Amandla Ku Lutsha - providing services to children who grow up separated from their families in residential facilities and disadvantaged communities through soccer leagues, life skill programmes, leadership training and crime prevention programmes.
Dear Friends

We are excited about what a successful start we’ve had to 2009! All Amandla Ku Lutsha’s programmes are up and running and we’re on track to meet all our objectives for the first two quarters.

More than ever Amandla Ku Lutsha has developed itself as a service provider in sport for development to communities and especially residential projects for youth and children in the Western Cape. Our objectives can be divided into four categories: developmental soccer leagues for children in residential facilities, leadership training for selected youth from residential facilities, a life skill programme specifically reaching out to the needs of children growing up within residential facilities and a community empowerment and crime prevention initiative through sport rolled out through the artificial turf field in Khayelitsha.

In total our services engage over 1100 children and youth every week.

Nevertheless Amandla Ku Lutsha still faces some challenges to overcome. Once again we had problems in accessing sport fields to role out our programmes. To overcome this constant threat we are in the process of setting up a partnership with the City of Cape Town Department of Sport and Recreation which is scheduled to materialise by the beginning of 2010. Another challenge is certainly the constant demand for growth of our programme which increases the work load of the current staff team. We therefore recruited a bookkeeper/accountant who will be contracted from the beginning of June 2009.

The following report will focus on the programmes run be Amandla and provide details of the monitoring and evaluation systems established by Amandla to guarantee effectiveness and efficiency of all programmes run.

Enjoy reading!

Florian Zech & Leonora Reid
Executive Directors
Life Skills Programme

With the objectives to equip young people with a set of skills which increase their career opportunities, to providing a platform of dialog for young people and to teach “life skills” and “life lessons” through sport Amandla Ku Lutsha has developed a set of sessions which are being implemented and rolled out by Amandla’s Project Coordinator and Coaching Coordinator as a pilot programme in 2009. The life skill programme is divided into three themes: 1. Self-discovery, 2. Awareness, 3. Leadership. Under each theme different topics will be discussed. An introduction to each topic is given through activities within the soccer training, which is held before the life skill session. This aims to picture the topic better for the children and to give them a ‘hands on’ approach to the theme. In developing these life skill messages Amandla Ku Lutsha has worked closely together with some of the childcare projects to consider the special needs and challenges for children growing up through the residential care system. Between now and December the Amandla Ku Lutsha staff team will roll out three sessions per week reaching out to all childcare facilities participating in Amandla Ku Lutsha projects. In this way we are aiming to roll out over 60 life skills session reaching out to over 1000 children from residential facilities such as orphanages, children’s homes, street shelters, places of safety and drug rehabilitation programmes in the Western Cape, South Africa.

To evaluate the impact of this programme in the best way possible Amandla Ku Lutsha developed a set of evaluation questionnaires for children participating in the programme. After each session the youth have to answer three questions related to the theme discussed. This will give indication of the immediate impact of the programme. To evaluate the long term impact all youth who participated in the programme will fill out an overall evaluation questionnaire at the end of the year. The results of this will be published in our annual report.

In addition to this Amandla Ku Lutsha will hold three workshops, each one dealing with one life skill themes for the coaches (mostly child and youth care workers who work on a daily basis with the children). These workshops aim to give coaches the tools to apply the life skills messages in every soccer session, independently of Amandla Ku Lutsha staff being present.
Soccer Leagues and Fair Play System

Amandla Ku Lutsha extended its positive impact and is meeting its 2009 aims through expanding to running three soccer leagues: a junior boys league with 12 teams, a senior boys’ league with 14 teams and a girls league with 8 teams. All teams are formed with children from over 25 orphanages, street child shelters, children’s homes, places of safety and drug rehabilitations centres for youth from within the Western Cape, South Africa.

With a delay of one week due to the general election being held at the time in South Africa the third Amandla Ku Lutsha soccer season kicked off in late April 2009. Once more the number of projects and children participating increased immensely and once more Amandla Ku Lutsha strives to bring education, hope and happiness to children who are forced to grow up without their families in facilities in Cape Town’s townships and suburbs. The number of active participants has reached 700 this year.

Photo reports with scores and log updates of every match day will soon be available under Amandla Ku Lutsha’s newly acquired domain, www.amandlakulutsha.org. Our senior boys’ league is proud to call itself the Adidas-Amandla Ku Lutsha Senior Boys League due to a generous donation of Adidas.

As mentioned in our first report for 2009 the Amandla Ku Lutsha Fair Play System was updated and successfully introduced to the teams through posters with the rules and information papers for every team.

In the last two years Amandla Ku Lutsha observed the extremely positive impact this system has on the children's behaviour, self-control, respect and social awareness. To evaluate this in more detail we designed a short and simple questionnaire which will be filled in by all children playing in our leagues.

We are especially excited to see what impact the teams will have on their respective communities with their community outreach projects they need to plan, execute and evaluate in order to qualify to win the overall fair play prize at the end of the season.

The overall fair play prize is won by the team in each league which collected the most fair play points through community outreach projects and during league games throughout the whole season.

Staff Capacity Building

Amandla Ku Lutsha is emphasising on empowerment and growth of all its staff members.

Through the staff capacity building programme in 2009 we aim to ensure better service delivery and work performance by all members involved in the organisation.

