



EAST LONDON COMMUNITY SERVICES DIRECTORY

Your Local Guide: Referral & Emergency Contacts

COMPILED BY



**RIPPLES
FOR
CHANGE**

The East London Community Services Directory was compiled by Ripples for Change and is a user-friendly guide designed to connect residents and organisations with essential services in the area.

Whether you're looking for emergency assistance, professional advice, or community programmes, this booklet is your go-to resource for navigating East London's services.



PLEASE NOTE

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Content Topics:

1. Children
2. Health
3. Youth
4. Animals/Pets
5. Women and Family
6. Gender & Violence Issues
7. Services for the Elderly
8. Miscellaneous

1. CHILDREN

Abba Specialist Adoption and Social Services: Provides a range of services directly to abandoned, neglected, orphaned, and vulnerable children in need of permanent alternative family care.
Tel: 082 783 3374
Website: www.abbadoptions.co.za

Autism SA: Supports families and children with autism spectrum disorder.
Tel: 072-678-2452 (Antoinette)

Breath of Life: Crisis pregnancy clinic and safe house for babies.
Tel: 076 426-5749

Carel du Toit Centre: Pre-primary for deaf children.
Tel: 043 742-1420

CATCH: Childcare and community programmes in Gonubie.
Tel: 043 740-0625

Child Trafficking: Anti-human trafficking unit and SAPS crime stop.
Tel: 080 022-2777

Childline: Free 24-hour helpline for children and families.
Tel: 116 / 043 722-1382

Children's Movement: Promotes children's rights nationally and supports children aged 7-14 to become active participants in their own well-being.
Tel: 021 633 0230 / 083 373 1179
Website: www.childrensmovement.org.za

Childsafe: Provides safety talks, lectures, exhibitions, and courses for health staff, parents, childminders, and domestic workers.
Tel: 021 685 5208 / 021 685 0114

CMR: Protects children in need and those at risk of any form of neglect or abuse.
Tel: 043 722-6104

Daily Bread Children's Trust: Shelter and education for children aged 6-18.
Tel: 073 192-2047

Department of Social Development: Government agency rendering social work services, investigation and placement, foster care, etc.
Tel: 043 605-5164 / 066 083-4043
Tel: 080 060-1011 / 079 769 1207 (for SASSA / social grants)

Down Syndrome Association: Support for caregivers/parents of children with Down Syndrome.
Tel: 043 722-4918

East London Child and Youth Care Centre: Support for abused, neglected, and abandoned children.
Tel: 043 730-7212

Family, Child & Sexual Offences Unit: Child protection services.
Tel: 043 722-9718 / 083 466-2780

Greensleeves Children's Trust: Shelter and education for children aged 0-18.
Tel: 082 219-3209

Guardians of Hope: A place of safety for abused, neglected, and abandoned babies.
Tel: 082 487-4406

Ithemba Home: A shelter for children with disabilities.
Tel: 076-0355618 (Dr. Ranjana Gigi)

Masizakhe Children's Home: Shelter and education for children aged 0-7.
Tel: 043 761-3012

Missing Child: Provides emergency response services, works closely with SAPS, and creates awareness about missing persons.

Tel: 072 647 7464

Nkosinathi Foundation for Blind and Partially Sighted People (Gqeberha).

Tel: 041 487-1150

Salem Baby Care Centre: Provides daily care and training for disadvantaged mothers and babies.

Tel: 043 742-1176

The Haven Wellness Centre: Hospice, nursery school, and soup kitchen.

Tel: 043 722-3355

The Kings Children's Home: Shelter and education for children aged 0-7.

Tel: 083 959-9663

Thetha Nathi: Counselling services for children.

Tel: 082 742-3255

Ubomi Bam: Supports children with cerebral palsy.

Tel: 076 579-4332

2. HEALTH

(Physical, Mental, Disability)

AIDA Foundation South Africa: Works in partnership with communities & NGOs to reduce new HIV, STI, and TB infections, address the social and structural drivers of HIV, and build resilience in hard-to-reach, marginalized, and remote communities.

