

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 Disorder.

FARR FUNDERS 2015

- Anglo American Chairman's Fund
- ARA (The Industry's Association for Responsible Alcohol Use)
- Cliffe Dekker Hofmeyer
- Department of Agriculture (WCP)
- Department of Social Development (NCP & WCP)
- Discovery Fund
- Distell Ltd
- Friends of FARR
- Infraset / Aveng Ltd
- SAB
- Solar Capital Renewable Energy
- Whiskey Live Festival

A word from the CEO's desk

We started the New Year with loads of energy after a good break over the festive season. But before we could blink; we are fast approaching the end of the first quarter of 2015.

2015 started on a high note with the appointment of seven new staff members within the first month. Ashley Collier (Project Coordinator) and the two Community Workers, Johanna Stoffels and Leonora Mouers, make up the team for our new project in Renosterberg. Anna van Staden is going to coordinate the ECD and After School Care programmes in De Aar. Tersius Lambrechts (Coordinator: Psychometric Testing) is based at the FARR, Rondebosch office. Addney Coltman and Gwynneth Rossouw

(Psychometrists) join the FARR Bethelsdorp Project (Eastern Cape). We welcome them all on board and wish them the best of luck. Many exciting challenges and joys lie ahead whilst working in FARR's research, awareness, prevention and training programmes in the Western, Northern and Eastern Cape Provinces.

FARR is slowly but surely spreading its wings to other parts of South Africa. We recently embarked on a partnership with the Industry's Association for Responsible Alcohol Use (ARA) and South Africa Leisure Tourism and Hospitality Association (SALTHA). They are organizing Liquor Traders and Owners Imbizo's in all the provincial capitals of South Africa. Being one of the keynote speakers at these events, FARR is

fortunate to have access to a valuable advocacy platform to promote alcohol-free pregnancies, as well as responsible alcohol trading and use.

We look forward to a promising year, full of interesting new ventures which I trust we will be able to report on in our next Newsletter.

Best of luck for the rest of 2015

Leana Olivier

CEO

Kula Foundation: Following footprints...leaving footprints

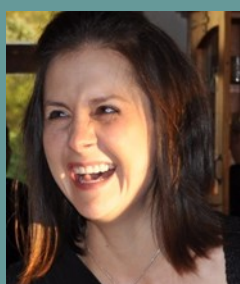
For the past 9 months the Kula Foundation has been very fortunate to become part of the FARR team at Wolseley. The aim for us as an Organization and Occupational Therapist was to build bridges with the community of Wolseley. The purpose of our work is to form meaningful relationships with the mothers in FARR's Healthy Mother Healthy Baby© Programme, so as to ensure that the Kula Foundation can become an integral part of these mothers outlook on child development and child rearing. As an organization we aim to deliver to inspire people, instil hope and aim to make a meaningful and sustainable difference. What we didn't anticipate was the change that took place within our own perceptions and

attitudes as a direct influence of the enormous inspiration of FARR. The FARR staff at Wolseley has made us not only part of the team, but has allowed us to become part of the FARR family. We love what we do, but we all know that working within communities brings joy but also exposes one to great sadness. To be able to deliver our services means facing many social obstacles, and facing them alone can often cause despair. FARR and their wonderful staff members at Wolseley not only inspire us, but their energy for what they want to achieve flows over and catches on like a wild fire.

Through FARR we have built relationships and started a great journey with 19 mothers, and we have become richer with the birth of

several babies. We truly hope that our work together with FARR can leave permanent footprints in the lives of these precious mothers and their children as we strive to teach them healthy parenting strategies and support them in the overwhelming but blessed world of parenthood. We can only hope that our services support and enhance FARR in their aim to make a difference and we want to salute and thank the organization for leaving permanent footprints in our Foundation.

Chantal Griesel
Project Manager for The Kula Foundation



Chantal Griesel (Project Manager for The Kula Foundation)



Teddy Day—Child Stimulation Day



Dr Mahanjana, Board member and ARA Chairman.



Elinor Kerns, Anglo American Chairman's Fund

Wolseley

The Wolseley project had a rocky start due to the break-in and other challenges, but we are happy to report that the FARR flag is flying high in Witzenberg again! We have been privileged to receive a lot of support from local stakeholders, the community and our funders. As always we are grateful to our funders ARA and the Anglo American Chairman's fund, and thanks to Ronel du Toit,

a long-time friend of FARR from the area, we were able to present them with two tapestries as a sign of our appreciation.

