



Lesedi la Batho

LIGHT TO THE PEOPLE

WELCOME TO OUR FIRST NEWSFLASH!

Dear Friend of Lesedi,

So much has happened since our last newsletter. We would like to bring you up to date with our activities. You are also welcome to visit our [website](#). Follow us on [Facebook](#), or get in touch by [emailing us](#).

We continue to move forward with our quest to make a lasting difference in people's lives!

Warmest regards,
Chrisna Groenewald

TB Implementation in Schools

The month of August has been a busy one for our social auxiliary workers and sports coaches, who started working in the schools as of August 1st 2013. This is part of the USAID sponsored TB project which aims to reduce the TB infection rate as well as the spread of TB amongst the population of Mabopane. As part of this, Lesedi la Batho intends to contribute significantly to increasing cure rates, decreasing the incidence of TB and well

as eradicating TB related deaths in Mabopane. This program is fuelled by the ever increasing number of TB infections, with nearly 30% of the community members being infected with the disease, which is less than 1% behind the current HIV infection rate for the area.

This program is designed to not only screen all the learners in the 7 high schools and at least 200 community members, but it is also designed to support treatment programs which address the lack of knowledge around this subject through education. This is divided into 2 parts; the first is the Pro-active Information Program, which teaches the learners about social ills, such as teenage pregnancy, drug and alcohol abuse as well as HIV and TB. The second part is through the Youth Development through Football program, which utilises the learner's interest in football to teach life skills as well as about HIV and TB. For this reason, we have paired up a Social Auxiliary Worker (SAW) and a Sports Coach (SC) in each of the 7 high schools to implement this program and work in partnership with the department of education, the local clinics and the school staff to improve the health of the learners.

The SAW's and SC's are now using the USAID TB screening toolkit to screen each child for TB. Those that meet the criteria for possible TB infection are encouraged to go for testing and are supported by a professional nurse who helps implement the program. Already, we are identifying a number of learners who are in need of help, which would have been very difficult to achieve without the financial backing and support from the USAID. They have given us a fantastic opportunity to capacitate our organisation so that we can benefit and reach more people in need. We have been given a wonderful platform by the USAID to expand and develop our organisation, broadening our scope of programs, and taking Lesedi la Batho to the next level.

TRAINING, TRAINING AND MORE TRAINING



Street soccer encompasses a number of informal varieties of association football. These informal games do not necessarily utilise the requirements of a formal game of football, such as a large field, field markings, goal apparatus and corner flags, eleven players per team, or match officials. Often the most basic of set-ups will involve just a ball with a wall or fence used as a goal, or items such as clothing being used for goalposts. It is the ease of these games which has led to its increasing popularity, especially in deprived areas where formal facilities are difficult to come by.

It was by popular demand that Lesedi La Batho utilised this growing interest by training our staff in the rules of the game and how to coach this game to our learners. Liana from Altus Sport kindly held a workshop to train our staff which was well received and all reported that they thoroughly enjoyed this.

SIZANI GRADUATION

The graduation took place at Lesedi la Batho, on the 17th July 2013. The purpose of the day was to honour and award certificates to participants for their hard work and perseverance throughout their training as part of community empowerment and skills development. Participants are members of the community who have been attending the courses we offer. The skills projects that community members participated in are; sewing and beading (27 graduates), computer literacy (30 graduates), baby care (11 graduates) and baking (9 graduates). 30 Life skills certificates were also given to 30 ladies who attended the training. The event was greatly enjoyed as the purpose of the graduation ceremony was to reward the graduates for what they achieved. At the end, some sandwiches and juice were served for refreshments.



NELSON MANDELA DAY



“The overarching objective of Mandela Day is to inspire individuals to take action to help change the world for the better, and in doing so build a global movement for good.

