



Conquest For Life

Improving the Quality of Life For All

NEWSLETTER VOL 2 ISSUE 2

“... A self sustaining youth organization run by young people, empowered to become agents of change by developing their identity, self worth and a sense of community. ... “



Glen Steyn with kids from the JFK project

Another newsletter, another year has almost gone by. On behalf of the board, staff and all the many young people of Conquest For Life, I want to say thank you to all our supporters. All the many people that have believed in our dream and vision, a big “Thank You”.

It is not how you begin that is important but rather how you finish. We have not finished yet but we are in the process of working towards changing lives and living up to our mission, “To be a self sustaining youth organization, run by young people, empowered to become agents of change by developing their identity, self worth, and a sense of community.”

Once again, thank you for your support.

Glen Steyn, CFL Director

November 2007

“Bad kids are not born , they are made and that means that they can be remade.”

Young people must take responsibility. Given responsibility, they can be taken to the limit. They do not have excuses.”



CFL Fun Day in March 2007

Our Offices

The office in Westbury was established in 1995 when Conquest for Life (CFL) was founded. It moved to the actual premises in Newclare in 1996.

During the past ten years the other offices were opened: In January 2002, CFL opened the office in Ennerdale, one year later the office in Soweto opened.

The Orange Farm office opened in 2004. In May 2007 CFL opened its office in the East Rand, Reiger Park.

Soweto Office



Branch Manager: **Bafana Nkosi**
4088 Meadowlands Zone 9
Tel: 011 988-0039
Fax: 086 688-9303

Ennerdale Office



Branch Manager: **Lufuno Mashabathakga**
49 Allie Crescent
Ennerdale Ext 9, 1809
Tel: 011 855-9591
Fax: 086 688-9303

Orange Farm Office



Branch Manager: **Matumelo Letsholo**
3565 Hlanganani Street
Orange Farm Ext 1, 1805
Tel: 011 850-3566
Fax: 086 688-9303

Head Office in Westbury



Branch Manager: **John Molele**
21 Price Street, Newclare, 2093
Tel: 011 473-1651
Fax: 086 688-9303

East Rand Office



41 David Franch Street
Reiger Park, Boksburg, 1423
Tel: 011 910-2790
Fax: 086 688-9303

Calendar of Events

November 2007 (dates will be confirmed)
JFK Breakfast in every branch

2d—4th Nov 2007
Diversion Camp

3d Nov 2007
YMP Training on Conflict Resolution

4th—23d Nov 2007
YAR Camp

23d—25th Nov 2007
YMP and MFL Camp on HIV/AIDS

Sincere thanks to our loyal donors:



Our Programmes

Youth Enrichment Project (YEP)

The Youth Enrichment Project (YEP) is the original programme at CFL and so in many ways our grass roots lie in this project. Today, the YEP remains central in our strategy to target children.

The purpose of the YEP is to empower school aged children aged 5-14. We support youth in their learning at school and help improve their academic performance.

The YEP also involves parents and the community in the lives of children, promote strong personal and social values, and improve access for young people to social and recreational activities.

After School Programme

On weekdays, we offer an After School programme where young people receive assistance on their school work as well as participate in our Life Skills curriculum. Upon their arrival, they receive a hot meal everyday.

Holiday Camps

Another part of YEP is to take the youth on excursions in the Johannesburg area to introduce them to new social and recreational activities.

Recently visited places have been the Westdene Dam, South African Blind Workers Organisation, the community pool, and weekend camps at our Dreamlands facility.

**For all projects:
Participants needed!**

Just For Kids Peace Games (JFK)

The Just For Kids Peace Games (JFK) brings children from conflicting cultures together through cooperative play to promote a positive relationship among people. By bringing children together from unique backgrounds, values, and beliefs through the seemingly simple act of play, seeds of compassion are sown for a more peaceful today and tomorrow.

The facilitation takes place in the schools with children between 7 and 17 years.

Siyasizana Project

The Siyasizana Project forms part of our programmes aiming to educate and teach children and young people skills through a holistic programme of lessons and activities through the arts.

The project employs operating principles to develop pathways of success for young people, Arts and Culture, Poetry, Drama, Arts Livity, Mentorship Programme and a Parent and Community Programme. The participants work without the influence of problems and troublesome environment of their communities. The ambition is to develop a culture where youth feels comfortable to step into positive leadership in the art and to transform them from INside OUT.



One of the Aftercare Camps

Youth at Risk (YAR)

The success of the Youth At Risk project has been amazing. Since 1996 over 60 camps took place where over 2000 participants gained skills.

More than 160 have volunteered their services to Conquest For Life and 100 have worked full time for the organization.

We have an 80% success rate in keeping the youth from returning to gangs or criminal activity.

