

ukuthasa



Encouraging local communities in Africa

Supports

HELDERBERG 
ACADEMY





WHO WE ARE

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:

Ukuthasa works in partnership with Non Government Organisations (NGOs), small businesses and local groups within communities in South 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.

SPORT AND ACTIVITIES

South Africa has a passion for sport, however, poverty continues to exclude some communities from access to and training for participation in competitive sports. Disadvantaged communities lack facilities, infrastructure and funding for coaching of sports 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 certain disadvantaged communities in Cape Town, young people are faced with the constant threat and affects of gangsterism, drugs and alcohol. Many children are raised in one parent families with mothers that work full-time to support the family. These young people cannot afford to attend after school sports activities and in the absence of this and positive role models, the lure of gangs becomes more appealing.

HELDERBERG ACADEMY

The Helderberg Academy Project 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 to expose children to a range of sporting activities and provide opportunity to develop leadership skills and to teach life principles that will encourage them to take responsibility and to act as change agents in their local communities. In 2013, the Academy ran over 130 weekly coaching sessions reaching more than 370 young people.

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 and using it as a vehicle to empower and encourage young people to make a positive difference in their communities.

*“The **Helderberg Academy** has changed my life in many aspects (sic). I was addicted to drugs but now I’m drug free. I have learnt to become humble, patient and passionate in life. It helped me set goals in my life and made me focus on what I wanted to achieve.”- Craig, 20.*



HOW DOES THIS PROJECT HELP?

- Currently there are no organisations that offer a range of sporting activities in these areas.
- This project helps prevent truancy from education and prevent 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 soccer.
- It develops life skills teaching values such as respect, team work, responsibility, leadership and mentoring through coaching.

WHAT WE DO

Touch Rugby Tournament:

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



WHAT WE DO

Holiday Club

During the school holidays in South Africa, we fund one-day holiday clubs. The holiday club brings together young people from all the disadvantaged communities in the Helderberg Basin. 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 that 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.

"I enjoyed meeting new people at the circuit holiday club. I had fun and learnt to try and relate with people that I don't know."

- Abo (15) Eerste River





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:

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.

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:

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For more up-to-date information on the progress of our projects, visit www.ukuthasa.org