

### NELSON MANDELA TOWNSHIP YOUTH EMPOWERMENT

#### Nemato Change a Life - Highlights

reopening after lockdown



After a long lockdown since March, we have step by step reopened Nemato Change a Life. We lifted most restrictions, but we keep face masks, windows open and fans on to avoid aerosol virus transmissions.

gymnasts training for Olympics



Our two top gymnasts Onke and Siyabulela are back in Port Elizabeth after the lockdown, for daily training sessions with top coach Lee Budler, to prepare for trials for the Olympics.

growing our own food



To avoid charity dependency, the Ndlambe Lockdown Support Group moved from lockdown food parcel handouts to veggie bins for people to grow their own food. We received seven bins.

winning in coding



Anathi won the fourth prize in the Boats Coding competition organised by Nelson Mandela University. There were 400 participants.



## 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*.

### open after lockdown



During the coronavirus lockdown, we had to close our centre, and we moved our maths class online. The lockdown caused widespread hunger in our communities. We helped the local Ndlambe Lockdown Support Group with fundraising and the distribution of food parcels. Now, with the infections down and the lockdown rules eased, we have step by step reopened our programme and our centre. The safety rules we keep in place are aimed at preventing the spread of the virus by aerosol: face masks, windows open and fans on. In the picture we are training our brains: doing a sudoku.

### numeracy and maths class



Our online lockdown maths class was based on Khan Academy. We offered our most active members phones and with the help of The Learning Trust and Vodacom we gave them data. Khan Academy is a great learning tool with videos and exercises to master maths at individual level and pace, but studying on your own in places often not conducive to learning is hard. We are happy that we could open our classrooms again for numeracy and maths lessons.

### volunteer from Nelson Mandela University



Bongani is a sports management student at Nelson Mandela University (NMU). He is in his last year and has to volunteer for half a year to gain practical experience. He is volunteering at Nemato Change a Life. We run many different programmes and projects, so there are lots of learning opportunities in administration and management. For us it's great to have an extra pair of capable hands to keep up with all the work.

### Boats, Tanks & Apps



Anathi won the fourth prize in the Boats Coding Competition by NMU, which had 400 participants. He is also our first member to build a working phone app in Android Studio, using the Kotlin coding language. Based on his strong performance, NMU professor Jean Greyling gave us a full school kit for Tanks Coding, that we use once a week in our maths class.



## photography



We restarted our photography group: playing with background blur, light and more. Lifa has become a highly successful professional photographer, getting jobs around the province, and Sipiwo, who made the above picture, is also getting jobs now. It's great to see members finding ways to generate their own income.

If you have unused photography equipment, please donate it to our group for our photography lessons, or to Lifa or Sipiwo to help them grow their careers.

## keyboard



We have a great keyboard available for our members, with YouTube as teacher. It's amazing how many members can play beautifully. Some started even playing at occasions like church services.

## Early Childhood Development



The Level 4 Early Childhood Development course in Kenton by Early Inspiration from Port Elizabeth has reopened after the lockdown. The course helps the township pre-schools to offer high quality education to our disadvantaged township kids in a crucial stage of their development.

We help out with transport to the course for the participants from Port Alfred and Bathurst.

## skills



We are always learning skills during our weekend activities: from building a wall using sandbags to fixing our computers and from playing chess to doing the bookkeeping. Here is a new skill: we are now making our own network cables.



## SPORTS

Our sports clubs offer four small Olympic sports: rowing, gymnastics, handball and fencing.

### our sports reopened



All our four sports, rowing, gymnastics, handball and fencing, reopened after the lockdown, first under strict safety rules, but now, with the low levels of infections in South Africa, we have returned to our normal routines.

Two of our top gymnasts, Onke and Siyabulela, returned to Port Elizabeth to train with coach Lee, in a bid to qualify for the Tokyo Olympics.

### Titi Jonas sessions



The sessions on our new double mini trampoline at the Titi Jonas Community Centre started again. We are training there two times per week on Tuesdays and Wednesdays.

We have applied for the lease of the hall, so that we can offer daily sports sessions to many more youth from our community. We are also trying to get a skate park at the hall.

### blacktop trampoline



Our blacktop trampoline is a playground trampoline. You can't jump as high on it as on our Euro-trampoline, but it's weatherproof and kids jump on it all day. Due to the heavy use, we had to replace the jumping mat. After a long time our coach Lee found a supplier and the trampoline is back on track.



### virtual run

Ten of our members participated in the 2020 Lockdown Virtual Marathon. To avoid a gathering of many people, the run was tracked on a phone app, with the runners choosing their own route and distance. Once completed, we submitted our recorded times to the organisers of event. It was a nice way of using technology to beat the virus.



## SUCCESS IN LIFE STORY

### Liyema Nxobo

Liyema, age 18, became a member in 2009, when we started our Tumbling & Trampoline club. Gymnastics has been his sport ever since. He is one of three highly committed Nxobo brothers. All three have travelled overseas as Nemato members. Liyema has competed at the highest level of gymnastics, including at World Championships, in Bulgaria, Namibia, Egypt, New Zealand and Russia.

When asked what gymnastics has taught him, he says: "It has taught me work hard and to have patience". His sporting dream is to be on the podium in World Championship. What he likes most about our programme is that it has a lot of variety in what to do and learn. "It's easy to get skills," he says. What keeps him going in gymnastics and in life general: "I might not win immediately but I will win definitely!"



## 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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**Website/Facebook** [nemato.org.za](http://nemato.org.za)

#### Leadership

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