

**NELSON MANDELA TOWNSHIP YOUTH EMPOWERMENT**

**Nemato Change a Life - Highlights**

**Zone 6 handball silver in Zimbabwe**



Our handball player Siyanda represented South Africa at the Zone Six Trophy in Zimbabwe and he came home with a silver medal.

**African Championships coastal rowing, Tunisia**



After organising many overseas trips for Nemato members, our old manager Lunga finally got a chance to represent South Africa himself. He competed as coastal rower at the African Championships in Tunisia and Commonwealth Games in Namibia.



**selected for four year circus training**

Our international gymnasts Khanyile and Liyema have both been accepted by Zip Zap Circus in Cape Town for a four year vocational training programme.



**selected for African Fencing Champs, Ghana**

Thandwayo has been selected as a reserve fencer for the African Championships in Accra, Ghana in February.

## 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*.

### Rehab

Dysfunctional family. Alcohol and drug abuse. No father, no mother. No food. Violence and abuse. These are some of the challenges most of our members are confronted with from birth. It's no wonder that many members struggle in life.

To help members overcome these issues, we started holidays retreats under the inspirational leadership of our board member Bunie.

Unavoidably the problems in our community have brought in a drugs epidemic, to make matters worse. Unfortunately some of our members have fallen victim to it, but the big advantage of being a member is that there is hope!

With the help of generous donors, our first member will go to drugs rehab soon. Combined with our retreats, weekly pro bono psychology sessions and our career support, there is hope!

If you want to help our rehab initiative, to give more people a new chance in life, please donate to our Rehab Fund on Back-a-Buddy or directly into our bank account: FNB, Nemato Change a Life, 62256659461. Please use reference: "rehab".



*Back a Buddy*

Meanwhile, with the help of local professionals, we are working on a programme to bridge the gaps between the holiday retreats, with weekly and daily activities to keep the positive energy up. Building a culture of hope!



### Lihle on SACB News



Our international handball player Lihle is also talented on keyboard. He played at the local Ecawa Music Festival and even popped up briefly on the South African Broadcasting Corporation's MorningLive News (on the right in the picture).

One of the many advantages of being a Nemato Change a Life member is the availability of our keyboard, a Roland FP-60. Lihle used it to practice and took it to the festival.

### coffee skills



When you are in Port Alfred, don't forget to visit the Royal St Andrew's Hotel for a coffee. If you are lucky, Nemato member Sipelele is on duty. He did the coffee training, offered to our members by the hotel, and he showed a lot of commitment. He is now employed there as barista and he made this beautiful five layer caffè latte. He knows how to make many different coffees, so you are welcome to put him to the test.

### club camera



“If it’s not on Facebook, it didn’t happen.” Maybe that’s a bit extreme, but without pictures, how can we tell our story?

With our new water and sand proof camera, you’ll no longer miss out on any of our events, and our members have a chance to practice their creative photography skills, like this lovely sand picture on the beach.

### robotics



Thanks to internet, four of our members are participating in a robotics programme with the Chicago Knights in America. The sessions are on zoom.

If that is not exciting enough, the Chicago team came to Port Alfred and visited Nemato Change a Life and in March our team will fly all the way to Chicago to build a robot!

### plastic recycling

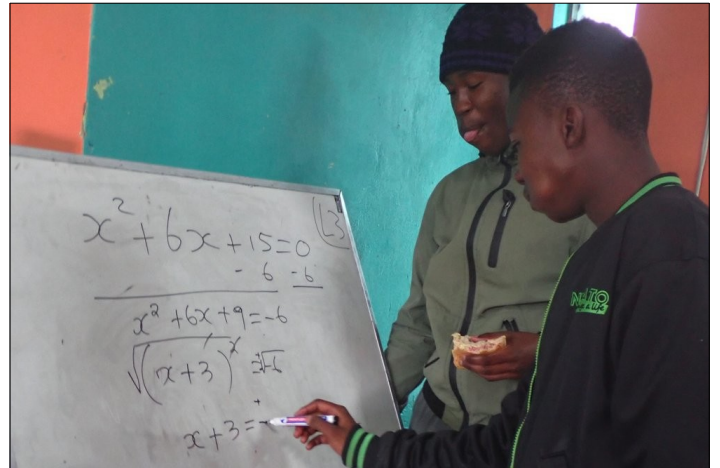


To grow a mindset of care, we do recycling at Nemato Change a Life. But what do you do with the collected materials?

Together with other local organisations and individuals we are working towards a recycling centre where people can buy, sell and process materials and make ‘upcycled’ products. It’s a concept to change a waste problem into income generation opportunities. In the picture Jo explains the concept to our members.

One of our members is already making an income by producing upcycled clothing. With the help of the Port Alfred Rotary we hope to be able to start plastic processing in 2023.

### maths class



Except during holidays, we offer daily maths classes from Sunday till Thursday. A principal of one of our township schools said: mathematics is the benchmark. If you are strong at it, you’ll do well at school.

