptional include the menu, which is very selective in supporting local artisans. Patrons are also greeted with a gracious “Bonjour!” as they walk in and are treated to French music that keeps the atmosphere lively.

Commenting on what patrons can look forward to this Summer, Sarah says: “Swan Café has developed a very loyal following and so the time is right to expand the menu and cater for a slightly wider market as well as the more niche but growing vegan market due to very popular demand.

“We are adding three vegan salad bowl options with deliciously fresh and super healthy ingredients such as edamame beans and crispy kale. We will have at least two vegan crêpe options – our Koma with roasted baby tomatoes, fresh basil, baby spinach and toasted pine nuts with vegan cheese and avocado instead of cheese and a brand-new ratatouille galette with vegan cheese. We are also adding all-day breakfast vegan treats made with chia seeds, coconut milk and fresh fruit.”

New sweet crêpes have also been added on the menu following a poll in which Swan Café asked its customers to choose an option they’d like to see on the menu. And the delectable Ferrero Rocher was the preferred option.

Swan Café interior by designer Haldane Martin

Swan Café crepes on the table Top right: Swan Café owner Jessica Rushmere with Swan Café owner, Jessica Rushmere Bottom right: The delectable Ferrero Rocher has been added onto the Swan Café menu
OUR PICK OF “MUST VISIT” RESTAURANTS IN THE CBD

The past few months have been particularly exciting as we’ve seen a number of eateries making the Central City their home and adding even more options. Here’s our selection of “must visit” restaurants in the CBD this summer – from the newer venues to old favourites.

EAT

LA TÊTE

La Tête, which prides itself as being Cape Town’s only nose-to-tail dining eatery, is the result of the culinary dream of brothers, Giles and James Edwards. Popular dishes at La Tête include mussels with bacon and cider, roast shallots, mint and pork terrine, hake, chard and anchovy, beef and kidney pudding and ox heart with chips and horseradish.
17 Bree St | www.latete.co.za
021 418 1299

MAMA AFRICA

Mama Africa was established in 1995 as a celebration of South Africa’s new democracy and of the vibrant diversity and hospitality of our continent. Since then, Mama has served as an oasis for both locals and tourists to meet, eat, drink and interact in a warm welcoming environment.
178 Long St
www.mamaafricarestaurant.co.za
021 424 8634

BOOTLEGGER COFFEE COMPANY

Bootlegger Coffee Company prides itself on only serving coffee made from the best beans its team can find as well as making “honest food” using fresh local produce and farm fresh eggs. Visit its beautifully designed Harrington store in East City.
50 Harrington St
www.bootlegger.co.za
021 201 6708

THE ELECTRIC

Located in a repurposed auto-electrician building that burnt down, The Electric describes itself as “an ongoing experiment”. It’s a juice and nut-milk bar, sandwich shop and bakery. And with its bright-yellow building, is one the most Instagrammable venues in the CBD.
48 Canterbury St | www.the-electric.com
021 461 0916

LEKKER VEGAN

This plant-based junk-food heaven offers mouth-watering chicken-style burgers, beef-style gatsbys, cheese-style spring rolls, chicken-style nuggets and dairy-free softserve ice cream creations.
Corner Barrack & Harrington streets
www.lekkervegan.co.za

MANGA

At Manga, you’ll find it tough to choose between the wide-ranging mix of eclectic and classic sushi, sushi salads, poké bowls as well as inventive main creations packed with punch and Asian flavours.
The Piazza on Church Square, 32 Parliament St
www.manga-capetown.co.za | 066 211 9107

MAMA

Giulio’s Café

An award-winning eatery, Giulio’s Café is a place of comfort whether you’re popping in for a quick coffee or looking for a cozy spot to have breakfast or lunch. Giulio’s Café was recently recognised as the “Best Italian-Inspired Eatery in the Western Cape” at the Eat Out Mercedes-Benz Best Everyday Eateries awards.
16 Loop St (cnr Riebeek St)
www.giulios.co.za | 021 418 6304

THE POKÉ CO.

