

JULY 2011

Mission statement

To establish sustainable awareness, prevention, intervention and training programmes designed to eliminate substance abuse with the focus on FASD as a preventable disorder among children in South Africa

FARR

FOUNDATION FOR ALCOHOL RELATED RESEARCH

FARR BOARD MEMBERS:

Prof Denis Viljoen (Chairperson)
Prof J.P. Van Niekerk
Dr L. Bengu
Mr. A Botha
Dr M. Urban
Ms. Asyia Shaik
Ms. L. Olivier (CEO)

FUNDERS 2010/11

ARA (Industry's Association for Responsible Alcohol Use)
Wesbank Foundation
Anglo American Chairman's Fund
Department of Agriculture (WC)
Department of Social Development (NC)
HMSEA
Old Mutual
The Keepers of the Quach
Whisky Live Festival
Top Spar
Cliffie Dekker Hofmeyer
Vodacom
Catalyt 1Q

Drop in FASD in De Aar

De Aar, so-called FAS capital of the world, no longer can claim this dubious title thanks to the efforts of the local community, the Community Centre and the prevention efforts of the Foundation for Alcohol Related Research (FARR). Rates of fetal alcohol syndrome were once recorded at 120 per 1000 (12%) of school entry children in a 2002 study done by FARR. This devastating figure was later substantiated with exactly similar results in 2005-2006 when under-1 year-old babies in De Aar were evaluated.

A massive campaign in De Aar to reduce alcohol con-

sumption in pregnant women was initiated using funding provided by the Centres for Disease Control and Prevention from America, and a remarkable reduction in fetal alcohol syndrome of 30% was achieved. FARR has also commenced a "Healthy Mother - Healthy Baby" programme funded by the Wesbank Foundation in recent times which is expected to reduce FAS rates even further.

FARR has been active in the De Aar for more than 12 years and these wonderful outcomes are a fitting tribute to local efforts. Our experience will be shared with other needy communities in Kimberley as FARR's focus changes in the future.



Prof Viljoen assessing one of the healthy babies from the Healthy Mother/Healthy Baby Programme.



Ms Leena Olivier, CEO

From the CEO's desk

In a community where people are living in difficult circumstances, it is often challenging to facilitate behavioural changes, especially without significant changes in living environment. In situations like this people often lose hope, become disillusioned and lose the ability to dream.

In many ways this is exactly what the different FARR programmes are doing: It makes communities aware of their responsibilities towards the outcomes of their choices and behaviour and it re-establishes hope for a more positive future.

How many of you have seen a

child without dreams or goals? Have you ever been confronted with the task of helping a child to start dreaming again? And have you ever had the privilege to share in a person's absolute joy when he/she realizes that he/she is of importance, can bring about change in life and can make a positive contribution in society?

To be a member of the remarkable FARR-team places one in the privileged position that you can regularly experience and/or facilitate the above-mentioned. To each one of my team members who have given their best to facilitate hope in people's lives and to assist com-

munities to fight FASD, I say a warm thank you.

Our interventions are made possible by our loyal and very supportive sponsors: Thank you for believing in our programmes, for your interest in intervention-research and for believing, with us, that we can make a difference. A special word of thanks to all the service providers, community leaders, community members and co-workers for your co-operation and dedication to the FASD prevention programmes.

Together with you we continue to hope and dream about a FASD-free community and positive futures for all: *'Dreams can't come true if you don't have any'*



Hwasea site visit in August 2010



Learning can be fun...

Training Academy 2010/2011

It has been a year filled with many challenges, achievements and hardwork. FARR's Training Academy is proud to announce that it has successfully received accreditation from the Health and Welfare SETA in October 2010. This process has been a long one but commitment and endurance has enabled us to reach this point.

Substance Abuse and Fetal Alcohol Spectrum Disorders Workshops for social workers and health professionals have added a lot of value to these professionals as they are

dealing with these challenges on a daily basis, either directly or indirectly. The accreditation of Continuous Professional Development (CPD) points has definitely been an added benefit, as it has become compulsory for social workers from April 2011.

FARR continues to provide valuable information sessions and workshops to various NGO's, private sector, government departments and religious sectors.

During 2010 -2011, 861 people have successfully com-

pleted training offered by the FARR Training Academy.

