



ukuthasa

Encouraging local communities in Africa



“giving
people
hope”





WHO WE ARE

Ukuthasa (pronounced Oo-koo-tah-za) is a registered, UK based charity working to bring about positive change in 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 committed to building bridges with local communities and making a tangible difference to people's lives. 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

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

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

- crisis pregnancy education, support and counselling for women and couples.
- providing pre-school and early years education in disadvantaged communities.
- providing life-skills training and mentoring through sport.

Donors with commitment
Fundraisers with passion
Volunteers with heart
People with purpose



Encouraging local communities in Africa

CRISIS PREGNANCY COUNSELLING AND SUPPORT



In 2014, Choices hosted 25 residents and counselled 964 clients.

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.

What we do

We partner with the **Choices Centre** within the Helderberg community 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 a residential hostel, 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**.

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 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 and, as a result, are exploring their options with regard to termination of pregnancy, adoption or parenting.



CRISIS PREGNANCY COUNSELLING AND SUPPORT ... cntd

Counselling and coaching is provided with the aim of helping clients to reach an informed decision and enabling local clinics, doctors and hospitals to refer patients for counselling. Counselling is provided to women who have experienced a termination of pregnancy in the past.

- **Residential Unit** - Accommodation is available for women in crisis choosing to release their babies for adoption during the third trimester of their pregnancy. In order to achieve this, **Choices** works closely with social workers from a South African adoption agency who facilitate adoptions. These women live in the unit until the birth of the baby. During this time they are offered counselling, access to a social worker to and skills development training. The unit provides a safe haven to many of the residents and can accommodate up to six women.
- **Skills Development Programme** - This programme provides access to training for women staying in the Residential Unit, to help them enter the employment market after the birth of the baby. Tuition in basic computer skills, typing and operating a cashier's till are available. Access to tuition and training within disadvantaged communities is limited and expensive. For some of these women, another mouth to feed is difficult and many are compelled to release their babies for adoption to give them a better start in life. Through the Skills Development Programme, women are able to improve their employability through access to this basic training, giving them the chance of better employment opportunities which could improve their chances of being able to care for their families.
- **KangaCare** - After babies being released for adoption are born and the consent documentation has been signed, 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'.
- **Amasekeni Shop** - Amasekeni means secondhand in the local Xhosa language, and this shop provides good quality secondhand baby clothing for sale to the public. Baby clothing and equipment are collected and distributed, either in the form of gift packs filled with new goods for parenting mums or through sales in the inexpensive second hand shop.
- **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.

EARLY YEARS EDUCATION



Sponsoring
children in
Emyezweni
Pre-school,
Lwandle,
Cape Town

The lack of sufficient infrastructure within previously disadvantaged communities results in children missing out on vital education in the early years. The majority of the children in the townships start school at the age of seven, not knowing what a pencil is or how to use it and not knowing how to turn the pages of a book. Children who attend the **Emyezweni Pre-school** acquire these skills and many more, allowing them to progress to full-time primary education with a head-start, rather than being at a disadvantage.

What we do

In 1992 we began supporting **Emyezweni School** which is a pivotal part of community life in the Lwandle township in the Western Cape of South Africa.

The school consists of a small staff of 8 teachers and teaching assistants, including volunteers, support 140 children. Emyezweni teaches children aged 2 to 11 in both English and the local language of isiXhosa making sure all aspects of the curriculum are covered. The school provides education from Nursery to Grade R.



EARLY YEARS EDUCATION ... cntd

Emyezweni School Building Project

Since 1992, Ukuthasa has refurbished and extended the crèche and pre-school building providing additional classrooms, toilets and a playground, as well as providing funding for staff, equipment and regular outings for the children. The school has grown significantly from a day care centre to primary education up to Grade R (6 years old).

Child Sponsorship Programme

We set up a Child Sponsorship Programme for pre-school/reception grade children which funds their first year at school. We look to give each child the support he or she needs to continue with their studies and encourage them to progress to full-time primary school education.

This sponsorship requires a 12 month commitment for a full school year running from January to December and provides funding for the Reception Grade class at **Emyezweni**. This ensures that the children have the necessary resources they need to prepare them for their first year of full-time education.

The Child Sponsorship Programme is inclusive, with donors being made to feel part of the class; enjoying each success and achievement and watching the children grow as the year continues. Sponsors receive regular updates from the class and school, as well as pieces of work, photographs and news of the children's academic progress.

Emyezweni has two Reception Grade classes with up to 30 children in each class.



