



United
Through
Sport



IMPACT REPORT

2015 - 2017

PREFACE



Welcome to United Through Sport's 2015 to 2017 Impact Report of all our donor-supported programmes.

We created this report to celebrate the impact of all our donors' support in our programmes over the past three years. We discuss some of the hardships that the children of Nelson Mandela Bay in South Africa face daily and what we do to promote their rights: to play, to be healthy and to access good education.

This assessment was conducted by an external assessor to form an objective analysis of our donor supported programmes to discover what depth of impact exists in relation to our programmes' effect on the children who participate in them.

As you will see our results speak for themselves. Just a few highlights that I am personally extremely proud of include:

■ In the period 2015 - 2017 we have almost doubled our intake of Senior School of Excellence beneficiaries from 49 to 89 children (compared to period 2012- 2014). The impact of this is evident with our 100% Grade 12 (final year) pass rate and consistent top academic attainments every year.

■ In the Junior School of Excellence programme, we have improved the English and Maths results of the participating children by almost 20% for Maths and almost 30% for English.

■ The total number of children reached in our Mass Participation Programme over the past three years were 34 569.

Not only are our donor-supported programmes yielding the positive outcomes intended, they are also having far deeper impact and encouraging more spin-offs than what we had anticipated. So please enjoy reading about our work, and thank you to all our donors as without your support the transformation of the children's lives would not have been possible.

Nick Mould, Director
United Through Sport South Africa

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INTRODUCTION



Since founded in 2005, United Through Sport has used sport as a tool to develop children from disadvantaged and vulnerable backgrounds.

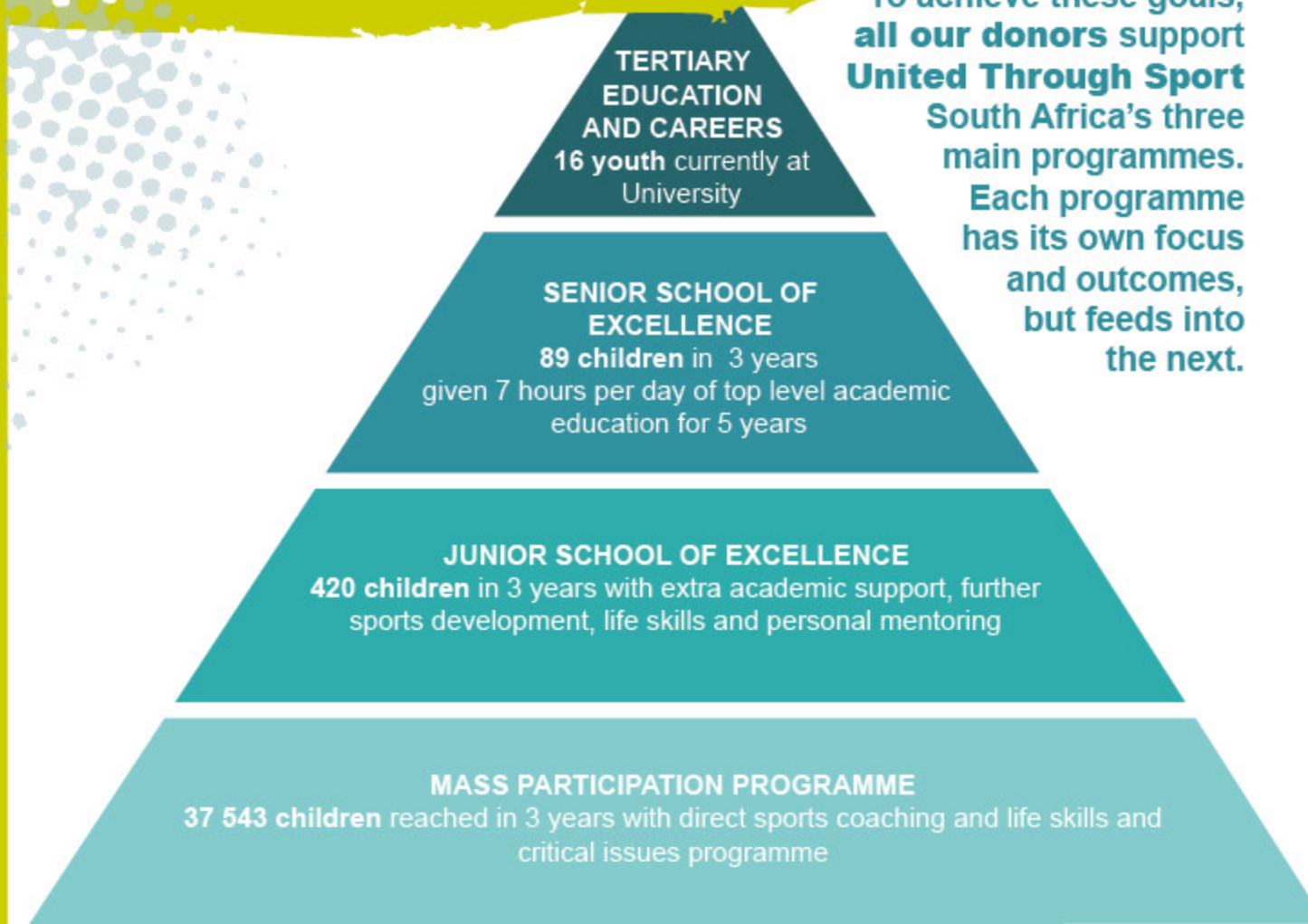
Our goal is not to develop sport itself but to use the power of sport to create opportunities for children - socially, physically and academically - by developing their holistic skills, knowledge and ability to follow a pathway to success.

