



We invite our HOPE family to join us in planting a new seed of HOPE in the community of Delft. Our vision is to transform a plot of desolated land directly bordering our campus “The Nex - Indawo Yethu into a „Community Garden” growing fresh fruits and vegetables for the community by the community.

This will be an environmentally friendly development & training project giving the people living right here in the community the chance, to obtain the necessary skills to feed themselves and their family by tending an individual garden section.

Apart from health and social challenges, malnutrition, hunger and poverty are steadily growing and through this community garden project, we aim to supply families with their own ‘home grown’ food. Even the best medicines are ineffective when hunger rears its head at the same time when you are fighting other illnesses.

But to realise the project we are needing sponsorship of R365 a year per each garden section measuring 4m². HOPE Cape Town has always relied on supporters and donors, without whose help and dedication, it would not have been possible for us to take the necessary steps to give children, the youth and their families hope as well as a chance for a better future. This is your chance to be a part of our new initiative.

For more details on Seed of HOPE and how you can support:



KAP23 : ALIVE WITH LIFE, LAUGHTER AND LEARNING



At Kap 23 Youth Centre at The Nex-Indawo Yethu campus, the afterschool programmes facilitated by the Laeeq Toffar Foundation -LTF Kids and LTF Teens- have started well. In total there were 37 learners who took part in March 64.9% girls & 35.1% boys.

Activities ranged from 'Guided Recreational Activities' promoting the ability to abstract and use colours and shapes, to 'Free Flow Sessions' where children were allowed to use their creativity to communicate through writing and drawing but also make decisions for themselves on what to do.

In addition LTF volunteers play a key role in helping the kids and teens with homework and improving reading skills. The idea and importance of teamwork, communication skills and leadership are well demonstrated by a 'Human Knot Exercise'. To untie themselves a group must work together often identifying a leader who takes charge in directing the process.



Going forward the Homework Groups at the Kap 23 Youth Centre will focus on curriculum recovery to help the learners grasp topics and catch up on work they might have missed in the previous grade thereby assisting them to do better in their current grade.

Looking ahead, there will also be Art Lessons with a trained facilitator for children in therapy to start in May and LTF will implement Reading Sessions for foundation and intermediate phase learners.

NEW TRUSTEE



We welcome Professor Bradley Slade as a new Trustee on the Board of HOPE Cape Town Trust. Professor Slade is an Associate Professor and Chair: Public Law in the Faculty of Law at Stellenbosch University. Welcome to the HOPE Cape Town family!

FIRST TERM FUN FOR OUR GRADE Rs



An exciting, fun filled first term for our inaugural Grade R class has been concluded. From uncertain, nervous yet curious newcomers to the classroom, these little ones have grown into confident, assertive and excited little learners.

They have settled into a comfortable daily routine, learning their ABCs and fine tuning their Fine Motor Skills. Lots has also been learnt through play – after all, not all learning takes place just inside the classroom.

MOTHERHOOD SUPPORT GROUP EXPANDS



What started as an intimate gathering of two moms with Sr Zanele just nine months ago, our Ibhayi Lengani Motherhood support group has grown in leaps and bounds.

With more than 50 moms now signed up, two sessions are now held each Wednesday at La Maison de Christoph, our Holistic Health Centre. The pregnant moms attend in the mornings and moms with babies in the afternoon.

Forming part of our larger Cycle of HOPE Programme our aim is to walk alongside mothers during their pregnancy, provide and build a network of support, provide input during and post pregnancy and during the first 1000 days of the child's life.

DATES TO DIARISE

SOUTH AFRICA

6.05.2023 Ball of HOPE, Cape Town.

HOPE GALA CHARITY DINNERS

6.10.2023 2023 Berlin

28.10.2023 HOPE Gala Dresden

18.11.2023 München

NEW THERAPY ROOM AT TYGERBERG HOSPITAL



As part of HOPE Cape Town's services to the Neurodevelopmental Clinic at Tygerberg Hospital, Dr Ana Houston and Occupational Therapist Robyn Meissner conduct developmental assessments like Griffiths and ADOS (Autism Diagnostic Observation Schedule).

With an increasing need for these assessments, a colourful new space and therapy room has been created by HOPE Cape Town in the hospital to conduct the tests.

ARTISTS ADD COLOUR AND INSPIRATION TO THE NEX-INDAWO YETHU AND BLIKKIESDORP SITES



Knowing the past and learning from it without being determined by it will allow for a bright future.

Our holistic campus @thenexindawoyethu now has a District Six mural to commemorate the past of many families living in Delft or the so called #capeflats.

Thank you to Marian and his artist team from Germany for dedicating 3 weeks not only for this mural, but to work with our kids and youngsters in Delft and Blikkiesdorp.

In addition to this art installation, they also painted the containers at our Blikkiesdorp Community Outreach Centre with vibrant murals and images, adding broad smiles and a welcoming space to the children and families who access our playgroup and afterschool programmes





der Countdown läuft, der Ticketverkauf für unseren **21. Ball of HOPE am Samstag, den 6. Mai 2023** im The Westin Cape Town, hat begonnen.

Unter dem Motto "Keep Rocking for HOPE", verspricht dieses Highlight des jährlichen Kapstädter Eventkalenders ein Abend mit vorzüglichem Essen, rockiger Unterhaltung und angenehmer Geselligkeit zu werden.

Es ist jedoch mehr als nur ein fantastischer Abend - es ist eine wunderbare Gelegenheit, die wichtige Arbeit von HOPE Cape Town zu unterstützen!

CAMPUS NEWS

We are always excited to welcome visitors to our campus The Nex-Indawo Yethu and to share with them the work we do.

A visit by Andreas Heidemann, representative of Rotary Club Oldenburg, Graf Anton Günther to The Nex -Indawo Yethu campus. Mr Heidemann is pictured in the e-Centre of Bavarian House with Bronwen Whittles, the facilitator of the 1 year long accredited digital basic computer skills course which is generously sponsored by the Rotary Club Oldenburg Graf Anton Günther.

Lotta Köhler, one of our social work interns from DHBW in Stuttgart, Germany, met visiting MP Florian Wahl from her home state of BadenWuerttemberg during his visit to The Nex.

HOPE Cape Town's Sr. Zanele Hali hosted Delft Ward Councillor Dineo Masiu for a visit to the Holistic Health Centre La Maison de Christoph. Councillor Masiu was particularly interested in gaining an understanding of the current health, youth and education and training programmes on offer at the Nex-Indawo Yethu Campus that she could share with her constituents of Ward 20 in Delft.



HOPE Cape Town Trust is a registered Non-profit Organisation (SA) # 053-417NPO and Public Benefit Organisation (SA) # 93/00/24/843

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