

THE KHULISA “UBUNTU CLUB” PROGRAMME

Programme Description

Community-based clubs that provide a safe environment in which adults and children can learn about local pressing issues, get involved in recreational activities and partake in community service activities that reflect the spirit of Ubuntu (community solidarity).

Course Content

The programme has been designed to run over a period of a year but is completely adjustable to suite any group or any time-frame. The programme consists of a series of activities:

- Develop Honesty Through Being Original – **Introductory Session**
- Develop Empathy Through The Remember to Forget Groups – **The Ubuntu Club Support Group**
- Develop Human Dignity Through the Empowering of Your Thoughts and Dreams – **Self Development**
- The Development of Understanding Through Examining Youth Options – **Needs Analysis**
- Develop Compassion Through the Let’s Go and Heal Community Outreach Programme – **Project Implementation – Community Project**
- Start To Care For Yourself by Unbusyng Yourself – **Project Implementation – Recreation and Relaxation**
- Develop Solidarity Through the Creation of Something New – **Project Implementation – Personal / Skills Development**
- Test Youth Own Morality By Opening the Floodgates – **Project implementation – Annual Outing**
- Start to Share Through Shining Your Light on Yourself – **Showcase Event**
- Honour Your Acquired Ubuntu Skill Through the Celebration of Your Victories – **Graduation Event**



Outcomes

- Develop group identity that is healthy
- Understand the concept of Ubuntu
- Reflect Ubuntu spirit through the community service projects
- Take part in activities that help with relaxation and recreation that are healthy
- Develop personal skills
- Understand yourself within the community

Target Audience

Children at risk who require healthy group activities
Aftercare for children who have been through other Khulisa programmes
Adults who want to contribute to their communities

Programme Delivery

The programme is delivered over a year but is adjustable to the group.

Monitoring and Evaluation

The participants are assessed by the group throughout the process. Each participant is also required to complete an assessment at the start of the programme, at the end of the programme and 6 months after the programme has been completed to evaluate the progress of the individual's development.

Case Study

“My grandmother used to talk about Ubuntu like it was something special from our heritage” says Lesego Masokameng, who lives in a rural village. “But my friends and I never understood it until a guy from our community, who had been trained by Khulisa, started inviting us to come once a week to this club where we had fun and learnt many new things. Until then we were so bored and restless – there were no facilities to stimulate us and we all lived separate lives. A few months after we started our club, both parents of one of our club members died of HIV/AIDS. From our Ubuntu Club we had learnt that “I am because you are” and knew that if we helped them, we helped ourselves. So we all started visiting them and helping them with food and clothes. I think our grandmother would be proud.”