



# Nemato Change a Life

success in life – for youth, by youth

## newsletter

October – December 2024

### NELSON MANDELA TOWNSHIP YOUTH EMPOWERMENT

#### Nemato Change a Life

Nemato Change a Life offers a ‘cradle to career’ youth empowerment programme for disadvantaged youth from the townships in Port Alfred: Nelson Mandela Township (Nemato), Thorn Hill and Station Hill. We help our youth to get the mindset, knowledge, skills and support to escape from poverty: *success in life – for youth, by youth.*

##### gold members camp



Our most active members earn gold membership status, which comes with some extra perks. Recently, we hosted a three-day summer holiday camp filled with fun games and activities, including this climbing wall.

##### solar upgrade



Our old solar panels were battling to provide enough power, even during summer. Thanks to our generous donors, we’ve had an amazing upgrade: 22 state-of-the-art panels. Even on cloudy days, they meet all our electricity needs!

##### lifesaver



Malibongwe successfully completed an open water scuba diving course that we provided for him. He now has a job as a lifeguard. It’s a great example of how a little help can change a life!

##### festive season



Thanks to a generous donor, we enjoyed delicious braai meals to celebrate Christmas and New Year! We hope you had a wonderful festive season too and we wish you a great 2025! A big thank-you to everyone who supported us in 2024!

## recycling/upcycling



After waiting for months, the glass truck arrived, collecting tons of recycled glass. Phelo's glass and PET plastic recycling is back on track! You are welcome to drop off your glass and PET at our centre or at Jo's Market Traders Store in Port Alfred.



We were building a workshop, but the frames weren't straight, so we had to start over. The frames are now strong and properly aligned, and we've got a great reason to get the workshop completed: the Cacadu Development Agency allocated a grant to us for a plastic shredder! Next year, we'll be processing recycled plastic!

## Nemato in the local newspaper

**Nemato coach steps up to lead province**

*Qutywa confident juniors may get nod for SA handball team*

**MARK CARRELS**

The sport of beach handball is on the move with five junior members — four girls and one boy — based at Port Alfred's Nemato Change a Life Centre, participating in recent trials in Cape Town that will see a SA team being selected to tour Tunisia.

Coach, Nemato's Shanda Qutywa — a former SA junior handball player — says the camp, held in Strandfontein Beach, Cape Town, was both exciting and challenging. The clubs participating at the trials, under auspices of the SA Handball Federation, included teams from Limpopo, North West, Eastern Cape and the Western Cape. Ten boys and 10 girls will be chosen to the SA junior team to participate in Tunisia at the African Championship Beach Handball.

**UP FOR A CHALLENGE:** Nemato handball coach, Siyanda Qutywa, had to take charge of an Eastern Cape provincial unit at recent trials in Cape Town. **Picture: MARK CARRELS**

I like taking on challenges, but I still had some nervous anxiety. The coach said the standard was skills. You have to have a positive demeanour on court.

"Beach handball is growing. In our Zone 6 (SADC) region, beach handball is out there popular but when it comes to the African Championships, it's very popular.

"So the Tunisia tournament will include all handball playing countries on the continent, and the standard is very high," the coach said.

Qutywa explained beach handball and indoor handball had different sets of rules; and different skillsets were needed. "The fitness levels on a beach court have to be double that of an indoor court," the coach said.

Qutywa, as a young coach, is committed to the growth of handball in the region but concedes that due to financial constraints, it is proving to be an uphill battle.

Our handball had a lovely article in the local newspaper Talk of the Town: [nemato.org.za/coach.webp](http://nemato.org.za/coach.webp)

## maths class



For the most committed learners in our maths class, we go beyond the school curriculum. We leave solving for x to Google. Instead, we ask questions and undertake projects:

Why is a negative multiplied by a negative positive? How much is zero to the power of zero?

We calculate the size of the Earth and the distance to the Moon and the Sun the way Africans did 2,500 years ago.

In trigonometry, we don't have a teacher explaining the unit circle or the sine curve. Instead, we build a sine-curve simulator in GeoGebra and figure it out for ourselves.

Hands-on learning develops deep thinking and practical skills.

## literacy class

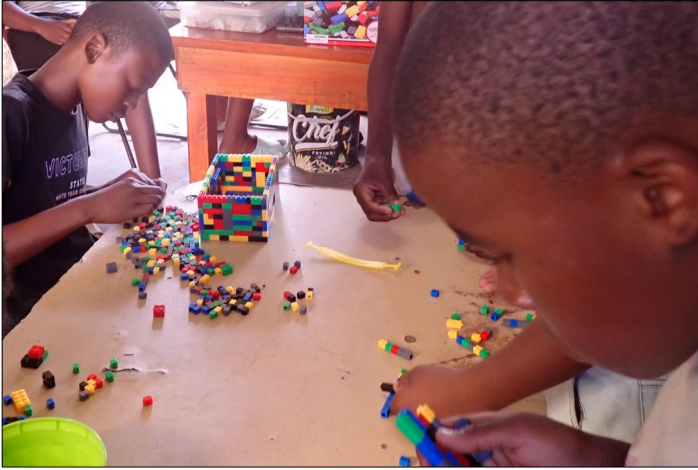


Sipiwo spent a week in Gqeberha learning how to run the Zazi iZandi early literacy programme. He is now using the programme with our young members.

