

FARR VISION

FARR is dedicated to building positive futures in South African communities by significantly reducing birth defects caused by alcohol consumption, with the focus on Fetal Alcohol Spectrum Disorders.

FARR FUNDERS 2012/2013

- Anglo-American Chairman's Fund
- ARA (Industry's Association for Responsible Alcohol Use)
- Community Chest
- Department s of Social Development (Western + Northern Cape Provinces)
- Discovery Fund
- Distell Ltd
- Empower Griniker / Infraset Ltd
- Friends of FARR
- Mainstream Renewable Power SA
- SAB (South African Breweries)
- Solar Capital Renewable Energy SA
- Various Church & Community groups
- Whiskey Live Festival

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INTERNATIONAL ACKNOWLEDGEMENT FOR FASD PREVENTION

Prof Denis Viljoen, Founder and Chairperson of FARR, received the prestigious Henry Rosett Award for Outstanding Contributions to the Fetal Alcohol Spectrum Disorders Field, on 23 June 2012 in the USA. This is the first time that the award is bestowed on a person outside of North America.

The presentation took place at the Fetal Alcohol Spectrum Disorders (FASD) Conference in San Francisco where Viljoen did a presentation on his work in South Africa since the founding of FARR in 1997.

During his visit to the USA Prof Viljoen and the CEO of FARR, Leana Olivier, presented a series of lectures on invitation at the University of San Diego and also opened a FASD Centre which is modeled on the FARR centre in De Aar, Northern Cape Province and Prince Al-

fred's Hamlet, Western Cape Province.

Prof Viljoen has a passion for the well-being and development of children. He is also an avid teacher and mentored many undergraduate and post graduate students in the fields of Human Genetics and FASD. As a world renowned expert he published more than 50 articles on the topic, serves on a number of expert committees, such as NOFAS in the UK, and many others.

He is modest about this award, whilst acknowledging that it is one of the highlights of his professional career he states: "I am humbled by this acknowledgement and receive it on behalf of the FASD fraternity in South Africa, FARR and all our stakeholders, but specially on behalf of the mothers who are prioritizing the health of their

unborn children by not using alcohol during pregnancy. Few people realize how serious South Africa's FASD problem is and that there are a number of communities where the FASD-rate is higher than the HIV/AIDS rate. It is about time that South Africans stand together against FASD as it has a devastating effect on the future of our country."



Dr Julie Kable (Vice president, FASDSG); Leana Olivier (CEO, FARR); Prof Denis Viljoen (Chairperson, FARR) Prof Rajesh Miranda (President, FASDSG); Dr Ken Warren (Director, NIH); Dr. James Reynolds (Treasurer, FASDSG)

A Word from the CEO

Botox....face lift....extreme make-over? Well, maybe not EXTREME, but just a new look.... Did you notice the difference??

FARR turned 15 this year! To mark and celebrate this significant milestone, we decided to adapt our image accordingly. With the assistance of the organizational development company, CatalyticQ, we took the brave step to revisit our vision, mission, objectives, LOGO and Website. The 'new look' will be launched at our AGM on 16 August 2012.

An organizational assessment indicated that we associate closely with the colours aqua and red, and that the concept of bringing HOPE to people's lives is very close to our hearts. Aspects such as human rights, especially the rights of children, de-

velopment and care are key concepts of the FARR team members' ethos. To capture this, our logo was adapted to project this positive, caring and nurturing philosophy. Lower case was used to soften the stark appearance of our logo even further and we brought in the very important 'a'. This 'pregnant a', with the heart in the centre, indicates the importance of nurturing and alcohol-free pregnancies and a caring, supportive post-pregnancy environment. By doing so we put emphasis on the fact that FARR is focused on prevention, management and training programmes, not only research.

Following through with this 'make-over', we have adapted our stationery to have a fresh, modern appearance. So watch out! You will soon receive e-

mails with new signatures, brand new letterheads, faxes and more.

