

ukuthasa



Encouraging local communities in Africa

## Supports

**CHOICES**  
CRISIS PREGNANCY CENTRE





## WHO WE ARE

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**Ukuthasa** (pronounced Oo-koo-tah-za) is a registered, UK based charity working to bring about positive change in South Africa. We are passionate about our belief that for aid to be effective in tackling the critical educational, health, employment and housing challenges affecting the continent, it is essential to work with communities, agreeing and implementing solutions together.

Since **Ukuthasa's** inception in 1995, project workers Gary and Nicky Welsh have been based in South Africa to build bridges with local communities and to make a tangible difference. They visited post apartheid South Africa and were captivated by the country and its people. Overwhelmed by the poverty, deprivation and the horror of HIV/AIDS that they encountered, they gave up their jobs in the UK and moved to South Africa.

## WHAT WE DO

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**Ukuthasa** works in partnership with Non Government Organisations (NGOs), small businesses and local groups within communities in southern Africa to help bring about change.

Although the spectrum of need is vast, our current focus is:

- the vital area of HIV/AIDS education and counselling.
- providing pre-school and early education in disadvantaged communities
- life-skills training and mentorship through sport.

## CRISIS PREGNANCY

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Pregnancy and childbirth are life-changing events that usually bring joy. But sometimes, news of a pregnancy can result in personal crisis and risk. Any decision taken during this time is a difficult and emotional one and in a crisis situation the choices available are limited and can be grim.



## CRISIS PREGNANCY SOLUTIONS

We partner with the **Choices Centre** within the Helderberg Basin to provide counselling and assistance to women and couples in crisis as a result of pregnancy, often combined with an HIV diagnosis.

## CHOICES CRISIS PREGNANCY CENTRE

We funded the building of the **Choices Centre** which provides offices, counselling rooms and a skills training facility. **Choices** covers the full spectrum of need with regard to crisis pregnancy solutions, from **preventative** to **supportive**.

Choices has six main areas of **supportive** service:

- **Crisis Pregnancy Counselling** - Free expert counselling is available to couples and women who experience an unplanned pregnancy or an HIV positive diagnosis during pregnancy. Clients can talk to trained counsellors as they explore their options.

## Amasekeni Shop Gift Pack



## CHOICES CRISIS PREGNANCY CENTRE

- **Skills Development Programme** - This programme was developed to assist **Choices** clients to gain employment readiness skills in basic computer and cashier operation. These courses are in high demand and not only for **Choices** clients, the centre now offers an additional course for male attendants.
- **Amasekeni Shop** - Amasekeni means secondhand in the local Xhosa language and this shop provides good quality secondhand baby clothing for sale to the public.
- **BabySaver Project** - **Choices** have partnered with other local NGOs to provide a contained unit that is built into the **Choices** building and is large enough to take a newborn infant. Once a baby has been placed in the safe, the unit contacts three responders who will attend to the infant. The baby is examined and taken to the nearest hospital and entered into foster care or the adoption system.
- **KangaCare** - After babies being released for adoption are born, the mother is allowed a 60 day waiting period during which she can change her mind and decide to keep the baby. During this time babies may be placed with 'kanga mums' who provide much needed love and care until the babies are placed with their 'forever families'.

### Skills Development Training



## CHOICES CRISIS PREGNANCY CENTRE

The **Schools Sexuality Programme** forms the main element of the **preventative** support offered by **Choices**. This programme facilitates an interactive, abstinence-based healthy sexuality education programme in local primary and secondary schools. The programme aims to empower young people to take responsibility for their behaviour, recognising the physical and emotional risks of casual sex. The aim is to develop self-esteem, respect and awareness as well as a basic knowledge of HIV and the impact of the virus in South Africa and beyond, particularly amongst young people.

### Choices Team



For more up-to-date information on the progress of our projects, visit [www.ukuthasa.org](http://www.ukuthasa.org)

## HOW YOU CAN HELP

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Your donation, no matter how small, will make a difference to the lives of the people we help.

### How to sponsor a project:

#### Choices Crisis Pregnancy Centre

- £2,000 per month keeps the centre open for women.
- £12 pays for an Amasekeni shop gift pack
- £300 runs the Skills Development Programme.

If you would like to make a donation towards **Ukuthasa's** work:

visit [www.justgiving.com/ukuthasa](http://www.justgiving.com/ukuthasa) to pay by **credit card**

**or**

send your cheque payable to **Ukuthasa** with the **Donation** or **Standing Order form** to:

Laia Martinez

**Fundraiser and Administrator, Ukuthasa**

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

### BabySaver Project Partnership



Registered charity number: 1055539