FARR would like to thank the Industry's Association for Responsible Alcohol Use (ARA) for its continued assistance to the FARR Training Academy during the past financial year.



Black Economic Empowerment (BEE)

FARR managed an overall score of 65, placing us in the exempt category for micro-enterprise with a Level 4 BEE status

Our funders often enquire about FARR's BEE Rating. Thus in June 2011 we approached a registered agent, BEE Ratings Solutions (Pty) Ltd to assist us. Their extensive audit included assessing our:

- Audited financial statements for 31 March '10
- Procurement, i.e. who are our suppliers
- Staff compliment and interviewing two of our staff members

- Skills development and internal empowerment of our staff through internal training.

FARR managed an overall score of 65, putting us in the category of exempt micro-enterprise with a Broad-Based BEE status of a Level Four Contributor to BEE.

Our BEE Procurement Recognition Level is 100%. With this rating our suppliers can use 100% of their spend with FARR towards their own BEE scoring.

In addition, FARR is a value adding supplier as a BEE compliant company that the measured entity (the company whose scorecard is being worked on) acquired goods/services from whose total labour costs plus the Net Profit Before Tax is more than 25% of annual turnover. This allows our suppliers to use an additional 25% of their spend with us towards their BEE scoring.

Our BEE certificate (No: BRS E 004022) is available upon request

Phd: Dr Tinashe Mutsvanga

FARR would like to congratulate Dr. Tinashe Mutsvanga on his PhD entitled: "Characterization of the facial phenotype associated with Fetal Alcohol Syndrome using stereophotogrammetry and geometric morphometrics". The research for his PhD centered on analyzing the facial shape of children with and without FAS in order to classify them according to their facial shape.

Tinashe is working on a low cost 3D scanner to take facial images of children with FAS.



Dr Tinashe Mutsvanga

Previously the imaging of children required taking three separate images from which corresponding, relevant landmarks were manually obtained. While this methodology worked well and is still the method in use in the field at the moment, it is a very laborious process and produced 3D coordinates for the landmarks chosen only.

A relatively new technique is to obtain on composite surface 3D image. The advantages are:

1. One can now perform ad-

vanced analysis on the whole face by matching different facial surfaces in the population group and conducting a full face analysis.

2. Errors in land marking will be limited since all the land marking will be done on one 3D image.

Tinashe is hoping for a more advanced analysis which will include soft tissue features that have never been fully analyzed before.

JULY
2011



FARR is very proud and excited to announce the launch of our Prince Alfred's Hamlet FASD prevention project in the Witzzenberg area in April 2011. FARR has been involved in the Witzzenberg area since 2007 and it became clear that Prince Alfred's Hamlet is a high risk area for FASD.

Acknowledgement is given to the Anglo-American Chairman's Fund for funding the implementation of our Healthy Mother Healthy Baby Research project. The holistic HMHB project uses motivational interviewing techniques whereby pregnant

women are supported during their pregnancy to ensure that they give birth to healthier babies. Our FARR team in Prince Alfred's Hamlet comprises of a Project coordinator and fieldworkers.

Awareness and Prevention programmes are of optimum importance to create the universal awareness across the entire community. Appreciation and gratitude goes to ARA (The Industry's Association for Responsible Alcohol Use) for funding this part of the project, which enables FARR to reach out to broader

target groups. Awareness and prevention programs in the form of an interactive theatre performance by Take-Away Theatre have taken place at St. Mark's Primary school and Paradise Farm. Substance abuse and Fetal Alcohol Spectrum Disorders training will be conducted with health professions, NGO's, home-base carers and educators to increase their knowledge and understanding, thereby imparting skills to facilitate a better intervention on these levels.



An American's experience of FARR in De Aar

I came to South Africa for one year in June 2010, hoping to get involved with volunteer work in the public health sector. In October last year I started with the Biomedical Engineering Department at the University of Cape Town, and ultimately ended up heading to De Aar in March.

De Aar is not somewhere you just end up in, but I am so thankful that I did. Everyone in the community made me feel at home right from the beginning, and the FARR staff

taught me more than I could have ever imagined. De Aar can be a desperate and hopeless place, but the work that FARR does brings so many women and children hope every day. They really taught me that the best way to make a difference is by starting small and working with individual people. Over time that positive impact will ripple out through the entire community. I had the incredible opportunity to spend one month with the FARR staff in



Lindsey Kingsinger, from the USA volunteered for a month

De Aar, and it was not nearly enough. I learnt new things everyday, whether it was another Afrikaans word that I would pronounce terribly or the complicated process it takes to diagnose an infant with FAS. The staff made me feel like part of the family from the beginning, and I am so thankful for everything. I can't wait to see where FARR goes in their future, and I can't wait to return to South Africa soon to witness it all!

