



Funding Proposal Prochorus Cycling Project

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About Prochorus

Established in 1996, Prochorus Community Development is committed to the development of all communities with respect to their diverse specific needs. It aims to take care of the poor by offering sustainable programmes to ensure that every person has the opportunity to reach their full potential spiritually, intellectually, physically and emotionally.

The organisation focuses its efforts on the communities of Kayamandi, Cloetesville, Jonkershoek, Franschoek and Somerset West, near Cape Town in the Western Cape. More recently, it has increased its reach to communities in Delft and Bellville. Its interventions include an education programme that encompasses early childhood development and after-school projects; disability; youth development; and community well-being – which offers a support-a-school-child project, emergency relief and crisis counselling.



Prochorus aims to make a lasting difference in the lives of the people of the communities that it serves. It does this by contributing towards the education of children and adults, assisting them in acquiring skills that will allow them to become financially independent and teaching them how to protect themselves against addiction, physical abuse and other criminal offenses.

Advantaged communities are targeted for the purpose of mobilising and advancing their philanthropic capacity. Ongoing awareness is established to bring an understanding of their interdependence relative to disadvantaged communities.

Prochorus projects are partnered with local churches to ensure volunteer involvement, access to resources and integrity of the management of projects.

Vision: *Prochorus Community Development exists to collaboratively achieve social justice and empowerment of individuals and communities.*

Mission: *We serve disadvantaged communities according to the guidelines of need-assessment studies, and the accessibility of resources. Our focus is directed towards Early Childhood Development, Youth Development, Skills Development and Community Welfare.*

The forgotten community

The name Jonkershoek is said to hail from the 17th-century owner of one of the freeholds that Simon van der Stel issued in the valley: Jan Andriessen, who had been a midshipman, was also known as Jan de Jonkheer and he named his grant of land *Vallei Jonkershoek*.

It is famous for spectacular views of mountains, amazing mountain bike tracks and beautiful wine farms. There are currently approximately 450 underprivileged people living in the valley of Jonkershoek, and more than a third of this community consists of underprivileged children between eight and 18 years of age.

Unemployment is one of the greatest challenges facing South Africans today. Despite our democracy being more than 20 years old, the country continues to battle against poverty and the resulting socio-economic conditions.

The youth unemployment rate has steadily increased from 25.9% in 2008 to 38,6% (STATS SA Quarterly Labour Force Survey Q3: 2017). A high unemployment rate results in communities with high levels of poverty, crime and violence. No formal institutions exist in Jonkershoek – no schools or clinics, and few NPOs have a presence in the community. There is also very little, often underdeveloped infrastructure and limited educational, developmental and healthcare opportunities. This characterises the majority of the communities that Prochorus serves

Illiteracy is still rife in South Africa, as is a general lack of education and skills training. A growing number of child-headed households have also developed. Other serious problems in South Africa include crime, child abuse, child neglect, domestic violence, gangsterism and high levels of drug and alcohol abuse.

Teenage pregnancy rates are high in the rural communities of the Western Cape, resulting in many girls dropping out of school. Schools in marginalised areas are poorly resourced and over-crowded (up to 60 children per class), resulting in many children, especially those with learning difficulties, not getting the attention they require.

Despite the fact that youth between the ages of 14 and 35 comprise 39% of the country's population, this group is one of the most vulnerable in the country. Particularly marginalised groups of youth, such as rural young men and women from disadvantaged communities have been, and continue to be, denied access to opportunities and resources needed for them to improve their lives.

Prochorus Cycling

Vision: To develop a new generation of leaders.

Mission: Through life skills development and whole life coaching; rise up and mentor the youth who have had little opportunities, to be the next generation of leaders.



Prochorus Cycling core values:

- To ride for a better future.
- To allow equal opportunity for others.
- To respect the individual and the environment as precious gifts.
- To view everyone and all sport as equal.
- To value the talents given and fully develop them.
- To commit to and live these values as an example to others.

Introduction

Prochorus Cycling was born out of a passion for cycling as well as a heart for the youth of the Jonkershoek valley. Having worked in this community at SCAS (Sport for Christ Action South-Africa) in the mid-2000s, Prochorus Managing Director, Jan Scannell has seen the youth of Jonkershoek seem to sink deeper into the destructive habits and lifestyles that have devastated so many other resource-poor communities.

In 2010, the development cycling programme was launched, along with several other supporting programmes and the organisation has had great success in seeing the lives of youngsters turn around and find direction in their lives. The programme has been well received in the local community; to a point where the organisation is also launching a holistic community development initiative under Prochorus Community Development with the full support of the community.

Why a cycling development programme?

- The youth in the community have seen a big setback in morals and healthy habits.
- A lack of constructive activities and mentorship has caused decay in their characters.

- Parenting has mostly not been effective in teaching or imparting important life skills, such as: discipline, respect, self-worth, trust, responsibility, integrity etc.
- Sport is a very practical and effective way to facilitate a process where these issues can be addressed in a natural environment and through real-life relationships.
- The Stellenbosch environment is, and even becoming more of an international mountain biking paradise. Many opportunities arise through being a local organisation involved with cycling.

