

Ukuthasa News

Winter 2019

The teachers at Emyezweni share their views about the school



From left to right: Thandi, Vuvu and Lulu.

Ukuthasa has been supporting **Emyezweni** Preschool since 1995 and, after more than 20 years of dependence on sponsored overseas volunteer teachers, now it has reached the goal of having a 100% South African teaching team.

We have asked their two grade R teachers to introduce themselves and to share with our readers what they like best about the school.

Thandi is a mother of two adult children and a grandmother to five. She says: "I have worked at **Emyezweni** since it was founded in 1992, when the lessons didn't follow any formal structure, and I loved the new curriculum that was introduced in 2005. I started as an assistant, but later on I completed the required training to be a Grade R class teacher."

Vuvu is a single mother of a teenage daughter. "I started working at **Emyezweni** as a volunteer in 2005, as part of my studies. My first class was the Toddlers class, but I moved to Grade R after completing Level 5 of my training.

Both **Thandi** and **Vuvu** love a classroom that is rich with appropriate learning material and their favourite classroom activity is story-telling, as they make their children laugh with their sense of humour and bubbly personalities!

Some of the changes that both teachers have appreciated in the last few years are:

- Being involved as a school in the local community activities.
- The graduation concert being moved to another premises so more people can come.
- The increasing freedom of expressing their own culture.
- Having a full-time trained assistant in each class.
- Enjoying new training opportunities.

We also asked **Lulu**, one of the youngest members of staff, to share her views about the school. She has two daughters and joined **Emyezweni** recently. She said: "In the future, I would love to see myself as a fully qualified teacher forming the teachers, lawyers and doctors of tomorrow. I would also love **Emyezweni** to be recognised as a good school, with well educated teachers who are role models for the children in our community.

Daniela Fredericks, the school's Principal, says: "Every member of **Emyezweni's** staff appreciates everyone at **Ukuthasa** for their support and for enabling us to run our little school so well in a disadvantaged area".

If you would like to contribute in making a difference in the lives of children in the Lwandle township, please contact us at laia@ukuthasa.org.

Projects in the Spotlight

Helderberg Academy runs a successful holiday club



It has been a great year for the **Helderberg Academy**, with many young people from different communities coming together to play sport. In addition to the weekly training and monthly matches, the **Helderberg Academy** is passionate about running quarterly Holiday Clubs, which also work as an incentive for the children to go to the weekly coaching, as they are a reward for best attendance. Each club focuses on one life-skill, such as “respect”, “self-control” and “team work” and brings together children that otherwise wouldn’t have the opportunity to interact with each other. By learning these core skills, the young people are able to make better decisions and build healthier relationships.

In September, the **Helderberg Academy** run a holiday club which welcomed 25 children from 4 different communities on day one and 44 on day two! They had a great time learning about “perseverance” and working together with people from different communities through tchoukball, handball and fitness.

Beth Veenendaal, founder of the **Helderberg Academy**, says: “Upon arrival on both days, the young people from each community got to play warmup games including soccer, tails (grab someone else’s bib) and a name game. They were then briefed about the day and split into 6 teams (themed as strong Disney characters). In the teams they worked with young people from different communities, so they had to play games and activities with young people from other communities whom they didn’t know.

The games included tchoukball, handball, soccer, fitness and cricket. They got to learn the game and its rules and then play a match where they could earn points for their team.

At lunch time everyone was treated to a burger and salad and

encouraged to sit with young people from a different community and find out their name, their favourite food and who they were supporting in the world cup. This gave them tools to help them know how to build inter-community relationships and learn from each other, as well as learning that they have common ground with young people from other communities.

After lunch they got to do activities in their teams such as a Bible story quiz, guess the word and make something out of play-dough and guess what it is. Here they could also score points for their team. At the end we announced the winners.

Overall the holiday club was two full days packed with good challenges and competition”.

When asked what they enjoyed the most, **Lindokuhle, age 12** from Sir Lowry’s Pass said, “The game, because the coaches make us exercise and teach us other games we don’t know.”



Ayabulela, age 12 from Lwandle was asked which game he enjoyed the most and why and he said, “Touchball, because everyone had the chance to play.”

When **Christian Booysen, age 14** from Macassar was asked what had learned, he said, “How to work in a team.”

And Monita Braaf, age 13 from Macassar said, “I have learned about perseverance. It is telling you don’t give up and do it.” Monita also said, “I met Geret, he is from Sir Lowry’s Pass and he loves the South Africa team and to eat fishand chips.”

If you would like to find out more about how you can support the Helderberg Academy, please contact: admin@helderbergacademy.co.za.

Celebrating...

Choices Spring Tea 2019



This year's **Spring Tea** took place on Saturday 26 October. We sold more tickets than in recent years and on the morning there were 17 tables and between 170 and 180 guests!

During 2019, **Choices** has not had anyone fund-raising. In the past we have enjoyed the services of a team member and fund-raiser who each year organised the event as well as sourcing prizes for the raffle. At the end of 2018, one retired and one changed jobs which meant that they both moved away from Somerset West.

Despite that, the **Choices** team managed to organise a brilliant event with more than enough donated prizes. It was a wonderful relaxed morning and feedback from many of the guests has been very encouraging.

We had 7 crafters who joined us and enabled some early Christmas shopping during the morning. Our speaker was **Susannah Farr**, CEO of **gold-youth**. She was inspirational in challenging us to understand the potential of the youth of Africa who will, with the right support and opportunities become the change agents and leaders of the future. A close friend **Erica George** sang for us and a great deal of tea, coffee and delicious treats were consumed.

We are so grateful for the amazing support that we receive from **Ukuthasa** each year which contributes to the continuation of the free services that we provide to the women of our local communities during times of crisis particularly in relation to pregnancy and sexual health.

Nicky Welsh, Ukuthasa Project Worker in South Africa

Leadership updates from the Helderberg Academy

As Beth Veenendaal has just started her maternity leave, the Helderberg Academy has welcomed a new leadership team who will heading the coaching for the next year. Welcome Alcardo, Vera and Matt!



We'd like to take this opportunity to congratulate Beth and her husband Llewellyn on the arrival of their first child, Ava Elizabeth. We wish them all the best in this new Season of life!





Get involved...

Ukuthasa's 25th anniversary celebration - you are invited!

Next year, we'll be celebrating our 25th anniversary and we want it to be an occasion to remember our achievements and successes, as well as a time to thank everyone who has been part of **Ukuthasa**.

We would like to ask for your support in sharing your pictures, memories and anecdotes with us. Please send them to laia@ukuthasa.org. We hope to screen a video of the results on the day.

The celebration will take place on the **11th of July at 3pm** at **Kings Church**, The Green, Downham Way, Bromley, BR1 5LS.

We will love to see you there!



FOR SALE: Christmas tree decorations

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**.

Please contact 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:

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

www.recycle4charity.co.uk:

Recycle your old ink cartridges.

www.give.net:

Make a regular or a one-off donation online or set up your own fundraising page!

www.everyclick.com:

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

uk.virginmoneygiving.com/giving/:

Look for Ukuthasa's page to make an online donation.

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

35A Church Road, Bexleyheath, Kent, DA7 4DD

0208 133 4868