



CHILD CARE & YOUTH
DEVELOPMENT PROGRAMME

IMPACT REPORT

MARCH 2022 – FEBRUARY 2023



*"Transforming Lives and
Empowering Communities:
Tjommie and Ndlovu Care Group's
Impact in 2022"*



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CARE GROUP



INTRODUCTION



As we reflect on the period of March 2022 to February 2023, we are proud to report that Tjommie has played a pivotal role in supporting the Ndlovu Care Group Childcare & Youth Development programme.

Through fundraising efforts and generous contributions, Tjommie has helped us achieve significant milestones and impact in the communities we serve. This year has been marked by significant accomplishments, including the official opening of the Ndlovu Vocational Training Centre, the start of Lefa's farm, the launch of a digital custom-build application to monitor the NNU-program, the opening of the Ndlovu-Nikki Adler Boxing Academy for Girls and receiving recognition for our excellent monitoring and evaluation practices (MTN Award for Social Change).

These accomplishments are a testament to the dedication and hard work of our team and partners, as well as the invaluable support of Tjommie. In this report, we will share more about the impact of our programmes and the incredible stories of those whose lives have been changed as a result of Tjommie's contributions. Together, we are transforming the lives of vulnerable children and empowering disadvantaged communities to achieve self-sufficiency.

KEY HIGHLIGHTS IN 2022

i. Official Opening of the Ndlovu Vocational School with the support of RB Foundation and Tjommie



On November 9, 2022, the Ndlovu Care Group (NCG) celebrated another milestone with the official opening of the Ndlovu Vocational Training Centre in Bloempoot. This centre provides hands-on training and qualifications in a variety of trades, including plumbing, carpentry, painting, bricklaying, and electrical engineering. Since the beginning of operations on January 10, 2022, the school has enrolled a total of 90 students, with the first class of 28 students graduating on the official opening day. While the majority of the students (78%) are

from Siyanda Bakgatla Platinum mine, a significant proportion (22%) comes from the local community of Bloempoot. The Vocational Training Centre was established in response to the escalating unemployment rates in South Africa, which have a detrimental impact on underserved communities. We are proud to have created a facility that empowers individuals with the skills and qualifications needed to access better job opportunities and improve their livelihoods. The launch of the Ndlovu Vocational Training Centre is yet another demonstration of our dedication to accomplishing our vision of creating “healthy, responsible and empowered people in South Africa.” We look forward to seeing the positive impact that this centre will have on the lives of its graduates and their communities.

ii. Lefa’s Farm Project: Empowering Youth and Alleviating Hunger Through Sustainable Agriculture

NCG secured funding from the AFAS Foundation to establish Lefa’s Farm, a community-driven food garden program aimed at improving food security and sustainable livelihoods through agricultural enterprise development. Despite difficulties in acquiring land, NCG successfully signed a lease agreement with a local chief and acquired 10,160 square meters of land in September 2022. Lefa’s Farm is on track to generate income for youth through sales and serve as a community lifeline to alleviate hunger.



iii. The ASP’s Holistic Approach to Closing the Learning Gap in Rural Communities

The Ndlovu After School Programme (ASP) has adopted a new reinvigorated approach that focuses on providing a comprehensive and holistic education that addresses the specific needs of learners in rural

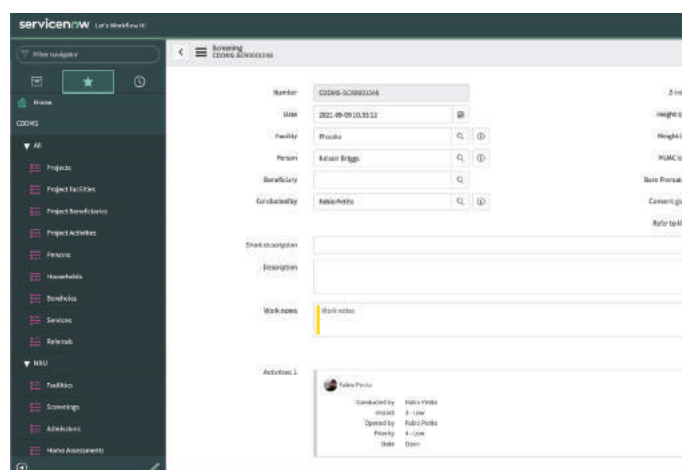


communities. The training includes enhancing the capacity of teaching staff in pedagogy and performance evaluation, developing skills in career guidance and life skills, and fostering a culture of reading and a love for learning in learners. The program also seeks to establish partnerships with parents and communities and provide ongoing mentorship to teachers. The ASP has had a positive impact on many learners' lives, with increased enrollment and successful bridging of lost learning time through the school holiday program. The full implementation of the new approach in 2023 is expected

to significantly transform the educational experience of learners in rural communities and better equip them for future success. The ASP is made possible by some long-term involved donors and Wilde Ganzen.

iv. Launching of the ServiceNow Application

In collaboration with ServiceNow, NCG successfully launched a digital custom-built application on July 25, 2022. The application is currently being utilized at the Ndlovu Nutritional Unit (NNU) program to support workflows, collect data, and measure results and impact. The system features a dashboard that enables us to monitor the status of each beneficiary. Additionally, a mobile application has been developed that operates in offline mode, allowing Community Health Workers (CHWs) to collect data in areas with poor network connectivity.



The data is automatically uploaded once a Wi-Fi connection is available. Moving forward, our goal is to expand the use of this tool to all other Child Care and Youth Development programs. We would like to express our gratitude to ServiceNow, Tjommie, and all the individuals who worked tirelessly to ensure that we have a functional system to support our decision-making, strengthen our accountability to funders, and improve the efficiency of our workflows.

v. MTN Awards for Social Change

On November 24, 2022, NCG was honoured to receive the MTN Award for Social Change in the Large NPO category. This prestigious award, established in 2019 by the MTN Foundation in partnership with Trialogue, recognizes and celebrates excellent monitoring and evaluation (M&E) practices in the non-profit sector. At NCG, we are committed to leveraging M&E as a critical tool for measuring and evaluating the impact