More and more lay people, parents, caregivers and students are making use of our website. It therefore became essential to upgrade the information and broaden the scope. Our new website will be up and running in August and we trust that it will be more user-friendly to our stakeholders. Please visit us on www.farr-sa.co.za. Being in our 'teenager phase' we can now also be 'liked' on Facebook: FARR/Foundation for Alcohol Related Research.

We trust that our new image marks the beginning of an exciting new phase and that we will continue our partnerships with our sponsors and partners to ensure that we reach and serve more people from near andfar.



The FARR team on a fieldtrip to Kimberley, May 2012



Prof Viljoen examining a child during the Kimberley prevalence study—May 2012



FARR receives the Volksblad / Cumba Iron Ore Organisation of the year award



Leana meeting the CTICC CEO, Rashid Toefy

FARR's latest addition: Kimberley

The Northern Cape Province is often referred to as the 'Province with the highest Fetal Alcohol Syndrome-rate in the world', based on the FAS rates in Upington (69/1000) and De Aar (122/1000). Most probably an unfair statement as we do not know the rates in the rest of South Africa and many other high-risk countries. Prompted by the success of FARR's FAS prevention programme in De Aar, which brought about the first ever reduction in a FAS community prevalence rate in the world. (now 85/1000), FARR was invited by the Department of Social Development to implement a similar 3-year programme in Kimberley, the capital of the Northern Cape Province. As the Department

specifically indicated the need for interventions in Roodepan and Galeshewe, the 14 primary schools in these areas were recruited to participate in the study.

Since May 85% of the 1 543 Grade 1 Learners assigned to the study have been screened and clinically assessed. The rest will be covered before September. Neurodevelopmental testing and maternal interviews will commence towards the end of 2012.

As per our comprehensive FAS prevention model, we are committed to facilitate sustainability and have therefore, supported by the Discovery Fund, already embarked on the training of service providers such as the health professionals. Training of social workers and educators

are scheduled for the later half of 2012 and 2013. Community educational programmes will commence from September 2012. According to our implementation plan we were scheduled to initiate our HMHB© Programme towards the end of 2013. Funding obtained from Distell enabled an earlier start to this intervention and a brand new component of music therapy to enhance the bonding between mother and child. To assist us with the development of this innovative approach, FARR has partnered with the University of Maastricht. The outcome of this FAS Prevalence Study will provide the Northern Cape Province with its 3rd FAS rate and will bring this province closer to obtaining a FAS prevalence rate for the entire province.

The battle continues in De Aar

March 2012 brought the end of funding from the Wesbank Foundation for the De Aar project. As no funding was in place to continue with the project, FARR had to stop recruiting new clients for the HMHB© programme by the end of 2011.

However, FARR did not give up and with pockets of funding from Empower Griniker/Infraset Ltd, Mainstream Renewable Power, Rotary De Aar and SAB, FARR continued its fight against FASD in De Aar. Pregnant women who could no longer participate in the HMHB© programme were hit the hardest, and to compensate for this these women were offered the opportunity to participate in the FAStrap©

course learning about the most important parenting skills. Weekly information sessions at local antenatal clinics ensured that all the pregnant women in the community received the FASD prevention message.

The first half of 2012 was also used to wrap up the three year HMHB© programme that supported a total of 604 pregnant women through their pregnancies.

By means of the Interactive Theatre production by Take-Away Theatre, "Liefdeskind", we raised awareness of FASD in the community.

Prof Viljoen assessed all the 9-month old babies born in our HMHB© programme since 2010, 111 babies were identified as malnourished. A pilot

nutritional research programme was set up to monitor the growth of these babies and provide supplementation to an experimental group of 40 babies.

FARR received the Organization of the Year Award from the Volksblad and Kumba Iron Ore in April 2012. A very positive programme on the fight against FASD in De Aar was broadcasted on Carte Blanche in April 2012. This report on Carte Blanche led to a Brandhouse journalism award to the journalist Kim Cloete.

In May 2012, a miracle happened when South African Breweries indicated a commitment to fund the FASD prevention project in De Aar for another year July 2012—June 2013!

FARR will now stream line the current programmes and work even smarter against FASD in De Aar.

