



Cape Medical Response, 106 Kommetjie Road, Fish Hoek. P.O. Box 37758, Vallyland, 7978. Tel: (021) 782-0606. E-Mail: mycard@cmr-med.co.za. Website: www.cmmymcard.co.za.

### Health, Wellness & Fitness

- **CMR First-Aid Kits.** 021 782-0606. [www.cmr-med.co.za](http://www.cmr-med.co.za). Less 10% on list price of all First-Aid Kits.
- **CMR First-Aid Training.** 021 782-0606. [www.cmr-med.co.za](http://www.cmr-med.co.za). Less 10% on Level 1 and Level 3 scheduled courses.
- **CrossFit Caracals.** 083 277 6652. [www.crossfitkommetjie.com](http://www.crossfitkommetjie.com). Less 10% on Bootcamp, and less 10% on monthly fee.
- **Delite Foods.** 021 702-0721. [www.delitefoods.co.za](http://www.delitefoods.co.za). Sugar-free foods. Less 10% on all goods not on special. Westlake Bus. Park.
- **Dr Kevin Lentin.** Chiropractor and Functional Nutrition Specialist. 021 788-8480. [www.drkevinlentin.co.za](http://www.drkevinlentin.co.za). Half Hour FREE introductory nutritional consultation. 10% discount on subsequent nutritional consultations and 20% discount on weight management and 'detox' programs.
- **Helena Slabbert Holistik.** 084 845-9516. Reiki treatments. Acupuncture. 10% discount on Wednesdays. 20% discount for "Stop Smoking".
- **Longbeach Eyestudio.** 021 785-1886. [www.eyestudio.co.za](http://www.eyestudio.co.za). Less 5% on contact lenses (with valid corneal check). 1 Apr – 30 Sept Free kids (under 16) eye test (with purchase of frames and lenses).
- **Run/ Walk for Life.** 082 775-1599. [www.rwfl.co.za](http://www.rwfl.co.za). Less 15% on regular member fees. Less 15% on pensioner fees. Upfront payment or deposit and signature of letter of indebtedness. Must complete Run/Walk App. form and medical questionnaire.
- **Simon's Town Pharmacy.** 021 786-2133. Free blood pressure testing (one/month). Clinic hours 09:00 to 12:00, Mon, Tues, Wed, Fri.
- **Wellspring Centre.** 021 785-7200. [www.wellspringcentre.co.za](http://www.wellspringcentre.co.za). Less 10% on initial Physio consultation.

### Sports & Outdoor

- **Clovelly Country Club.** 021 784-2111. [www.clovelly.co.za](http://www.clovelly.co.za). Social use of the Club. Range balls at member rates. See website for pricing.
- **Dew Equestrian.** 084 903-7648. Extra 15 mins on horse riding lessons. Email: [dewequstrian@gmail.com](mailto:dewequstrian@gmail.com).
- **Great White Sports & Surf.** 021 782-3360. [www.greatwhitesport.co.za](http://www.greatwhitesport.co.za). The South's one stop sports store. Less 10% on a huge range sport, surf & fishing gear (only valid on goods not already discounted).
- **Kayak Cape Town.** 082 501-8930. [www.kayakcapetown.co.za](http://www.kayakcapetown.co.za). Less 20% on Kayak trips (save R50). No restrictions on trip. Bookings only via email. See website for particulars.
- **Pisces Divers.** 021 786-3799. [www.piscesdivers.co.za](http://www.piscesdivers.co.za). Less 10% on all Scuba Diving Courses. Excludes other offers.
- **Surf Emporium.** 021 701-1580. [www.surfemporium.co.za](http://www.surfemporium.co.za). Less 10% on all equipment rentals (including surfboards, wet-suits, SUPs, paddles etc); Less 5% discount on Roxy & Quiksilver clothing (excluding wet-suits).

### Be Pampered/Clothing/Gifts

- **Cinnamon & Sage.** 021 785-1677. Less 10% on all goods except items on sale or specials. Email: [jeremy@harrygoemans.co.za](mailto:jeremy@harrygoemans.co.za).
- **Ibo Island Lodge.** 021 785-2657. [www.iboisland.com](http://www.iboisland.com). Less 20% on Ibo Lodge bookings. Less 15% on Quirimba Archipelago Mobile Island Safaris.
- **Mediterraneo.** 021 786-2969. [www.mediterraneo.co.za](http://www.mediterraneo.co.za). Less 10% on all goods. Monthly specials changing each month.
- **Mineral World.** 021 786-2020. [www.scratchpatch.co.za](http://www.scratchpatch.co.za). Less 10% on all goods.
- **Nautical Hair Designs.** 021 786-1479. Less 10% on all cuts and blowdries on Thursdays.

### Restaurants & Coffee Shops

- **Bhandaris Indian Restaurant.** 021 782-1525. [www.bhandaris.co.za](http://www.bhandaris.co.za). Less 15% on food bill on Wed to Sat 14h00 to 16h30. Only for sit-downs; excludes functions, other specials and tables of 20 or more.
- **Brassbell Restaurant.** 021 788 5455. [www.brassbell.co.za](http://www.brassbell.co.za). Less 10% on all bills. Excludes functions and large bookings over 20 people.
- **Debonairs Pizza, Fish Hoek.** Less 10% on counter or collect orders over R50. 021 782-0744.
- **Foodbarn Restaurant.** 021 789-1390. [www.thefoodbarn.co.za](http://www.thefoodbarn.co.za). Less 10% on bills over R1000. Excl. tables of 10 or more, Specials, the Deli and Tapas Bar.
- **Golden River Spur.** 021 782-2631. [www.wikivillage.co.za/Golden-riverspur](http://www.wikivillage.co.za/Golden-riverspur). Less 10% on total bill excluding specials.