WE USE SPORT IN THREE MAIN WAYS:

- 01 Using direct sports coaching** – for its health benefits, improved emotional well-being and increased life skills (teamwork, leadership, decision making, communication).
- 02 Using sport to discuss critical issues** – by delivering curriculums on topics such as HIV and AIDS awareness and gender equality in a fun and interactive manner on the sports field.
- 03 Using sport for improved education** – by providing pathways to success for talented and dedicated individuals through scholarships to top local schools and tertiary education.



OUR PROGRAMME



THE MASS PARTICIPATION PROGRAMME



The Mass Participation Programme provides a broad base for our work, focused on taking the direct benefits of structured sports coaching to the children of the disadvantaged communities of Nelson Mandela Bay. The aim of the programme is to reach as many children in as many schools as possible, and assisting to greatly reduce their risk of contracting and further contributing to the HIV and AIDS epidemic.

development of young children, due to their increased nutritional needs and greater risk of infection.

Schools in the poorer communities of South Africa have very limited access to any structured sports activity and therefore the children miss out on all the benefits associated with this. The health benefits alone of regular physical activity are widely documented. Physical activity has also been found to be one of the most effective combatants of emotional disorders such as depression. Playing sport in a structured environment with good mentors also has the power to develop key life-skills such as teamwork, leadership, communication and decision making.

In 2016, **129 000** people in Nelson Mandela Bay were infected with HIV, representing **10.24%** of the total population of the city. The number of people infected in South Africa as a country in 2016 were at more than **6 million** people.

In 2016, there were **640 000** people living in poverty across Nelson Mandela Bay. Poverty has grave consequences with regards to the