MENTORSHIP THROUGH SPORT



In 2015 more than 300 young people regularly attended the Helderberg Academy.

South Africa has a passion for sport, yet poverty continues to exclude some communities from access to training for participation in competitive sports. Disadvantaged communities lack facilities, infrastructure and funding for coaching and young people are facing high rates of obesity with a risk of diabetes and health conditions related to blood pressure due to bad diet and lack of exercise.

Within some disadvantaged communities in Cape Town, young people are faced with the constant threats associated with gangs, drugs and alcohol. Many children are raised in one parent families with mothers who work full-time to support the family. These young people can't afford to attend after-school sports activities and in the absence of positive role models, the lure of gangs is strong.

What we do

We partner with the **Helderberg Academy** project that teaches children and young people from disadvantaged communities life mentoring skills and leadership development through sport. The project is aimed at 11 to 14-year-old children who live in the poorer communities of the Helderberg Basin which include: Lwandle, Macassar, Sir Lowry's Pass and Somerset West. The project provides weekly coaching sessions and sports tournaments so children can experience a range of sporting activities and to develop leadership skills as well as learning to take responsibility and become agents of change in their local communities.

The **Helderberg Academy** is spear-headed by volunteer Beth Rudge who is a qualified PE teacher from the UK. Beth has a passion for sport, which she uses as a vehicle to empower and encourage young people to make a positive difference in their communities.



MENTORSHIP THROUGH SPORT ... cntd

- Currently there are no organisations that offer a range of sporting activities in these areas.
- This project helps prevent truancy from education and prevents young people from being drawn into petty crime and gang culture.
- It teaches children sports skills, physical and mental fitness, encourages potential and builds self-esteem.
- It offers a wider variety of sports, such as netball, touch rugby and volleyball, not just football.
- It develops life skills teaching values such as respect, team work, responsibility, leadership and mentoring through coaching.
- The coaches quickly develop close relationships with the young people and become mentors and role models for the children who have an absence of positive influence in their lives. The Academy becomes a constant that the children can rely on, a security and stability for them when their own environments don't offer these. This is why, come rain or shine, the **Helderberg Academy** will train.

Touch Rugby Tournament:

We funded the first Touch Rugby Tournament held in Somerset West to raise awareness of the **Helderberg Academy** to children. The children were split into teams and the coaches took them through a warm-up and taught them basic ball skills - throwing and catching a rugby ball and the rules. The day ended with all the young people taking part in a round-robin tournament. After the tournament, all participants were treated to a barbecue for lunch.

Holiday Club

During the school holidays in South Africa, we fund one-day holiday clubs, which bring young people together from all the disadvantaged communities in the area. Participants are placed in mixed teams and play a variety of different sports based around a particular theme for the event. The aim is to combine a particular life-skill with a sports skill so the children not only learn a sports skill but can apply this skill to their own lives. At the end of the session all the young people are treated to a meal.



HOW YOU CAN HELP

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.

Child Sponsorship Programme

Sponsorship is for a period of one year, and there are two levels available:

- £14.50 per month: partial sponsorship for one child*.
- £29 per month: full sponsorship for one child*.

* Because of fluctuations in exchange rates, a cash reserve may be accumulated which Ukuthasa reserves the right to use to help fund other children at Emyezweni School.

Emyezweni School

Little ways you can help at Emyezweni:

- **School shoes:** £12.
- **Rainy-day proofs:** £10. In the winter the children often use bin liners to keep them dry on their walk to school.
- **Socks:** £4. Children regularly come to school without socks and get so excited when we are able to give them a new pair.
- **Winter warmers:** £4. In the winter it can be quite cold in the school, making a hat, scarf or warm pair of gloves a real treat!
- **Book Club:** £40 will provide a class with a set of 'beginners' guiding reading books that will be pivotal with teaching the children to read.
- **Classroom Resources:** £20 will enable the school to buy much needed resources, such as sports equipment and stationery.

Helderberg Academy

- £200 sponsors a one day holiday club. This includes food, transport and prizes for the participants.
- £500 ensures the continuation of the Academy project for one year.
- £40 purchases sports equipment for the young people.



HOW YOU CAN HELP ...cntd

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

visit www.justgiving.com/ukuthasa to pay by **credit card**

or

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

Lynne-Anne West

Fundraiser and Administrator

Ukuthasa

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For more up-to-date information on the progress of our projects, visit

www.ukuthasa.org

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Registered charity number: 1055539