If you’re looking for one of the most unique and delicious food experiences around, The Poké Co. is your best bet with their Hawaiian-style poké.
90 Loop St
www.pokecoct.com
087 470 0125

THE HOT SKILLET

The Hot Skillet is all about good food, good people and good vibes. The eatery is located inside an artist hub, Youngblood Gallery, meaning you can enjoy the delicious summer menu while also taking in some art.
72 Bree St | www.facebook.com/TheHotSkilletSA/
061 522 5296

CLARKE’S BAR & DINING ROOM

A firm favourite among many in the Central City, Clarke’s Bar & Dining Room offers great vibes and mouth-watering food. You’ll love the fresh juices, all day breakfasts, sandwiches, brunch, oysters, dinner and excellent cocktails.
133 Bree St | www.clarkesdining.co.za | 087 470 0165

HONOURABLE MENTIONS

1. Kleinsky’s Delicatessen
   32 Parliament St
2. Between Us
   176 Bree St
3. TOMO Japanese Restaurant
   86 Loop St
4. Marrow
   83 Loop St
5. La Parada Tapas Restaurant & Bar
   107 Bree St
6. Hail Pizza
   133A Bree St
7. New York Bagels
   44 Harrington St
8. Monk’s Chinese Food
   33 Loop St
9. Yours Truly
   63 Loop St & 175 Long St

For other places to eat in the CBD, visit www.capetownccid.org
**SHOP: NIC HARRY**

Sock-designer extraordinaire Nic Harry is focused on incredible style and amazing quality with his socks made from unbelievably soft and luxurious bamboo fibres. Go on and make someone feel especially “socksational”. The shop also sells lightweight bamboo t-shirts and super comfortable boxers. Plus, ordering online is seamless.

66 Wale St | www.nicharry.com

**SHOP: SKINNY LAMINX**

In 2007, Heather Moore started screen printing her patterns onto fabric, just for fun. Next thing, her hobby had become a business. For unique gifts (screen printed fabrics and homeware) made with clean pattern designs and a dose of African chic, pay Skinny laMinx a visit.

201 Bree St | www.skinnylaminx.com

**SHOP: ROOK CYCLES**

Rook Cycles is all about pumping attitude back into street cycling with their good-looking bikes and accessories. What’s more, every Thursday night (weather permitting), the venue hosts free group rides around Cape Town. The meeting point is at the shop (18h30 for 19h00) and all types of bicycles are welcome, plus you get to socialise and have beers at the shop afterwards.

295 Long St | www.rookcycles.com

**SHOP: CLARKE’S BOOKSHOP**

Clarke’s Bookshop carries new, second-hand and out-of-print books on Southern Africa as well as a large selection of general second-hand books. The store has been around for about 62 years – meaning the team knows their way around books and will help you find the perfect gift.

199 Long St | www.clarkebooks.co.za

**PLAY: CAFÉ ROUX SESSIONS**

If you or those close to you are passionate about local talent, treat yourself to Café Roux Sessions and enjoy listening to some of the country’s biggest as well as new up-and-coming musicians and comedians in an intimate setting. Some of the acts to look forward to this December include Arno Carstens, The Kiffness, Jesse Clegg and Acoustic Element.

74 Shortmarket St | www.caferouxsessions.co.za

**PLAY: CONCERTS BY THE CAPE TOWN PHILHARMONIC ORCHESTRA**

The Cape Town Philharmonic Orchestra (CPO) puts on concerts throughout the year at City Hall (where the main hall has just received a luxurious revamp) and tickets to any of its shows are the perfect treat. On 20 December, you can look forward to the celebrity guest gala concert where the CPO will share the stage with Stephen Hough, whose performance has been called “the most perfect piano playing conceivable”. Also look out for details on the CPO’s traditional Viennese New Year’s concert to ring in 2019.

Darling St | www.cpo.org.za

**SHOP: ORPHAN STREET CLOTHING SHOP (OSCS)**

OSCS is arguably one of the Central City’s coolest streetwear stores. It acts as the flagship location for Cape Town brands Sol-Sol and Maylee. Since its opening in November 2017, the shop has added 032c, Bloom as well as Not Seen to its highly curated selection. The shop’s interior also looks amazing – be sure to pop in.