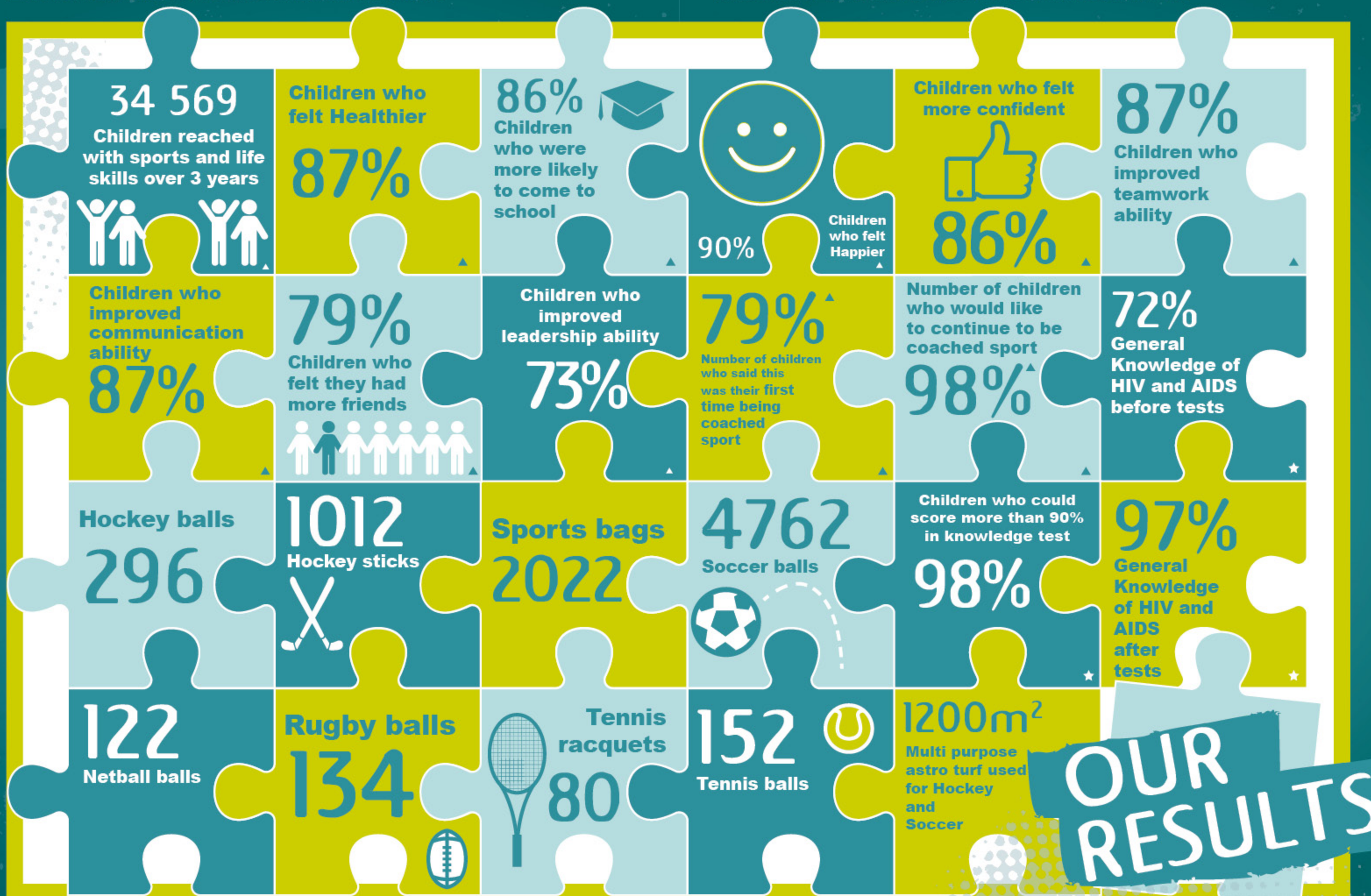
OUR FINDINGS: HIV and AIDS is one of the most significant issues facing children and youth in the communities that we work in. From our own research we have found the infection rate in youth between the age of 16 and 35 to be as high as **32%** - more than one in three young adults in the disadvantaged communities is infected with HIV or AIDS. Despite this, the infection rate in children below the age of 16 is much lower, recorded at only **1%**. Therefore, it is imperative that children are given the tools and skills required to be able to avoid contracting HIV before reaching the age of 16.



WHAT WE DO

The Mass Participation Programme focuses on taking structured sports coaching in Football, Rugby, Cricket, Netball, Hockey, Tennis, Basketball and Swimming and combining it with key education about HIV and AIDS and gender issues, to children between the ages of 10 and 13 across the disadvantaged communities of Nelson Mandela Bay.

We use this method of combining sport, fun and interactive activities as a way of teaching children about the dangers of HIV and AIDS and how to avoid becoming a victim of the epidemic, growing in South Africa. We have found that using visual exercises and combining the key messages with physical activity improves the children's ability to retain the information by up to 80%.



OUR IMPACT



The volunteer coaches of the Mass Participation Programme have enhanced and broadened the opportunities for young people at many primary schools in Nelson Mandela Bay.

Without these volunteers many of the learners would not have experienced sport. Many educators have not played sport and do not know how to coach sport. The United Through Sport coaches fill a significant gap by coaching young players, as well as training and mentoring teachers in the techniques of coaching.

“The sports programme provides opportunities where there would have been no real hope of sport.”

- Educator, De Heuwel Primary School

“Players like Siya Kolisi (South African Springbok rugby player) and other Kings players (the Eastern Cape regional rugby team), are found here in our townships. They are recruited by scouts but it's programmes like United Through Sport that make this rugby possible. It gives these young people the opportunity to play and to shine. We are so grateful.”

- Educator, Isaac Booi Senior Primary School

“Learners have another outlet. They are less interested in joining gangs and more interested in joining sports clubs. This supports their need to belong, which is what the gangs do so well.” - Educator, Astra Primary School

“Instead of putting their energy into the many opportunities for getting into trouble, especially here in the townships, these kids are putting their energy into something positive. They spend up all their energy and can go home feeling they have achieved something.” - Principal, Isaac Booi Senior Primary School



WHAT OUR PARTICIPANTS SAY

United Through Sport's Mass Participation Programme has directly impacted the children of South Africa in the following key areas:



IMPROVED HEALTH

“The kids always get good exercise and have a lot of fun.” - Teacher

“Sport is essential for channelling the energy of young people in a positive way.” - Teacher



IMPROVED EMOTIONAL WELLBEING

“I see the learners enjoying themselves and they are happy.” - Educator, Isaac Booi Senior Primary School