Tel: 031 277 2700

Website: www.aids.org.za

AIDS Helpline: Helps with HIV/AIDS issues.

Tel: 0800 012 322 (Toll free)

Al-Anon: Help and hope for the families and friends of alcoholics
Tel: 021 595 4508
email: alanongso@iafrica.com

Alcoholics Anonymous - A.A.:
Programmes of recovery from alcoholism.
Tel: 043 722-4033

Breast Health Foundation: Educates the public on breast health & cancer.
Tel: 086 028 3343
Website: www.mybreast.org.za

Campaigning for Cancer: Denied cancer treatment?
Call: 078 804 7977
Website: www.costofcancer.co.za / www.campaign4cancer.co.za

CANSA: Cancer Association of SA:
Awareness, care, and support for cancer patients and their families. Counselling from diagnosis onwards.
Tel: 0800 22 6622

Care for Cancer Foundation: Support for cancer patients to gain access to diagnosis, treatment, care, and services.
Tel: 031 836 8302 / 081 7444 2881
Website: www.careforcancer.org.za

Central Clinics: Offers Family Planning Services and medication for Sexually Transmitted Infections.
Tel: 043 743-5465

Children of Fire: Assists badly burned children with reconstructive surgery and other post-trauma rehabilitation.
Tel: 011 726 6529
Website: www.childrenoffire.org

FAMSA (Family Life Centre): Offers family counselling, divorce mediation, and parenting support.
Tel: 043 743-8277

Heart and Stroke Foundation South

Africa: Fights preventable heart disease & stroke through advocacy, information, tools, and support that build healthy communities and empower people.

Tel: 021 422 1586

Website: www.heartfoundation.co.za

Home-based care services for terminally ill patients.

Tel: 043 721-0051

ARV support and TB education in Mdantsane.

Tel: 043 761-2131

Mahi Filotimo Cancer Project: Raising funds and creating awareness about cancer causes, treatment, and the importance of early detection.

Tel: 076 719 8358

Website: www.filotimo.org.za

Marie Stopes Clinics: Provides confidential termination of pregnancy and family planning services.

Tel: 080 011-7785

Masithethe Counselling Services: Face-to-face counselling for all situations.

Tel: 043 722-2000

NACOSA: A network of organisations working to turn the tide on HIV, AIDS, and TB and build healthy communities in Southern Africa.

Tel: 021 552 0804

Website: www.nacosa.org.za

Helping Those in Need

Call: 072 348 4528 or 08 4313 4592

Narcotics Anonymous: Assist with those struggling with substance abuse. Located at al22 St Mark Rd, Southernwood, East London, 5201, Tel: 043 743 4350

National Kidney Foundation of South

Africa: Educates and raises awareness, provides research grants, support, and advocacy for people living with kidney diseases.

Tel: 011 447 2531

Website: www.nkf.org.za

People's Health Movement South Africa:

Works to improve the capacity of individuals and communities to access health care.

Tel: 021 447 5770

Website: www.phm-sa.org.za

PinkDrive: Works to educate and detect breast, cervical, prostate, and testicular cancer in early stages, offering clinical breast exams, mammograms, pap smears, and prostate tests for underserved areas.

Tel: 011 608 4144 / 011 998 8022

REHAB: The Association for the Rehabilitation of Persons with Disability.

Tel: 043 722-1811

Rural Health Advocacy Project

Tel: 010 601 7427

Website: www.rhap.org.za

Samaritan Care Centre: Home-based care, in-patient unit for people with HIV/cancer/TB.

Tel: 083 450-4224

SANCA (South African National Council for Alcohol and Drug Dependency): Prevention and treatment of substance abuse.

Tel: 043 722-1210

SADAG (South African Depression & Anxiety Group): Offers mental health support and crisis counselling.

Tel: 080 056-7567

CHOC

083 440 6848/ 043 748 5315

el.choc.org.za

54 Edge Road, Beacon Bay

www.choc.org.za

SANAC (South African National AIDS Council): Fosters dialogue, creates, and strengthens partnerships between government, civil society, and the private sector for collective responses to HIV, TB, and STI.

