

Shaping our future leaders

This month, Living and Loving features Growing Champions – a development programme that empowers children to lead healthy lives and make a valuable contribution in SA.



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give back

Growing Champions is a development programme that aids young men in rising above poverty, drugs and violence to lead a healthy life through sport and education.

Samantha Toweel-Moore, daughter of boxing legend Willie Toweel, founded and developed the Growing Champions development programme.

Samantha has 18 years of experience in advancing human performance through her experience in occupational therapy and psychology, both in South Africa and the UK.

“Our children are our future, yet many are raised in homes where their parents are absent, suffering from addiction or are gangsters. Good education and sporting opportunities offer alternatives to a gang-related lifestyle, but they’re of little value when the child doesn’t



have a vision for his future, know how to make good choices and get out of the negative cycle,” says Sam.

Growing Champions helps children exercise the champion spirit, one that defeats all obstacles to lay a path towards a healthy, crime-free future. Rather than navigating through life alone, these kids are part of a brotherhood, and display improved school attendance and diligence, while engaging in sport. Growing Champions is a programme that proves you’re never too ‘damaged’ to make a positive difference.

HOW YOU CAN HELP

- Provide a van for transport
- Football coaching
- Reading assistance
- Administration services
- Art material, cameras and print assistance
- Food and sports drinks
- Football equipment
- Computers for educational support.
- Visit www.growingchampions.co.za or call 082 803 3866 to get more involved. **I&L**

MY SPAR CARES ABOUT ME

SPAR is giving this month’s charity, Growing Champions, a R5 500 voucher to aid its efforts in helping children rebuild their lives through sport. You may not realise it, but you and SPAR are closer than you think. It could be because you feel at home when you shop there, or because SPAR is part of your life and your community. It’s probably why you say ‘My SPAR’ without thinking about it.

