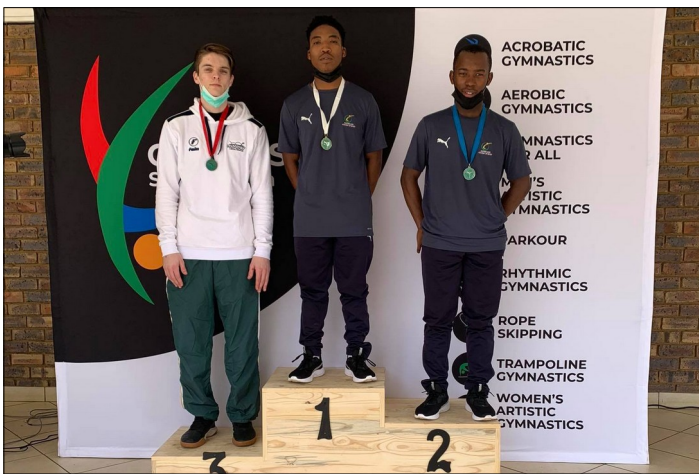


**NELSON MANDELA TOWNSHIP YOUTH EMPOWERMENT**

**Nemato Change a Life - Highlights**

**Double South African Trampoline Champion**



Double Gold for Khanyile: he is now the South African Champion on both the trampoline and the double mini trampoline! Liyema got Silver and Bronze. Our best national championships ever!

**Run to Jump**



Three Nemato gymnasts, Siyabulela, Khanyile and Liyema, are selected for the World Championships in November. To help fundraising for the trip, Liyabona, Sheldon, Simthembele and Xabiso ran 55km from Makhandla to Port Alfred!

**South African Handball Championships**



Three Nemato Handball players were selected for the Eastern Cape team at the South African Junior Handball Championships in Gqeberha: Lisakhanya (EC girls team) and Siyanda and Andile (EC boys team). Silver for the boys and Gold for the girls!

**reading group**



To strengthen literacy in our programme, we restarted our reading group. We are using books by FunDza, with local stories which appeal to our youth.



## 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*.

### World Champs fundraising



Three Nemato gymnasts, Siyabulela, Khanyile and Liyema, are selected for the World Championships in Baku, Azerbaijan, in November.

Our team is very strong, winning four of the six medals at the South African Championships: silver and bronze for Liyema and two gold for Khanyile. All medallists are coached by our coach Lee, who will also be the National Coach at the World Championships.

The costs for the World Championships trip are at our expense.

To help fundraising for the trip, under the motto "Run to Jump", Liyabona, Sheldon, Simthembile and Xabiso ran 55km from Makhanda to Port Alfred!

Other members went to the local Rosehill mall to create awareness and to fundraise.

Donations are still most welcome: click the donate button on our website [nemato.org.za](http://nemato.org.za), or scan the QR code, for an eft or a credit card donation.



### cloud computing



Step by step we are improving and expanding our cloud based data system. Building and maintenance is done by our members: learning on the job. The most active member, Mike, has become our cloud administrator.

A next step could be that we build websites with cloud based information systems and social media for clients, so that members can start making some income. Let us know if you are interested.

The power of the cloud system is that the information is automatically updated and available on our website. It has a positive impact on the commitment of our members. They can see immediately when their hard work gives them Gold membership status. We now have a record level of over 20 Gold members with more than 90% monthly attendance (five sports and five class sessions weekly) plus more than 10 hours of extra activities!

### fly and fish farm



Our fly farm is up and running. It's the feeder for a fish farm. We received the first fish tank, and we are now building a water filtration system. When the filter works, we'll start growing fish.



### beach hike



We did a two day hike to the “Three Sisters”, with sleeping on the beach. It was our hike for the Bronze President’s Award.

### toilet paper



We received a generous donation from Twinsaver: lots of toilet paper! Great to have toilet paper in our centre, and we shared the donation with local township preschools.

### book



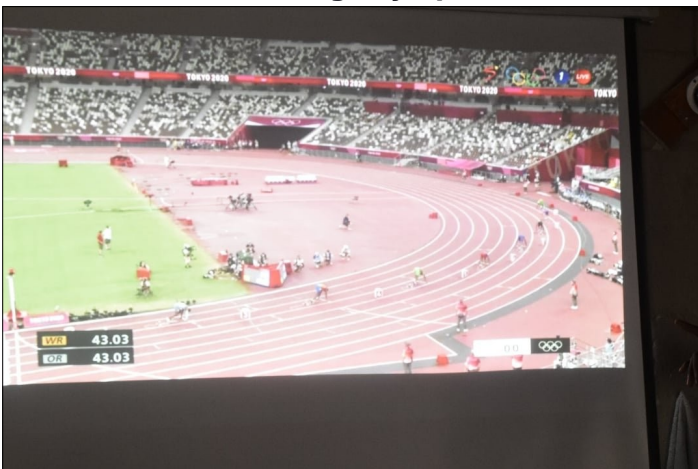
Former Rhodes student Alex wrote a book about life as a university rower: Pangolin Crew. ([www.pangolincrew.com](http://www.pangolincrew.com)) 20% of all profits on the book will be donated to Nemato Change a Life. The book is available on Takealot and Amazone.