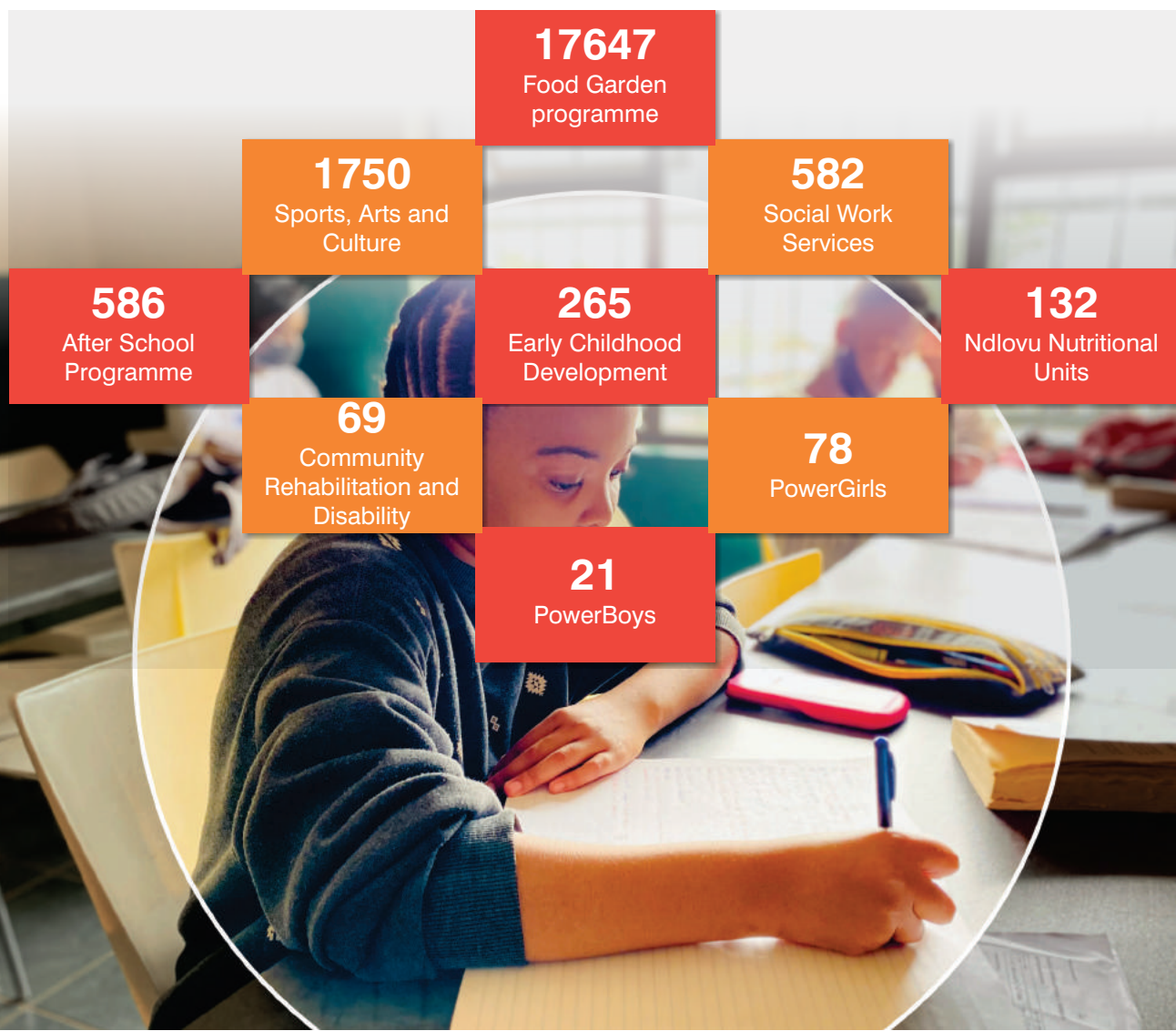
of our programs and services, and for informing continuous improvement and evaluative decision-making. This award is a testament to the hard work and dedication of our team and partners, and the positive impact that we are making in the lives of the most vulnerable members of our communities. We are grateful to the MTN Foundation and Trialogue for this recognition and the opportunity to further our mission of creating healthy, responsible, and empowered communities in South Africa.

2022 IN NUMBERS

As we reflect on the impact of our Child Care & Youth Development Programmes in 2022, let's take a look at the summary in numbers.

21 130

Direct beneficiaries reached



CHILD CARE & YOUTH DEVELOPMENT PROGRAMME

Obtaining “glory” requires dedication, perseverance, and hard work. The Child Care & Youth Development Programme takes pride in the many opportunities it has provided to transform the lives of vulnerable children and empower disadvantaged communities to achieve self-sufficiency.



At the start of the year 2022, there was a significant increase in the number of beneficiaries enrolled in the Child Care & Youth Development programmes, demonstrating our resilience and recovery from the devastating impact of Covid-19. During this reporting period, we also learned that long-term partnerships are critical for sustaining growth and scaling our impact. Many successes were realized as a result of collaborations with key stakeholders such as funders and implementing partners. An explication of the performance of the various projects follows, highlighting the impact and outcomes achieved in each of the Child Care & Youth Development initiatives.

FOOD GARDEN PROGRAMME



The Ndlovu Food Garden Programme has been a cornerstone of our efforts to improve food security in Moutse, with almost **2900** gardens established by 2022. As we reflect on our progress, we recognize that sustainability is key, and we have shifted our focus towards communal gardens, as well as the establishment of Lefa's farm.

Lefa's farm represents a new chapter in our community-driven food garden programme, with the goal of not only improving food security but also sustainable livelihoods through agricultural enterprise development. With **2887** household food gardens and 9 communal gardens established by 2022, the programme has directly benefited thousands of community members. As we continue to expand and develop our food garden initiatives, we are committed to working closely with our partners to ensure their ongoing success and impact.

Lefa's Farm

Lefa's Farm marked a significant milestone for us during this reporting period, as we secured funding to establish it, with the support of AFAS Foundation. Despite the significant contribution of the Food Garden program to improving household food security, thousands of young people in Moutse still face poverty and vulnerability, exacerbated by South Africa's escalating unemployment rates. With the goal of stimulating a community-driven food garden program that not only improves food security but also sustainable livelihoods through agricultural enterprise development, Lefa's Farm is a vital project. Despite facing difficulties in acquiring land, we successfully signed a lease agreement with a local chief and acquired **10,160** square meters of land in September 2022. We immediately began clearing, scraping, and debushing the area, followed by building a fence all around it, three 10m x 30m Greenhouse Tunnel greenhouses, and a solar-powered borehole with two 5000-liter water tanks. Lefa planted a variety of crops, including tomatoes, spinach, eggplant, and green pepper, with the first harvest scheduled for January 2023. This project is on track to generate income for youth through sales and serve as a community lifeline to alleviate hunger.

Looking forward, NCG plans to assist Lefa's Farm in constructing a farmhouse and storage facility, as well as facilitating market linkages in collaboration with strategic partners such as agribusiness, local markets, and farmers to ensure consistent sales of farm produce.



Impact Story

Mothibedi Tjiane, a 48-year-old resident of Bloempoot Village, used to rely on temporary work from nearby citrus farms to support his family of five. However, when he lost his job due to the economic fallout caused by power outages in 2022, he found himself struggling to make ends meet.

Determined to find a solution, Mr Tjiane turned to the NCG food garden champions for help. With their guidance, he was able to start his own food garden on a one-hectare plot of land where he now grows a variety of crops, including green peppers, spinach, tomatoes, and butternuts.



Today, Mr Tjiane no longer has to worry about providing for his family. He sells his produce in and around Bloempoot Village, as well as to vegetable vendors at the Moutse mall, earning R2500 per month during the peak months (November to December) and R1500 during the slow months.

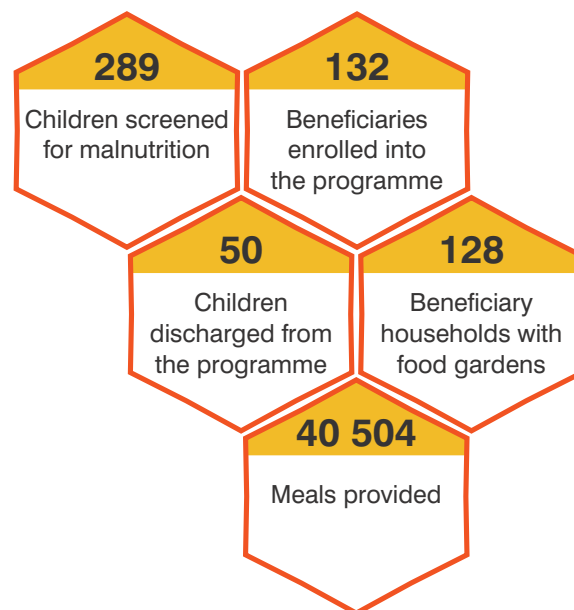
Not only has Mr Tjiane been able to provide for his family, but he's also thrilled that he can now grow his own food. He's grateful for the NCG food garden champions' support, which has not only transformed his own life but also enabled him to contribute to the community's food security.

