The plane approaches Cape Town, and I am astonished by the view of Table Mountain and the surrounding sea. It is so beautiful that I feel the urge to belong—not necessarily to the people, but to the landscape.

**CAMPAGN**

Effort to make sports fields safer pays off

Inspired by lack of emergency services

**HEALTH**

Empowering kids to kick the pain of cancer to the kerb

**OPINION**

This is to help children minimise stress levels and get them calm

Bosman, Van der Merwe and Strauss launch programme to help kids

The programme called "KKC" (Kids Kicking Cancer) was launched in 2017 to help children deal with the stress of cancer treatments.

**CAMPAIGN**

**HEALTH**

Crucial to have medical services available

**INFORMATION**

Losing his sight has not stopped a local adventurer from reaching new heights.

The vision-challenged Venter became the first blind person in the country to climb Lion’s Head.

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