“They learn how to lose graciously. They learn how to win generously. They learn that they can all be heroes on the sportsfield.” - United Through Sport coordinator

“Educators as well as learners become more motivated.” - Educator, Dr. AW Habelgaarn Primary School



IMPROVED LIFE SKILLS

“Teamwork on the field translates into teamwork in the classroom, especially in Grade 7 where there is an emphasis on working together.” - Educator, Astra Primary School

“Previously learners were disrespectful, not doing their homework. Some were violent, and some were bullying other children. All of this has changed. There is less cases of violence and bullying.” - Educator, Ilitha Primary School

“Definite improvement in discipline. The learners are more punctual. They respect the teachers and grow respect for themselves.” - Educator, Machiu Primary School

JUNIOR SCHOOL OF EXCELLENCE PROGRAMME



The Junior School of Excellence is about nurturing participants with ability and determination to give them access to a higher level of academic education and personal development.

NATIONAL STATISTICS: Recent results for the annual national assessments for South African learners in Grade 4 (Year 4) exposed a serious problem at Junior School educational level. On average learners achieved only 49% for their Home Language and 37% for Mathematics. In Grade 6 (Year 6) the learners achieved less than 40% in their Home Language, and over 36% failed Mathematics.

THE NEED

A South African child who starts school in the disadvantaged townships stands a **3%** chance of progressing on to University. Although 98.8% of children enrol at school in grade one, less than half make it into Grade 12 (Final Year of school).

Alarming **36%** of high school students drop out in the last year of education

between Grade 11 and Grade 12, largely due to the low quality of education in township schools where high average class sizes, large scale teacher absenteeism, and poorly skilled or uninterested teachers all contribute to poor performance.

There is an average **12%** drop out rate after Junior School in the area where we work.



WHAT WE DO

The Junior School of Excellence Programme aims to supplement the current schooling that these children receive by working with them for an additional two hours every day after school – providing extra academic support in Maths and English, further sports coaching, life skills classes and personal mentoring. The children spend one to two years in this programme between the ages of 11 and 13 with the intention of preparing them more thoroughly for high school. This provides a stronger foundation for completion of their schooling and encourages them to aspire to continue onto tertiary education.

OUR RESULTS

JUNIOR SCHOOL OF EXCELLENCE ACADEMIC RESULTS

	Before Programme	After Programme	Average Increase
Average English Marks	47%	74%	27% ↑
Average Maths Marks	39%	57%	18% ↑

Compared to the previous period of assessment (2012 – 2014) we have increased the total number of children reached with the Junior School of Excellence by almost 100 learners. The total number children reached between 2015 and 2017 were 431 and their pass rate over this period was 100%.

AVERAGE JUNIOR SCHOOL OF EXCELLENCE LEARNER'S IMPROVEMENT PER CATEGORY:

1. SOCIAL CAPITAL 71%↑

"I fit in better and make friends with others more easily." *

2. EMPATHY 53%↑

"I feel bad when I hurt people's feelings."

3. FUTURE ASPIRATIONS 96%↑

"I have a better idea of what I want to be when I grow up."

4. MORALS 50%↑

"It bothers me more when I have done something wrong."

* Example of typical statement assessed on.



5. CONFIDENCE & SELF ESTEEM

↑ 66% "I am more comfortable entering a room full of strangers."

6. ACADEMICS

↑ 87% "I understand my school work more easily."

7. HEALTH

↑ 92% "I realise more that it is important for me to exercise."

8. PROBLEM SOLVING

↑ 88% "I manage to solve most problems in my life more easily."

OUR IMPACT



The Junior School of Excellence (JSE) provides a programme of after school activities for a selected group of learners in junior school.

The learners who have participated in the programme have improved not only their academic performance at school – particularly with regards to Maths and English – but also their emotional wellbeing and social skills with the help of the Life Orientation classes.

Surpassing the individual goals of the programme, important social change at schools have also taken place because of the Junior School of Excellence initiative:

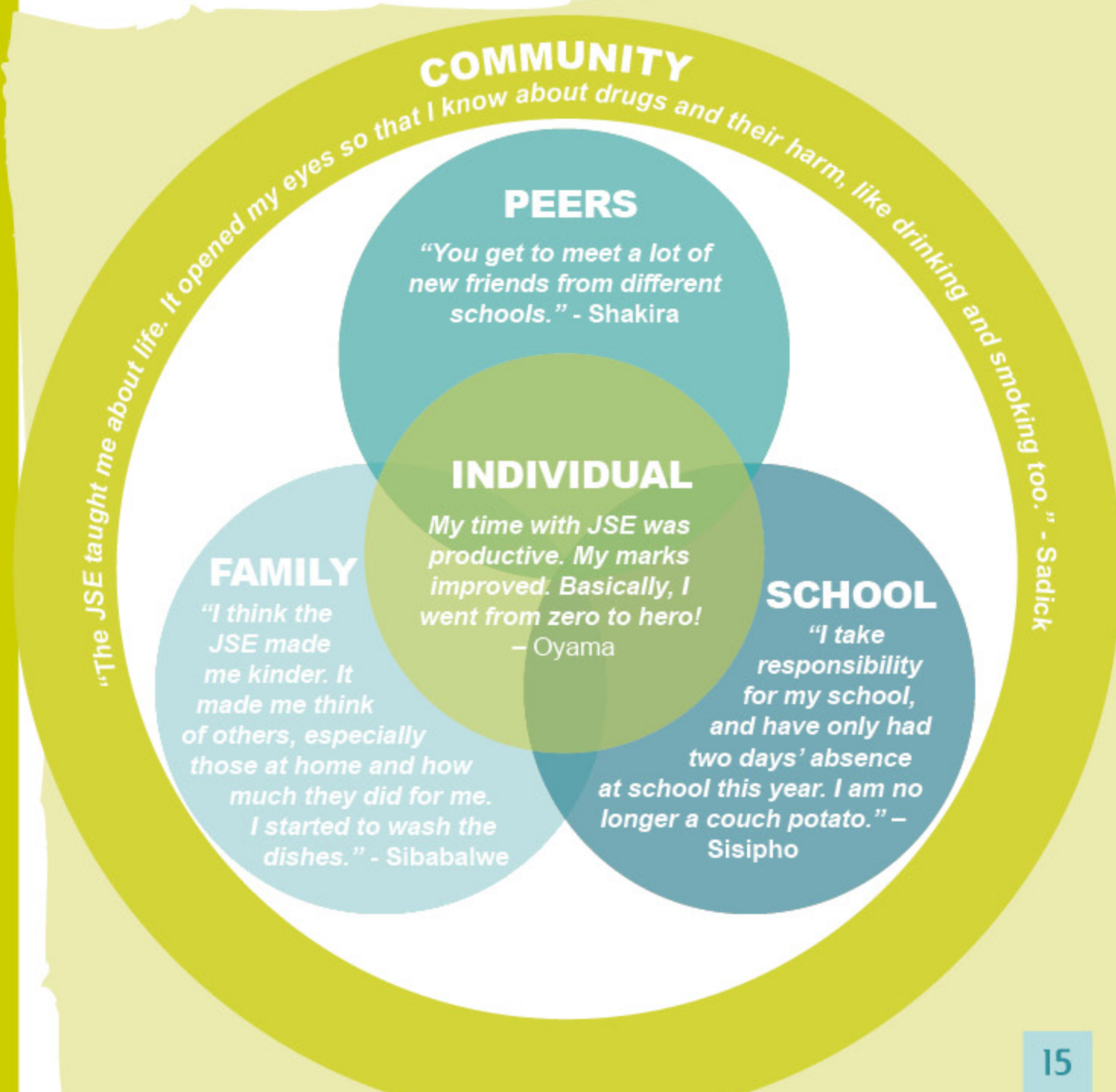
“Our teachers also get involved and benefit from the coaching. They are required to learn too - it is a continuous process from February to November. I now have six teachers who are working with United Through Sport. They are learning to coach, so that the programme will remain with us, even if United Through Sport doesn't.” – Principal, Isaac Booi Primary School

“United Through Sport kept us from drugs, from stealing and robbing people, and from smoking and doing drugs. We talked about it a lot – how to keep yourself clean. Also about continuing with school, because really at that stage there were some kids in Grade 7 who wanted to get out.” - Akhona



WHAT OUR PARTICIPANTS SAY

The Junior School of Excellence not only benefited the children who took part in the programme on an academic and psychosocial level, but also their peers, families, schools and their communities.



SENIOR SCHOOL OF EXCELLENCE PROGRAMME



THE NEED

The gap between township school education and former 'Model C' school education is vast. Starting out life in a township school leaves a child with a mere **3% chance of getting into University** compared to 89% of those attending former 'Model C' schools.

This fact is reflected in the demographics of Nelson Mandela Bay where only 10% of

The Senior School of Excellence Programme is focused on providing talented and determined children with top level academic education for a full five years with the final aim of supporting them through to tertiary education. For the period 2015 – 2017 a total of 89 beneficiaries took part in the Senior School of Excellence programme, with 19 who have graduated from high school.

people over the age of 20 had a tertiary education and only 35.4% had a matric pass in 2016. Almost 40% of people over the age of 20 in Nelson Mandela Bay, had some secondary education – meaning that they dropped out somewhere in high school.