Tel: 012 748 1000

Website: www.sanac.org.za

St John Eye Care Clinics: Professional, comprehensive eye testing and affordable quality eyewear.

Tel: 086 101 7404

Website: www.stjohn.org.za

St. Bernard's Hospice: Palliative care for terminally ill patients, including HIV/AIDS care.

Tel: 043 721-0051

Stop Stockouts: Assists people whose lives are endangered by chronic shortages of essential medicines and children's vaccines in SA.

SMS or WhatsApp: 084 855 7867

Tel: 011 728 7365

Website: www.stockouts.org.za

Siyakhana Health Trust: Provides HIV & TB services in Southernwood.

Tel: 043 722-9620

TB HIV Care: Works to find and care for those affected by TB and HIV.

Tel: 021 425 0050

Website: www.tbhivcare.org

TB/HIV Care Association: Offers Male Medical Circumcision and a range of HIV-related services.

Tel: 073 867-9981

Vision 4 Life – a project of the Al-Imdaad Foundation: Facilitates eye care for patients unable to afford private treatment.

Tel: 031 207 5138

Website: www.alimdaad.com

3. YOUTH

Africa Matters: A youth-led initiative empowering and upskilling African youth to change their communities through leadership, social entrepreneurship, and advocacy.

Website: www.africamattersinitiative.com

B-Wise: Honest answers about health, sex, relationships, and contraceptives.

“Please call me” to:

*140*0833231023# (Vodacom)

*121*0833231023# (MTN)

*111*0833231023# (Cell C)

*140*0833231023# (Telkom)

Website: www.bwisehealth.com

Border Training Centre: Offers vocational training in trades such as carpentry, plumbing, and bricklaying.

Tel: 073 607-8358

Bumb’Ingomso: HIV-prevention project and motivation for healthy life choices.

Tel: 043 721-0055/0700

Website: www.bumbingomso.co.za

DREAMS: Focuses on HIV prevention through HIV testing, contraception, relationship information, and more for adolescent girls and young women.

Tel: 010 590 1300

Website: www.auruminstitute.org

Department of Labour: Reducing unemployment, poverty, and inequality.

Tel: 012 309 4000

Website: www.labour.gov.za

Department of Social Development:

Responsible for providing social development, protection, and welfare services to the public.

Tel: 012 312 7727

Department of Women, Youth and Persons with Disabilities (DWYPD):

Advocates for, monitors, and empowers women, youth, and persons with disabilities to ensure their meaningful participation in areas of the economy and the workplace.

Tel: 012 359 0000/0011/0013/0071

Website: www.dwypd.gov.za

Harambee: Developing solutions to promote inclusive growth and reduce unemployment by identifying and creating jobs and work experiences for young people.

Tel: 080 072 7272

Website: www.harambee.co.za

ITEC: Offers resources and training for educators and learners from Grade 1 to 12.

Tel: 043 743-8333

Khulisa Social Solutions: Helps mentees discover key personality traits and aptitudes.

Tel: 011 788 8237

Website: www.khulisa.org.za

National Career Advice Portal / Khetha

Tel: 0860 35 66 35 / 072 204 50 56

Website: www.careerhelp.org.za

NYDA: Works with many government departments to scale up the implementation of youth programs.

Tel: 087 157 7701

Website: www.nyda.gov.za

Nyara Youth Development: Works with youth in rural communities, offering educational and community engagement services.

Tel: 082 872-3150

Rural Development Support Program (RDSP):

A Rural Youth Workers & Leaders Development Programme for youth change agents in rural communities.

Tel: 066 031 3830

Website: www.rdsp.org.za

South African Youth Education for Sustainability (SAYes): One-on-one mentoring and support for under-served youth aged 14-29 in a 9-month structured programme to prepare and empower them to transition to independence.

Tel: 021 830 0795

Website: www.sayesmentoring.org

Youth Capital: A youth-led campaign to transform the employment trajectory of a generation.

Tel: 083 973 6642

Website: www.youthcapital.co.za

YouthPower Learning: Advancing knowledge to transform the lives of young people, leading to successful transition of youth to productive, healthy adulthood.