Purpose:

- To develop the youth of Jonkershoek through a cycling Whole Life Coaching and life skills development programme as part of a holistic community development approach.
- To connect with the family, social and educational environments of the youth, as well as to build networks and partnerships for combined effort, towards positive impact in lives of the next generation.
- To impart values, skills, character, hope and purpose into the lives of the youth in order to prepare them for becoming the responsible and skilled leaders society needs.

Methods:

Prochorus teaches, coaches and mentors the youth in a fun and natural learning environment. The organisation's facilitators impart values and principles into the lives of the children for better decision-making skills through:

- Twice weekly training rides (for each group).
- Small group mentoring sessions.
- Life skills development sessions, incorporated with the training rides.
- Life coaching sessions.
- Competitive participating in cycling events.
- Team Camps

Current needs:

There is a significant amount of value in the events run with the team, especially camps and cycling tours or races. With these, a stronger relational platform is established where meaningful impartation through lessons and coaching activities can occur. These events do come at quite a cost; therefore, partners are needed to assist.

The team has been asking for a team sweater kit. The idea is to build team unity and spirit, as well as uniformity in the team's presentation during sport events. It would be ideal to complete these with a matching cycling kit.

The programme is mainly aimed at children aged 10 to 18, or until they leave school. When the beneficiaries leave school, they could then become volunteers on the programme, in order to take lead in a new level and inspire the younger ones. Volunteers are only permitted to participate if they pass the screening process of the organisation.

Several beneficiaries who started building a career in the cycling industry have become tour guides, bicycle mechanics, bike shop assistants and a select few have entered professional cycling. Some have also entered tertiary education or started following a career of their choice.

We are constantly looking at innovative ways by which we can better our programme and offer better solutions to the hindrances that keep our beneficiaries from following their dreams and building a sustainable life of interdependency and dignity. We are currently looking at improving on our leadership development. We believe that sustainable change comes from within, and so does leadership.

Monitoring and evaluation

Through the monitoring system, the organisation is able to keep track of its strategic goal orientated activities. Attendance and behavioural change are measured, in order to evaluate the effect, the intervention is having. Quarterly, the programme is evaluated against expected outcomes and makes relevant adaptations to the activities and possibly the approach. Prochorus makes use of tools developed in-house, such as the Character Scorecard, to measure the development of the individuals on various levels.

Sustainability

Throughout the organisation, sustainability is a top priority. From the planning of projects, the team strategically engages with community leaders and stakeholders to ensure the right approach and buy-in to the proposed intervention. It collaborates and partners with appropriate individuals and organisations to add value to its projects and participates in various networks. Advantaged communities are targeted for the purpose of mobilising and advancing their philanthropic capacity.

Financial sustainability is at the centre of each programme and project, along with good leadership, strategy and risk management. The organisation's financial sustainability rests on the team of fundraisers, the marketing strategy, as well as a detailed public relations strategy. Many of these efforts run hand-in-hand; as events are a cornerstone of fundraising activities, marketing the organisation and projects, as well as engaging with the public, are vital to their success. Prochorus' values of good stewardship, accountability, transparency, excellence and "people at the centre" guides the organisation to uphold a good reputation and provides a platform for being an organisation of choice for partnering entities, both financial partners and service partners.

The staff welfare and leadership development strategies uphold and strengthen the human capacity on project level, as well as in management. The success of each project also rests on the passion and commitment the staff and leadership team. Examples of these are the trainings we provide to all our project staff relating to child participation on activity plans and the child protection act and our policies surrounding these matters. We uphold a high standard on such matters and make it a point to equip staff in all areas which promote best development and protection of our beneficiaries, even when they are not at the projects.

The organisation's risk management strategy ensures that it is constantly aware of the potential threats surrounding the projects, strategies and activities, allowing for mitigation measures and possible project alterations, to make provision for the best means of reaching organisational goals and ensuring success.

Budget

Item(s)	Description and/or quantity	Annual total (US\$)
Operations Manager Stipend (5 days/w)	1	6,400.00
Project assistant/mechanic	1	4,170.00
Stationery and HQ office contribution	Varies	960.00
Insurance	Varies	960.00
Transportation	Varies (events/annum)	800.00
Sport Science Lab testing	24 session	1,300.00
Sport Nutrition	Training and racing	1,800.00
Cycling kits (new)	24 (1 kit per child)	3,200.00
Nature reserve cycling permits	24 annual permits (sponsored)	950.00
Workshops (mechanic trainings)	2 Camp/workshop per year	1,900.00
Pedal Power racing licenses	24 (1/child)	580.00
Race entries and nutrition	Varies (about 8/child/annum)	1,200.00
Cycling Tour/Camp (once/annum)	About 24 youth/children (3 day)	1,200.00
Cycling events/races	One special event/race every month	3,450.00
Replacement Cassettes (Second-hand bikes)	24	800.00
Replacement Chains (Second-hand bikes)	24	480.00
Replacement Chain rings (Second-hand bikes)	24	1,800.00
Replacement Gear Cables and Housing	24	320.00
Replacement Tyres	48	980.00
Spares and Miscellaneous	Varies	480.00
Total		33,730.00