This gives them a much higher risk of becoming unemployed or at most, doing a low skilled job. **South Africa's unemployment rate hit a 12-year high in 2016, at 27.3%.** The unemployment rate is even higher among youth - close to 50%. In 2016, the unemployment rate in Nelson Mandela Bay was 28% - which equates to more than one in four people without a job.



WHAT WE DO

In the Senior School of Excellence Programme we place the children with the most potential on a scholarship at some of the top former 'Model C' schools in the country for the full 5 years of high school. This allows them to benefit from 7 hours a day of top level academic education and further sports coaching. The objective is that 100% of these children obtain the necessary results required to continue onto tertiary education and eventually into higher skilled jobs, allowing them to get out of the poverty cycle they were born into.

OUR RESULTS

Over the three years 89 children have been selected for the Senior School of Excellence Programme, attending some of the top schools locally and nationally. Each of these children benefits from a total of 7000 hours of contact time over a five-year period.

The number of graduates from the Senior School of Excellence, who have successfully completed high school is 19. They have all contributed to the Senior School of Excellence's 100% pass rate. **89% of graduates who have completed the programme are in the process of furthering their tertiary studies.**

TOP OF THE CLASS: The Class of 2017 was the biggest group of graduates that have passed through the Senior School of Excellence Programme, and every year a consistent 100% pass rate is achieved by the graduates. Between the nine final year beneficiaries from the Class of 2017, a

new record of eight subject distinctions in total were achieved. Four of the eight distinctions were achieved by Bronwyn White who was accepted to study Medicine at the University of Bloemfontein. Nationally only 28% of the total final year learners in South Africa achieved a university pass.



"Through United Through Sport, I could attend a school like Pearson, which has given me a lot of opportunities to mature over time because of the type of environment. Something I don't think would have happened to the same extent if I were anywhere else." - Bronwyn

OUR IMPACT

The Senior
School of
Excellence
beneficiaries

spoke positively of the opportunity afforded to them to get a top-class education, and how it had transformed their lives. Other than academic and sporting opportunities, the beneficiaries also got exposed to various cultural excursions and life skills education.

OVERCOMING CHALLENGES ALONG THE WAY: The transition from a township school to a well-resourced former Model C school presents many challenges. Differences between their junior schools and the high schools are stark. The meaning of 'underprivileged' in relation to their previous schools is felt acutely by the beneficiaries. The transition from a racially homogeneous township school to a former Model C school, the distance (more than 30km) between their homes and new schools, high academic standard and intense sports training regimes were some of the challenges they had to overcome.



WHAT OUR PARTICIPANTS SAY

A word from Mawethu

"I grew up in KwaDwesi. I went to Emafini Primary School. I was given a scholarship to Muir College, and it has been a great experience. I have learned a brotherhood and toughened up a lot. I am now the hostel monitor, which is a big achievement. I am in the top ten academically in my grade. I play rugby (scrum half) and I play cricket (batsman and a bowler).

My parents are really thankful for this opportunity. They would never have been able to give me this education. It is going to open many doors for me. I am only in Grade 9 now, but already I speak with the guys about what we are going to be doing in our futures. I don't think I used to think much about it before, but now I know I have something that will open doors for me. I would not have been here today if it weren't for United Through Sport."



1: "I was amazed at the facilities. At first it was quite overwhelming, but then you settle in and start to make use of it all. They have a full library and in Grade 8 you must take out a book and read it every week. I would take out many and try to read as much as possible. I wanted to improve my English." – Tasniem

2: "It was the first time I had been at a school with so many whites. It was so unusual, there were so many kids who were not the same race as me. I was kind of scared in the beginning. It probably took me a year. Now I go to parties with them and we are good friends." - Luke

3: "Practice for rugby often started at 06h00. I had no idea that schools would take sport so seriously. It was big, actually it was huge, but we adapted and learnt. It has been amazing and changed my outlook and my approach." - Cebo

4: "Because we know that the base from which we come in junior school is much weaker, we had to learn so much harder, just to prove to others and to ourselves that we are capable and can compete." - Kiara

5: "Where we come from, school is not cool. That meant that we didn't put much effort into school. It is quite hard when you try but no one else is serious." - Lindiwe

6: "We had to learn fast to speak English. Everyone here at Pearson is speaking English and Afrikaans, but I am speaking Xhosa. It was intimidating that, but I had to." - Alakhe

7: "It is sometimes pretty tough. You are always training for sport, but your teachers also think you must secure your academic work. It is a long way from home, so travel takes time. You get home late and you're tired. You still have to do your school work, and you know you must pass." - Kyra

LONG TERM IMPACT OF THE PROGRAMME

LOOK WHERE THEY ARE NOW!