NDLOVU NUTRITIONAL UNITS



The Ndlovu Nutritional Units (NNU) programme has been a key component of our efforts to improve the nutritional wellbeing of vulnerable children in the Moutse community. In 2022, our dedication to this cause was recognized when we won the MTN Awards for Social Change, thanks in part to the implementation of the Ndlovu-ServiceNow system. This system has enabled us to optimize processes in the NNU, with almost all activities now being captured on the application, resulting in a record number of beneficiaries enrolled in the programme. In addition, **128** beneficiary households now

have food gardens, and we provided **40,504** meals to vulnerable children. Furthermore, in May 2022, we collaborated with Mamas Alliance to host a five-day training programme aimed at increasing our impact in improving the nutrition of vulnerable children across South Africa. The training brought together **12** participants from different organizations within Mamas Alliance, comprising managers, caregivers, and project coordinators, to learn more about the implementation, management, and monitoring and evaluation of the NNU programme.

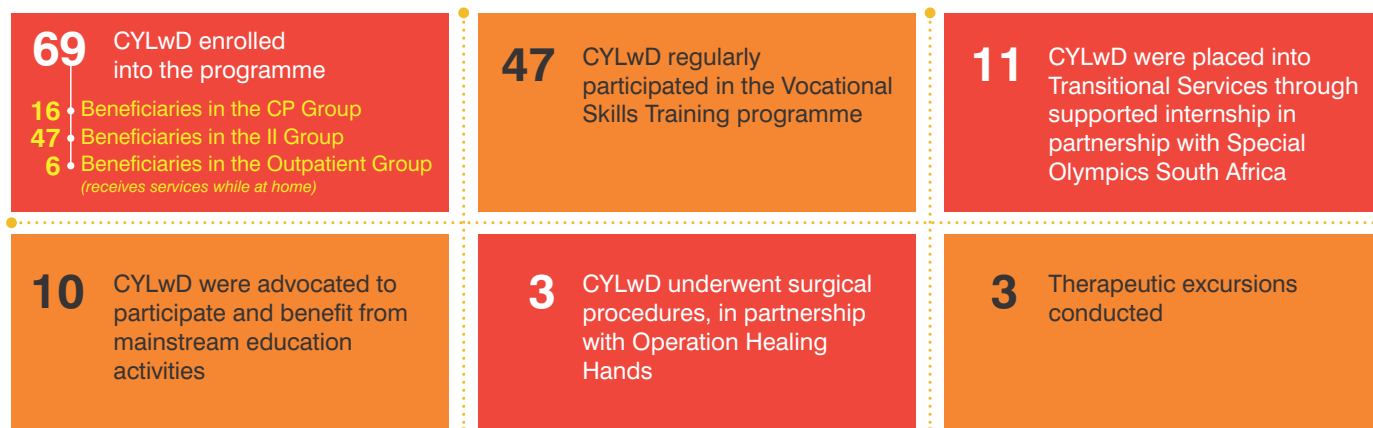


COMMUNITY DISABILITY AND REHABILITATION PROGRAMME

The Ndlovu Disability programme is a progressive and impactful initiative aimed at promoting the inclusion and wellbeing of Children and Youth Living with Disabilities (CYLwD). The programme has achieved notable successes in advocacy, including enrolling 10 CYLwD in mainstream education, and expanding the programme to include Transitional Services, which provides supported employment and individualized home-based care services for CYLwD. Additionally, in 2022, the programme collaborated with Special Olympics South Africa to place 11 beneficiaries in a six-month stipend internship programme, resulting in a 53% increase in enrollment from 45 beneficiaries in 2021 to 69 beneficiaries in 2022.



The programme also offers Vocational Skills Training and therapeutic excursions, providing unique opportunities for CYLwD to participate in fun, recreational, social, and therapeutic activities. The programme's impact is evident in the story of Dimakatso Kunene, who has received occupational therapy services and training in various vocational skills, excelled in sports, and has been selected to represent South Africa in an international competition. The programme's partnership with Witwatersrand University also offers training opportunities for Occupational Therapy students, preparing them to serve other underserved rural communities in the country.



Therapeutic Excursions

Therapeutic excursions provide a unique opportunity for CYLwD to participate in outdoor and recreational activities, which are often scarce for them. These excursions allow beneficiaries to engage in fun, social, and therapeutic activities outside of their normal environment. In turn, this promotes mental and physical well-being by reducing feelings of isolation and facilitating the development of social skills. These benefits are particularly crucial for children and youth with severe physical disabilities, who are often prone to low self-esteem.

In addition, excursions offer an opportunity for caregivers to take a break from their usual responsibilities and connect with others who share similar experiences. This promotes mutual support and can help to alleviate the emotional and physical burden that caregivers may experience.

In June 2022, a group of 31 CYLwD went on an excursion to Mbidi Lodge, where they were able to participate in outdoor activities such as viewing wildlife animals like lions, cheetahs, and bears. In October 2022, another group of 7 CYLwD and 7 caregivers went on a trip to the Florence Palm Resort, where beneficiaries were able to participate in water-based activities. These activities helped them to improve their motor skills, balance, coordination, and overall physical fitness. In November 2022, a group of 39 CYLwD attended the second Florence Palm Resort excursion, where they participated in a variety of recreational activities, including water-based activities.

Overall, these excursions provide an opportunity for CYLwD to engage in activities that they may not have access to otherwise. They promote physical and mental well-being, social skills development, and respite for caregivers.

Autism awareness

Autism Spectrum Disorder (ASD) affects a significant number of children and youth living with disabilities, and their primary caregivers are at risk of experiencing high levels of stress and burden. This burden can lead to depression and affect the quality of care provided to the children. Therefore, in April 2022, the

Ndlovu Disability programme organized an autism awareness campaign specifically targeted at caregivers of children and youth with ASD.

The campaign aimed to provide a platform for caregivers to share their experiences in caring for children and youth with ASD. The occupational therapist, social worker, and community health workers (CHWs) discussed the importance of caregiver self-care and the services offered by the Disability program to children and youth with ASD and their caregivers. The discussion focused on the available resources and support services that caregivers can access to help them cope with the challenges of caring for children and youth with ASD.

The campaign was a resounding success, providing caregivers with valuable information and resources. The discussions helped caregivers to understand the importance of taking care of their own mental and physical health to be able to provide adequate care to their children with ASD. Additionally, the campaign highlighted the critical role that the Disability program plays in supporting families of children and youth with ASD. The program's services were made clear, giving caregivers the confidence to seek support when needed.