Story from a mother in De Aar

Marie S., 36 years old is pregnant for the sixth time. She reports that her first three pregnancies ended in miscarriage because she drank too much.

During 2005 her husband became a Christian and gave her an ultimatum: Either she joins him in serving the Lord or their ways have to part. She decided to stay with him and turn her life around. Together they stopped drinking and smoking and in 2007 she gave birth to a lovely, healthy daughter. In 2010 she fell pregnant again, but this was an extremely stressful time for her

as she was working and had to care for her ill mother in law. Her baby was born prematurely with complications and died 2 weeks later.

When she fell pregnant this year she joined FARR's Healthy Mother, Healthy Baby programme.

Marie is very thankful for everything she has learnt. She feels better prepared to deliver her baby and with the support she finds in the programme, she has developed a better self-esteem. She dreams of a normal baby

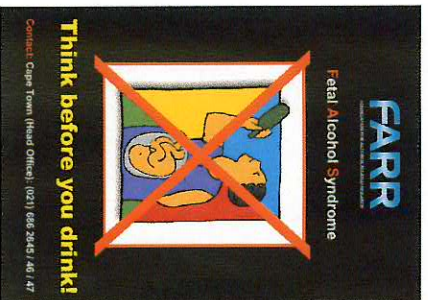


who will grow into a healthy child and educated adult.

Marie hopes to inspire other pregnant women to stop consuming alcohol as to ensure a better future for their children

**"Put your heart,
 mind, and soul into
 even your smallest
 acts. This is the
 secret of success"**
Swami Sivananda

FARR staff member, Lena
 with some of the babies in
 our project



9 km against FASD

Each year on 9 September, the world observes International FASD Day. This is a time to raise awareness about FASD and the dangers of alcohol during pregnancy.

9 September 2011 will be no exception and FARR would like to encourage schools,

businesses, religious groups and other organizations to join us in our 'fight against FASD. You can do this by briefly discussing the FASD message, wearing the FASD knot, and then walking 9 km as a group to show support for the FASD message.

FARR will be hosting a day with the FAITH Fund on the Beyerskloof Farm just outside of Stellenbosch.

Please contact the FARR office for more information regarding the FASD walk that FARR is undertaking.



The FASD Knot symbolizes many things: The cord refers to the umbilical cord through which the unborn baby is supposed to receive nutrition (and not alcohol) from its mother. The cord also refers to the central nervous system, with the frayed edges symbolizing the permanently damaged nerves of the unborn baby who was damaged by his mother's alcohol consumption. The circle symbolizes the womb where the baby should develop in a safe environment. It also indicates the circle of support provided by friends and family to the pregnant woman, to help her not to use alcohol. The reef knot cannot be broken or snapped, traction will cause it to pull tighter. This represents the strong support network that we should provide to pregnant women.

RETIREMENT OF PROFESSOR VILJOEN

To those who have not noticed as yet, Prof Denis Viljoen has officially 'retired' on the 31 March 2011 with the intention to spend more time with his family and to enjoy other non-work related activities. We were not surprised when he arrived back in the office the very next day. He is still the chairperson of the Board of Directors and will

continue to do the clinical assessments of the children in the programmes. As the Chairperson of the Board of Directors, Prof will remain an active member of FARR.

A retirement perk is that you will now often find him on a course...a golf course!

Prof, we thank you for your continued support and your willingness to always assist and share your fast knowledge. Your dream will continue to live in FARR



FARR Welcomes New Staff members



Farewell to Elizabeth Pegram...



Ms. Sofia Abrahams
Admin Officer



Mr. Lebo Khusu
Data Capturer



Ms. Debbie Lombard
Training Co-ordinator



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Website: www.farr-sa.co.za

New Healthy Mother Healthy Baby Project in Prins Alfred's Hamlet:



Ms. Marica Du Toit,
Project Co-ordinator



Ms. Wilma Willemsse,
Community Worker



Ms. Fumane Mpitfi,
Community Worker

