

# Ukuthasa News

Autumn 2018

## CHOICES celebrates their annual Spring Tea party with great success



**In October, which is as close to Spring as South Africa gets, we have a Spring Tea fund-raiser for Choices each year.**

This year the Tea took place on 27 October and it was, perhaps, our most successful event to date in terms of the amount of funds raised and the special morning that everyone enjoyed.

The format this year was quite simple. In the past we have sometimes had a **Spring Tea** theme and a competition for the best dressed table but South Africa (like many nations) is currently going through a time of austerity and sadly recording the highest unemployment levels in the nation's history.

We thought that the numbers attending may be less and that we would struggle to find sponsors. The opposite was true. We filled almost 15 tables, each seating between 9 and 12

people and we were given a record number of gifts to give away on the tables and in a Raffle draw.

There were bottles of good wines from our local vineyards, perfume, paintings, cosmetics, beauty treatments, coffee hampers, temperature controlled flasks, the list just kept growing.

During the morning, apart from chatting, drinking tea, coffee, juice and water and eating yummy food, we gave away loads of lovely gifts and we listened to a couple tell their story of the unexpected adoption of a teenager, heard a bit about **Choices** and listened to some wonderful music and song. It was a wonderful event!

Many thanks go to Ukuthasa for their continued support of Choices over more than 20 years.

**Nicky Welsh, Ukuthasa**

# Projects in the Spotlight

## Helderberg Academy hosts a successful holiday club

The majority of young people that attend the **Helderberg Academy** don't get taught some of the values that are most highly regarded in our world. That is why the **Helderberg Academy** uses sport as a means to teach such important subjects.

Each month, they focus on a different value, which is reinforced by the training, the games, and the relationship between teammates. In the past, the Academy has covered topics like **Self-Control** and the negative consequences that can follow not having it; **Respect**, especially towards people in authority such as parents, grandparents, guardians and teachers; **Service** and how everyone can serve others around them; or **Courage** to face any challenging circumstances, instead of fear.

Recently, the **Helderberg Academy** was able to host a **Holiday Club**, where the coaches invited the players who had the best attendance from all the communities to enjoy the day together. The aim was to teach the young people how to work well with one another as part of one team, teaching them that good teamwork involves clear communication, good planning, encouraging one another and good leadership.

They had a total of 61 young people, 3 volunteers and 2 staff members.

Here is what some of the young people said:

**Veronique (14)** "I've learnt to put myself down and to help others. Respect other people, help them. Support those in need".

**Claude (14)** "I've learnt to help others. If someone falls, I lift him up. I enjoyed Handball the most because it was fun".

**Derico (16)** "I've learnt to communicate together with each other and work as a team. I must not just live for me, I must live for everyone".

"It is so motivating and inspiring to see them enabled to understand what it means to work together as a team, knowing the importance of teamwork" says founder and head coach of the Helderberg Academy **Beth Veenendaal**.

**If you are interested in interning with the academy on a long or short basis please contact [beth@helderbergacademy.co.za](mailto:beth@helderbergacademy.co.za)**



# Get a Glimpse...

## A day in Emyezweni...

Have you ever wondered what a day at Emyezweni is like?  
Have a peak at the Grade R children's daily schedule!



- 7:30 - Children start arriving to school
- 8:00 - Register and news (birthdays, time of year)
- 8:15 - Breakfast is served
- 8:30 - Outdoor Play
- 9:00 - Life Skills
- 9:20 - Whole Class Maths (numbers, shapes, patterns...)
- 9:35 - Small groups Maths
- 10:10 - Independent Play (Maths)
- 10:40 - Outdoor Play
- 11:10 - Whole class Phonics
- 11:25 - Small Groups Phonics and guided reading
- 12:00 - Independent Play (Phonics)
- 12:10 - Story time
- 12:30 - Lunch is served
- 13:30 - Children go home





# Get involved...

## FOR SALE: Christmas tree decorations

Ukuthasa supports small business projects with start-up funding to help men and women develop skills which can be used to create a source of income. We are selling these beautiful ceramic Christmas tree decorations that have been handcrafted by individuals in an informal settlement in Cape Town.



The decorations are available in large (£2 each) and small (£1.20 each) in both gold and black. There are three designs to choose from: a **christmas tree**, **heart** or **star**.

Add a touch of charm to your christmas gifts or simply decorate the tree.

Please contact [laia@ukuthasa.org](mailto:laia@ukuthasa.org) for further information or to place an order.

There are many ways you can support **Ukuthasa**, including using the following fundraising websites:

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk):

Shop online from major stores who donate a percentage of each sale to charity.

[www.recycle4charity.co.uk](http://www.recycle4charity.co.uk):

Recycle your old ink cartridges.

[www.everyclick.com](http://www.everyclick.com):

A search engine that donates to charity 1p for every search you make.

[www.give.net](http://www.give.net)

Make a credit card donation directly to **Ukuthasa**. It is quick, easy and anonymous.

## Focus on Fundraising

### South African Dinner Party Challenge

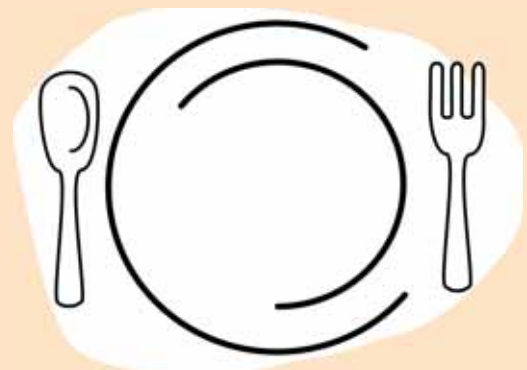
Would you like to **fundraise** for **Ukuthasa** but you are stuck on how?

You don't need to take on a physical challenge to fundraise for us. Why don't you try something different that you and your friends and family can enjoy?

If you like cooking and are adventurous enough to try some new recipes, why not take on a **South African Dinner Party** as a fun way to fundraise for **Ukuthasa**?

You can invite friends and family to join you for dinner and ask for a small donation per head. We have a number of tried and tested recipes we can provide to create a full on South African experience!

For more information, please contact [Laia@ukuthasa.org](mailto:Laia@ukuthasa.org).



**Talk to us:** For further enquiries, correspondence updates or feedback - please contact Laia Martinez at:

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