Website: www.youthpower.org

4. ANIMALS/PETS

African Parks: Rehabilitation and long-term management of African national parks in partnership with governments and local communities to save, protect, and rehabilitate endangered species and wildlife.

Tel: 011 465 0050

Website: www.africanparks.org

Animal Defenders International (ADI):

Works to end animal suffering.

Website: www.ad-internation.org

Animal Welfare Society PE: A shelter for unwanted, lost, or abandoned animals.

Tel: 041 366 1660

Website: www.awspe.co.za

East London PetPals: Rehabilitation and re-homing of abandoned animals.

Tel: 082 850 8935

Website: www.petpalsel.co.za

Endangered Wildlife Trust: Working to save species and habitats.

Tel: 011 372 3600

Website: www.ewt.org.za

Furever Fixed: Traps and sterilizes stray and feral cats in East London.

Tel: 079 627 4872

SANCCOB: focused on seabird rescue

Tel: 021 557 6155

SCARS (Second Chance Animal Rehab Sanctum): Provides care for sick and injured wildlife.

Tel: 082 442 6689

SPCA East London: Handles animal welfare and cruelty cases.

Tel: 043 745 1441

Spay a Stray: Sterilizes and medically assists pets in townships around East London.

Tel: 082 578 4257

The Furry Godmother: Takes care of neglected pets in impoverished communities around East London.

Tel: 078 414 1763

Top of Form

5. WOMEN & FAMILY

ACVV: Family preservation and reintegrating skills.

Tel: 021 461 7437/7447

AFM Welfare: Addresses family breakdown, AIDS, poverty, crime, substance abuse & addiction.

Tel: 012 753 7940

Website: www.afm-ags.org

Baby Savers SA: Provides a safe alternative to unsafe baby abandonment through the use of a baby saver.

Website: www.babysaverssa.co.za

CMR: Family preservation and child protection service.

Tel: 079 112 9457

Website: www.cmrel.co.za

FAMSA: Affordable professional counselling, mediation, and education to help build healthy, stable relationships, marriages, and families.

Tel: 011 975 7106

Website: www.famsa.org.za

Girls and Boys: Counselling, assessments & referral services for adults and young people.

Tel: 0861 58 58 58

Website: www.girlsandboystown.org.za

Heart Matters Pregnancy Care Centre:

A safe space for women who are seeking guidance due to an unplanned pregnancy.

Tel: 083 731 9732

Life SA: A platform where you can quickly get help, anonymously if preferred.

Tel: 061 804 0460

People Opposing Women Abuse (POWA):

We provide free counselling, sheltering, skills development opportunities, legal services, sector capacity building and strengthening as well as public awareness and education to assist abused women.

Tel: 011 642 4345 / WhatsApp: 0699 400 060 / Email: info@powa.co.za.

Pregnancy Help Network: A network of pregnancy help organisations across South Africa.

Tel: 073 162 2334

Website: www.pregnancyhelpnetwork.org.za

Rata Social Services: Protection of children.

Tel: 012 543 0234

Website: www.rata.org.za

SOS Children's Villages Family Strengthening Programme: Collaborates with community-based organisations and local authorities to help families and communities build their capacities.

Tel: 011 234 8708

Website: www.sossouthafrica.org.za

6. GENDER & VIOLENCE ISSUES

Agenda: Empowers women for gender equality by providing a forum for them to express their needs and interests.

Website: www.agenda.org.za

Centre for the Study of Violence and Reconciliation: Seeks to understand and prevent violence through peace-building, accountability, gender equality, and social cohesion.

Tel: 011 403 5650

Website: www.csvr.org.za

Effective Living / Trust Circles: Works with women to build self-trust and a commitment to a meaningful life.

Tel: 082 428 6852

Website: www.effectiveliving.co.za

FAMSA: Counselling for relationships, domestic violence, and trauma.

Tel: 011 975 7106

Website: www.famsa.org.za

Foundation for Human Rights: Educating, advocating, and mobilising civil society on trafficking prevention and criminal accountability.