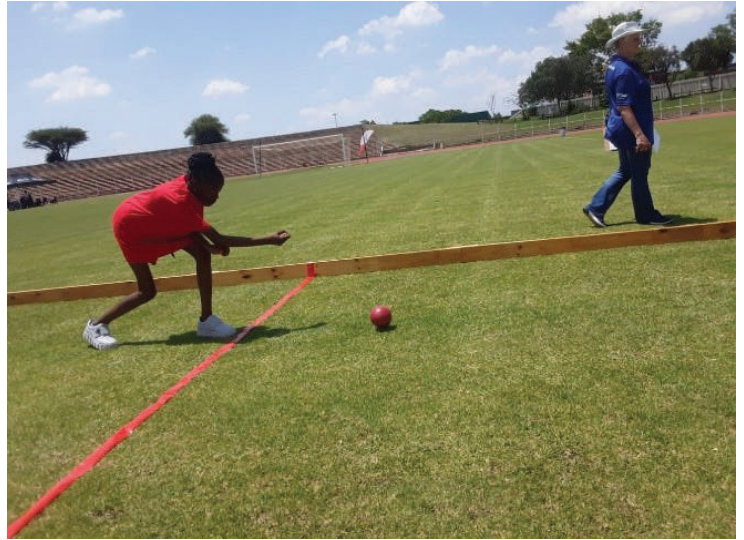
Occupational therapist Internship

The Ndlovu Disability programme has forged a successful partnership with Witwatersrand University to provide training to Occupational Therapy students in Community-Based Rehabilitation. Since February 2021, this collaboration has enabled students to receive seven weeks of intensive training at our Disability programme, offering them invaluable experience in providing services to CYLwD. This initiative not only benefits the rural community of Moutse, but it also equips therapists with the skills needed to serve other underserved rural areas across the country where healthcare access is limited and transportation costs are high.

To date, six (6) students have successfully completed this internship and have become qualified occupational therapists. This partnership has proven to be an excellent opportunity for students to gain hands-on experience in a community setting, while simultaneously providing much-needed support to children and youth living with disabilities. We are proud to contribute to the development of future occupational therapists who will help to improve the quality of life for CYLwD in underserved rural communities.

Impact Story

Dimakatso Kunene, a 24-year-old female participant in our Disability programme, faced significant challenges due to scoliosis and learning difficulties in a mainstream school. She joined our programme at the age of 19 and has since received occupational therapy services and support to improve her wellbeing and vocational skills. Through the programme, Dimakatso has received training in carpentry, sewing, gardening, beadwork, and baking. Her talents in sewing, baking, and beadwork are exceptional, and she has independently created a range of products in these areas.



Moreover, Dimakatso has demonstrated outstanding skills in Bocce, an Italian lawn bowling game played on a natural surface. She has shown a particular interest and skill in this sport, winning at the national level and earning selection to represent South Africa in Germany in June 2023 through our partnership with Special Olympics and our Sports programme. Dimakatso's achievements are a testament to the positive impact of our Disability programme in enabling CYLwD to reach their full potential and excel in various aspects of their lives.

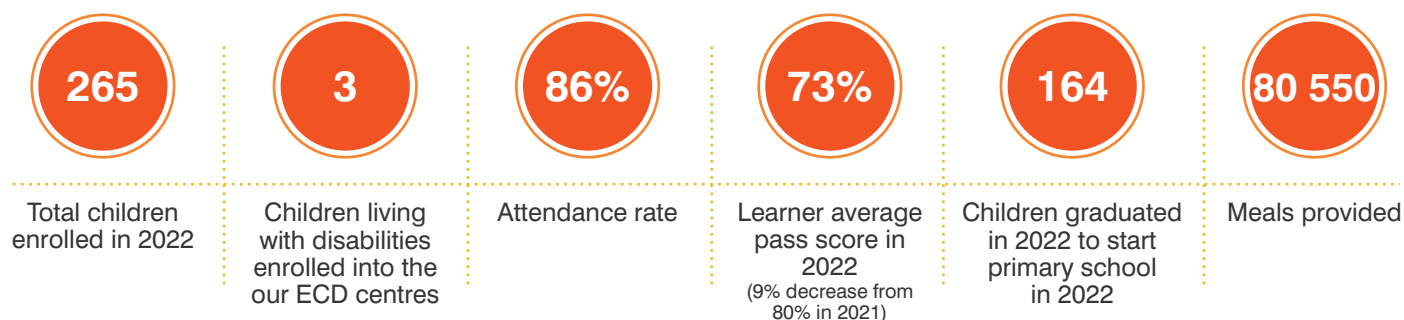


EARLY CHILDHOOD DEVELOPMENT PROGRAMME

The Ndlovu Early Childhood Development (ECD) Programme has made significant progress during the reporting period. With enrollment resuming in the Grade RRR class after being halted for two years due to the Covid-19 pandemic, the programme saw a 57% increase in enrollment, from 169 learners in 2021 to 265 learners in 2022. The programme's advocacy strategy for the inclusion of children



living with disabilities in mainstream ECD education was also a major accomplishment. The programme has enrolled three children living with disabilities in its various ECD centers, with the aim of providing child-centered learning, play, participation, peer interaction, and friendship development. The programme has also conducted developmental milestone achievement assessments, with children achieving a 73% average score at the end of the year. Despite this progress, there is still much work to be done to ensure the delivery of quality ECD services and that no child is left behind. Botshelo Kotelo's story is a testament to the programme's commitment to inclusive early childhood development, and the Occupational Therapist continues to provide support to ECD practitioners to empower them with the necessary knowledge and tools to provide high-quality education for all children, including those living with disabilities.

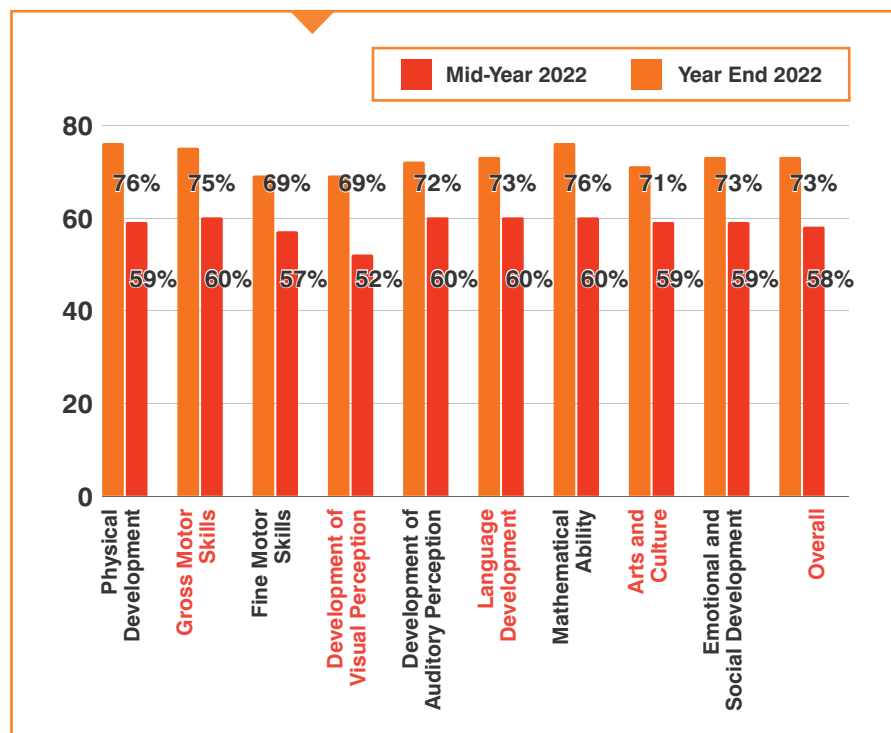


Developmental Milestone Achievements

Ndlovu ECD Centres conducted developmental milestone assessments twice in 2022, at mid-year and year-end, using the Class Out of the Box approach to evaluate nine developmental areas. The results showed that children achieved an overall average score of 73% at the end of the year, indicating a significant improvement of 26% from the mid-year assessment's score of 58%. Notably, there was an improvement in all developmental milestones, with Physical Development and Mathematical Ability receiving the highest scores,