The purpose of the 3-Week Life Skills Camp is to educate and teach out of work and out of school youth in life skills.

We have a holistic program of lessons and activities where the participants are not influenced by the problems and troublesome environment of their communities. While at camp, campers learn about Diversity, Communication, Goal Setting, Job Preparation, Conflict Resolution as well as other topics during morning and afternoon sessions.

Upon completion of a camp, each youth is assigned a mentor who is usually a respected member of the local community.

Mentors are trained to develop supportive relationships with ex-campers through interaction taking place at least once a month. This could take the form of a shared meal, telephone call or meeting. The basis of the relationship will be to reinforce what has been learnt at camp and apply this to daily life.



YAR Camp

Diversion Project

Youths at risk are sent to us via the Refer, Assess and Rehabilitation (RAR) centre or the local courts. They enter a life skills programme at CFL and progress is monitored throughout.

The project runs daily and is split into two segments. Topics covered include

communication skills, conflict management and resolution, positive self image and attitude etc. and youth work in groups. Participants also take part in camps. At the end of the programme, CFL staff send a report to the court for feedback on progress.

Victim Offender Conferencing (VOC)

VOC is a mediation project which has proved enormously successful since its establishment in 2001. Cases are referred by local law authorities. Our trained mediators meet with victim and offender together to try and reach common ground and resolve situations out of court.

We can draw five conclusions from this time:

1. There is a great need and demand for Restorative Justice Initiatives in South Africa.
2. VOC can deepen the ideal of African Customary Values as being a component of a broad alternative to dispute resolution processes, as envisaged by the broader Justice Cluster of the Government.
3. VOC can help the Justice System save resources and time, allowing them to focus on more serious crimes.
4. VOC processes help break the vicious cycle of crime and violence.
5. VOC provides a multi disciplinary approach to working within the diverse environment of our local communities.

My Father's House

CFL aims to establish a fully functional HIV/AIDS Safe House program called "My Father's House" run by young men to address the issue from a men's point of view. We strongly believe that young men must take responsibility for their own

actions and at the same time be encouraged to enrich their own lives through education and self-empowerment. CFL has developed an initiative project that will focus on engaging the youth to take action in the face of HIV/AIDS.

**IF IT IS to BE
IT IS UP TO
ME**

Our Programmes

Men For Life (MFL)

MFL was established in October 2003 with the goal of working alongside the men in the community to create a better environment for themselves, their family and the community. The plan is to have regular meetings and workshops in all communities to help the men with the problems they face on a daily basis and also to show them ways to handle their problems.

Ideas which we have towards helping develop the participants include Clean-up projects (clean up certain areas of the community), mediation programmes, counseling and "My Father's House".



YMP Training in October 2007

The Young Mother's Project (YMP)

The YMP is specifically targeted at young ladies within the community and staff. The main objectives of the project include empowering young women to support themselves and their families through the provision of a forum that will allow for them to express their fears and concerns as well as gain valuable input from other women who share similar circumstances. There are weekly meetings as well as camps and trainings where

young ladies have the possibility to learn life skills.

Girl's Child Club

CFL established Girl's Child Clubs in high schools involved in the JFK project. In these clubs, CFL works with girls between 12 and 17 years old. Topics on life skills are discussed to empower the girls. They are encouraged to express themselves with no fear of harassment and to boost their confidence on one-to-one with their role models.

transforming young offenders mindsets by developing a positive self-image and sense of responsibility as well as social values through assessments and evaluation. CFL is facilitating the Reathusana Project at three prisons in and around Johannesburg Prison. Over 80 young people are participating on a weekly basis.

Computer Training Centre

Computer training courses are provided by Conquest for members of the community who want to develop their computer literacy skills. There are various levels within the program from which students receive a certificate once they have successfully completed their course.

The purpose of the Computer Training Center is to train and teach computer literacy to members of the surrounding commu-



Computer class

nity. We offer three week computer courses which are scheduled in the morning, afternoon, and evenings, Monday-Friday, as well as a ten week course held on Saturdays. In the year 2004, 45% of the people we trained went into employment.

Reathusana Child Youth Justice Project

"Reathusana" is a Sotho word meaning helping each other.

The project is aimed at strengthening and rehabilitating awaiting trial young offenders under the age of 18. This is achieved by intensive life skills sessions, mentorship programs, arts and culture activities, training workshops for young offenders while incarcerated. It also aims at

The Volunteer Programme



Conquest For Life offers young people from all around the world to join the organization and experience not only a new life style, a new city, a new language and a new country but furthermore to explore South Africa by getting involved with its people. Seeing how they live and struggle, smile and cry is a challenge worth taking. Equally so, our local youth are offered the opportunity of

living in Northern Ireland and the USA where they experience a way of life that will motivate them to change their lives, reach their own potential by receiving training in Colleges and Universities like the University of Ulster in Ireland. Returning equipped as fully fledged youth leaders.