Tel: 011 593 4000

Website: www.fhr.org.za

Ilitha Labantu: Addresses violence against women and children in townships and rural areas.
Tel: 072 076 6118 / 072 063 4407 /
021 633 2383 / 3048
Website: www.ilithalabantu.org.za

MOSAIC: Prevents and reduces abuse and domestic violence for women and youth in disadvantaged communities.
Tel: 021 397 3291
Website: www.mosaic.org.za

National Human Trafficking Helpline
Tel: 0800 222 777

National Shelter Movement of South Africa: Advice and support for finding immediate shelter in South Africa.
Tel: 0800 001 005
Website: www.nsmsa.org.za

Rape Crisis Cape Town Trust: Counselling, support, and access to justice for rape survivors and their communities.
Tel: 021 447 9762
Website: www.rapecrisis.org.za

Rise Against Domestic Violence
Tel: 081 589 4308
Website: www.RiseAgainstDomesticVoilance.com

TEARS Foundation: Confidential, free services and support for victims of rape, domestic violence, child abuse, and sexual assault.
Tel: 010 590 5920
Website: www.tears.co.za

Thuthuzela Care Centres (TCCs): One-stop facilities as a critical part of South Africa's anti-rape strategy, aiming to reduce secondary victimisation and to build a case ready for successful prosecution. Located at Cecilia Makiwane Hospital, Site 1506, Mdantsane, 5219
Tel: 043 761 6667

Without Walls: GBV Shelter (3 restoration homes, also take recovering addicts)
Carolynn Struwig 083 424 1090

7. SERVICES FOR THE ELDERLY:

Berea Gardens Retirement Centre:

62 Jarvis Rd, Berea, 043 726 5319

Lily Kirchmann Home:

Retirement home,
72 Jarvid Rd. Berea, 043-7268726

Kennersley Park South:

Retirement home, 104 Bonza Bay rd, Beacon Bay
043-7025921

Woodholme Retirement centre:

Cnr Rhodes & Esplanade st, 043-7228562

Eldorado:

Retirement home, 54 St. Perters rd.
Southernwood, 043-7435239

Settlers & Settlers Rest Retirement Villages:

10 Main Rd. Gonubie, 043-7404989

Fairlands

Retirement Home, 44 Vian Ave 043-0512225

Silver Crown Home

193 Curtis Rd 043-7411454

Leisure Homes For Senior Citizens:

Retirement community, 103 Bonza Bay rd, Beacon Bay, 043-7025900

The Love Care Centre:

Retirement Home, 37 Beaconhurst Dr. Beacon Bay,
043-7481800

Gonubie Frail Care:

92 18 Ave, Gonubie, 043-7400748

D J Sobey Old Age Home

15 Dunoon rd. Buffalo Flats 043-7338026

Hazy Ridge Retirement Village:

Gonubie North, 083-5554783

Emmaus Convent Retirement:

10 Lower Croydon rd, Cambridge,
043-7268724

Manor House:

Retirement home, 34 Georges Rd. Southernwood,
043-0512239

Stirling Lodge:

Retirement home, Epsom Rd. Stirling,
043-7351508

The Residence Convalescent/Palliative Care Centre:

Offers 24/7 nursing care, meals, and laundry (also known as Amatola Nursing Services)
Warwick Road, Vincent, East London, South Africa
043 7271 188

Mary Cares:

Home Health Care Services, Gonubie,
East London, 079 694 6263

Evergrace Care:

Offers home and frail care services for those who need specialized medical care
13 Wilson St, Gonubie, East London, 5257
066 314 2284

Handy Helpers East London:

Offer housekeeping, childcare and elderly care provider. 079 366 8492

Cecily House Frail and Elderly Care:

Aged Care, 77 10th Ave, Gonubie,
East London, 068 160 6060

Lynette Elliott Frail Care:

Nursing home
23 Allenby Rd, Selborne, East London
083 456 1035

Berea Gardens

Retirement Foundation
043 726 5319 / 082 565 2905
executive@berea-gardens.co.za
charne@berea-gardens.co.za
62 Jarvis Road Berea
www.berea-gardens.co.za

Lotus Live-in Care:

Retirement home
1 Imp Ln, Beacon Bay North, East London
083 244 3503

8. MISCELLANEOUS

Access Chapter 2: Promotes the human rights and empowerment of LGBTI+ persons.