Developmental Milestone Achievements in 2022

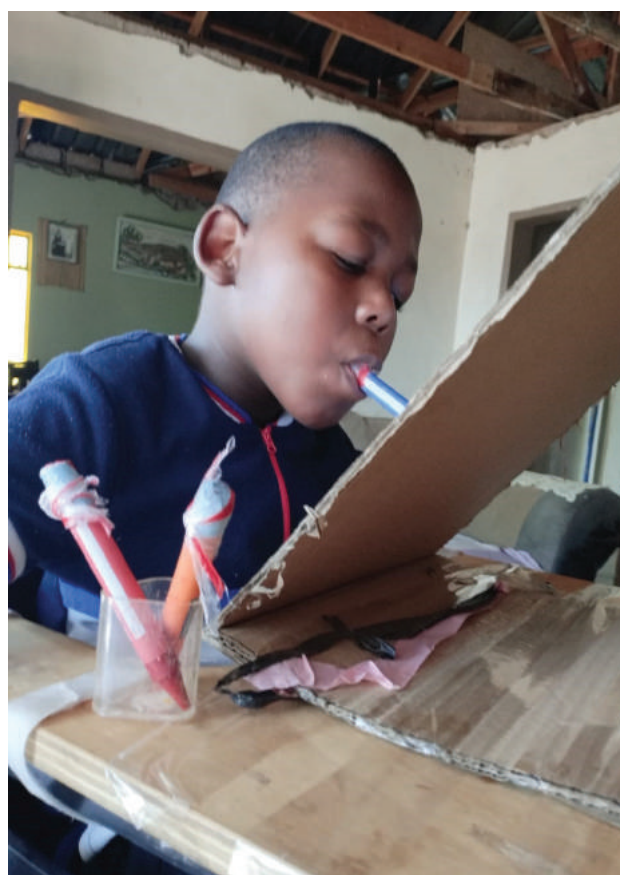
followed by Gross Motor Skills. These milestones, which include reading, writing, counting, and social skills, help prepare children for the transition to primary school. However, compared to the previous year's overall average score of 80%, there was a slight decrease of 7% in 2022. This emphasizes the urgent need to strengthen interventions to ensure quality ECD services delivery and that no child is left behind.



Impact Story

Botshelo Kotelo's story is one of resilience and hope. Born with Arthrogryposis, a group of non-progressive conditions characterized by multiple joint contractures present at birth throughout the body, Botshelo's father rejected him, leaving his mother Kgomotso to care for him alone. Kgomotso, who relies on government grants for income, was pursuing her diploma in Accounting at Tshwane University of Technology in Pretoria when she became pregnant with Botshelo.

In January 2021, Botshelo was enrolled in a Disability programme where he received therapy and psychosocial support as an outpatient. With the help of our Occupational Therapist, Botshelo reached his therapy goals in less than six months, and he was then enrolled in our ECD programme at Ntwane centre. Despite the challenges he faces due to his disability, Botshelo is a bright boy who is able to comprehend his surroundings, engage with practitioners and his peers.



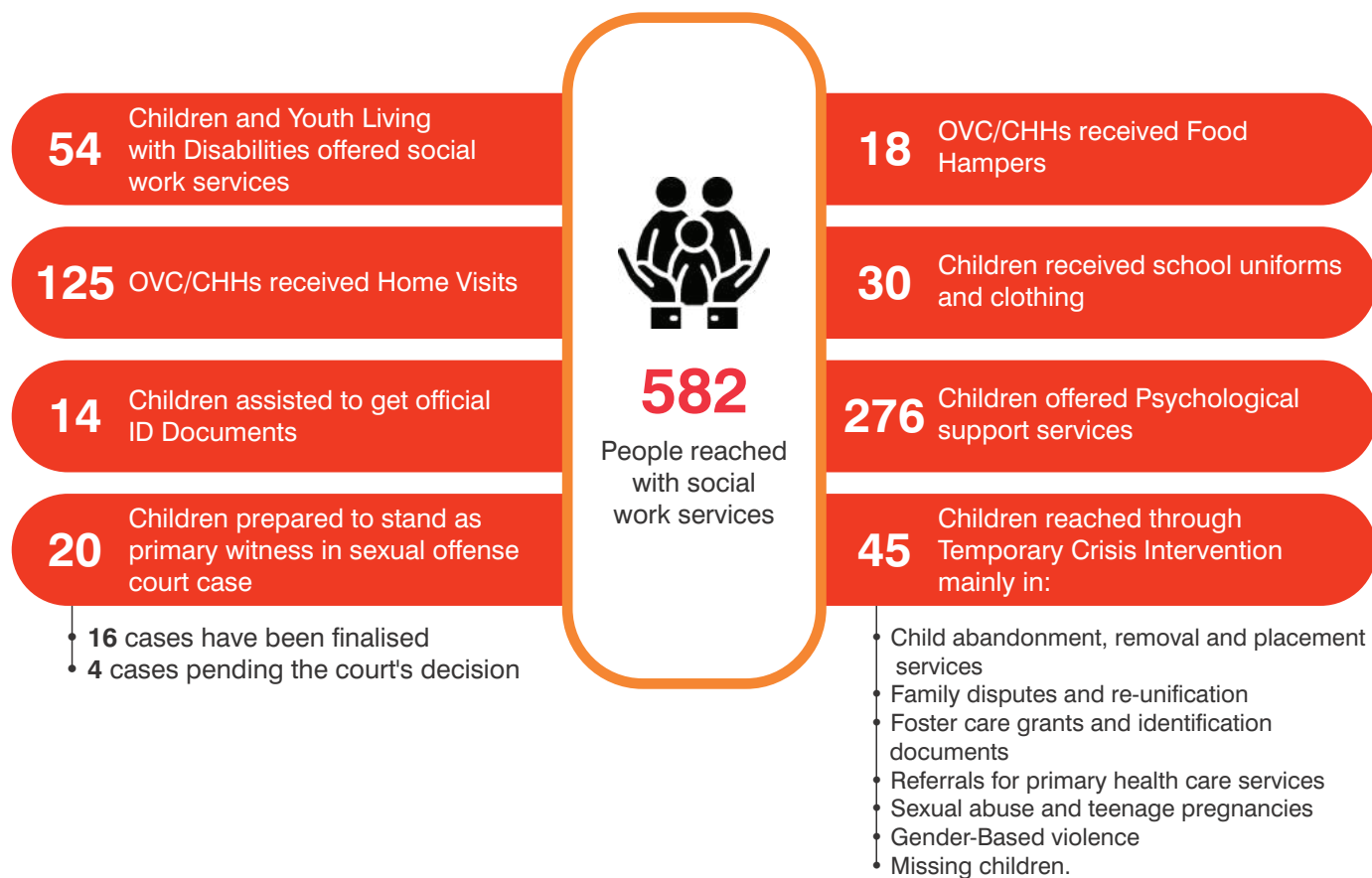
Botshelo's story has become an inspiration to our inclusive early childhood development educational programme. Our Occupational Therapist continues to provide support to ECD practitioners, empowering them with the knowledge and tools necessary to provide high-quality education for all children, including those living with disabilities. Botshelo's success in our programme demonstrates that all children, regardless of their background or disabilities, can achieve their full potential with the right support and care.