Ultimately it seeks to empower communities everywhere. Take Action; Inspire Change; Make Every Day a Mandela Day.” Nelson Mandela foundation

Lesedi la Batho in collaboration with the Department of International Relations and Cooperation held an ‘Ambassador for a day’ initiative as a way to give hope to the Sizani ladies who are part of the Lesedi la Batho Community centre in Mabopane. The main objective of the Sizani Skills Training Programme is to improve the quality of life of both vulnerable young women and their children. The skills training assists the women to become empowered, financially independent, self-sufficient members of the community. Computer training, beading and sewing, baking, catering, baby care and child healthcare forms part of the skills training programme. All these training programmes are offered free of charge to the community of Mabopane.

The aim of the initiative was to inspire, empower and motivate the women to want to better their lives. The ladies were picked up in Mabopane at 08:40 by the Tshwane City bus services, and arrived at the Department of International Relations and Cooperation at 09:30. Mr A. Groenewald welcomed the ladies to the Department, and gave them a brief background on the role of DIRCO. Ms Aletta Mphasha was the programme director.

The programme had five speakers, firstly Ms Y Maya Deputy Director-General of the branch Americas and the Caribbean, who started off by singing and praying with the ladies. The following guest speaker, DDG Maya, centred her talk to the ladies on her own life and subsequent struggles. She explained how she was pregnant by the age of 17, had to drop out of school to take care of the child, but later realised that education is the key to success, learned from her mistakes and decided to go back to school where she became a lawyer. She concluded, to cut a long story short, it does not matter how many mistakes you make on the way, you have to love yourself, pull yourself together and learn from your mistakes.

Secondly, the ladies were graced by Ambassador SN Mji Chief Director: Central Africa. She spoke about her life as a freedom fighter, and how she had to live in harsh conditions far away from her family. Despite this, she was able to look past it and instead focused on the greater good that would come out of her suffering. Ambassador Mji gave them seven steps to success that she lives by, namely:

1. Know yourself
2. Have a positive attitude

3. Invest in yourself
4. Have a personal development goal
5. Treasure knowledge
6. Love yourself

Ambassador Mji also highlighted the importance of education and that you are never too old to study, emphasising how important it is for us as women to stick together, motivate, and be there for one another.

Thirdly we had High Commissioner T Lujabe-Rankoe (Former Head of Mission) talk to the group. She highlighted the importance for us understanding that everyone makes mistakes, but we just need to make sure that our past does not determine our futures. She encourages ladies to form support groups, and be there for one another as they did when they were part of the struggle in foreign countries. She explained that they shared everything, be it emotional or materialistic. HC Lujabe-Rankoe ended by telling the ladies to be the best version of themselves, rather than being a copy of someone else.

The ladies were then given protocol training by Ms A Mphasha, who highlighted that they are the true diplomats of South Africa and it is their duty to know everything about their own country. This included being able to answer all the questions which may arise if they were to meet an inquisitive tourist. Ms Mphasha started off teaching the ladies about South Africa's national symbols; The Blue crane, Protea flower, Real yellow wood tree, Springbok and the Galjoen. She highlighted that the highest symbol of South Africa is the Coat of Arms. The ladies found it very interesting to know that the colours on our national flag do not have a set meaning to them, because we are such a diverse nation and the history of our country, the colours can mean different things to different ethnic groups. Ms Mphasha ended her talk with a few tips on fine dining and table etiquette.

Lastly we had a talk from Miss Maya, a beauty therapist, who emphasised the fact that less is more when it comes to make up, workplace dress code, making a positive impression for interviews as well as appropriate hairstyles for work.

The ladies were very inspired by the motivational talks they received from such exceptional icons of South Africa. Their faces beamed with joy and admiration for the women who suffered so much in their lives during the struggle but have now risen up and become exceptional women. To conclude, Ms Mphasha highlighted to the ladies that they should work to be the best they can be, and should embrace and be proud of their African heritage and not waste time trying to imitate American idols. She encouraged them to also spend

more time growing their intellectual capacity through reading and learning, rather than filling their time with idle activities such as watching TV.