Mandela Day 2012

How did you spend your 67 minutes???

Cape Town International Convention Centre staff spent their 67 minutes at the FARR Head Office doing gardening, mak-

ing FAS knots, printing training packs and making certificates. It was indeed a fun-filled afternoon, meeting the CEO and 17 of the CTICC staff members.

Thank you for all the support and for adding value to the work that we do.

FARR is looking forward to our partnership with the CTICC.

FASD Prevention in Prince Alfred's Hamlet

FARR is proud to announce the opening of our new FARR centre in Prince Alfred's Hamlet on 13 April 2012. This project would not be possible if it was not for our funders, ARA (Industry's Association for Responsible Alcohol Use) and Anglo-American Chairman's Fund.

The Awareness and Prevention programme, in the form of an interactive theatre performance by TakeAway Theatre (Liefdeskind), illustrating social issues like FASD, teenage pregnancy, abuse and domestic violence has reached over 345 community members this year alone. FAStrap© is a workshop geared towards low literacy groups and empowers parents with parenting skills and ways to cope with the challenges of par-

enting in our communities and has reached 76 parents to date. They in turn have reached 1520 members of the community.

The Healthy Mother Healthy Baby/HMHB© programme focuses on pregnant women. All the pregnant women, attending the Department of Health's antenatal clinics, are invited to sign up for the programme. To date 128 women have joined the programme and there have been 45 births. Babies born to these mothers are assessed at 9 months to assess their general health status and to ensure that they do not have any other problems, disabilities or FASD.

On 9 September 2011, FARR in partnership with the Department of Health, successfully commemorated International Fetal Alcohol

Spectrum Disorders Day in Prince Alfred's Hamlet. The FAStrap© 9km awareness walk started at 9h09 from the local clinic and attracted 279 individuals from government departments, municipality, St Marks school and other stakeholders.

The day was filled with excitement and lots of fun with teams dressed up to the theme of a 'healthy pregnancy' and sending out the message of NO ALCOHOL during pregnancy.. The support from the Witzenberg community was amazing and FARR would like to thank all the role-players for participating in this community event and making it a huge success! We are looking forward to 9 September 2012 and hope to involve even more supporters.

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Opening of the PAH FARR Centre



International FAS DAY: 9 September 2011

Outreach to Beaufort West

The Central Karoo Department of Health requested FARR to raise awareness in Beaufort West regarding FASD and the prevention thereof. FARR once again partnered with Take-Away Theatre and during February 120 high school learners had the opportunity to participate in the interactive theatre

production, Liefdeskind followed by a workshop. Each learner was challenged to share the FASD prevention message with 20 others.

This was followed by funding from the Department of Social Development to train 27 community health workers from the

Central Karoo District to take the FASD prevention message forward. These community workers will assist FARR to recruit 30 pregnant women in Beaufort West to participate in 3 support groups during August, September and October in line with FARR's very effective HMHB© programme.



Beaufort West high school learners during their workshop following 'Liefdeskind'

PhD: Candice Chetty

FARR is extremely proud to announce that a former colleague, Candice Chetty, has received her PhD in June 2012 from WITS University. Dr Chetty's PhD explored the relationship between mothers with depression and children diagnosed with FASD. Her research formed part of the FARR research study in Upington 2006—2007. Using data from FARR's standardized diagnostic battery, Candice added two more tools to obtain a better understanding of the mothers' current depression.

Her findings showed no significant difference in maternal depression, demographic, pregnancy or health risk factors and no distinct maternal profile between the FASD and No-FASD groups. Although children with FASD scored significantly lower in their social adjustment and their overall development, it is very interesting to note that both the FASD and No-FASD group showed developmental delays in other areas similar to delays of that evident in poverty and deprived communities.

This emphasizes the enormous need and importance of early childhood stimulation in disadvantaged communities.

Candice's study outcomes recommend research design changes, structured training of health workers, infants and mothers within the local cultural context. These aspects currently form an integral part of FARR's FAStrap© course, as well as the training offered to Educators and Social workers.