SOCIAL WORK SERVICES

Ndlovu Social Work Services is committed to improving the wellbeing of vulnerable individuals and families in Moutse communities, with a particular focus on Orphans and Vulnerable Children (OVCs) and Child Headed Households (CHHs). Our interventions aim to protect vulnerable children from abuse and neglect by strengthening family relationships and providing the necessary support. In 2022, our services reached 582 people, including 54 children and youth living with disabilities. We provided food hampers and home visits to 18 OVC/



CHHs, and 125 OVC/CHHs received psychological support services. Our services also extended to legal advocacy, where 20 children were prepared to stand as primary witnesses in sexual offense court cases. One such impact story is that of Doris Motau and her three daughters, who were reunited and provided with essential support such as food hampers and assistance in obtaining identification documents.



Impact Story

Doris Motau's daughters, Nomsa, Nomalizo, and Lulama, faced numerous challenges after being abandoned by their mother and left to fend for themselves in a dilapidated one-roomed house in Ga-Molala. The girls were living in unsafe conditions with no adult supervision, no financial support, and no access to basic necessities such as food, clothing, and healthcare.

Thanks to the intervention of Ndlovu Social Workers, the girls were moved out of the unsafe room and reunited with their mother, who had recently moved in with one of her boyfriends in Elandsdoorn. The family of seven received social work support services, which included the regular distribution of E-Pap packs, clothing, and food hampers. The social workers also assisted the children in obtaining unabridged birth certificates from the Department of Home Affairs, which enabled them to obtain their Identity Documents (IDs).

With their new IDs, the girls were able to access education and healthcare services that were previously unavailable to them. They were enrolled in school and have since been excelling academically, with the eldest daughter, Nomsa, recently graduating from high school with top marks. In addition, the family has received support to access healthcare services, which has improved their overall health and well-being.



The social work support provided to the family has had a significant impact on their lives, providing them with the basic necessities they need to thrive and enabling the girls to access education and healthcare services that will help them break the cycle of poverty. With the continued support of Ndlovu Social Workers, the family is on the path to a brighter future.

AFTER SCHOOL PROGRAMME

The Ndlovu After School Programme (ASP) with the support of Wilde Ganzen has made great strides in enhancing the educational experience of learners in rural communities. The ASP plays a crucial role in closing the learning gap that has been exacerbated by the Covid-19 pandemic. The program provides a safe and supportive environment for students to receive additional academic support and engage in extracurricular activities.



By addressing the learning gap through targeted interventions, such as tutoring and mentoring, the program helps to ensure that students are better prepared to succeed academically and in life. The urgency of such programs cannot be overstated, as the learning gap has widened due to the disruptions caused by the pandemic, and students from marginalized communities are especially vulnerable to falling behind.

The new reinvigorated approach of the ASP aims to provide a comprehensive and holistic education that addresses the specific needs of learners in rural communities. In addition to enhancing the capacity of teaching staff in pedagogy and performance evaluation, the training also focuses on developing skills in career guidance and life skills, as these are essential for learners' success beyond the classroom. The mentorship aspect of the training will also ensure that the teachers receive ongoing support and guidance in implementing the new approach effectively.

Moreover, the ASP recognizes the importance of parental involvement in the educational process and seeks to establish partnerships with parents and communities. This is particularly important in rural communities where there may be limited resources and support for learners. The programme also aims to foster a culture of reading and a love for learning in learners, as this is crucial for their academic and personal growth.

The full implementation of the new reinvigorated approach in 2023 will see a significant transformation in the

ASP. Learners will receive a more comprehensive and individualized education, and teachers will be better equipped to meet their needs. The programme will continue to strive towards improving the educational experience of learners in rural communities and ensuring that they have the necessary skills to succeed in their future endeavours.

In 2022, the programme enrolled 586 learners, a significant increase from 2021. The school holiday programme also proved effective in bridging the gap of lost learning time, with three programmes held during the year, attended by a total of 392 learners. The ASP has had a positive impact on many learners' lives, with Prayer Monamodi, a former beneficiary, being a prime example. She is now a graduate of the University of Mpumalanga and attributes her success to the support and guidance she received through the ASP.

The performance of our learners has significantly improved from 68% in 2020, to 67% in 2021, and 72% in 2022. Importantly, this improvement accounts for an upward trend in our indicators and puts NCG on track to achieving its long-term goal.



School Holiday Programme

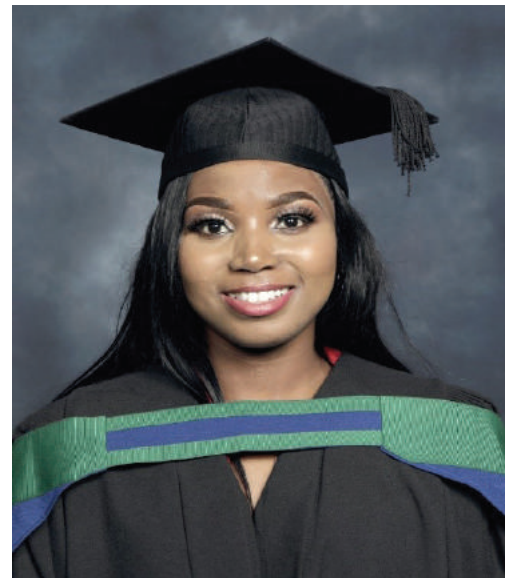
Despite the challenges faced by the education sector, the ASP's School Holiday Programme has proven to be an effective solution for bridging the gap in lost learning time. In 2022, the programme expanded its reach and successfully hosted three holiday programmes, each attended by a significant number of beneficiaries. These programmes not only provide educational support but also address social issues that affect children in rural communities. Additionally, they offer a variety of outdoor activities and interactive games that make learning fun and engaging for learners. Over the course of the year, a total of 215 beneficiaries attended the holiday



programmes, with 62 in Term 1, 81 in Term 2, and 72 in Term 3, all of whom benefited greatly from the programme's offerings. Our School Holiday Programme is a vital component of our mission to support and empower learners in rural communities, and we remain committed to providing high-quality education and enrichment opportunities for all.

Impact Story

Meet Prayer Monamodi, a true inspiration and testament to the transformative impact of the ASP. Despite growing up in a challenging environment in Dennilton, Limpopo province of South Africa, where both her parents were unemployed and the only stable household income was the Child Support Grant for her five siblings, Prayer refused to let her circumstances hold her back. With the unwavering belief and confidence instilled in her by herself and the ASP, she embarked on her journey to academic success.



Through sheer hard work and determination, Prayer completed her school journey at Tambo Comprehensive School in 2017, with aspirations to attend university. However, her dream seemed almost impossible due to the financial constraints of her family. Undeterred, Prayer promised herself that she would work hard and score good marks to secure funding for her postgraduate honours degree. Thanks to the ASP, Prayer received invaluable assistance with university applications and career guidance, making it possible for her to pursue her academic goals. With the program's support and guidance, she secured funding from the National Research Foundation (NRF) for her honours degree, which she completed in 2022, with flying colours (Cum Laude). Prayer is now on track to complete her Master's degree and is exploring funding options for the next stage of her academic journey.

