

Ukuthasa News

Autumn 2017

Helderberg Academy strengthens ties with the local community



Thanks to a growing partnership with local schools and an increasing local exposure, the numbers of girls joining the netball teams has really increased in the last few months.

Helderberg Academy sees its influence in the local community grow as partnerships with local schools consolidate and more exposure is gained through a local newspaper and radio station.

The **Helderberg Academy** is a Non-Profit Organisation that teaches life skills through sports to young people in disadvantaged areas in Helderberg Basin, South Africa. Since its foundation in 2012, the Academy has coached many boys and girls, teaching them skills and values such as respect, responsibility, teamwork, courage and empathy.

Partnering

One of the ways the **Helderberg Academy** carries out their work is by running sports programs in local schools. This is a fantastic opportunity both for networking and funding and benefits the Academy children by opening doors to more matches between the Academy boys and girls and the local schools. **Beth Veenendaal**, founder of the **Helderberg Academy**, explains: "We have been coaching a wide variety of sports to grade Rs 1s and 2s children at one school, and Netball and Soccer to boys and girls aged 11-13 at another. Our netball girls have matches every other week with training sessions in between. This has meant we have been able to network further with other schools, organising matches between different schools."

Recently, Beth was approached by an organisation called Bright Lights, which works with street or high risk children in the Helderberg area. Since then, Bright Lights has started bringing a group of girls and boys to the Academy training sessions and has reported that the benefits in the children are already evident.

Networking

Everyone at the **Helderberg Academy** was excited when they saw a large article featuring the Academy in a local newspaper! Soon after the article was published, the team were contacted by Helderberg Radio asking for an interview and, the following Monday, Beth was interviewed and was able to share the heart of the Academy for a fatherless generation, as well as success stories, using the opportunity to request donations and support.

"Being able to network with local organisations is a large part of who we are. To give everyone a real perspective of what life can be like in these communities and putting cultural differences aside through building bridges in sports like rugby, netball and soccer", says Beth.

Get involved

Would you like to see the Academy grow and, thus, impact more young people's lives? Please, get in touch with Ukuthasa or with Beth at beth@helderbergacademy.co.za to find out more about how you can support them.

Projects in the Spotlight

Emyezweni A Kindness that crosses continents



From left to right: Pre Gr R class with teachers Busi and Sisanda; Likuwe Mazembe from Pre Gr R class showing off his new uniform; Gr R class with teachers Vuvu and Noludwe.

At the beginning of 2017, the **Emyezweni** staff considered that it would be a step forward in the life of the school to introduce a uniform for the children. This initiative was welcomed by parents and students alike. **Daniela Fredericks**, Emyezweni's Principal, explains: "In the average isi-Xhosa community, uniforms are preferred, not only because they look smart but also because they create a feeling of unity and school pride."

However, the school serves a disadvantaged community and sometimes families cannot afford to buy a uniform for their children.

A few months ago, **Eltham Church of England Primary School**, in South East London, started a process of purchasing new uniforms and wondered what to do with the old ones. They found the ideal solution by donating them overseas to a school in need! The headteacher contacted **Gary Welsh**, founder and trustee of **Ukuthasa**, who explained that as a charity, **Ukuthasa** wouldn't be able to afford the import duty and taxes on the uniforms. So the school decided to pay for the shipping, the customs fees, the agents fees both in the UK and South Africa. "The **Emyezweni** children were so excited! This was a really useful and generous gift and we are so grateful", says **Nicky Welsh**, Ukuthasa Project Manager.

Some of the bigger uniforms, which were too big for our **Emyezweni** children, were handed over to a nearby school which was in desperate need of new uniforms.

Sometimes, a small act of kindness from one person can make a huge difference in the life of another. Would you like to help improve the life of these children too? Please visit our website www.ukuthasa.org and check out our shop where you can fund some projects at **Emyezweni**, or contact me at laia@ukuthasa.org to find out other ways to support our work.



"I am thrilled that our uniforms will be a blessing to the children at Emyezweni Preschool".

Matthew Bullpitt, Executive Headteacher Eltham Church of England Primary School

Get a Glimpse...

Choices launches a new logo

Since its foundation 21 years ago, **Choices** has had the same logo and branding and has been in need of a make-over for some time.

With all the changes that have taken place in the last couple of years, including the closure of the Residential Unit and the opening of Choices House as an income generator for the free services that Choices provide, the **Choices Management Team** decided it was a good time to update the logo and all of the organisation's branding. Now, they have signs for the training room, the Amasekeni shop, the offices and toilets!

Most of the design concepts, images, shapes, fonts, colours and styles were provided by a local South-African company. In the end, the **Choices Management Team** opted to go for pale blue letters with turquoise joined letters underneath and the hands inside the heart symbol.

Nicky Welsh, Ukuthasa Project Manager, says "it really has given us a new image and looks great. Thank you **Ukuthasa** for supporting our new look!"

If you want to find out more about how this project supports women in crisis, visit our website: www.ukuthasa.org.



Focus on Fundraising South African Dinner Party Challenge

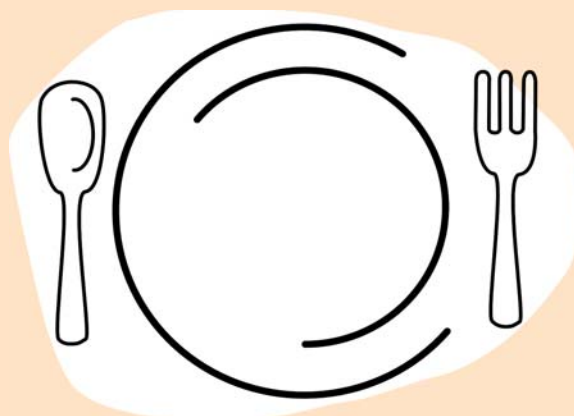
Would you like to **fundraise** for **Ukuthasa** but you are stuck on how?

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.





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 for further information or to place an order.



Each decoration can be attached to any gift. Pictured here are the large black star and large gold heart decorations that are selling for £2 each. Each decoration has their own red, gold or black ribbon.

Thank you!



Congratulations to keen **Ukuthasa** supporters, **Trevor and Liz Blackburn**, for completing the London Bridges Trek earlier in September and raising over £1000 for our coffers. Thank you on behalf of everyone at **Ukuthasa**! If you would like to raise funds for **Ukuthasa**, please contact Laia@ukuthasa.org.

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

www.easyfundraising.org.uk:

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

www.recycle4charity.co.uk:

Recycle your old ink cartridges.

www.everyclick.com:

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

www.justgiving.com:

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

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

☎ 0208133 4868

📍 35A Church Rd, Bexleyheath, DA7 4DD

✉ Laia@ukuthasa.org