In this issue:

1. Face lift
2. Our Youth
3. World Economic Forum Global Shapers Tshwane Hub
4. Events
5. Tribute to Madiba

Face lift!

Heartbeat has moved to new offices and our new address is as follows:

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Unit 01/2A
1064 Arcadia Street
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0083

Our contact details are as follows:
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Heartbeat’s new website has been launched.
Please visit us at [www.heartbeat.org.za](http://www.heartbeat.org.za) for the latest updates and events.

Heartbeat is being advertised in Johannesburg due to the generous donation from **AD OUTPOST**. It is amazing! Check it out on the Woodmead South off ramp, 11th + Riviera South and Athol + Corlett North. How proud you would feel if you can tell your friends and family that you are part of the Heartbeat family!

Please follow us on:
- **Face Book**: [http://www.facebook.com/HeartbeatNGO](http://www.facebook.com/HeartbeatNGO)
- **Twitter**: [https://twitter.com/HeartbeatNGO](https://twitter.com/HeartbeatNGO)
The English terms youth, adolescent, teenager, kid, and young person are interchangeable. The word "Youth" sometimes refers to the entire time of a person's young life, including childhood, but more often it refers to the time of life that could be described as neither childhood nor adulthood, but a time somewhere in between these two phases. "Youth" could also refer to a particular mindset or attitude, for example "He is very youthful". Individuals between the ages of 16-24 are recognized as youth. Says Robert Kennedy about the way our contemporary world should relate to this concept: "This world demands the qualities of youth: not a time of life but a state of mind, a temper of the will, a quality of imagination, a predominance of courage over timidity, of the appetite for adventure over the life of ease".

30 June 2013 marked the end of the Youth Month which was commemorated under the theme "Working Together for Youth Development and a Drug Free South Africa".

Here is what the Heartbeat youth has to say about their interpretation of youth day and their youthful hopes and aspirations:

"We are celebrating June 16th to remember those who fight for freedom. Because of them we wouldn't be where we are today!"

"One of the challenges we face is peer pressure. We blame most of the wrong things we do on peer pressure. We do not realize that we are raised differently – we have all the freedom we need!"

"We want to achieve change and lead by example to the ones who do wrong things in life!"

"The challenges that we face are the fact that many people abuse alcohol. They do not respect their parents!"

"If you do not face trouble like poverty, dropping out of school, crime and drugs, you must just stay at school and have your education and be proud of yourself!"

"I feel so good because now we have freedom in our school. The Youth of 1976 fought for us so that we can be taught in a language of preference."

"It is important to celebrate Youth Day. We must show the world that we are happy and that we can forgive."

"We misuse our rights and we do not commit to our responsibilities."

"I want to finish school and find a good job!"

"I want to become a fashion designer!"
Towards the end of 2011, Prof Sunette Pienaar, the founder of Heartbeat and a World Economic Forum Young Global Leader alumnus, embarked on a journey to identify and organize the most successful and promising young people between the ages of 20 and 30 in Tshwane to participate in local, national and international policy platforms whilst realizing change in their own communities. This was the initiation of the World Economic Forum's Global Shapers Tshwane Hub.

In February 2012, Prof Pienaar hosted the first strategic planning meeting for the young Shapers at Heartbeat's offices. The Shapers were amazed at the good work the Heartbeat team was doing and were inspired to help and contribute to Heartbeat’s cause. This date marked the birth of a new relationship between Heartbeat and this World Economic Forum community.

On the 18 of July 2012 (Mandela Day), the Global Shapers hosted an inspirational day with Heartbeat youngsters in Atteridgeville. The Shapers collected books and designed a programme to inspire and motivate the Atteridgeville youth to be agents of change in their own lives and the lives of their communities.

Going forward the Tshwane Hub wishes to add value to Heartbeat’s already impactful programme through leadership development within the pool of children Heartbeat is already assisting in order to compound the impact of Heartbeat’s programme.

Andani Thakhati
Secretary General
1. Bobbi Brown workshops to empower our girls: 

On Wednesday, 10th July 2013, twenty of Heartbeat’s young girls from the Vosloorus and Katlehong Projects, were invited to join a workshop at Estee Lauder’s offices in Kayalami. It forms part of the Bobbi Brown’s Pretty Powerful Campaign to empower young women, to which Heartbeat is a partner.

Alicia Schutte, the Bobbi Brown regional make-up artist, empowered the girls with these words from Bobbi Brown: “The secret to beauty is simple - be who you are” and “I believe all women want to look like themselves, only prettier and more confident!” Vivian Thakhuli, Heartbeat alumnus, inspired the girls to take charge of their own futures. “Beauty starts with your inner-self (confidence, dreaming big, realizing abilities) and then it will automatically reflect on the outside.”