7 Orphan St | www.orphanstreetclothingshop.com

**SHOP: JUST LIKE PAPA**

Located in the bustling East City, Just Like Papa is an urban adventurer’s dream destination. This outdoor store specialises in curated collections of premium-quality adventure products that will stand the test of time.

73 Harrington St | www.justlikepapa.com

**SHOP: JACK LEMKUS**

Occupying 330m² at the heart of the Central City, Jack Lemkus caters to sneaker enthusiasts and is stocked with reasonably priced quality sneakers and apparel from some of the biggest brands in the world.

26 St Georges Mall | www.jacklemkus.com

**SHOP: Clamp’s Bookshop**

Brighten your day with flowers from the market nestled between the old Standard Bank building and the Golden Acre Shopping Centre on Adderley Street.
YOUR 2019 GUIDE FOR YOUR FITNESS NEEDS

If you’d like to join the many individuals who are moving toward a wellness-oriented lifestyle or if you’re already part of the movement and would like to explore more options, you’ll be glad to know that the Central City has many gyms offering various packages that are in line with worldwide fitness trends. We highlight some of these below as well as the fitness trends to look forward to in 2019.

CENTRAL CITY GYMS

1. True Muay Thai, Boxing & Fitness Gym
   77 Bree St
   www.truemuaythai.co.za
   072 123 4404

2. Bodytec
   42 Hans Strijdom Avenue
   www.bodytec.co.za
   021 418 1523

3. Switch
   186 Bree St
   www.switchplaygroundsa.com
   021 422 2515

4. Virgin Active
   17 Rua Bartholemue Dias Plain, Foreshore
   www.virginactive.co.za
   021 418 5704

5. Ignite Fitness
   122 St Georges Mall
   www.ignitefitness.com
   021 422 1670

6. Planet Fitness
   Atterbury House, Cnr Lower Burg and Riebeek St
   www.planetfitness.co.za
   087 135 1375

7. Zone Fitness
   1st floor, 34 St Georges Mall
   www.zonefitness.co.za
   021 418 1255

8. 360 Specialised Training
   31 Martin Hammerschlag Way
   www.360training.co.za
   021 418 1072

9. Pound for Pound Boxing Gym
   260 Bree Street
   www.poundforpound.co.za
   072 159 8361

FITNESS PROGRAMMES FOR OLDER ADULTS
This is a trend that emphasises and caters to the fitness needs of baby boomers.

WEARABLE TECHNOLOGY
This includes fitness trackers, smart watches, heart-rate monitors and GPS tracking devices. The use of mobile exercise apps (which are now available for mobile devices such as the iPhone, iPad and Android) will also continue to rise.

GROUP TRAINING
Group exercise instructors lead and motivate individuals to achieve fitness goals through intentionally designed larger classes.

HIGH-INTENSITY INTERVAL TRAINING
These exercise programmes involve short bursts of high-intensity bouts of exercise followed by a short period of rest.

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JOB GAINS
This supplement store offers a variety of reasonably priced supplements.

GAINSVILLE NUTRITION
This supplement store offers a variety of reasonably priced supplements.

GAINS
This supplement store offers a variety of reasonably priced supplements.

Nude Foods
This plastic-free grocer has wholefoods, health foods and earth-friendly products.

DO YOU KNOW?
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www.theomrevolution.co.za
081 077 3183

PERSONAL TRAINING
This trend continues as the profession of personal training becomes more accessible online, in health clubs, in the home and in workplaces that have fitness facilities.

FUNCTIONAL FITNESS TRAINING
This is a trend toward using strength training and other activities and movements to improve balance, coordination, strength and endurance to improve activities of daily living.

HEALTH AND WELLNESS COACHING
This approach involves a coach in a one-on-one setting and at times a small-group, providing goal setting, guidance and encouragement.

WORKSITE HEALTH PROMOTION AND WORKPLACE WELL-BEING PROGRAMMES
This is a trend toward a range of programmes and services provided by employers to improve the health and wellness of their workers.

POST-REHABILITATION CLASSES
These are exercise programmes that are specifically designed for patients with chronic health conditions.