



# Rotary Family Health Days 2 – 4 October 2019



## RFHD - News Flash 2019 #2

**RFHD 2019 WORKSHOP – SATURDAY- 13 JULY 2019**  
**Timing: From 9:30am -1pm latest**  
**@ INTAKA ISLAND ECO CENTRE, Century City, Cape Town**

Hello everyone,

As discussed in our **News Flash #1** we are about to kick off our preparations for the Rotary Family Health Days (RFHD) and look forward to having you there. We have planned a 9:30 start to allow the cars from the earlier Park Run to leave so we can get parking bays closer to the venue.

Come and enjoy a cup of tea/coffee and a snack whilst you meet fellow Rotarians who are also planning and gearing up for the October event – we have an interesting and exciting programme

I am pleased to let you know that I attended a most productive meeting last week with delegates from the National and Provincial Departments of Health with Sue Paget (the RFHA CEO, and I excited by their positive, committed and collaborative attitude which will make a huge difference to our sites.

Our goal remains to provide free core health services at our “One Stop Service” sites - as in previous years - as well as adding value with various “add-on” services. If you have any ideas or input, please come and share them with us

### **CALL TO ACTION!**

- 1. Please send at least ONE representative from your Club to this important and informative meeting, as it will make the planning and execution of your event much easier**
- 2. If you are not sure about your Club’s participation or have never experienced a RFHD before - this is the meeting to attend so we can help and advise you**
- 3. Please bring with you the details of:**
  - Your **Site name and location** and
  - **Club Champion** – Name and all contact details – if you have not already done that
- 4. Catering: We will be serving refreshments me know who is coming from your Club asap – if you have done this already – I thank you**

For copy of the programme and a map with directions to the venue see below.

See you next Saturday 13th July  
Warmest regards

**PP BEV FRIESLICH**  
**Steering Committee Chair - D9350**



**RC Cape of Good Hope**  
**082 825 6053**  
**021 782 806**

## DIRECTIONS TO INTAKA ISLAND

- Take the **Sable Road Off Ramp Exit from the N1**
- Follow the road **down past Ratanga Junction on your right hand side** and around the bend to a set of traffic lights. You are now in **Ratanga Road**
- Go straight over this set of traffic lights and straight over the next set as well
- At the Third set of lights turn Right into **Century Boulevard** and you will approach a traffic circle
- Exit Right off the traffic circle into **Century Way**
- Take your first Left into **Park Lane**
- Follow Park Lane until you reach the parking lot. (You will notice two large locomotives)
- Once you have parked walk over the wooden bridge to the entrance of **Intaka Island Eco Centre**
- **You will find us just inside the doors**

## Directions to Intaka Island Eco Centre

