



# Reach for Life No Regrets

Cell: (+27) 082 923 8407, Fax: (+27) 011 432 2208, E-mail: reachforlifnoregrets@gmail.com, P.O. Box 1728, Mulbarton, 2059

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## **ANNUAL REPORT: JANUARY TO DECEMBER 2012**

### **1. ORGANISATION MANAGEMENT:**

**Margaret Janeke – CEO Management and Coordination of Reach For Life No Regrets (full time).**

**Marina Germishuysen – Management and Coordination, Western Cape (part time).**

**Cristina Laranjeira – Life Coach full time).**

**Natasha Coetzer – Life Coach full time).**

**Kenneth Carew – Life Coach and Counsellor (part time).**

**Dot Carew – Life Coach and Counsellor (part time).**

**Lucky Mdlalose – Life Coach (part time).**

**Tanya Cochrane – Management and Coordination of Training (part time).**

**Rochelle van Heerden – Bookkeeping (part time).**

### **2. PROJECT OUTCOMES:**

**Reach For Life No Regrets invested into thousands of teenager's lives, helping them to focus on their purpose. We emphasized how alcohol and drugs short circuit the completion of a young person's development, causing physical, mental, emotional and spiritual bankruptcy. We have taken specific care NOT to focus on drug identification as this results in drug 'advertising' and further curiosity amongst teens. We gave students a clear picture on the MESS with our evidence based, high impact teachings. All information in the BOUND curriculum is well researched and successfully used to coach students on making sound choices to become responsible, successful citizens of our country.**

### **3. PRIMARY OBJECTIVES OF THE PROJECT:**

**We became purpose driven to equip our youth to become responsible citizens of our beautiful country.**

**3.1 Our primary objective is focused on impacting the lives of our youth through investment of on-going life skills programs, whereby generating lives of purpose and stability due to moral regeneration.**

**3.2 As we have no faith in the sustainability of hit-and-run programs, we aim to implement programs where we 'adopt' schools, children and families and invest for longer periods with regular visits to schools, groups and homes.**

**3.3 One of our main objectives is the provision of preventative and educational programs regarding substance abuse and risky sexual activity. Sound, high impact educational programs target the ruthless industry of drug trafficking that is destroying our families, our homes, our communities, and ultimately the productivity of SA.**

- 3.4 It is also our objective to fight against the rising crime and violence in our communities due to substance abuse and its dire consequences. Statistics from Correctional Centres provide evidence of the radical link between substance abuse and criminal activity which include murder.
- 3.5 It is a primary objective to provide counselling, mentorship and rehabilitation to male and female prisoners through our contract with Johannesburg Management as Service Providers for Correctional Services. Selected prisoners are mentored and educated to become effective Life Coaches in the Reach For Life No Regrets Program.
- 3.6 It is our further objective to foster sound relationships with teachers who have become apathetic about the problems due to a lack of support. It is our objective to train teachers from a wide spectrum of schools and to empower the teaching body of SA to regain authority in the classroom by being equipped with high impact, relevant teaching material that can regenerate effective, long-term change.
- 3.7 It is our objective to implement a comprehensive curriculum to address all the issues and needs in our schools; i.e., risky sexual activity, crime, violence, substance abuse, poverty and gangsterism.
- 3.8 It is also an objective to educate parents on their primary responsibility to foster sound values, sound decision making and responsible behaviour amongst teens in the home.
- 3.9 It is an objective to be available for children in distress and to provide the necessary relief for their well being.
- 3.10 It is an objective to be available for those who seek rehabilitation, care or counselling and to do the necessary referrals to ensure stability and recovery.

#### **4. PROJECT IMPACT TO DATE:**

All primary objectives have been achieved in 2012 in Gauteng as well as the Western Cape. Reach For Life No Regrets continues to be relevant in the sustainability of the vision and we remain focused on the needs of our country. The current BOUND curriculum has been highly effective and successful to initiate breakthroughs in changing the mind sets of young people. We have seen evidence of moral regeneration in most schools and youth centres we were called to work in (See References on Website).

The most powerful evidence of the impact of our program is the amount of referrals we receive from the children themselves. Kids take manuals and teachings to other schools, teachers and youth leaders and share the impact of the teachings on their lives (Testimonies on our Website).

Impact of program is evident in our referrals from principals, teachers, parents, youth leaders, etc. Impact has been widespread and three television programs have been filmed of our project which includes Carte Blanche, SABC 1 and SABC 2.

Reach For Life No Regrets was awarded a Community Outreach Project Prize last year for the difference we were able to make in the poverty stricken schools in the South of JHB (See Copy of Award).

#### **5. REACH FOR LIFE NO REGRETS IN SCHOOLS:**

##### **GAUTENG:**

- **VERNEY COLLEGE:**

Life Coach: Cristina Laranjeira

Classes: 45 Grade 11 and 12 pupils.

