



Executive Overview

The Forward Foundation is a non-profit organisation focussed on delivering integrated socio-economic development programmes, in an attempt to rectify the social disparity in our region.

Our programmes scale across projects for children, youth and adults, using sport and physical wellness as a catalyst for personal development and economic advancement.

Forward Foundation is the culmination of the social development work of brothers Le Roux and FC Conradie. They have spearheaded and supported a range of development projects over the past 15 years. The decision was made to bring all their projects in-house under one foundation, to grow their social development reach, and to insure quality delivery.

What started as a dedicated fundraising initiative, has now culminated into a fully fledged multi-dimensional non-profit.

The focus of the foundation is on the development of children through sport and physical wellness. It also includes career training and the creation of employment opportunities for young adults leaving school.

We believe that our integrated approach prepares children for life and offers them a career path post childhood.

Our Projects

We offer a range of projects in the Western Cape, with a focus on the Winelands region. Herewith a summary of our current development projects for children and youth.

Play 4 Life: An integrated sport leadership and development programme for school principals, teachers, coaches and sport coordinators in underserved government schools in the Western Cape.

Little Tigers & Tiger Rugby Africa: A rugby development programme in association with Tiger Rugby USA and forms part of a bigger vision for 7s rugby development in Africa.

Forward Foundation Touch & Sevens Rugby Invitational Teams: The development and support of youth Touch and Sevens rugby.

Kinetix: A professional Kinderkinetics service offering expert consultation, school programmes, educator training and parent focussed resources to promote and enable the physical development of children.

Retail training, development and employment: Creating career path development and employment opportunities for youth that have participated in our various development projects.