- **Michigan Spur.** 021 785-3532. [www.spur.co.za](http://www.spur.co.za). Less 8% on total bill excluding specials.
- **Neptune's Galley** (At False Bay yacht Club). 021 786-4638. [www.neptunesgalley.co.za](http://www.neptunesgalley.co.za). Less 10% on food, Mon to Fri.
- **Ocean Basket.** 021 785-3841. [www.oceanbasket.com](http://www.oceanbasket.com). Less 10% on main meals. Excludes pensioner- and other specials.
- **Quaterdeck.** 021 786-3825. Buy one main course and get one free. Offer subject to purchasing two drinks, lowest price meal is free.
- **The Café and Deli @ Harry Goemans Garden Centre.** 021 785-1395. Less 10% on bills over R100. Email: [jeremy@harrygoemans.co.za](mailto:jeremy@harrygoemans.co.za).
- **The Tigerlily Restaurant.** 021 782-0219. 16 Kommetjie Rd. Lunchtime special: Less 10% on bills over R250 (excl take-aways).
- **Wimpy Longbeach Mall.** 021 785-1484. Less 5% on total bill.

### Families, Children & Animals

- **Scratch Patch.** 021 786-2020. [www.scratchpatch.co.za](http://www.scratchpatch.co.za). Less 10% on Gemstone bags.
- **Western Cape Farriers.** 073 936-4445. Less 10% on any work.

### Home, Garden & Vehicles

- **Bibby Interior Design.** 021 786-3913. [www.bibbyinteriordesign.co.za](http://www.bibbyinteriordesign.co.za). Less 10% on a refresh colour and fabric consultation for your home.
- **Cape Gas Installations.** 082 868-0442. Email: [simon@capegasinstallions.co.za](mailto:simon@capegasinstallions.co.za). Less 10% on new gas installations. Less 5% on remedial work for compliance. Contact Simon Ainsworth-Taylor.
- **Contact Panelbeaters.** 021 785-2902. [www.contactpanelbeaters.co.za](http://www.contactpanelbeaters.co.za). Less 5% on non-insurance repairs to end Dec 2017.
- **Gateway Electrical.** 021 785-5469. [www.gatewayelectrical.co.za](http://www.gatewayelectrical.co.za). Less 5% on all goods excluding gate and garage door motors.
- **Green Circle Painting Solutions.** 021 785-6875. [www.paintingsolutions.co.za](http://www.paintingsolutions.co.za). Free paint specification and quantity estimation. Value R750. Valid for interior or exterior of any building, home, office block or flat.
- **Harry Goemans Garden Centre.** 021 785-3201. [www.harrygoemans.co.za](http://www.harrygoemans.co.za). Less 10% on all goods except on specials and selected soils.
- **Jacqui's Framery & Art Gallery.** 021 782-7324. Less 10% on framing over R2000. 89 Main Rd, Fish Hoek.
- **Patrick Conderan Plumbing.** 021 782-4411. Less 10% on labour for maintenance-related work.
- **Retreat Roadworthy Centre.** 021 701-6590. Bark St, Retreat. Less 10% on Roadworthy testing; SAPS vehicle clearance service; Number plates and Datadot.
- **Sharon Mabin Interiors.** 021 785-3973. [www.sharonmabin.co.za](http://www.sharonmabin.co.za). Less 10% on orders over R5000. Discounted consulting only R300 p/hour.
- **The Hardware Shop.** 021 782-7085. 12 Glen Rd, Glencairn. Less 10% on all goods except cement and specials.
- **Tool Hire Solutions.** 021 785-2390. [www.toolhireandsales.co.za](http://www.toolhireandsales.co.za). Less 10% on all cash hires to end Dec 2017.
- **Wakefords Home Store.** 021 782-6013. [www.wakefords.com](http://www.wakefords.com). 50% off the local delivery fee for purchases over R4000.

### Computers, Communication & Music

- **Creative Computers.** 021 782-9096. [www.creativecomputers.co.za](http://www.creativecomputers.co.za). Less 10% on all goods.
- **PC-Mac.** 021 785-8081. [www.pcmac.co.za](http://www.pcmac.co.za). Less 10% on all goods not on special.
- **Thundercloud Music.** 021 7828658. Email: [thundercloudmusic@telkomsa.net](mailto:thundercloudmusic@telkomsa.net). Less 10% on all purchases not on sale.

### Security

- **Chubb.** 0861 021 911. [www.chubb.co.za](http://www.chubb.co.za). Email: [cape.sales@chubb.co.za](mailto:cape.sales@chubb.co.za). Less 15% on new armed response contracts. T&C's apply. Less 10% on Home Fire Kits.
- **Mach 1 Security.** 021 782-2661. [security@mach1.co.za](mailto:security@mach1.co.za). Less 10% on new installations.
- **Shockoloza.** 021 782-0681. [www.shockoloza.co.za](http://www.shockoloza.co.za). Less 10% on new electrified fencing installations.
- **YMA Security Services.** 021 785-7093. Less 10% on new alarms, and new monitoring and armed response contracts.

**Please Note: At point of purchase your CMR membership card needs to be presented in order to qualify for the applicable discount or special offer.**