Prayer's incredible achievements are a testament to her grit, resilience, and the transformative power of the ASP. She is now a graduate of the University of Mpumalanga, with a degree and honours degree, and is on her way to becoming a highly educated and successful individual. Prayer's story proves that with the right support, guidance, and self-belief, anything is possible, and dreams can become a reality, even for those facing significant challenges.

SPORTS, ARTS AND CULTURE



Ndlovu Sports Programme offers an avenue for young people to boost their physical and social abilities and stay away from unhealthy behaviors. Various events were organized, including Ndlovu Internal Leagues, the Body Building competition, Fitness Bootcamp, and the Open Day event. The program reached 1,750 children, youth, and adults who were weekly regular visitors, with 597 people using the Ndlovu Courts for physical activities in 2022. The program's success story includes Siyabonga Mabaso, who joined the Ndlovu Sports Volleyball team in 2022, where he learned discipline, commitment, and to be a better man who uses his hands to hit a ball, not a woman.

Number of people reached:

1750

Children, youth and adults belonging to the group of weekly regular visitors in 2022. *(includes people involved in other activities or people on spectator benches).*

597

Children, youth and adults belonging to the group of weekly regular visitors that used Ndlovu Courts for sports or physical activities in 2022

494

Participants registered at Elandsdoorn Campus

242

Ndlovu Fitness Centre

47

Basket ball

126

Boys Soccer

36

Netball

17

Tennis

10

Volley ball

16

Aerobics

103

Participants registered at Bloempoot Campus

43

Boys Soccer

26

Netball

22

Aerobics

12

Girls soccer

Key events conducted in 2022 are as follows:

i. Open Day Event

The Open Day event is a highly anticipated event for the Ndlovu Sports program, as it provides an opportunity for prospective participants to experience the program first-hand. The 2022 Open Day event was a huge success, with 121 attendees, including parents, guardians, and young people interested in learning more about the program. The event featured a large exhibition with stalls from all coaches, showcasing the various sporting codes available to participants. Coaches also provided live demonstrations and answered questions about the program's offerings. Attendees were able to see first-hand the benefits of engaging in physical activities, including improved physical health, increased self-esteem, and the opportunity to build lasting relationships with peers and mentors.

In addition to showcasing the program's offerings, the Open Day event emphasized the importance of physical activity and healthy living. Attendees were provided with information on nutrition and healthy lifestyle choices, as well as the opportunity to participate in fitness activities led by program coaches.

Overall, the Open Day event was a great success and helped to raise awareness of the Ndlovu Sports program's offerings, as well as the importance of engaging in physical activities and leading a healthy lifestyle.

ii. Ndlovu Internal Leagues



Ndlovu Sports continues to promote healthy competition and encourage community participation through its internal leagues. The leagues provide an opportunity for Ndlovu teams to compete against community-based teams in various sports codes. The 2021 internal league, which was postponed due to Covid-19 restrictions, finally took place between February and March 2022 with an impressive 252 participants. The league featured activities such as soccer, volleyball, netball, and basketball. The winning teams received balls and ball pumps to encourage and inspire future participation.

In 2022, Ndlovu Sports hosted another successful internal league with 325 participants. The league ran from July to August 2022 and featured activities such as soccer, volleyball, and netball. The Ndlovu teams continued to compete against community-based teams, fostering a sense of community and promoting healthy competition. As always, the winning teams received balls and ball pumps to encourage and inspire future participation.

The Ndlovu internal leagues provide an opportunity for community members to come together, engage in physical activity, and build relationships through healthy competition. These events not only promote physical fitness but also help to build confidence, self-esteem, and a sense of belonging.

iii. Fitness Bootcamp



The Fitness Bootcamps organized by Ndlovu Sports proved to be a huge success in promoting physical activity and healthy living. The events offered a fun-filled and challenging way for participants to get active, with a variety of exercises and activities designed to target different muscle groups and improve overall fitness levels.

The Fitness Bootcamp held at the Elandsdoorn campus on February 12, 2022, was a high-energy affair with over 100 participants taking part in various activities such as cardio, strength training, and group exercises. The event also included nutrition talks to educate participants on the importance of healthy eating habits to support their fitness goals. Similarly, the Fitness Bootcamp held at the Bloempoot campus on March 18, 2022, attracted 86 participants who were eager to get moving and try out new exercises.

The event featured a variety of fun and engaging activities, including dance-based workouts, bodyweight exercises, and high-intensity interval training. One of the unique aspects of these Fitness Bootcamps was the emphasis on using music to make fitness activities more enjoyable and engaging. Music has been shown to have a positive impact on exercise performance, and participants were encouraged to bring their favourite playlists to the event.

Overall, the Fitness Bootcamps were a great success in promoting physical activity and healthy living within the community. They provided an opportunity for participants to learn new skills, meet new people, and have fun while improving their fitness levels. Ndlovu Sports plans to continue organizing similar events in the future to promote physical activity and healthy living in the community.

iv. Body Building Event

The Ndlovu Body building event marked its fourth anniversary in May 2022, and this year's event was even more exceptional than the previous ones. The event, which was initially conceived by the legendary

bodybuilder Arnold Schwarzenegger, aimed to provide an avenue for youths in rural communities to showcase their physical prowess. The competition featured 48 registered bodybuilding competitors from the local community, who had been training for months in preparation for the big day.

In addition to the competitors, the event drew a large crowd of 168 community members who were thrilled to witness the impressive displays of strength and athleticism.



The atmosphere was electric, with supporters cheering on their favourite competitors and pushing them to do their best. The event was a huge success, not only in terms of showcasing the talent of local youths but also in promoting physical fitness and healthy lifestyles. The Ndlovu Sports Centre, which hosted the event, has become a hub for promoting healthy living and wellness in the community. The event has also inspired many young people in the community to take up bodybuilding as a sport and embrace a more active and healthy lifestyle.

Impact Story

Siyabonga Mabaso's journey has been one of struggles and challenges, but he has emerged as a success story, inspiring others with his perseverance and determination. Growing up in Elandsdoorn with his single mother and grandfather, Siyabonga faced financial difficulties that affected his academic performance. He never knew his biological father, and the latter's death in 2020 left him with a void in his life that he yearned to fill. Despite these challenges, Siyabonga found solace and inspiration through sports. Initially, he played soccer for a local community team in Marapong. However, in 2022, he joined Ndlovu Sports' volleyball team after hearing about it from one of their coaches. Since then, Siyabonga has found a new sense of purpose and belonging. The Ndlovu Volleyball program has not only taught him discipline and commitment but has also helped him to develop a healthy and positive lifestyle. Most importantly, it has instilled in him a sense of respect and empathy towards women, a crucial aspect in a society where gender-based violence is prevalent.



Siyabonga's involvement in sports has also motivated him to pursue his academic goals. Despite failing Matric twice, he is currently enrolled in Ndlovu's After School Program, working hard towards his Matric rewrite in 2023. His determination to succeed and improve his life is an inspiration to others in his community, especially young people who face similar challenges.

Siyabonga's success story is a testament to the transformative power of sports and mentorship. Through the Ndlovu Sports program, he has found a supportive community that has helped him overcome his struggles and become a better person. His story is a reminder that, with the right support and opportunities, anyone can achieve their dreams and make a positive impact on their community.

