

**NELSON MANDELA TOWNSHIP YOUTH EMPOWERMENT**

**Nemato Change a Life - Highlights**

**gymnasts at World Championships**



Two Nemato gymnasts competed at the World Championships in Baku, Azerbaijan: Liyema and Khanyile. It was their first time at the World Champs, competing against Olympic medallists.

**Quantum**



Unfortunately one of our two Quantum minibuses was hijacked in Gauteng. To turn trauma into progress, our dear supporter Alexander took the initiative to get us this amazing new model Quantum: safer and more fuel efficient.

**Breeze Resilience Workshop**



The Breeze Youth Resilience Workshop. Hopefully this will become an ongoing element of our programme to help our youth deal with the stress of growing up in our disadvantaged community.

**Trilateral Youth Coaches Exchange**



Lifa became a member of Trilateral Youth Coaches Exchange (TYCE) by Play Handball, for young handball coaches from Germany, Kenya and South Africa.

## 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*.

### career skills



We look for help for our members to get special skills to build their own future. For example the Royal St Andrews Hotel offers Asonle learning in their kitchen on Saturdays and Manase (with Black Mamba) has done two snake handling courses and can now be hired to rescue snakes in Port Alfred.



### new board members



At our Annual General Meeting Sihle was elected as our new treasurer and Luphumlo as chairperson.

### arts club



Young local painter Steven Xakawe started working with us. He is doing drawing and painting lessons for our members and he is also doing some painting at our centre too. You can see and buy some of his very diverse and amazing work at our centre.

We helped Steven organising an Arts Day at the Civic Centre in Port Alfred, with music, poetry and painting. At the event, one of our members, Lilitha, showed her strong voice and stage personality, see picture below. The day was sponsored by the Ndlambe Local Municipality.

With the help of Steven we hope to grow art into a main element of our programme and make Nemato Change a Life a vibrant centre for arts and culture. We established the Nemato Arts Club for it.



### vaccination



We encourage members to get vaccinated, in addition to our masks, open windows and fans on rules against corona virus.

### volunteer



Wesley is for half a year at Nemato Change a Life doing his practicals for his Development Studies at Midlands State University.

### ECD course



For two years we transported four preschool teachers from the Port Alfred and Bathurst townships to their Level 4 Early Childhood Development course in Kenton. We are very proud they all graduated.

### fish farm



Our mini fly and fish farm is up and running with Black Soldier Flies and Tilapia. We use it to get our hands wet before trying to scale up to create job opportunities for our youth.

### holiday braai



Our centre is open every day of the year even on Christmas day: time to relax and enjoy a nice braai.

### Graze by the River



Reward for working hard is on the way: burgers and shakes donated by Nelson Mandela University IT prof Jean Greyling and Graze by the River restaurant.

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

**Boat Race**



For the first time in years we had a team competing at Boat Race. Many problems on the way, so no great results, but it's a start and a base from which to improve.

**Horseshoe Bend**



Our annual row to the Horseshoe Bend: 42km!

**handball competition**



We went to a handball tournament in Cape Town, with an outstanding achievement by Lisakhanya: a medal for the best goalkeeper of the tournament.

**Trampoline World Championships**



Only two gymnasts from the entire continent of Africa competed at the World Championships: Liyema and Khanyile from Nemato! Picture: Khanyile is making friends with Dylan, an Olympic medallist from New Zealand.



**new trampoline mat**

We got a new jumping mat for our competition trampoline.

**blacktop trampoline**



We fixed our 'blacktop' trampoline. Jumping fun all day.

### fencing in Gqeberha



Three fencers won medals at the interclub competition in Gqeberha (formerly Port Elizabeth): Manase, Avuyile and Thandwayo.

### fencing in Cape Town



A silver for Avuyile and a bronze medal for Thandwayo at the national ranking competition, the Western Cape Open in Cape Town.

## SUCCESS IN LIFE STORY

### Manase Plaatjie

Manase Plaatjie became a member of Nemato Change a Life in 2012. He started with gymnastics but changed to fencing. He is currently one of our senior fencers and he helps with coaching at the sessions.

Manase enjoys working with his hands and he developed a wide range of skills at Nemato such as electrical, carpentry and computer literacy. He completed the bronze level of the President's Award and is now working on the silver level.

He has a passion for animals like snakes and recently completed a snake recognition course in Gauteng and a snake handling boot camp near Cape Town. He is using YouTube to learn more about snakes and how to handle them in ways that are safe for both humans and snakes. He has the equipment to handle snakes and is now trying to get a snake rescue permit. If you need help removing a snake, you can contact him on 063 278 4402.



Manase would like to encourage other youth to come and join Nemato Change a Life, even if you are not strong in sport, because there are many things to learn here.

## 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](http://nemato.org.za)

#### Leadership

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