Tel: 010 100 3177

Website: www.av2.org.za

Africa's Pride: News and dialogue focusing on LGBTQI+ issues in Africa

WhatsApp: 062 742 1150

Department of Correctional Services:

Contributes towards a peaceful & safe society.

Tel: 012 307 2000

Website: www.dcs.gov.za

ECLGBTI (Eastern Cape Lesbian, Gay, Bisexual, Transgender, Intersex Organisation): Support, information, awareness, socials.

Tel: 072 198-0060 / 079 189-2260

Eastern Cape Department of Human Settlement:

Tel: 086 000 0039 / SMS: 43619

Website: <https://www.ecdhs.gov.za> / Email: info@ecdhs.gov.za

Gangstar Café: Training and employment opportunities to previously incarcerated youth.

Tel: 021 685 1535

Website: www.gangstarcafe.com

Human Rights Commission: National institution established to support constitutional democracy.

Tel: 011 877-3600

Khulisa Social Solutions: Community crime prevention training programme.

Tel: 011 788 8237

Website: www.khulisa.org.za

Koinonia Recovery Centre: An in-house substance abuse treatment facility.

Tel: 071 830-1312

Legal Aid Advice Line: Provides free legal advice for those who cannot afford legal services.

Tel: 0800 110 110

Masimanyane: Support for gender-based violence survivors.
Tel: 043 743-9169

National Responsible Gambling Helpline: Support for people struggling with a gambling addiction.
Tel: 080 000-6008

National Sea Rescue Institute (NSRI): Provides emergency rescue services.
Tel: 082 990-5972

Prison Fellowship, South Africa: A Christian-based response to crime.
Tel: 082 748 9541
Website: www.prisonfellowship.co.za

SAPS Victim Support Centre: For all facing any types of abuse.
Tel: 043 707-0606 / 043 707-0687

Same Love Toti: Supports parents as they learn about their gay, lesbian, gender non-conforming, transgender, or intersex child.
Tel: 082 654 8635
Website: www.pflagsouthafrica.org

Stop Women Abuse Helpline: Toll-free helpline. Tel: 080 015-0150

TEARS Foundation: Confidential, free services and support for victims of rape, domestic violence, child abuse, and sexual assault.
Tel: 010 590 5920
Website: www.tears.co.za

Victory Safe House (CMR): For gender-based violence survivors.
Tel: 043 722-6104

4 Brothers: Drug recovery centre
Tel: 081 771-6677

The Clothing Bank
Tel: 072 298 0905
estellecox@theclothingbank.org.za
www.theclothingbank.org.za

McClelland Adult Centre: For the Intellectually Impaired
Tel: 076 668 9116
operation.manager@mccllelland.co.za

EMERGENCY NUMBERS

MASITHE THE COUNSELING: 043 743 7266

WHATSAPP 084 091 5410

SADAG - HELPIE (SUICIDE) 24hrs 0800567567

**SOUTH AFRICAN DEPRESSION AND ANXIETY
GROUP**

SAPS 10111

SOUTH AFRICAN POLICE SERVICES

SANCA 043 722 1210

SOUTH AFRICAN NATIONAL COUNCIL FOR

ALCOHOL AND DRUG DEPENDANCY

THUTHUZELA CARE CENTRES 043 761 6667

FOR RAPE

BUFFALO CITY METROPOLITAN EMERGENCIES: 112

METRO AMBULANCE: 043 702 3099 / 0177

FIRE DEPARTMENT: 043 705 9000

CHILDLINE 24hrs: 043 722-1382 / 116

ALDERSON AMBULANCE SERVICES 0860223366

RED ALERT EMERGENCY MEDICAL SERVICE 043 703 4777

PRIORITY-CARE AMBULANCE SERVICE 071-2060005