POWERGIRLS

The Ndlovu PowerGirls programme is a lifeline for vulnerable girls who face numerous challenges such as poverty, gender-based violence, and limited access to education and healthcare. It's more than just a platform for girls' empowerment, as it provides them with the tools and resources they need to succeed. In 2022, the programme enrolled 78 PowerGirls, with 42 in the Naledi Group (Ages 9-12) and 36 in the Langa Group (Ages 13-15). Thirty PowerGirls have graduated from the programme, with 13 graduating from Naledi to the Langa group and 17 graduating from Langa and exiting the programme.



The Sanitary Pads initiative is a prime example of the programme's commitment to addressing critical issues that affect girls' health and education. The initiative distributes sanitary towels to school-going girls, reducing absenteeism during their monthly period and promoting sexual reproductive health education, often neglected in many communities. In 2022 4883 sanitary pads were distributed to over 2540 girls, making a significant impact in the lives of vulnerable girls.

Impact Story

Angela Skhosana, an 11-year-old girl who joined the programme in 2021, is an example of how the Ndlovu PowerGirls programme has made a significant impact in the lives of vulnerable girls. Angela was referred to the programme by one of Ndlovu's employees, who was also her neighbour and aware of her precarious situation. When she joined the programme, Angela lacked confidence, was reserved, and struggled to engage



with other girls. However, through the programme's various initiatives and activities, Angela gained confidence and resilience, resulting in her receiving an award for excellent academic performance in IsiZulu in 2022.

As the Ndlovu PowerGirls programme continues to grow and evolve, it is clear that it is making a significant impact in the lives of vulnerable girls in the Limpopo province of South Africa. The programme's commitment to breaking down barriers and providing girls with the tools and resources they need to succeed is a beacon of hope and a catalyst for change in countless girls' lives.

BOXING PROGRAMME

The Ndlovu PowerGirls programme's Boxing initiative is a vital extension of the platform, aimed at promoting physical and psychological resilience among vulnerable young girls. The initiative was launched in September 2022, in collaboration with Nikki Adler, a Croatian-German Women's Boxing Champion. The programme's objective is to empower young girls and women by providing boxing and self-defence classes to proactively address Gender-based Violence (GBV), which is prevalent in South Africa's rural areas and townships.



Through weekly boxing and self-defence classes, life skills sessions, and counselling services, the programme aims to equip young girls with the tools and resources they need to defend themselves against GBV perpetrators. The programme's female coaches, supported by Nikki Adler virtually, facilitate twice-weekly sessions for the enrolled 15 girls, all aged between 12 and 16. The girls train three times a week, on Monday, Tuesday, and Thursday.

The Boxing initiative believes that the acquired skills will help the young girls develop awareness, physical safety strategies, and techniques to prevent, resist, and escape violence if confronted. The programme's approach is geared towards empowering the girls to be more independent and confident, both physically and mentally, to overcome the challenges they face. With the ongoing support and guidance of the coaches and collaboration with Nikki Adler, the Ndlovu PowerGirls programme is providing a platform for girls to develop critical skills that will enable them to live with dignity and security.

POWERBOYS

Building on the success of our PowerGirls programme, we realized the need for a gender transformative programme that would cater to young boys in rural communities. The PowerBoys initiative aims to address the issue of gender-based violence and other social ills that affect boys by empowering them with the skills needed to navigate the challenges of adolescence and societal pressures. By offering weekly sessions that cover themes such as mental health, gender-based violence, education, sexual and reproductive health, and rethinking gender roles, we aim to equip boys with the tools they need to make positive life choices and safely transition into manhood.



In many rural communities, young boys often fall victim to violence and drug abuse, perpetuating the cycle of violence and harmful masculinity constructs. With the PowerBoys programme, we strive to create a shift towards positive masculinity that values education, healthy relationships, and mental and emotional well-being. The programme recognizes the importance of breaking down gender barriers and stereotypes that often contribute to negative behaviours and attitudes towards women and girls.

Since its inception, 21 boys between the ages of 9 and 12 have been enrolled in the programme, and we have witnessed positive changes in their attitudes and behaviours. By targeting the boy child, we hope to create a ripple effect that will contribute to the overall well-being of the community. The PowerBoys initiative is a testament to our commitment to creating a gender-equitable society where both boys and girls can thrive and reach their full potential.

Impact Story

Bongani Jovo's journey with the PowerBoys programme is a heart-warming story of personal growth and resilience. When Bongani first enrolled in the programme in July 2022, he was a shy and introverted boy who struggled to make friends after relocating to Dennilton with his family. Despite his challenges, Bongani was determined to make the most of the opportunity presented to him through the PowerBoys programme.

Through weekly sessions that focused on mental health, GBV, education, and rethinking gender stereotypes, Bongani gradually



began to come out of his shell. He found a safe space in the programme, where he was able to form new friendships with other boys who shared similar experiences and struggles. Bongani's mother has noticed a positive change in her son since he joined the programme; he is now more confident, helpful at home, and often has a smile on his face.

Bongani's newfound confidence has also extended beyond the programme. He now enjoys spending time at the sports ground with other boys, playing soccer and participating in other activities. Bongani's story is a testament to the transformative power of community-based interventions that prioritize the holistic development of young boys. Through the PowerBoys programme, Bongani has developed critical life skills that will enable him to navigate the challenges of adolescence and transition safely into manhood.

NDLOVU YOUTH CHOIR

The Ndlovu Youth Choir is a significant success story for South Africa and a testament to the power of investing in youth and cultural development. The Choir has become a symbol of hope and inspiration, showcasing the talents and resilience of young people from disadvantaged backgrounds. The success of the Choir has had a ripple effect in the community, inspiring other young people to pursue their dreams and showcase their talents.



It is worth noting that the Ndlovu Youth Choir has become a sustainable program that no longer requires funding, and it continues to train new generations of young singers.

WATER SANITATION AND HYGIENE

Access to clean water is a fundamental right that many people take for granted, but unfortunately, it remains a challenge in many communities, particularly in rural areas. The Moutse area is one such community that has been struggling with water challenges for years. In response to this pressing need, NGG established boreholes that provide clean and safe water to the people in the area.

In 2022, NGG established an additional 22 boreholes, bringing the total number to 77. These boreholes have



been strategically located to ensure maximum coverage in the community, and each borehole serves approximately 160 households. To ensure sustainability and reduce the environmental impact, 24 of the boreholes have been powered by solar energy, making them eco-friendly and cost-effective.

Each borehole is equipped with two storage tanks, two solar panels, and a pump, and four taps have been mounted on a face-bricked wall to allow multiple people to access the water at the same time. To date, over 80,000 people in the Moutse area have benefited from these boreholes, with 25,600 of them gaining access to water through the 22 additional boreholes established in 2022 alone. This investment has not only improved access to clean water for household use and sanitation but also impacted people's livelihoods. Many households in the area have started their own home food gardens, and there has been a significant improvement in food security.

CONCLUSION AND THANK YOU

Tjommie has played a significant role in supporting the Ndlovu Care Group Childcare & Youth Development programme between March 2022 and February 2023. We would like to thank all Tjommie donors for their support and say special thanks to RB Foundation, ServiceNow, AFAS Foundation and Wilde Ganzen. Overall, the impact of the programmes is demonstrated by the 21,130 beneficiaries reached in 2022, highlighting Tjommie's vital role in transforming the lives of vulnerable children and empowering disadvantaged communities to achieve self-sufficiency.

