

Impact of ACAT's Programme on Children and Youth – the next generation



January to December 2022

Impact: 2080 teenagers empowered through 47 Courses!

During 2022, ACAT completed an ambitious programme to take its Youth Basic Life Skills courses to the teenagers in the communities in which we operate. The impact has been astounding! Lessons included mindset, family relationships, health and sexuality, career choices, how to establish a vegetable garden, basic business skills and the power of saving. The gospel was presented, and time was given for teenagers to ask questions. Many have commented that they felt heard, seen, helped and loved!



Impact: Burying hunger!



Filling the moisture deep trench as part of the practical demonstration of making deep trench vegetable gardens



Training in careers, business and reproductive health

ACAT partnered with Zoe Life (Blue Roof Career Guidance) to provide training on how to identify career options in line with the participants' gifting and ability. This proved to be very successful – with many people saying it was the first time they had had any guidance as to their subject choices.



Discussions on reproductive health and sexuality proved to be very popular both for teenagers and their parents! The teenagers said that no-one talks about these matters to them, and the parents said they were so thankful that someone had guided their children, as they did not know how to approach the topic themselves. This was truly a win-win situation! In some areas, the Dept. of Health attended some sessions, and they asked our team how they had managed to attract so many youngsters, because they have found it extremely difficult to get teenage involvement in their outreaches. This was a very positive compliment to our team!



Impact and follow up of youth training

Here are some of the gardens and businesses that were established by teenagers as a result of the training they received at their life skills courses.





Aphiwe Xaba is 14 years of age, lives in Mpumelelo (Emnambithi) and is in Grade 10. She attended the ACAT Youth training and says:

"I am so thankful for the seeds I received from the training. I went back home and told my family what I learned. My uncle helped me plant the seeds and since then, we have been able to eat fresh vegetables. My family was excited to see my motivation since the course, and my grandmother says I never tell her what I learned from school, but I've told them a lot from the lessons at YBLS. My uncle is so pleased that we can produce our own vegetables to sustain themselves. I enjoyed the training especially in business and gardening."

2733



Melokuhle Mabaso lives in Madrayini with her granny who has two sons who are unemployed. Her granny says:

"When Melokuhle returned from the youth course with seed packs, I was overjoyed. We planted them and soon enough we had fresh vegetables to feed the family. Melokuhle enjoyed the training very much and she told her friends at school about what she learned. She is a very keen child who finds it easy to help me at home. She enjoys spending time with her friends and her family. She likes Maths and Science and would like to become a doctor when she finishes school."

Nolwazi Ndlovu (17), stays with her mother, Delisile, who is an active G5 member in the ACAT programme in Emnambithi. Since Delisiwe joined ACAT her sewing business has grown into a sustainable business. Nolwazi has benefited from her mother's business by learning sewing and gardening skills. This year, Nolwazi had the opportunity to attend the YBLS in her area. She received seed packs from ACAT, which motivated her interest in gardening.



1976

Nomkhosi Ntuli lives with her mother, Celiwe, who is a very committed G5 member in eThekweni. After joining ACAT, Celiwe established a tuckshop business and a vegetable garden. Nomkhosi helps her mother by selling electricity through a flash system, and when her mother has other commitments, she is able to cook the fast food that they sell through their business. Together with her sister, she also helps with vegetable gardening. This year Nomkhosi attended the YBLS training and she says:

"It benefitted me a lot, especially the training on sex education and career guidance. I am now very sure of what I would like to be in future ... a Tour Guide. At school tourism is my favourite subject."



Nomkhosi's mother says,

"She is a bright, confident girl. She is good with languages and writes well. I am very pleased with her progress in school. She has great confidence, and loves sharing the information she received from the ACAT course with her peers at school."



Kwazi Ncube is 15 years old and in Grade 7. He lives with his granny in Ntabende. She has been a member of ACAT and produced vegetables for her family for a long time. When his granny heard that an ACAT youth course was to be conducted in the nearby zone, she says,

"I decided to send my grandchild Kwazi to this course, because I hoped that he would gain more knowledge at his level, and especially about vegetable gardening. When Kwazi returned from the course, I was so delighted about what he learned. He told me everything about the training and said he enjoyed the gardening lessons the most. He showed me the seed packs he received from training. I was so thankful that when we planted them, we produced a very successful crop – which we ate, gave to my neighbour, and sold. Kwazi is doing well at school. He said the career guidance at the course helped him to know that he wants to be a business person in future."

Sibongile Nzama, the ACAT Child Facilitator in the area, said:

"I had such joy when I saw the impact this boy and his granny have had."

Their **neighbour**, Mrs Mthethwa, says,

"I have a good neighbour who really cares, and who is willing to share what helps with me and others. She demonstrates love".



Akhona and Asiwakhe Ngcobo's father – Phillip Ngcobo – is a very active G5 member in the Taylor's Halt area. He joined the ACAT programme and started to improve his family homestead by practicing some of the training activities received at Basic Life Skills training. He says:

"This is a true direct benefit for my children in my family. My children work together with me especially in our garden. Akhona attended YBLS, and she has been motivated a lot. When she came home with vegetable seeds, I was so thankful and I helped my children to plant them. We had a good harvest of spinach, cabbage and carrots. Akhona and Asiwakhe work very closely with me, and are very keen to learn gardening. Our neighbours buy fresh vegetables from us whenever we have a surplus. Akhona is in Grade 11. She is very bright, and her favourite subjects are Maths and Science. She would like to become a doctor. Asiwakhe is in Grade 3, and likes to look after goats and cows."

Philiswa Ngcobo is 16 and lives in the Songonzima area. She says,

"It was such a privilege to attend the YBLS and there was a lot to learn. I enjoyed learning about sex education, and as teenager I am now better equipped how to face with peer pressure and know how to look after myself as young girl. I am in Grade 11 and would like to be a doctor when I finish school. I have started saving my own money – whenever I am given pocket money – I save some of it in a saving tin to buy school shoes. After receiving seedlings at the course, I started my own garden, but was challenged by a severe storm which destroyed my seedlings. I did not give up, and instead planted maize. My mother was also thankful that I had this opportunity for training."





Amanda, (13 and in Grade 8), learned her selling skills from her mother who is an active G5 member in the ACAT programme in the Taylors Halt area. She goes from house to house selling Tupperware to her neighbours and saves the pocket money she earns from her sales. She helps her mother by cleaning the house and her father's business container. Her parents are confident that she will use her business skills in the future. Amanda enjoyed the business and gardening lessons at the youth course. Her favourite subjects at school are Maths and Economics – which is a good thing as her ambition is to become a successful business woman.



1802



Ayabonga Njokwe, 14, stays with his mum, brothers, and his sisters in Okhahlamba. His mother is a G5 member who is committed to improving her family. Ayabonga works closely with his mother from gardening to looking after cattle. He attended ACAT's youth course and planted the seed he received. They have enjoyed eating his produce – he says,

"I am not lazy to do gardening because I have seen that it saves my family from buying vegetables from town. My favourite sport is running, and I would like to become a professional athlete."

Avela, 13, lives in Impendle. When he returned home from the youth course, he explained what he had learned to his granny, and this helped to inspire her as she had been a G5 member for a few years. Both Avela and his granny immediately started a garden and benefitted a lot from it. Avela said he enjoyed the course very much and gained useful gardening skills, which help him work with his granny.