Everyone enjoyed a great lunch which they all thoroughly enjoyed. Lesedi la Batho would like to extend its greatest appreciation to the Department of International Relation and Cooperation, Ambassador Mji, DDG Maya, High Commissioner Lujabe-Rankoe, Ms Mphasha, Ms Maya, the City of Tshwane and most of all our honourable guests the ladies from Mabopane for being part of this fantastic day of celebration and empowerment.

PLACEMENT/ RECRUITMENT WORKSHOP

In order to secure job placements for our unemployed community members we built a relationship with 'The Prestige Personnel', a recruitment agency based in Johannesburg. They too share a passion for helping people to get themselves out of poverty and become financially independent. On the 31st July, 2 representatives from the agency visited Mabopane and held an information workshop on interview skills and CV writing. They then held a session afterwards where they assisted many community members in creating CV's and improving their old ones. The day was well attended by unemployed community members who found the day very useful. The agency also took a number of CV's away with them and to help them find work. They also send through job vacancies that may be suitable for community members on a regular basis. We hope this relationship will continue and provide successful job placements.

SELF DEFENSE ASSESSMENTS

On the 13th and 14th August, Lesedi la Batho was honoured to be 1 of only 6 organisations selected to demonstrate a project at the Volunteer Conference, 'Beyond Painting Classrooms' in their Networking and Innovation space. This was the perfect opportunity to launch our Anti-Abuse Program and demonstrate to both corporate and other NGO's what our program is about. On the first day, we had an early start, arriving at 7:15am with the conference starting at 8:30am. Various South African corporates from all sectors showed

interest in our organisation. As a result of this event, Telecom was very interested in partnering with Lesedi la Batho and emailed us the very next day proposing that we demonstrate our Anti-Abuse Program in 3 locations around South Africa. This is a positive breakthrough for the program, which aims to combat gender violence within the Mabopane area before, hopefully, rolling out across South Africa.

THEY CAN'T KEEP A GOOD THING DOWN

On the night of Monday 5th August, our Lesedi la Batho centre was broken into and we had the following items stolen from our Computer Laboratory: 14 computers, DVD player, telephone, 3 extensions, Printer / copier machine, adaptors, A4 paper. This was a very sad event for our Lesedi family, but since that time, we have been blessed with a donation of computers from the University of Pretoria. We are also fortunate enough to have support from a German based organisation called Rays of Hope who are kindly replacing our printer for us. We are also installing an ADT security system and alarm.

TSHWANE CUPCAKE FESTIVAL

On the 31st August, Lesedi la Batho took part in the Tshwane Cupcake Festival which was held at the Eduplex Primary and High School in Queenwood. The school caters for children who can hear and those who are deaf. The festival was held to benefit the school and other NGO's, with the winning cupcake receiving a prize of R10,000 cash. The ladies from the bakery at the centre baked and decorated over 140 cupcakes for the event and joined in to



showcase their hard work. We had a great time taking part and although we didn't win, it was a wonderful opportunity to network and show what Lesedi can do.

WINTERVELDT WORKSHOP ON GENDER AWARENESS

Sipho Nkuna would like to thank Kamogelo and Chrisna Groenewald at Lesedi La Batho for giving him the opportunity to conduct this workshop to open the minds of people who see coaching as their life and who have love South African children.

Participants came to the workshop with the expectation to gain more knowledge about gender awareness and how they can promote gender equality and awareness in their teams, schools and community. It turned out to be a huge success!

HOW YOU CAN HELP US?

Your gift can make a life changing difference to stop the ravages of poverty, malnutrition, crime and prostitution. A simple food parcel can start the step by step process of change. For further information on how you can be part of the Fill-a-bag project, please email Lorna at lornavanwyk9@gmail.com

We appreciate that you have taken the time to read our newsflash! Lesedi la Batho is making a positive change in the Mabopane community - thank you for being a valuable part of it! Please look out for our next newsletter. Till then, God bless!