### Men for Change



Nemato Change a Life members Lunga and Siphamandla participated in a sanitary pads drive with Men4Change, handing out at Kuyasa Combined School and Nkuthazweni.

### watching Olympics



We enjoyed watching the Olympics live all day! Online access was donated to us and we used the projector and screen donated by the Nemato Foundation.

### playing in Civic Centre



Lihle's music career is reaching a new level: he is playing at the Civic Centre in Port Alfred.



### beach clean



Our Wessa tourism students organised a beach cleaning event, with our members helping to clean up the beach.

### Rotary Leadership Summit



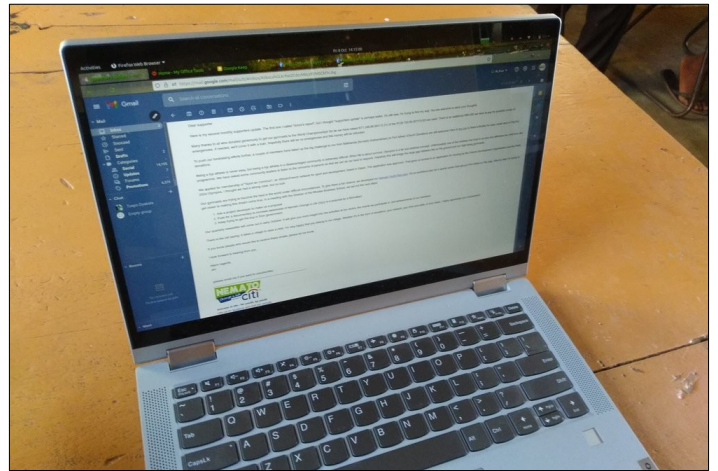
Nemato members participated in a Rotary Leadership Summit at the Royal Alfred Marina.

### Covid-19 grant



It's not only youth empowerment at Nemato Change a Life, we also support the community: we help people with the online registration for the Covid-19 grant.

### supporters update



In addition to this quarterly newsletter, we started a monthly 'supporters update' email. It highlights our plans, challenges and requests for support. Email us if you want to be add to the mailing list.

## SUCCESS IN LIFE STORY

### Mike Hlangana

Mike Hlangana (15), a grade 9 pupil, started in our programme in 2019 doing gymnastics. He is a very disciplined member, who rarely misses a session. Mike loves Nemato Change a Life, because we are not only focused on sport: there is education and career development, and lots of opportunities to take responsibility for activities at our centre. If lights don't work, you'll see Mike on a ladder sorting out the problem. The one activity he likes most is working with Google Sheet, our cloud-based database. He is so committed that he has become the Nemato cloud computing administrator. He says he is fortunate to be part of Nemato Change a Life because he gets to learn new thing and he won't fall for the peer pressure of using drugs. The advice he gives to any youngster in Port Alfred: "You are missing out if you don't join!"





## SPORTS

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

### rowing



Our rowing team has been very small for a couple of years, but it looks like we are turning the corner. Hopefully we'll have an eight for Boat Race in December. With the pandemic, it's unclear if other competitions will take place.

### handball tournament and SA Champs



We organised a handball tournament in Port Alfred, with teams from Gqeberha and Alice joining us.

Based on trials earlier in the year, three Nemato members were selected for the Eastern Cape team for Junior National Championships in Gqeberha. The boys' team, with Siyanda and Andile won Silver and the girls' team with Lisakhanya won Gold!

Siyanda and Andile are now selected for the South African team for Zone 6 Championships which will be held in Zambia.

### gymnastics camp



The Eastern Cape Academy of sport offered our gymnasts training camp during the holiday. It's run by our coach Lee at Mandy's gym in Gqeberha. It's for our most active gymnasts including the gymnasts training for the World Championships in Baku, Azerbaijan, in November.

### inter-club fencing competition



To gain competition experience after the long lockdown, we went to Gqeberha for an inter-club competition with Excelsior.

## 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)

**Address** 53 Tyali Street, Nelson Mandela Township (Nemato), Port Alfred, 6170, South Africa

**Bank Account** FNB Port Alfred, branch (sort) code 210917, swift code FIRNZAJJ, 1 Main Street, Port Alfred  
Nemato Change a Life, account number 62256659461, cheque account

**Website/Facebook** nemato.org.za

### Leadership

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