The Wolseley team will also be heading FARR's first ever charity shop. This will have the dual benefit of bringing much needed funding in for the project and it will make affordable items available to the Wolseley community. Marica and team are ham-

mering out the details and donations have been coming in from all over. We would like to make special mention of The Cape Town International Convention Centre. They have been a stalwart supporter of the project and donated a mountain of items for us for this fundraising initiative. All donations are welcome, items can be delivered to our Thornhill or Wolseley offices.

Busy year ahead for Bethelsdorp

The Bethelsdorp Project has achieved a number of milestones in the last 12 months. We have implemented 2 phases of our prevalence study in 14 schools and over 1700 children have been screened. We will implement the final phase of clinical examinations in early 2015. Maternal Interviews began in late 2014 and more than half have been completed by the 2 community workers by early January 2015. 70 Social Workers re-

ceived FASD training and a special certificate ceremony will be held in early 2015 with SAB/ECLB present. Our first FASD Day in September was well received with our message reaching hundreds of people in Bethelsdorp. We have established excellent working relationships in the area and have participated in a number of DSD community events and forums. 2015 promises to be a busy year with completion of clinical exami-

nations and maternal interviews planned. In addition we will complete Neurodevelopmental assessments, start the Health Mother Healthy Baby© Programme and begin training Foundation Phase Educators and Health Care Professionals during 2015. The Nutrition Study with CPUT was successfully completed in November 2014 and in May 2015 the last screening will take place. Watch this space!



Children line up with Leana Olivier, Juanita Matshoko from DOE and Prof Viljoen.



Lloyd Matsheka and Prof Spinnie Benade from CPUT. Working in a make-shift laboratory

Training academy

FARR is passionate about training for their staff, professionals and the public in general. In 2014 we introduced our annual Community Worker Training week. The first such event was held in De Aar and was a huge success. It gave community workers the opportunity to get together to share and exchange their experiences across projects. The week was full of group learning, team building, the exchange of exper-

tise and the establishment of norms and standards for community work at FARR. The next event will be held in Wolseley in March 2015. The programme is looking very interesting!

Across projects training has been conducted for Educators, Social Workers and Healthcare Professionals in keeping with our capacitation philosophy at FARR. We have also enjoyed the privilege of working with the Department of

Agriculture across the Karoo and the Department of Social Development in the West Coast in providing the FAS-trap© Training for farm workers and community members. The ever popular Liefdeskind industrial theatre show has been a huge success again in 2014. FARR staff have also presented information at conferences, workshops and seminars across the country. Spread the message!

Visit our website on www.farrsa.org.za and see the upcoming training on offer for 2015

We'll done, Jaco!

One of FARR's key goals is to facilitate research in the field of FASD, and we are proud to have another student complete his Master's Degree with FARR. Jaco Louw, who has since been employed as a project manager at FARR, received his Masters in Psychology (cum laude) in 2014.

The subject of his thesis was how women perceived the risks of drinking during pregnancy, and whether they believed that they were less at risk than the women around them.

Jaco became interested in Fetal

Alcohol Spectrum Disorders doing volunteer work as part of his honours degree in 2010. In 2012 he resigned from his job in international exports to devote himself to his studies. It was at this stage that he came into contact with Leana from



Community Workers training in De Aar

FARR and where he entered into partnership with FARR for his research. With a lot of help from FARR's De Aar team, women who had taken part in the HMHB© programme were interviewed about how they

perceived the risk of drinking during pregnancy and also about what they knew about FASD.

To FARR's delight the results indicated that the women in

De Aar had excellent knowledge about FASD and they seemed to be well aware of the risks of drinking during pregnancy.

Prince Alfred's Hamlet

On the 1st and 2nd of December 2014 FARR was back in PAH after the successful conclusion of the project in March of the same year. As part of the monitoring and evaluation process for the Healthy Mother Healthy Baby© programme, we went back to examine children who were born to mothers who took part in our programme and were around 9 months old

at the time. By comparing the birth outcomes of these children to children born before the Prince Alfred's Hamlet project was initiated, we are able to gain insight into the impact of our interventions.

We were fortunate to be able to work with one of our past colleagues, Margaret Farao. She tirelessly sought out the mothers to invite them to come to our clinic and who also helped

to ferry them to the clinic from their homes. Valuable lessons were learnt from the process as it was quite difficult to reach all the mothers. The communities are highly mobile and many mothers had moved or were working somewhere outside Prince Alfred's Hamlet. Regardless of the difficulties the clinic proved valuable to those who were there and gave us the opportunity to look back and critically evaluate our processes.

Ending the year on a merry note in De Aar

Our annual "Christmas in a shoebox" challenged FARR De Aar to find 207 Christmas boxes for the 2014 FARR clients. This included women from the Healthy Mother Healthy Baby© programme, as well as children who regularly take lunch and play at the FARR / Joan Wertheim Centre. FARR De Aar aims to give an individualized shoebox filled with various gifts including toiletries, clothing and a toy / personal item. Although the De Aar community is very sup-

portive and 91 Christmas boxes were donated from the De Aar, the town is just not big enough to find 207 boxes.