- **KENILWORTH JUNIOR SECONDARY:**

Life Coach: Cristina Laranjeira

Classes: 6 Grade 8 classes with an average of 35 pupils per class.

- **RANDEOR HIGH:**

Life Coach: Natasha Coetzer

Classes: 33 classes with 20 pupils per class.

- **ST MATTHEWS:**

Life Coach: Natasha Coetzer

Classes: 3 Grade 8 classes with an average of 35 pupils per class.

- **MARIAN COLLEGE:**

Life Coach: Margaret Janeke

Classes: 4 Grade 8 classes with an average of 30 pupils per class.

- **WATERSTONE COLLEGE:**

Life Coach: Margaret Janeke

Classes: 3 Grade 10 classes with an average of 30 pupils per class.

- **FAKKEL HIGH:**

Life Coach: Cristina Laranjeira

Classes: 8 Grade 8 classes with an average of 38 pupils per class.

- **FOREST HIGH:**

Life Coach: Natasha Coetzer

Classes: 8 Grade 8 classes with an average of 40 pupils per class.

- **MONDEOR HIGH:**

Life Coach: Cristina Laranjeira

Classes: 9 Grade 8 classes with an average of 30 pupils per class.

- **FLORIDA PRIMARY:**

Life Coach: Margaret Janeke

Classes: 4 Grade 7 classes with an average of 30 pupils per class.

- **HIGHVELD PRIMARY:**

Life Coach: Margaret Janeke

Classes: 4 Grade 7 classes with an average of 35 pupils per class.

- **GRACE TRINITY COLLEGE:**

Life Coach: Margaret Janeke

Classes: 19 Grade 8 pupils.

- **HILL HIGH:**

Life Coach: Cristina Laranjeira

Classes: 7 Grade 8 classes with an average of 37 pupils per class.

**7.2 WESTERN CAPE:**

- **NORTHCLIFF COLLEGE:**

Life Coach: Marina Germishuysen

Classes: 12 Grade 12 students.

- **GORDONS BAY SECONDARY**

Life Coach: Marina Germishuysen

Classes: 12 Grade 10 and 11 classes with an average of 40 pupils per class.

**6. REACH FOR LIFE NO REGRETS IMPLEMENTING WORKSHOPS:**

- Glenvista Ladies Christian club – Mixed group.

- Graftech, Meyerton – Mixed group.
- JHB Junior City Council – Mixed group of students chosen for leadership in Gauteng.
- Alberton High School (Afrikaans one) – The whole school.
- Westbury Youth Rally: The Next Generation for Christ – “Be Holy...” – Mixed Group.
- Iona Convent: Bosco Youth Centre – Mixed group of students.
- Graftech, Meyerton – Mixed group.
- AFM Church, Protea North, Soweto – Mixed group of youths.
- Letsema Ilima Primary, Sebokeng – 75 Grade 7 students.
- Maryvale College: Bosco Youth Centre – Mixed group of students.
- Letsema Ilima Primary, Sebokeng – 75 Grade 7 students.
- Loreto Convent: Bosco Youth Centre – Mixed group of students.
- St Pauls Confirmation Group: Section A.
- Holy Rosary School – 90 Grade 10 girls.
- Graftech, Meyerton – Mixed Group.
- Brescia House: Bosco Youth Centre – Grade 9 girls.
- Tower Church: Youth Camp at Rietvlei Zoo Farm – “Standing Out vs A Hijacked Identity...” - Mixed Group of Youth Leaders.
- Graftech, Meyerton – Mixed group.
- Immaculata School, Diepkloof, Soweto: Bosco Youth Centre – Mixed group of 130 students.
- St Benedicts College: “Wellness Evening” – Mixed group of parents and pupils.
- Assumption Convent: Bosco Youth Centre – Grade 9 girls.
- St Benedicts College, Bedfordview – Grade 8 B, F and J.
- St Benedicts College, Bedfordview – Grade 8 E, T and M.
- Immaculata School, Diepkloof, Soweto: Bosco Youth Centre – All the grade 9 students.
- Fakkell High: “Anti Smoking Campaign” – Whole School.
- Groenpunt Male Maximum Prison, Vereeniging – Mixed group of male prisoners.
- Paardekraal Primary, Krugersdorp – All grade 5, 6 and 7 students.
- Eureka House, Randburg – Parents of recovering addicts.
- St Matthews, Soweto: Motivational talk and Prize giving to grade 8’s students.
- Holy Rosary Primary, Limpopo: Bosco Youth Centre – Grade 7 students.
- ‘Lede in Christus Kerk’, Sasolburg – Mixed group of youths, parents and pastors.
- Graftech, Meyerton – Mixed Group.
- Southdale Baptist Church, Southdale – Mixed group of youth and parents.
- French Catholic Community, Heidelberg Road, City Deep – Mixed group of youths, parents and pastors.
- Pretoria Parishes: Bosco Youth Centre – Mixed group of 114 students.
- Pretoria Parishes: Bosco Youth Centre – Mixed group of 106 students.
- St Catherine’s: Bosco Youth Centre – Mixed group of 43 girls.
- Mc Auley House: Bosco Youth Centre – 66 Grade 9 girls.
- St Conrad’s: Bosco Youth Centre – Grade 11 students.
- St Theresa’s: Bosco Youth Centre – 60 Grade 9 girls.
- Robertsham Catholic Church: Glenvista Country Club – 120 Ladies.
- Brandcliff House: Bosco Youth Centre – 82 Grade 8 and 9 students.
- Forest High, Forest Hill – Approximately 700 grade 8 and 9 students.
- St Matthews Boys: Bosco Youth Centre – 80 Grade 10 boys.

