

NELSON MANDELA TOWNSHIP YOUTH EMPOWERMENT

Nemato Change a Life - Highlights

Siyabulela in Tokyo



Siyabulela was at the World Championships in Tokyo. He came 11th out of 40 on double mini trampoline without even training on it, because we didn't have one yet. In January he'll be back in Tokyo for a training camp at the invitation of the Japanese Gymnastics Federation.

new double mini trampoline



Our coach Lee got two new Eurotramp double mini trampolines cleared through customs: one for Mandy's Gym and one for us. Soon we'll have this state of the art trampoline in Port Alfred for our gymnasts, thanks to Lotto, Change a Life and private donations.



holiday activities

We are open every day of the year and during the long and boring summer holiday we offer fun activities to keep members way from 'holiday apathy'.



volunteer

Pepita from Australia volunteered at Nemato Change a Life for a few weeks. Volunteering is a great way to experience Africa from the inside and help us at the same time!

SUCCESS IN LIFE - FOR YOUTH, BY YOUTH

Nemato Change a Life offers a holistic set of youth empowerment programmes for disadvantaged youth from the townships in Port Alfred: Nelson Mandela Township (Nemato), Thorn Hill and Station Hill. We give our youth the mindset, knowledge, skills and support to escape from poverty, for *success in life*.

Siyabulela in Japan



Siyabulela and his coach Lee went to the World Championships in Tokyo. He competed in the 15-16 age group on trampoline (37th out of 76) and double mini trampoline (11th out of 40). His double mini trampoline result was especially outstanding: we didn't have that trampoline yet, so he couldn't train for it. Siyabulela is third from the right in the picture of the South African team.

In January Siyabulela and Lee will go back to Japan. They have been invited by the Japanese Gymnastics Federation for a training camp.

holiday activities



With the help of our Australian volunteer Pepita, we organised a wide range of activities during the long and boring holiday, from puzzles, chess and sudoku to fun activities on the beach. We don't close for the holiday: we don't want our members to be stuck on the street with nothing to do and possibly nothing to eat. On Christmas day we had a braai (barbecue) for our members.

gold members trips



Our most active members get gold member status, which comes with privileges like voting right and special trips. In the holiday the gold members' trip was extra special: a two days trip to Oudtshoorn, where we visited an ostrich farm and the famous Cango Caves.

tumbling competition



Our gymnastics club offers tumbling and trampoline, but because we never had a tumbling track, our focus was on trampoline. Now with our new tumbling track, we organised a free style tumbling competition to promote tumbling. It was fun! In 1st place Sibusiso, 2nd place Liyema and 3rd place Mteto.

beginners rowing course



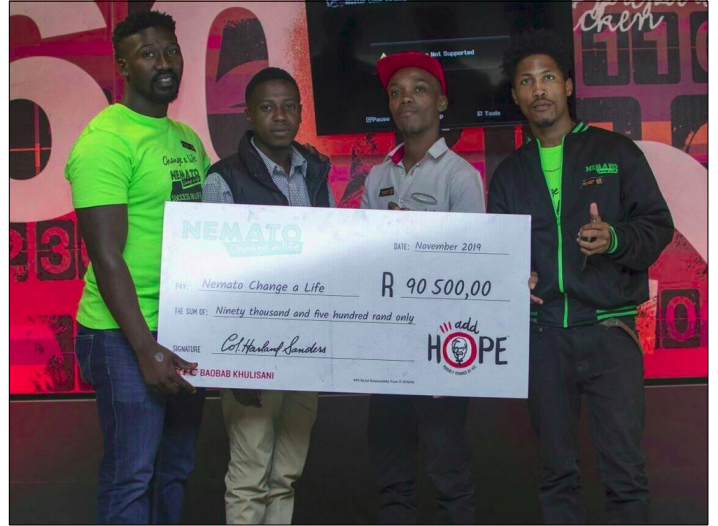
Summer, when the water is warm, is the right time for our beginners' course for rowing and swimming. At the shallow Kiddies Beach we teach water safety and the basics of rowing. We encourage members from our other sports to also do the swimming lessons. After passing the swimming and rowing tests we allow participants to row on the river.



ECD meeting

We organised a meeting of the Early Childhood Development (ECD) Association Ndlambe East. The association is a Nemato Change a Life initiative and we runs the office for it. Disadvantaged township preschools receive training and food support through the association. We are hoping to run an accredited Level 4 ECD course for 2020.

KFC Add Hope



We received this cheque from Add Hope for our daily feeding programme at the KFC Master Cook event in East London.

President's Award



We attended the President's Award ceremony in Queenstown, where six members received their awards.

skate ramp



After long delays, we started setting up our half-pipe skate ramp. It's a hard and slow process, but it's looking good.

GET INVOLVED

Nemato Change a Life runs entirely on donations. If you like what we do, please consider supporting us!

Why I support Nemato



“Years ago there was a collection in our church for Nemato. Some time later we received a picture from Nemato with plates with food and a large orange and the text: "Now we can give them an orange." That made a huge impression on me.

All my life I have been creative and in recent years I have been drawing small fantasy creatures. Colourful, weird, surprising. It often makes me laugh. I started to make pretty cards – colourful, and beautifully packaged.

However, I did not just want to do this for myself, so I soon thought of Nemato. I enjoy this project! I now sell my cards for Nemato in our church and wherever possible. The collection has been expanded with mugs with the drawings printed on. It gives me a lot of pleasure, because people respond so enthusiastically.”

Willy Prangma-Schalkwijk, Netherlands

facebook likes



Like our Facebook page to stay up to date with what’s happening at Nemato. Go to [nemato.org.za](https://www.facebook.com/nemato.org.za) on Facebook, or click or scan this QR code.

become a Back-a-Buddy Champion



Are you running a marathon or celebrating a birthday? Having an event at work, or just want to ask friends to help Nemato? Become a Back-a-Buddy Champion and fundraise for us on www.backabuddy.co.za and look for Nemato Change a Life, or click or scan this QR code to go straight to our Back-a-Buddy page. You can also donate to us on this page.

Many thanks to everybody who supported us in 2019!!!

volunteer at Nemato



There is no better way to experience township life, than by volunteering. Get involved, whether it’s for an afternoon or for half a year, or anything in between, you are most welcome! No matter what skills you bring, there are always things to do here. Bring us your energy and you’ll go home with a bit of Africa in your heart. By the way, Africans are welcome to volunteer too.

If you are good at maths and you have an internet connection, you can also volunteer from home and help with our Skype class organised by Vitus from Germany.

Email us on info@nemato.org.za.

SUCCESS IN LIFE STORY

Buhle



Buhle became a member in 2008 when we were only a sport club: Nemato Rowing Club. He was 10 years old at the time. When we added daily maths classes to our programme, he took this opportunity with both hands and he got strong in maths and science at school. In 2013 his under 16 double scull with Lindokuhle was unbeaten in the Eastern Cape and he competed across the country. In 2019 he completed his under-

graduate course in Biokinetics at University of Johannesburg. This year he'll graduate and further his studies. "I'll forever be grateful for opportunities I got from Nemato" he said. We are proud of his achievements and are looking forward to seeing him in a career that takes him beyond poverty!

Picture left: Buhle as Nemato rower; right: Buhle in a meeting as chairperson of Nemato Change a Life.

CONTACT DETAILS

Nemato Change a Life

Registrations 220-298 NPO (Nonprofit Organisation)
930033563 (Section 18A Public Benefit Organisation: South African donations are tax deductible)
Level 1 B-BBEE contributor (highest level Broad-Based Black Economic Empowerment certificate)

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OUR MAIN SUPPORTERS

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