Sthembiso - The sky is the limit

I was offered opportunities to play rugby for the Sharks Academy, but I had set my heart on becoming a pilot. My time with United Through Sport had taught me to pursue my dreams. I have slowly been working towards achieving this dream. My parents are helping me. I have my first pilot's license, but I can't get a job yet, I need more hours to get a commercial pilot's license.

Sibulele - Master's degree is calling

There was no money in my house to study further after I finished school. Then I received a bursary for my fees and residence at Nelson Mandela University. I will finish my degree with Human Settlements. Already I can see my graduation. I want to do my Masters Degree at Wits University or the University of Cape Town. I know I can make my own way now. I have been able to turn disadvantage into advantage.



Kyra - Making the South African Team

Kyra is now in Grade 9 and has been attending Pearson High School since Grade 8. Prior to this, she attended St George's Primary School, also on a sports scholarship. Kyra plays both hockey and cricket. She has represented Eastern Province hockey in Grades 6, 7, 8 and 9; and, the Eastern Province U16 women's cricket. She was selected to the South African U16 hockey team. For any sports person, representing your country is the ultimate goal!



Lindiwe Cezula is one of the first Senior School of Excellence graduates to come to the completion of her degree at Nelson Mandela University.



CASE STUDY: LINDIWE CEZULA

"For the past three years, I have studied Politics and Public Administration at Nelson Mandela University. In high school, I had done work shadowing at the CCMA (independent labour body). There I learnt that to become a commissioner, I needed a variety of subjects including Labour Law and that Politics would certainly help. I have now done two modules on Labour Law and I fell in love with Politics and Public Administration.

I wanted to do something different. I also wanted to do something that would challenge me. In fact, I have based my choices on this. I am here to learn and to explore and discover. I feel I will go on learning forever.

When I look at my friends now, every friend is either pregnant or in jail. United Through Sport is a miracle sent from God. It has opened doors, so that I can't imagine life without it. Lindiwe

to these rural places, there is also a feeling that things could be easier there. I want to help my family in these remote rural parts.

My mother is from the rural areas. My father died when I was young. My mother is proud of me, but she does not completely know what it is that I am doing. My sister, on the other hand, is very clear. She has been running a tavern (a place where liquor is sold) in Walmer Township for a long time. She knows how hard life can be. I have often

helped her there. She always says I must get my education. The tavern is not the place for me.

I spend my end of year holidays with my mum in a village close to Mount Frere. There they have just installed taps. Before that, we used to walk to fetch water with buckets. There is no electricity, and no cellphone reception. I love going there. It is a good reminder of where I come from and of all I want to achieve, and why I need to get an education. And whilst I love to go

A lot of what I do, is to encourage others to keep going. There is so much I want to do. I want to have two degrees by the time I am 30. I can't wait for my graduation. I want all the people who have helped me, to be there, as well as my family. I know what it is like to be helped, and now it is my turn to help others.

CONCLUSION



The process of putting together this report has been a rewarding experience – giving insights and valuable feedback for the future growth and continued improvement of the services we offer our participants.

The results that we have obtained through the many tests, surveys, interviews and focus groups conducted with our participants and stakeholders have confirmed that we are living up to our goal of transforming the lives of many disadvantaged and vulnerable children in South Africa and enhanced their ability to follow a pathway to success.

SOME AREAS OF INTERVENTION WHERE THE CHILDREN'S LIVES HAD BEEN TRANSFORMED, INCLUDE:

- Educational progress and achievements;
- Sporting progress and achievements;
- Confidence and ability to communicate and engage with others;
- Improved relationships with families and teachers;
- Focus and hope for their future careers;
- Increased resilience and ability to resist peer pressure;
- Improved health;
- Cultural diversity and racial integration;
- Strong work ethic and sense of responsibility for own actions;
- Broader impact on their schools and neighbourhoods; and
- Improvement in the use of English language.



These areas and evidence of change within our participants are hugely encouraging signs that we are progressing in the right direction. The children's lived experiences inform our future analysis, evaluation and planning for programme development and growth as an organisation.

We are proud of the outcomes of the past three years of intervention in the lives of the children of Nelson Mandela Bay – as we continue to support children in their rights to play, be healthy and get access to a good education to enable them to fulfil their full potential.

