

EASTERN CAPE TRANSPLANT SPORTS ASSOCIATION

(Region of South African Transplant Sports Association - SATSA)



Chairperson:

Mrs. Robyn Emslie
33 Florence Ave.
Vincent, East London, 5247
Mobile: 082 491 2462
E-mail: robynemslie@yahoo.com

ecape@transplantsports.org.za

Secretary:

Dr. Heilie Uys
PO Box 577, St Francis Bay 6312
Tel: 042 298-0014
Mobile: 082 465 0935
E-mail: huys@ibi.co.za

Website: www.transplantsports.org.za



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**EASTERN CAPE REGIONAL CHAIRPERSON REPORT ON THE ACTIVITIES OF 2018/19
PRESENTED BY ROBYN EMSLIE AT THE ECTSA ANNUAL GENERAL MEETING ON 5th OCTOBER 2019
AND AT THE NATIONAL SATSA AGM ON 2nd NOVEMBER 2019**

INTRODUCTION:

Welcome to our 5th Eastern Cape Transplant Sports Association AGM, & I thank you for this opportunity to present the Chairman's report.

Our region is now just over 4 ½ years old (founded March 2015), & we have grown steadily over the past few years. It is wonderful to see such a vast area grow so nicely, albeit slowly.

The present Management Committee, as elected at our last AGM on 9th June 2018 are as follows:

Chairperson: Robyn Emslie

Vice-Chairperson/Secretary: Heilie Uys

Treasurer: Willie Uys

Members: Susan Burri / Nombuyiselo Skafu

This report starts, & is inclusive of all events/activities, as of our previous AGM date, 9th June 2018, held at Savages Restaurant, Port Elizabeth.

ACTIVITIES & INITIATIVES:

It was just yesterday, but in actual fact it was 6 weeks ago, that we were jetting off the Newcastle, UK, for the WTG 2019. I would like to recap on an amazing performance of our athletes, & congratulate all those who took part, especially our "first timers". SA placed 5th on the medals ranking, which means of the 57 athletes that participated, we brought home 67 medals. This is an amazing achievement, 13 of these medals coming from our Eastern Cape athletes.

Congratulations to all!

Full report of WTG 2017 available on request

Also, ECTSA is also very proud of our Treasurer, **Willie Uys**, who was elected as a Board Member of the World Transplant Games Federation, for a fourth Term of Office.

Following the World Transplant Games Federation (WTGF) launched of the “Fit for Life” initiative, to help transplant recipients re-engage in physical activity & organised sport; & to demonstrate to the public the importance of organ donation & transplantation, the World Transplant Games Federation (WTGF) is embarking on an ambitious worldwide program to help members of the global transplant community embrace their new lives. The ‘Refit for Life’ Toolkit is an initiative of the WTGF’s Fit for Life! Global program aimed at helping transplant recipients take the first steps to get active and start enjoying a new and increased quality of life! The Refit for Life program is a modular web-based program designed to take recipients through a six- month program which will improve not only their fit-ness and nutrition but their mental wellbeing and overall quality of life.

The Program in detail: The Refit for Life program is a 6-month exercise plan to help recipients get active. Sign up by visiting www.wtgf.org/refitforlife

On the 3rd of August 2019, we held the ECTSA National Colours Ceremony at Savages, Port Elizabeth. It was a proud moment for our seven Eastern Cape athletes (all kidney recipients) to receive their National Colours, namely:

Dean Arnolds, Susan Burri, Mphumelezo Damane, Robyn Emslie, Lynn Landman, Carlo Prince, Heilie Uys.

Their Protea blazers were handed over by Willie Uys and Dr Ensor from Livingstone Hospital.

On Saturday 13th April 2019, ECTSA hosted our second Petanque Day at The Woods Bowling Club in Port Elizabeth, which was well attended & enjoyed by all.

The first Petanque Day, 20th October 2018 was to teach the members how to play the sport, the second day’s aim was a little more competition. Great fun was had by all on both days.

World Kidney Day, 14th March 2019: ECTSA joined Livingstone Hospital Renal Unit and the Kidney Awareness Network on an outreach to Clinics in Uitenhage

Together with Kerry White, Sr Lucille Claasen and Janine Smith, the message of “How to care for your kidneys” and organ transplantation and donation were delivered to patients by Nombuyiselo Skafu, Siyabulelo Snooks and Lungisa Mazana in English and Xhosa.

Dean Arnolds, Lynn Landman & Heilie Uys carried over the message of “Celebrating Life after Transplant” while Willie Uys was our supporter in the background.

Susan Burri and Nombuyiselo Skafu also visited the Walmer Clinic on 20th March 2019, distributing information and talking to patients about kidney failure.

ECTSA/Price Waterhouse Cooper in Port Elizabeth had a very successful Cuppa 4 CANSA event on 25th October 2018; where Transplant Sports & Fit for Life joined hands with CANSA to spread the word about skin cancer, organ donation and trans-plantation. Our bone marrow transplanted athletes attended the tea.

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On Friday 24th August 2018, ECTSA attended the Eastern Cape Sport & Recreation Achievers Award Ceremony at the Boardwalk Hotel. Not only was ECTSA the Runner Up as Federation of the Year, but Willie Uys was Runner Up as Sport Administrator of the Year, Heilie Uys won the Sportswoman of the Year: Golden Age award and was also the Runner Up as Sportswoman of the Year.

National Training Camps: ECTSA athletes attended 2 training camps in Bloemfontein during the build up to the WTG, first one was 23 – 25 November 2018, second one was 16 - 19 May 2019. The athletes enjoyed these camps, & all agree they learnt a lot from these opportunities they were given.