Luckily we have friends from far afield and 65 boxes came from Cape Town, 36 from Pretoria and funds for 10 more were donated from Canada. Once donors have been identified, made up their Christmas boxes and dropped them off at the nearest collection point the challenge is to bring all the

Christmas boxes to De Aar and miraculously that happens every year!

As the Christmas boxes arrive children's excitement grows. Some boasting whose box will be the heaviest and others hoping their name will also be called out. Their joy at the Christmas party is overwhelming and especially the children who would have had a very dull Christmas leave FARR with happy hearts. Thank you all.

West Coast

Late last year the first FAStrap© courses were presented in the West Coast area. The first was held in Vredenburg and funded by the Department of Social Development and the second was held in Saldanha thanks to funding from ARA. To say that the courses were successful would be an understatement. The participation from the communities was fantastic and we received wonderful feedback from participants. During the follow-up session and certificate ceremony for the

Vredenburg course it became apparent that the participants had taken the message of the course to heart and had turned into ambassadors for FARR.

It was also great to have representatives from both the Department of Social Development (Anna Farao and Welmaine Kellerman) and the Department of Health (Nurse Sara Thomas) present at the certificate ceremony. Anna Farao addressed the participants and also expressed her

appreciation for the commitment of community members. She also reiterated the importance of tackling social problems at a community level and the importance of communities sharing the responsibility of preventing alcohol exposed pregnancies. The certificate ceremony for the second course has not been held at time of writing, but we are looking forward to seeing another group of FARR ambassadors enter their communities to bring about important changes!



Prof Viljoen examines a baby during a visit to PAH



Community workers getting ready for the HMHB© Christmas party.



A gift for every child!



Participants of the FAStrap© course in the West Coast.

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 FoundationForAlcoholRelatedResearch

No amount of alcohol is safe during pregnancy.

**FASD: 100% Irreversible.
 100% Preventable.**

FARR MISSION

FARR will achieve our vision by implementing impactful, direct community interventions, driving social awareness programmes, conducting world-class research and by offering a full range of diagnosis, management, support training, education and mentorship services.

FARR strives to:

1. Conduct ongoing medical and psycho-social research to birth defects (focusing on FASD) and alcohol consumption in South Africa, including monitoring and evaluation of impact.
2. Implement comprehensive, long-term intervention programmes in identified "at-risk" communities
3. Offer training, education and mentorship programmes directed at medical professionals, social- and health care workers and the general public.
4. Offer effective employee wellness programmes focusing on alcohol consumption.

Kimberley

The Kimberley staff would like to thank and show appreciation to, their sponsors Distell, Discovery and the Dept. of Social Development for the continued Funding over the past three years.

The staff appreciates this support as this has enabled the smooth running of projects.

The Kimberley Project is nearing its end. On the 31 March 2015 the project will reach its conclusion and FARR staff are preparing the exit strategy. This strategy includes a focus on:

- Awareness campaigns to emphasise the FAS/FASD prevention message.
- Health Professionals receiving in service training to sustain the Healthy Mother

Healthy Baby® Programme at both our pilot clinics.

- Staff preparing for the 9month examination on all babies born to mothers participating in the HMHB® Programme. Prof Viljoen's Clinic will be held in March 2015.
- All Departments being prepared for handover, which will take place in March 2015.
- All Government Departments/Professionals trained by FARR will receive certificates at a special ceremony in March 2015.

According to some social workers FARR was a blessing. Departments worked well with FARR and could refer some of their clients to FARR. This will be greatly missed and sad to know that the project will end in March 2015.

According to a client in Roodepan, she would like to thank FARR for the support and assistance she was offered during her pregnancy. She wished the HMHB® Programme was in existence during her first pregnancy; as she would have had more information and prevented indulgence in alcohol, as she would have known of the associated dangers of consuming alcohol while pregnant.

According to a clinic sister, she will miss the expertise and skill of the FARR team. They were a very friendly team and co-operated with all the staff.

According to the Kimberley FARR Team "we are proud to have been part of FARR as it looks after its staff, capacitates them and always says thank you and well done for their efforts."

**FASD-Awareness Knot:**

•The rope with worn ends symbolizes the umbilical cord whereby the baby receives food and unfortunately often 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, under pressure it will only pull tighter. This symbolizes the strong support pregnant women and people with FASD 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.



A HMHB® session in Kimberley



FASD Day (9 September) in Kimberley