Dr Chetty remains a valued member of the Friends of FARR circle and we wish her the best of luck with her professional career!

"We must use time creatively, and forever realize that the time is always ripe to do right"

Nelson Mandela



Dr Candice Chetty

FAStrap© 2011

A pilgrimage through the Karoo... That is what Leana Olivier (CEO) and Lian Drotsky (Project Manager De Aar) set out to do in 2011. During October, just as the days grew hotter and longer, they walked 290 km from De Aar to Kimberley in 7 days (17-23 Oct).

Their crazy attempt drew lots of attention and enabled FARR to raise awareness of the dangers of alcohol use during pregnancy on a national level. The pilgrimage also honoured the women in the HMHB© programme who abstained from using alcohol during pregnancy, which resulted in a 30% drop in the FASD prevalence rate in De Aar.

The walkers remember cold mornings with Leana wearing 2 tops and gloves; hot days when Lian had to wear the biggest hat she could find; interesting people participating in the afternoon workshops, the hospitality of our generous hosts and the people in the Karoo.

Amore Bekker (National Radio Sonder Grense Programme) reported on their daily progress in Tjailtyd and many listeners greeted the two walkers by hooting from cars, trucks and trains, waving and even stopping to take a picture or to say a prayer (probably thinking that these crazy women are in need of some 'Higher Support!').

They were surprised to learn along the way how few people had ever heard of FASD or knew anything about the dangers of alcohol use during pregnancy.

In Kimberley they were met by supporters from government departments and the community who walked the last 9km with them and attended the ceremony where the Mayor of Kimberley received the message of goodwill from the Mayor in De Aar.

We thank our sponsors, especially Mainstream Renewable Energy SA, for their support with this undertaking.



FAStrap © 2011 the long, lonely walk...



FAStrap © 2011 ended in Kimberley.

9 SEPTEMBER: International FAS DAY

In the late nineties, a group of biological and adoptive/foster parents in New Zealand and Canada tried to create awareness and share information regarding the management of children with Fetal Alcohol Syndrome (FAS) across the globe. This eventually led to the establishment of the first International FAS day on 9 September 1999 (09/09/1999) and was also commemorated in South Africa.

The symbolism of 9 is very important, as a woman is normally pregnant for 9 months.

What happens on 9 September?

Participants are encouraged to:

- Meet on 9 September at 09h00 and share the FAS prevention message
- Have one minute of silence at 09h08 to think about individuals affected by FAS and their primary care-givers/educators;
- Break the silence at 09h09 by

ringing a bell calling people to take action and create awareness about FAS and the importance of abstinence of alcohol during pregnancy;

Participants are encouraged to wear the FAS knot on the day.

The FAS prevention message:

Fetal Alcohol Syndrome (FAS) is the most severe form of the Fetal Alcohol Spectrum Disorders.

When a pregnant woman drinks, her unborn baby is affected by the alcohol. The alcohol she consumes is absorbed through the bloodstream and reaches the unborn baby.

The alcohol is poisonous and it may affect any of the unborn baby's organs. The brain is the most vulnerable organ. For this reason, all children with FAS have a mild to severe degree of permanent brain damage. FAS is world-wide the main

cause of preventable mental retardation.

There are many myths around FAS. Some people still believe that a woman must be an alcoholic to have a child with FAS. Therefore the prevention message that must be spread is:

No amount of alcohol is safe during pregnancy.

FASD causes permanent damage, but it is 100% preventable.

Contact us if you want to obtain FAS knots for International FAS day.



FAS Awareness Knot:

- The cord with worn ends symbolizes the umbilical cord whereby the baby receives food and unfortunately also alcohol from the pregnant woman; the central nervous system (brain) which can be permanently damaged by the alcohol;
- The Canadian knot is so strong that it will not break. If traction is put on it, it will pull tighter. This symbolizes the strong support pregnant women and people with FAS need.
- The circle inside the knot symbolizes the uterus of the pregnant woman which should provide a safe environment for the unborn baby to develop free from alcohol.

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