In achieving this strategic goal for 2009 we will organise four (one per quarter) external business and management courses and three internal workshops on important Amandla Ku Lutsha policies such as the Anti-Bullying policy and the Child Protection Policy.
The main objective of the youth leadership programme is to equip young people with leadership and facilitation skills in order to create positive role models and leaders for other youth.

**Senior Leaders**

To develop well trained and skilled youth coaches:

Through Coaching for Hope, ten of the senior leaders went through a coaching course and are rolling our sessions in their children’s projects as youth coaches. Coaching for Hope is supporting this process and currently meeting with the youth on a weekly basis to ensure that they feel well equipped when they come to the field to coach. Two of the boys have shown exceptional potential and were rewarded for their efforts in the pre season event.

To establish young leaders who are well aware and informed about the importance of education and the different options and opportunities within the educational system:

Since the beginning of the year we have been working on individual development plans for all the youth in the leadership programme. Through this we have identified areas of need. We are assisting the youth to access tutoring, careers guidance and information on higher education. Two of the youth will be in their final year of schooling next year; one wants to do physiotherapy and the other mechanical engineering.

Many of the youth have been involved in an eight week computer course, which has been highly successful and will end in them getting a certificate in computer literacy.

To encourage young people to come up with their own plans and solutions of problems and make them aware that they can make a difference - To have young leaders with a wide perspective on important issues in the communities:

The youth are engaged in community outreach, where they need to identify a need in their local community and plan a programme with their team. Once they do the outreach they put together a report and submit it to Amandla Ku Lutsha and they will be allocated up to 20 points for their teams fair play score. So far the youth are in the planning stage, but we will see implementation over the next few months.

**Junior Leaders**

To create awareness in the youth to stand up for themselves and their rights:

During the first leadership camp and the biweekly meetings the youth have been looking at ‘who am I’ and self esteem. Amandla Ku Lutsha also places great importance on educating them not only on their rights but also on their responsibilities and in this we set high standards for them as a group.

**Trip to the UK**

This year Amandla Ku Lutsha is aiming to take our junior leadership team to the U.K. We are busy fundraising and organising the tour. The youth are responsible for raising the funds for their own tickets with the assistance of the children’s homes. We are aiming to arrive in the Manchester on the 25th of September and depart from London on the 3rd of October 2009. During the trip the youth will visit a number of schools, and NGO’s working with youth at risk. They will also visit the David Beckham Academy and hopefully one of the local soccer clubs. The youth will be playing teams against development sides in London and Manchester. The aim of the trip is for the youth to return with a greater cultural awareness and understanding on the common struggles of youth all over the world.

**News in Short**

**Amandla** Ku Lutsha has recently conducted a South Africa wide survey on the need for recreational activities for children in residential care. We send out questionnaires to all listed orphanages, street child shelters, children’s homes, etc. The questionnaires are currently being evaluated and we will publish the results in near future.

**SONY** Entertainment made a five minute video about Amandla Ku Lutsha for their new website. We will let you know the link as soon as it is online.

**Over** recent months Amandla Ku Lutsha featured in various regional and national newspapers and magazines such as the Cape Argus, the 2010 FIFA World Cup publication, the Big Issue, the City Vision and the Vukani, the Ajax Cape Town Magazine.

Second Quarterly Report 2009
Artificial turf field and the Ambitious Youth of Khayelitsha group

Amandla Ku Lutsha is assisting with the facilitation and development of the AYK. The aim of the AYK is to run a self sustainable business where they can support themselves and assist in the development of the local community. They do this through running township tours that incorporate soccer and local culture. Aside from the tours the AYK run a night league and a youth development programme. The night league is aimed at young men that spend their Friday and Saturday nights drinking and getting involved in undesirable behaviour. The league runs from 18h00 to 00h00 every weekend and reaches more than 400 men. The youth development is targeted at youth on the street corners, bringing them into soccer programmes. Through soccer the AYK will engage the youth in workshops and community outreach, helping to develop them into young men who are of great value to their community.

To raise awareness of the night league, Amandla Ku Lutsha in partnership with the AYK, AJAX Cape Town, CTC Ten ran a 24 Hour Tournament on May 1st. Over 1500 participants from all over Cape Town joined together at Chris Campbell field in Khayelitsha. The objectives were to run a 24 hour soccer tournament incorporating U10, U16 and seniors and to bring together the community in a crime prevention initiative, which offers workshops on health and drug awareness. The event kicked off at 08h00 all twelve of the U10 teams were at the field and ready for action.

The atmosphere was great and the teams all had a lot of fun. The tournament then went straight into U16’s at 13h00 with twelve teams battling for a place in the final. At 18h00, the thirty-two teams made their way to the field for the open men’s part of the tournament. After a heated group stage, the knockout quarterfinals round started at 04h00. The NPO Love Life had a strong presence during the whole day and distributed booklets of information to the youth on HIV protection and healthy life style. The 2010 FIFA ambassadors made an appearance with Sugers Qinya, Thabo Ngobeni (former Bafana Bafana Captain) and Ace Khombula. The three South African soccer heroes brought together all the youth and talked to them about the importance of making positive choices in life. Ajax Cape Town also offered a lot of support with the event and showed a strong presence with the loyalty scheme.

Thank You!

Amandla Ku Lutsha would like to thank everyone for all the support they have given us so far this year. Especially Adam Fleming, Coaching for Hope, Adidas, CTC10, Franklin and Marshal University, the 2010 Ambassadors, Ajax Cape Town, The Joffe Foundation and the Homestead programmes for street children. Also a big thanks to all the individuals who sponsored kit.