At present we have one volunteer: Franza from Hamburg, Germany

I am now here for three weeks and I enjoy working at CFL. I get to know very different people and new cultures, so that I experience a lot which I would never had experienced if I had not come to South Africa.



Sincere thanks to our loyal donors



ENJOY EVERY MOMENT.



"There is no place like this place anywhere near this place so this must be the place."



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Do you have a creative idea that can help us???
Come and talk to us!

Volunteers wanted!

We are looking for people who want to volunteer in any of our branches. There is always a lot of work to do so that we are happy to have someone assisting us. A volunteership gives you the opportunity to learn as many things as you like about life skills, computer work, communication and young people. Just come to the office nearest to you and bring your CV.

Take the chance –
make a change in your life!

Visit our website:
www.conquest.org.za

How can you help us?

The resources required to successfully run a concern such as Conquest for Life are many and varied. The following list are suggestions for you to choose a particular way that you could assist:

- A monetary donation between R10 and R1 000 000 or any other amount you feel drawn to donate.
- A monthly commitment of R100; R1000; R10 000 which we will use towards meeting our regular monthly running costs.
- Specific donations towards the cost of producing our newsletters and brochures.
- Donations of household and office furniture, equipment, stationery — including paper, printers, faxes, carpets, crockery and cutlery, curtaining, linen and accessories. We will gladly come and collect.
- Computers and equipment will enable us to meet the growing needs in our Computer Training programme as well as running our programmes and administration efficiently.
- Hardware supplies like paint, tools and garden equipment will assist us in maintaining the buildings and gardens at each of our branches.
- We welcome anyone who would like to share their time, talents and skills with us that will enable us to meet all our objectives.

Please feel free to call the Director and discuss any other ways not mentioned above that you see will assist us in reaching our objectives.

BANKING DETAILS

Account Name:	CONQUEST FOR LIFE
Bank Name:	NEDBANK
Branch:	INDUSTRIA
Account Type:	Current
Account Number:	1963 297 113
SWIFT ADDRESS:	NEDSZAJJ



The Westbury Branch Manager — John Molele

The first time John heard about CFL was when his friend's sister asked him to come to a YAR Life Skills camp in June 2001. At that moment he was unemployed. After having completed Matric, John worked as a security officer meanwhile his friends were involved in criminal activities which he also from time to time resorted to.



cept instructions from other young people being in the same age as he was. When the first hard week was over, John noticed that he was learning a lot and he began to change his attitude. John became motivated and started to ask if he could assist during the camp.

The decision to take part of the camp changed his life. John did not like to obey people who gave him orders. Before the camp he did not understand the term "life skill". That made the "three week's workshop" difficult for him: John participated only half heartedly and did not want to ac-

After this awakening experience, John volunteered for 2 months at CFL. He found it still very difficult to accept orders, but at least he wanted to change his life knowing that there was no future if he continues his ignorant life

style. John realized, that he did not want to go back to the work he had been doing from time to time. He was happy to learn and to get a lot of new experience. John has the advantage that he has the same background as lots of the participants of CFL. That makes him better understand their actions and better interact with disadvantaged youth.

After a while CFL trusted and relied on John more and more so he was employed and got more responsibilities. John first worked on camps; he then coordinated camps and is now, in October 2007, the branch manager of Westbury.

"I think as a person you have to keep your sense of humor. I never see failure as failure but as an opportunity to develop my sense of humor."

Lerato Pule

The Soweto Youth Worker — Lerato Pule

Before she came to CFL in 2006, Lerato had "made a promise to myself that I will live my life to the fullest because the world doesn't own me anything but I own it to myself".



Programme, Lerato was also volunteering at SANCA Soweto as a diversion facilitator. She often passed the CFL office

in Soweto and helped with the YEP.

One day she brought her CV and volunteered for one day at the JFK celebration. Shortly after that Lerato was employed and works now in the JFK project, the Computer Training Centre and YMP. She loves to work with children who make her forget everything else. Lerato is very glad that she had the opportunity to work at CFL where she learned a lot and got more self-esteem. Lerato does not only work hard but continues her studies doing a course on Freelance Journalism and Creative Writing. "Because life doesn't end here, life goes on!"

The 21 year-old lady from Soweto finished school in 2004. The shy school girl was called "drumstick" because of her thin legs. Lerato acknowledges

that she was not at all satisfied by her background as "my father wasn't there for me and my mother was not working".

Lerato did not want to continue living like that but wished to do something, so she got a part time job to be able to continue school. While she was attending a community college called Ipelegeng Youth Life Skill

Don't Kill Yourself, Skill Yourself!