As we've seen in our maths class, there's often little correlation between a learner's school grade and their actual skill level: some little ones pass quickly, while some older learners struggle. In school, this creates a problem: you are left behind. But in our class, you learn at your own pace, filling the gaps and catching up.

We shared the Zazi iZandi course in the local non-profit organisations group, resulting in five organisations being invited to participate. Small action, big impact.

## holiday activities



We remain open every day during the long summer holiday to provide a safe space and activities for our members.



## fish tank



We improved the four-stage water filter of our fish tank, and within a few days, the water changed from thick green to clear and transparent. A pure biological process, without any chemicals. The system can even be used for swimming pools. We are learning skills by doing!

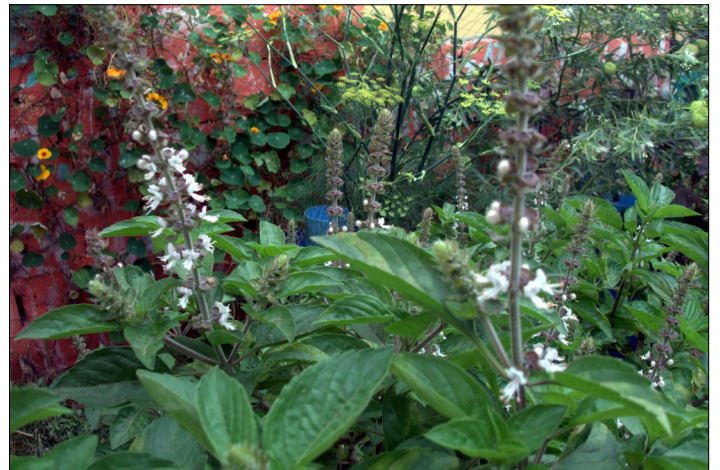
## herbs lesson



We are growing herbs in our small backyard. Jo, from the Market Traders Store in town, is giving us lessons on growing and processing herbs. The basil shown in the picture was grown by our members.

A few of our products, including luffas, nasturtium capers, and beeswax candles, are available for sale at Jo's shop.

Email us at [info@nemato.org.za](mailto:info@nemato.org.za) if you'd like to buy our natural, non-GMO plants. At the moment, we have basil, fennel, and amaranth.



## snake



Manase with his new best friend the ball python.

## Settlers Sprint



Our rowers competed at the Settlers Sprints in Makhanda. Agcobile, who is in the National Development Team, won the Under 19 Single Scull.

## Madiba Cup gymnastics



Our gymnasts competed at the Madiba Cup in Gqeberha, where Lukholo achieved the most outstanding result: winning gold in the highest difficulty level on trampoline for the 11 to 12 age group.



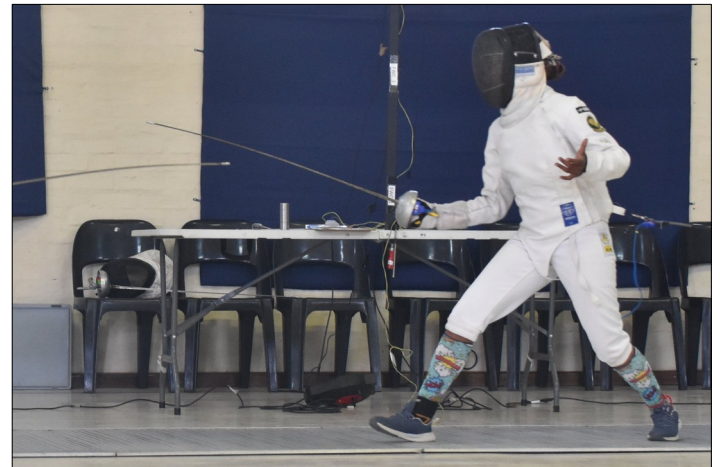
In the picture: silver for Asithandile (left) and gold for Lukholo (right)

## Zip Zap in Cape Times



Our two gymnasts, Liyema and Khanyile, completed their second year at the Zip Zap Circus School in Cape Town. Their year concluded with ten days of circus shows, which featured on the front page of the Cape Times newspaper. They have two more years of training ahead at the circus school.

## fencing in Mossel Bay



Our fencers were in Mossel Bay for a competition:

- Silver for Thandwayo in Under 20
- Silver for Asange (in pic) and bronze for Oyintanda in Under 13
- Bronze for Likuwe in Under 15 (9 years old!)



## 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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Change a Life



Alexander van Assendelft

