



QUARTERLY REPORT
[March - May 2021]
Prochorus Jonkershoek Development Cycling Project

Funding purpose

Prochorus Jonkershoek Cycling Project

Beneficiary Reach

18 boys aged 10-17 from the Jonkershoek Community, on the outskirts of Stellenbosch. They are from previously disadvantaged families and at risk of falling prey to social ills and moral decay.

Results/Outcomes to date

Please see Theory of Change attached.

Planned Outcomes	Actual achievements
<i>Develop beneficiaries physically, socially, spiritually, intellectually and emotionally.</i>	<p><i>Physically: Every training ride achieves this goal, but now that racing events are allowed, we focus more on performance training.</i></p> <p><i>Socially: We've covered topics related to working together and considering others and our responsibility towards their safety.</i></p> <p><i>Spiritually: We share scripture and pray during every training ride as part of our whole file coaching. During one session, many of the boys accepted the invitation from God to be His children and follow Him.</i></p> <p><i>Intellectually: This is mainly achieved through the aftercare centre attendance, but we also teach them various bicycle terms, skills, concepts and life principles.</i></p> <p><i>Emotionally: Our lessons often refer to the appropriate response to specific emotions. We often make reference to the importance</i></p>

	<i>of forgiveness and being understanding, graceful and caring towards others.</i>
<i>To impart values, life skills, character, hope and purpose into the lives of the youth.</i>	<i>These were identified highlights: Values: Servanthood Life Skills: Responsibility Character: Obedience Hope: Faith Purpose: Who am I (God called me)</i>
<i>a Stronger relational platform is established where meaningful impartation through lessons and coaching activities can occur.</i>	<i>During training rides and various encounters, all the leaders and volunteers aim to personally build on the relationship we have with the youths. These encounters often involve disciplining and beneficiaries are taught the importance of submitting under authority and cooperating according to the rules.</i>
<i>Youth to learn basic bicycle mechanic skills and gain practice and become handy at maintenance.</i>	<i>Basic bicycle cleaning was covered. There were instances where boys could learn by watching maintenance and providing assistance. Basic self-help pointers and regular safety checks are often shared.</i>
<i>Increased number of Youths participating and having access to exercise activities on regular basis.</i>	<i>3 new youths attending, 1 which have not been attending came back.</i>
<i>Momentum is built and further references are made through partners and service providers to strengthen programme offerings and overall outcomes and impact.</i>	<i>2 new volunteers, one also had to withdraw.</i>

Monitoring methods

As can also be seen on the attached Log Frame, the indicators used are mostly numbers based - counting the attendance. We do also recently started to evaluate the attitudes, behaviours and character presentation of the beneficiaries and document these in their files. These include positive or negative things, like: Good attitude, thankfulness, courtesy – asking to be excused, saying sorry for being late, servanthood, taking very good care of bikes and other equipment, etc.

There were a few instances this quarter where certain boys were quite rebellious and not willing to cooperate with the leaders. This had us worried and we had a few leadership discussions about how to address it. We realized that being very strict and hard on discipline had the reverse effect we've hoped for. We decided to primarily pursue the relationships for a while and to be a bit more gracious, yet still

communicate our expectations and reminding them of the rules. We also prayed for the Lord to change their hearts and give us wisdom on how to handle each situation. Our mentoring sessions we also used to speak and impart their godly identity and truth into them. There has also been some dialogue with some of the parents about the situation. Lately we've started recognizing a change in these individuals and their behaviours and have picked up thankfulness and better cooperation.

Some of the topics our mentoring sessions covered were: Who is Jesus, what does the cross of Jesus mean for us, what is the gospel of Jesus, how does God expect us to use our bodies, what is your dream job, how is work a spiritual activity, why is having rules important and to obey them, etc.

Future plans (Next months)

Please see below: this quarters event outcomes and our schedule for the next quarter. We are partaking in the Spur Schools League Mountain Bike Series. We plan to host an event where the parents of the beneficiaries can experience the cycling and engage and encourage their children more. Besides our normal training and mentoring sessions, we have quite a few races planned and hope these events won't be cancelled due to COVID 19.

Project activities attendance figures					
		March	April	May	Attendance average (events)
Training rides		9	6	8	15
Mentoring sessions		4	3	4	12
Races/Events				1	13
Mechanic and cleaning days			1	1	10
Camps and outings			1		12
Attendance average (monthly)		15	12	12	

Activities schedule June-August 2021				
		June	July	August
Training Rides		8	4	8
Mentoring		4	2	4
Races/Events		1	1	1
Mechanic and cleaning days		2	2	2
Camps and Outings				

Support

Currently we are concerned about school work and commitment from the boys' side, with our beneficiaries not going to school each day, it makes it difficult to stay focused on work. We would like to see the boys succeed in the classroom, on the bikes and in general life. A current priority is to get the boys' schoolwork in a good place so that they can have a good academic foundation to build their future with. We aim to get the boys into a good place mentally after such a hard year, especially when it comes to their motivation and academic commitment.

Success Stories & Beneficiary Feedback

Part of our challenges in the last quarter was the wildfire in Jonkershoek. The lives of our beneficiaries and their families were in danger and some of their homes were nearly destroyed. The fire damaged nearly all the Jonkershoek trails we normally ride on; it took more than a month for the reserve and forestry trails to be safe to use again and allowing riding to continue there. We are thankful anew for the cycling trails so close to us and that we can use it so freely. It was tough for the boys to go without it for a while.

We're just very thankful for the Lord, changing the hearts of some rebellious boys. The attendance of the aftercare is very important for the boys and we are thankful for the fact that they are cooperating with the stricter rules regarding their attendance. The boys are enjoying the program and we're excited to see some new faces and even old ones returning.



Training ride in Jonkershoek



Boys are ready to go



Moments before the Spur Schools League race start



The team at the Spur Schools league event on 22 April 2021