Alicia demonstrated some basic tips of skincare and then the Bobbi Brown makeup artists treated the girls to a makeup session. They all blossomed into Pretty Powerful girls!

The girls obviously enjoyed every minute - the photos speak for themselves!

A light breakfast upon arriving! The lesson in basic make up began!

Everyone got a change to be pampered! All the girls have been empowered!
2. **Celebrating Youth Month:**
Heartbeat celebrated youth month in a big way! Some of the projects partnered with Love Life for these celebrations and in other projects the Heartbeat Youth Ambassadors ran the show. The celebrations were also educational. Various workshops were hosted on topics such as the prevention of alcohol and substance abuse and the importance of children's rights. In Kwa Jobe in KZN, they screened the movie “Precious”. It’s about a 16 year old girl who lives with her dysfunctional family – her Mother is abusive and her Father raped her, resulting in two pregnancies. She is taken out of school after the discovery of her second pregnancy and been send to an alternative school. The new teacher inspired her and she begins to learn to read and write and ….. (a movie to be watching!)

Workshops were followed by fashion shows, song, dance and drama.

2. **Blanket donation at Nellmapius**
NKUNZI MILKY WAY, a company of dairy and related products in Silverton - has donated 300 tubs of yoghurt and 165 warm blankets to our Nellmapius Project. Thanks to them, our children will sleep snug and warm this winter.
Thank you Nkunzi Milky Way!
Mandela Day!

Nelson Mandela is a personal inspiration to Heartbeat. On May 31st, 1996, Mandela said the following in Pretoria:

"Our children are our nation's future. Prospects for development are seriously undermined by the kind of large-scale deprivation of children that South Africa has experienced. On the other hand investing in their health, nutrition and education not only improves our children's quality of life – the gains reverberate into future generations."

Heartbeat took it to heart and built our model around these words. But we could not do it alone. We have dedicated supporters and donors on board to help us delivering quality services to orphans and vulnerable children and with that put smiles on children's faces.

Thank you friend of Heartbeat; your support and belief in our vision is helping to bring to life Madiba's dream of achieving basic human rights and civil liberties for all South Africans.
You are giving your 67 minutes every day!

1. Pretoria-West Hospital:

Every year Pretoria-West Hospital invites Heartbeat to spend their 67 minutes for Mandela Day with them. The two Youth Ambassadors from Atteridgeville, Thabiso Phiri and Molebogeng Maseko, joined the event to speak about their experience with Heartbeat – what a living example of what a little bit of encouragement and support can do for a child's self-esteem!

The staff at Pretoria-West Hospital was so amazing. They really went out of their way to collect items such as toothbrushes, toothpaste, soap, wash cloths, deodorants, Vaseline, powder etc. The outpatient Unit made toiletry bags which they filled with basic toiletries. One lady made the most beautiful Ellis bands. Another Unit collected knitted items like booties, scarves and beenies. There were also nappies and bibs for babies, shampoo, bath oil, combs, brushes and many more….
They displayed all the items in the shape of three hearts - an idea of how warm their hearts beat for the orphans and vulnerable children of South Africa.
Thank you Jacaranda FM and SPUR for the fantastic fun filled Madiba celebrations in Nellmapius! The day started at 05:00 with “Maljan” ploughed a piece of land with a horse in preparation of the food garden. Jacaranda broadcasted live from Nellmapius the entire day. Celebrities like Amor Vittone, Johan C Venter, Heuning and Connell Cruise had so much fun with our kids. Spur provided the soup and rolls to fill the tummies and supporters rocked up with donations from all over! Farm City donated seeds, Graffiti Learning Centre donated packets of goodies, Pretoria Technical High School donated blankets, Wild Route Environment Consultants donated trees, FHI donated tables, chairs, gas stove, gas, other goodies, SARS Riverwalk donated 7 boxes with baby clothing and toys and Guaranteed Trust donated party snacks and toys. The children were entertained by Menzo and they participated in activities such as face painting, team building, career guidance, games, soccer and planting vegetables.

For more photos visit: http://www.jacarandafm.com/gallery/mandela-day-at-heartbeat/and for a video clip click on: http://www.jacarandafm.com/jmbo/content/detail/jacaranda-fm-at-heartbeat-for
In the midst of all the fun and activities, the children did not forget about the reason why we celebrate the 18th July. They drew pictures, decorated cards and wrote messages to Nelson Mandela and it was displayed on the “WALL OF FAME”.

Heartbeat had such a tremendous time. Thank you Jacaranda and your many, many awesome supporters and listeners for putting smiles on children’s faces!
Heartbeat would like to take this opportunity to thank one of our sponsors, Barry De Klerk, for his assistance with the design of this newsletter.

For all your Video, Photography, Design and Web needs, contact De Klerk PRODUCTIONS:

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Organizations joining our hands with a firm grip!