The challenge with maths is that concepts build on top of each other. When you miss too many building blocks, everything falls down. In the school system with its grades it’s very difficult to catch up. In our class we start with the basics at each subject and depending on your skills you move quicker or slower through our levels. In this way you can fill the gaps or even get ahead of your grade.

We had some great results in our end of term test: The grade 7 learners Avuyile and Loyiso had 71% for the grade 9 level test, and Lungisani had 92% and Axole had 100%!

### workshop



We have a room used as kitchen and workshop. That's not a good combination, so we are building a separate workshop. We use sandbags for the walls.

### Graze for Gold



Our most active members become gold members. They get the extras, like these great burgers with milk shakes at the Graze by the River restaurant.

### holiday activities



Our sports and maths classes closed for the holiday, but our centre stayed open. We offer a variety of activities.

### water



No water from the tap and our rainwater tank was empty. A shout from Robin on Facebook and many people stepped in and donated us water. Many thanks!!!

### diploma



After waiting for two years, our board member Simlindile received his Public Management Diploma. Now he is ready to get his career started. Job or learning opportunities in the field of admin/management are most welcome!

### driver's licence



Congratulations to our rowing coach Sheldon for passing his driver's licence!

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

**rowers in Knysna**



Strong victories by our rowers competing in Knysna: first in U19 Double and the Quads Heads Race!

At the finals of Boat Race in Port Alfred, our team was competing against Selborne College from East London. Unfortunately a loose footboard ended our chances to win.



**gymnasts in Bloemfontein**



There were medals for all our gymnasts at the Madiba Cup in Bloemfontein.

**fencers in Cape Town**



Our fencers went to Cape Town for a national fencing competition. Bronze medals for Avuyile in under 13 and for Thandwayo in under 17. Thandwayo was selected as a reserve fencer for the African Championships in Accra, Ghana in February.



**athletes in Talk of the Town**

**Hard work helps NCAL put Ndlambe on the map**

TK MTIKI

Nemato Change a Life (NCAL) is on a roll this month: on the sporting side, their rowing team brought home gold from the Knysna Mid-Way Regatta earlier this month and this week two members were selected for a four-year internship with the Zip Zap Circus in Cape Town.

The Knysna regatta saw top rowing schools from the Western Cape and Eastern Cape battle it out for water.

Commenting on the win, veteran coach Sheldon Nelson said: "We won our doubles race (when there are two people in the boat and we also won our heads race (our quad where four people row and one is the driver of the boat).

"I can proudly say we got our first gold medals of the season – seven of them!"

Nelson said this was the second competition of the opening of the rowing season and their first one competing outside the Eastern Cape.

"We go to race against the best schools in South Africa," Nelson said.

"It has been the rowing coach for Nemato for five years



**STRONGER TOGETHER:** Nemato Change a Life youngsters brought home seven gold medals from the Knysna Mid-Way Regatta which was held on October 15-16, outwiring several top rowing schools from the Western Cape and the Eastern Cape. From left are Agribelle Nkomo, Dyaibonga Ximya, Yankala Plaatje, Lyabona Mhombu, coach Sheldon Nelson and Bongani Mangi. **First Picture: PAPPED**

now," Nelson said. "When you're a coach you don't just coach, you become a parent or a guardian. All the hard work, the raining weather, the wind, the sun that burns you during training are all worth it when



**CIRCUS SUCCESS:** Khanyile Mbelelewa, third from left, and Lyema Neoob, far right, at their audition at Zip Zap Circus in Cape Town

"You have a long season ahead and we could not have started it any better than this. I am proud of the boys they deserve it!"

Makumbule, news that NCAL members Lyema Neoob, 21, and Khanyile Mbelelewa, 18, have been given the nod by the circus.

The four-year programme comprises a preparation year, two vocational years and a "mentorship" year.

The final year, Cumon, further explains, is intended to bridge the gap between their studies at the school and the world of work.

## 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

Simthembile Bari	Chairperson	064 646 1697	<a href="mailto:simthembilebari9@gmail.com">simthembilebari9@gmail.com</a>
Thando Ngoqo	Treasurer	073 462 5963	<a href="mailto:t.ngoqo@yahoo.com">t.ngoqo@yahoo.com</a>
Jan Blom	Founder	073 505 9168	<a href="mailto:info@nemato.org.za">info@nemato.org.za</a>

### Board of Governors

Bunie M Matlanyane Sexwale	<a href="mailto:buniems@gmail.com">buniems@gmail.com</a>
Lesley Lambert	<a href="mailto:lesley@wisenet.co.za">lesley@wisenet.co.za</a>
Athenkosi Hlekani	<a href="mailto:athenkosihlekani@yahoo.com">athenkosihlekani@yahoo.com</a>
Simlindile Veto	<a href="mailto:simlindilehumphrey@gmail.com">simlindilehumphrey@gmail.com</a>



*visit our website*



*like us on Facebook*



*donate*

## OUR MAIN SUPPORTERS

*Change a life*



Alexander  
van  
Assendelft