- Kenilworth Junior Secondary, Kenilworth – Approximately 450 Grade 8 and 9 students.
- St Matthews Girls: Bosco Youth Centre – 80 Grade 10 girls.
- Veritas Radio, Edenvale – To all the listeners of this radio station.
- Maryvale College: Bosco Youth Centre – 41 Grade 11 students.
- St Pauls Confirmation Group: Section B.
- St Conrad's: Bosco Youth Centre – Mixed group of 63 students.
- Nardini Convent, Natal: Bosco Youth Centre – Grade 9 students.
- St Benedicts College, Bedfordview: Bosco Youth Centre – 150 Grade 9 boys.
- Brethren Mission Church, Thokoza – Mixed group of youths.
- Veritas College: Bosco Youth Centre – 56 Grade 9 students.
- Dundee High, Dundee – Approximately 250 grade 10 and 11 students.
- Dundee High, Dundee – Approximately 250 grade 8 and 9 students.
- Dundee Primary, Dundee – All the grade 7 students.
- Dundee High, Dundee – Parents of high school students.
- C3 Jubilee Church, Maraisburg – Mixed group of youths, parents and pastors.
- Henley High, Henley – 35 Grade 10 and 11 students.
- Holy Family: Bosco Youth Centre – 91 Grade 9 students.
- Henley High, Henley – 40 Grade 8 and 9 students.
- Graftech, Meyerton – Mixed group.
- Graftech, Meyerton – Mixed group.
- St Peter Claver, Pimville, Soweto: Bosco Youth Centre – 120 Grade 7 students.
- Deloasalle Holy Cross School: Bosco Youth Centre – 85 Grade 9 students.
- St Joseph Care: Bosco Youth Centre – Mixed group of 60 youths.
- Pretoria Parishes: Bosco Youth Centre – Mixed group of 60 youths.
- Strand Western Cape: Trinity Kingdom Connection – parents and children mixed group of 60.
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#### **7. MONITORING AND EVALUATION OF THE PROJECT:**

Schools have all shown a positive outcome where program was implemented and therefore Reach For Life No Regrets is asked to return to the specific schools annually for programs with new grade 8 students. Regular visits are undertaken during the year to monitor the progress of students and counselling is provided where necessary. Students responded positively and expressed that the knowledge and information impacted their lives in many ways. Pupils felt that the program not only equipped them in decision making but also encouraged and inspired them to live lives of purpose and to become responsible citizens of our country. The majority of Assignments, Workbooks, Tests or Exam results were highly satisfactory and students were recognized accordingly. Monitoring of programs following Reach For Life No Regrets training is done on a regular basis and where programs are actively implemented, feedback is given to Margaret Janeke.

#### **8. TOTAL NUMBER OF BENEFICIARIES REACHED BY REACH FOR LIFE NO REGRETS:**

Approximately 23,412 youths are reached annually of which more than 18,874 are African. A total of 93,648 youths were reached since 2008.

#### **9. ORGANISATION PARTNERS:**

9.1 JHB Management – Correctional Services: Reach For Life No Regrets has been a Service Provider for them since 2008.

- 9.2 BOSASA/MOGALE YOUTH CENTRE: Reach For Life No Regrets has been a Service Provider since 2010 to train, empower and equip Life Coaches in Juvenile Correctional centres in Gauteng, Klerksdorp, Rustenburg and Mafikeng. The BOUND curriculum is currently being implemented by Life Coaches trained by RFLNR as vital Life Skills are taught to juveniles that have been sentenced.**
- 9.3 Southern Community and Safety Development Forum: Reach For Life No Regrets has actively been involved in assisting with the upliftment of the South of JHB and especially in reducing crime statistics related to substance abuse.**
- 9.4 REACH – Organisation that assists recovering addicts. REACH is currently using the BOUND curriculum as part of their program.**
- 9.5 People Against Substance Abuse: Organisation that does major outreach activities in the marginalized areas of the Western Cape. This organisation was trained and empowered to use the BOUND curriculum.**
- 9.6 Calvary Sanctuary: George Pistorius and GavinMayers were trained and empowered by RFLNR and have completed many successful programs at schools in Alberton and Germiston.**