SNAPSHOT: SUMMARY OF RESULTS

2015-2017



84%
pursued
TERTIARY
STUDIES

SENIOR SCHOOL OF EXCELLENCE

89 children in 3 years
top level academic
education for 5 years
100% Pass Rate
19 completed high school

JUNIOR SCHOOL OF EXCELLENCE

431 children in 3 years, with average
of 240 hours of programme activity per
child
100% Pass Rate
78 international volunteers mentored and
coached over the 3 years
240 life skills & mentorship sessions delivered
20 computer literacy sessions
67680 meals served over 3 years

MASS PARTICIPATION PROGRAMME

34 569 children reached in 3 years in 71 schools
518535 contact hours
10560 children completed HIV/AIDS awareness
A total of 4762 soccer balls, 2 022 sports bags, 1012 hockey
sticks, 296 hockey balls,
134 rugby balls, 122 netball balls, 80 tennis racquets, and 152
tennis balls donated to schools

RESULTS:

- ACADEMIC PROGRESS THROUGH QUALITY TEACHING
- BECOME MORE MOTIVATED, FOCUSED, GOAL ORIENTED
- TOP COACHING IN A RANGE OF SPORTS WITH OPPORTUNITIES TO COMPETE AT PROVINCIAL AND SOUTH AFRICAN LEVELS
- CONFIDENT, GOOD COMMUNICATORS EXPOSED TO A RANGE OF LIFE EXPERIENCES, INCLUDING OVERSEAS TRAVEL
- ACADEMIC RESULTS TO ENSURE UNIVERSITY ENTRANCE
- ASSISTANCE TO ACCESS FINANCE FOR TERTIARY EDUCATION

RESULTS:

- GREATLY IMPROVED MATHS & ENGLISH
- IMPROVED CONFIDENCE, SELF-ESTEEM & FOCUS
- INCREASED SPORTS SKILLS AND RESULTS
- DEVELOPING EDUCATIONAL AND CAREER GOALS
- PSYCHOSOCIAL IMPROVEMENTS
- IMPROVED HEALTH
- 100% GO ON TO HIGH SCHOOL
- OPPORTUNITIES FOR SCHOLARSHIPS TO TOP HIGH SCHOOLS

RESULTS:

- IMPROVED HEALTH
- IMPROVED SPORTS PERFORMANCE
- INCREASED SCHOOL ATTENDANCE
- IMPROVED PSYCHOSOCIAL WELL-BEING
- IMPROVED KNOWLEDGE OF HIV/AIDS
- EASY ACCESS TO VOLUNTARY COUNSELLING AND TESTING
- CONFIDENCE, LEADERSHIP & TEAMWORK

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INPUTS: (5-year daily activity)

- SCHOLARSHIPS
- SCHOOL FACILITIES FOR ACTIVITIES
- FOOD, TRANSPORT, UNIFORMS
- EXTRA TUITION
- MENTORSHIP
- TRIPS OVERSEAS

INPUTS: (2 hours per day after school)

- ACADEMIC SUPPORT
- SPORTS COACHING
- EXTRA LIFE SKILLS LESSONS
- SCHOOL FACILITIES FOR DAILY ACTIVITIES
- VOLUNTEERS FOR MENTORING & COACHING
- PERSONAL MENTORING
- DAILY FEEDING

INPUTS:

(18-hour curriculum)

- ACCESS TO SCHOOL FACILITIES & VOLUNTEER COACHES
- DIRECT SPORTS COACHING USING SPORT TO DELIVER LIFE SKILLS ON TOPICS SUCH AS HIV/AIDS
- FEEDING

IMPROVED FACILITIES AT HOST SCHOOLS:

Mini Astroturf
New Netball Court



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UNITED THROUGH SPORT STAFF



The staff of United Through Sport come from all walks of life - consisting of volunteers, previous beneficiaries of the United Through Sport programmes and a dedicated team of employees. They may all have different backgrounds, but have one thing in common: to transform the lives of the children in South Africa.

THANK YOU FROM THE CHILDREN

“ United Through Sport changed my life so much. I can proudly say that I am where I am today in life because of those opportunities. ” - Sthembiso

“ I hope you guys continue doing the great work you are doing and continue to change lives because when you do that, it impacts communities and that is how we will build the South Africa we want. Together we change the world. ” - Enkosi, Siyabulele, Sibú

“ United Through Sport does great work. Continue to do what you’re doing. You’ve changed my life for the better. ” - Courtney

“ I truly love the job you guys do! ” - Michaela

“ You’ve changed my life. You made my dreams into reality. Continue to help kids find their purpose in life. Continue doing the great job that you are doing! ” - Lindiwe

We thank our staff, partners, supporters, children and their families, for the fact that we can celebrate the impact we had on the children’s lives with this report. Thank you in particular to our main contributors to these programmes and all our donors for their ongoing support. We continue to strive to better the lives of the children we have interacted with over the last three years, as well as the thousands of disadvantaged and vulnerable children in South Africa.



United
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