

## FETAL ALCOHOL SPECTRUM DISORDERS (FASD) SUPPORT AND INFO GROUPS

### Background:

The Foundation for Alcohol Related Research (FARR) was established in 1997 and was the first organization in South Africa to specifically focus on Fetal Alcohol Spectrum Disorders (FASD), which is the umbrella term for the damage caused to babies due to drinking alcohol during pregnancy. FARR's main focus areas are FASD research, diagnosis, management, awareness, prevention and training. Visit our website: [www.farrsa.org.za](http://www.farrsa.org.za) or Facebook-page to learn more about our programmes.

### FASD Support Groups:

As FARR spent more time in the field, the realization dawned that there was an enormous need to assist biological and foster parents as well as those who care for individuals affected by FASD. This led to the formation of the first support group in 2014 and the creation and systematic expansion of various information groups.

Often caregivers experience a desperate sense of isolation and hopelessness. FASD support group gatherings create a safe space for all those involved to share their experiences, relay concerns, coping strategies and successes, to obtain information and become more empowered. Participation in support groups is often instrumental in restoring a sense of community and belonging and provide much-needed hope for the future.

Presently five different groups gather monthly in the Cape Metropole. Sessions are facilitated by Ms Laetitia Pool, who is a qualified Social Worker.

### FASD Information Groups:

As it is not possible to host physical gatherings across the country, FARR has created different platforms to share information, encouragement and support. These include:

	<b>Groups</b>	<b>Clients</b>
1	Email	Clients who have access to email receive educational information and/or an article regarding FASD, once a month.
2	SMS	Clients with cell phones receive a short inspirational message, twice a month.
3	Postal Service	Clients in need of support, who do not have access to any of the abovementioned facilities are provided with information via the postal services.

Anyone, including community members, parents, caregivers, educators, social workers and health professionals etc. interested in obtaining more information on FASD, is welcome to join.

### How to join:

- Send an email to: [fasdsupportgroup@farrsa.org.za](mailto:fasdsupportgroup@farrsa.org.za);
- Phone: 073-125-3459; or
- Write to: FASD Support Group, P.O. Box 4373, Tyger Valley, 7536.

### Confidentiality:

All clients' information will be dealt with confidentially.



**LAETITIA POOL**  
**FASD SUPPORT AND INFORMATION GROUP COORDINATOR**

# FETALE ALKOHOL SPEKTRUM AFWYKINGS (FASA) ONDERSTEUNINGSGROEPE

## Agtergrond:

Die Stigting vir Alkohol Verwante Navorsing (Foundation for Alcohol Related Research - FARR) het in 1997 sy ontstaan gehad en is die eerste organisasie in Suid-Afrika wat spesifiek aandag gevestig het op Fetale Alkohol Spektrum Afwykings (FASA), wat die oorkoepelende term is vir skade wat babas ly as gevolg van alkoholgebruik tydens swangerskap. FARR fokus veral op FASA navorsing, diagnosering, hantering, bewusmaking, voorkoming en opleiding. Besoek ons webtuiste: [www.farsa.org.za](http://www.farsa.org.za) of ons Facebook-blad vir inligting oor ons programme.

## FASA Ondersteuningsgroepe:

Soos FARR se werkverrigting op grondvlak uitgebrei het, het dit duidelik geword dat daar 'n geweldige behoefte aan ondersteuning by biologiese ouers, pleegouers en versorgers van persone wat deur FASA geaffekteer is, bestaan. Dit het aanleiding gegee tot die totstandkoming van die eerste ondersteuningsgroep in 2014 sowel as die skep en sistematiese uitbreiding van verskillende inligtingsgroepe.

Versorgers ervaar dikwels gevoelens van isolasie en hulpeloosheid. FASA ondersteuningsgroepe skep dus 'n veilige omgewing waarin diegene hul ervarings kan deel, bekommernisse kan uitlig, hanteringstrategieë en suksesse kan beklemtoon en inligting kan verkry om beter bemagtig te word. Betrokkenheid by ondersteuningsgroepe is dikwels deurslaggewend om 'n gevoel van gemeenskaplike samehörigheid en hoop vir die toekoms te skep.

Huidiglik is daar vyf verskillende groepe wat maandeliks in die Kaapse Metropool bymekaarkom. Sessies word deur Me. Laetitia Pool, 'n gekwalifiseerde Maatskaplike Werker, gefasiliteer.

## FASD Inligtingsgroepe:

Aangesien dit nie moontlik is om groepe regoor die land aan te bied nie, het FARR verskillende platforms geskep waardeur inligting gedeel kan word, sowel as bemoediging en ondersteuning kan geskied. Dit sluit in:

	<b>Tipe Groepe</b>	<b>Kliënte</b>
1	Epos	Kliënte wat toegang het tot eposse ontvang opvoedkundige inligting en/of 'n artikel rakende FASA op 'n maandelikse basis.
2	SMS	Kliënte met selfone ontvang 'n kort inspirerende boodskap, twee keer per maand.
3	Per Pos	Kliënte wat nie toegang tot bogenoemde fasiliteite het nie, word deur middel van die amptelike posdiens van inligting voorsien.

Enigene wat meer inligting oor FASA vir verkry, is welkom om aan te sluit. Dit sluit in lede van die gemeenskap, ouers, versorgers, onderwysers, maatskaplike werkers, gesondheidswerkers ens.

## Hoe om aan te sluit:

- Stuur 'n epos aan: [fasdsupportgroup@farsa.org.za](mailto:fasdsupportgroup@farsa.org.za);
- Skakel: 073-125-3459; of
- Skryf aan: FASA Ondersteuningsgroep, Posbus 4373, Tygervallei, 7536.

## Vertroulikheid:

Alle inligting van kliënte word vertroulik hanteer.



**LAETITIA POOL**  
**FASA ONDERSTEUNING- EN INLIGTINGSGROEPKOÖRDINEERDER**