And last, but definitely not least, ECTSA proudly hosted the 13th National Transplant Games, in Port Elizabeth, on 12 – 15 July 2018. What a privilege it was to host the NTG 2018, which was thoroughly enjoyed by all the participants and supporters who attended the Games.

Fundraisers:

Dance at Buffalo Flats Primary School, arranged by Carlo Prince & family on 1st March 2019, in East London

Music trivia evening at Union Cricket Club, arranged by Livingston Renal & KAN, in Port Elizabeth.

Golf day at St Francis Bay Golf Club, arranged by Willie & Heilie Uys, on 28th December 2019, in St Francis Bay.

COMMITTEE MEETINGS:

ECTSA Management Committee meetings:

24th Aug 2018, at the Boardwalk Hotel PE

10th Dec 2018, via Skype

7th March 2019, via Skype

13th Apr 2019, at The Woods PE

27th Jul 2019, at Savages Restaurant PE

We discussed finances, fund raising, Sports Confederation Affiliation, membership drive initiatives, marketing strategies & awareness projects, athlete development, & World Transplant Games.

Mention of some of these items will be made in this report.

* Minutes of meetings available on request*

MEMBERSHIP:

Number of Full, Honorary Life, & Associate members - total 46 (33 last year).

According to the latest figures, of the 46 members, we have 29 Full members (transplantees) & 17 Associate members (family, friends, etc). 2 members are Honorary Life members to date.

Our members are widely spread, from PE, EL, Grahamstown, Jeffries Bay, Cradock, Middleburg, Humansdorp & St Francis Bay

We are continually contacting transplantees in the PE, EL, Mthatha & surrounding areas in the hope of increasing awareness & growing our numbers.

Sports achievements by our members is reported on via our SATSA website page/FB/newsletters.

COMMUNICATION WITH MEMBERS:

There are regular updates on the regional page on the SATSA website, & the EC page has continuous updates each quarter. Likewise with the newsletter, updates are done each quarter. Facebook is also updated regularly.

Thank you goes to Heilie for keeping all the updates going, & for the reports on our events in the newsletters

Other social networks are continually being updated by EC, & all SATSA members, namely Facebook, Twitter, Instagram, etc.

SOCIAL ACTIVITIES:

The launch of the National Transplant Games 2018 in Port Elizabeth took place on Saturday, 17th March 2018 at the Marine Hotel on the beachfront. This was very well attended by our members & was a huge success.

SPORTS ACTIVITIES:

Athletes need to belong to a sports club for their discipline. This does not apply when athletes take part in the National Transplant Games, but is relevant for the World Transplant Games.

Some of our members are currently active members of their respective sports clubs, & play golf/cycle regularly, & also take part in competitions. Other members have joined the Park run, & take part on a regular basis.

Since Jan 2017 Eastern Cape (PE) athletes have had the privilege of being trained by 2 top coaches, namely Johan van Greunen for track athletes, & Nic Human for Master's field events.

After our first Training Camp this year in Bloemfontein, 24th – 26th March 2017, we can't wait for the next one, which will take place after Nationals, & before the WTG 2019.

MARKETING:

Our aim is to market the association, as well as raise awareness of organ donation & transplantation, to patients, as well as the public.

Our members regularly visit Livingston Hospital to promote ECTSA, while others visit health care centres & schools to promote organ donation & transplantation.

All our members, & their families/friends are encouraged to not only promote ECTSA but also organ donation & transplantation.

For visual media, we have two banners, one for PE and one for EL. We also have brochures, and these are available for members to take with and distribute. We also now have a data projector.

Our participation in other related initiatives that are ongoing, include:

- working with Livingstone Hosp, & visiting the Transplant Clinic (Susan Burri)
- working with Frere Hosp to visit their Transplant Clinic: Sr B Elgin (Robyn Emslie)
- working with Nelson Mandela Academic Hosp to visit their Transplant Clinic (Robyn Emslie)
- work with NRC throughout the EC region (Robyn Emslie)
- work with K.A.N. via their website & Facebook page (Kerry White)

ENGAGEMENT WITH OTHER SPORTS BODIES:

Following a lot of hard work from Willie Uys, we now have a good, strong relationship with the EC Sports Confederation AGM, & we look forward to our future association with the them.

FINANCES:

This matter is in the capable hands of our Treasurer, Willie Uys, & he will be giving the Financial Report.

GOALS FOR NEXT YEAR:

Our goal, as mentioned under our marketing report, is to market the association, as well as raise awareness of organ donation & transplantation, to patients, as well as the public.

We are looking forward to another Golf Day in St Francis Bay, & are still hoping to possibly hold one in East London / Fish River in the future as well.

We would like to host events in both PE & EL to introduce transplanted patients to the association, as well as to the WTG. We would like to hold Fun Run/ Walks to raise awareness to the public. We will continue to work together with government, as well as private sectors, & K.A.N., to raise awareness of organ donation/transplantation, & our association (SATSA).

And we will continue to look at ideas to raise funds for ECTSA/SATSA, & ways to grow our region.

And next focus in the new year will be the upcoming National Transplant Games, & the first Training camp. Our athletes are still training, to maintain their strength & fitness levels, & we are focusing on potential new athletes that could take part/qualify at Nationals.

ACKNOWLEDGMENTS:

Once again, I would like to say how proud I am of our region, & how privileged & honoured I am to be the Chairperson of this amazing region. But I also have to say that without the current management committee, & their dedication & hard work, we would not be where we are today.

Thank you to these amazing people for everything they do for the ECTSA.

And thank you to all the ECTSA members, because without you, we would not have an EC association.

In conclusion, I'd like to say well done to our ECTSA – we are growing well, & we are getting the message out there. I continue to pray for good things ahead, in our lives, our health, & our region.

Thank you

ROBYN EMSLIE**15 OCTOBER 2019****CHAIRPERSON: ECTSA**