



farr

2021-2022

A journey of hope

25<sup>Years</sup>

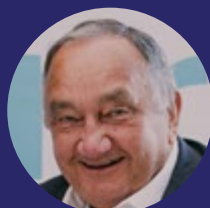
# Board Members



Adrian Botha  
Chairperson



Dr Leana Olivier  
CEO



Prof Denis Viljoen  
Board Member



Prof JP van Niekerk  
Board Member



Prof Marietjie De Villiers  
Board Member



Dr Louisa Bhengu  
Board Member



Dr N Khaole  
Board Member

## Our Vision

FARR is dedicated to building positive futures in South African communities by significantly reducing birth defects caused by alcohol consumption during pregnancy. The focus of our major activities is on Fetal Alcohol Spectrum Disorders (FASD).

## Our Mission

FARR will achieve our vision and become the household name in our field 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, educational and mentorship services whilst maintaining our high ethical standards and respecting human and child rights.

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## Editorial Team

Liska White  
Charnine Sobey  
Therin Stroucken

Please Note: Pictures in this newsletter DO NOT depict children with Fetal Alcohol Spectrum Disorders (FASD), but all children from the communities who participate in FARR's activities.

**Designed by:** Karyn Pitcher, Creative Bubble Design

# Celebrating Enduring Support and Commitment



What a distinct privilege to have been so closely associated with FARR and its dedicated staff since inception - and for a quarter of a century! Jonas Salk makes the point 'hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality', and that is exactly what Professor Denis Viljoen did 25 years ago.

Prof Viljoen, as he is affectionately known, and a small group of like-minded individuals, including Professor JP van Niekerk who, like Prof Viljoen, still serve on the FARR Board, recognised the problem represented by FASD in our country. Together they managed to garner funding and thereby take the first steps towards FASD research and prevention in South Africa.

Although there have been challenges on this path, there have also been many successes which can be attributed to the never-ending commitment of staff to inform communities of the dangers of drinking during pregnancy. The hope of giving our children a chance to pursue their goals and dreams, unimpeded by a preventable condition continues to remain paramount. As our own Archbishop Tutu expressed: "Hope is being able to see that there is light despite all the darkness".

On behalf of FARR I wish to express our sincere thanks to our funders and stakeholders who continue to believe in our end goal. This includes many companies, organisations and individuals who make significant personal and financial contributions and steadfastly support FARR.

On a 'journey of hope' nothing is as important as a team you can rely on. From the bottom of my heart I wish to extend my appreciation to simply wonderful individuals at FARR offices across the country as well as to Leana and my fellow Board members for their enduring wisdom and support.

There is never going to be an endpoint but as we complete 25 years into this journey, it is most certainly something to celebrate!

**Adrian Botha**  
Chairperson: FARR Board

## My FARR Journey of Hope



My contact with FARR started in 1997 as a Board Member and Friend of FARR. However, my true "Journey of Hope" began when I joined as a staff member in 2006, knowing very little about research, nothing about NGO's, and even less about fundraising, without the faintest idea of where this amazing journey would lead. Sixteen years later, I still do not know enough, am learning every day, still oblivious about what lies ahead. But what has been profound, is that I have learnt the strength and value of hope!

The FARR I joined looked very different, its sole focus was on research. The organization found itself in a transition phase between completing research, funded by the USA's National Institute of Health (NIH) and the National Institute for Alcohol Abuse and Alcoholism (NIAAA), and closing down .....or taking the brave step to continue on its own.

Being full of hope and enthusiasm I gained permission from the Board to choose the latter (did I mention how little I knew?), and to expand our scope to include four focus areas: Research/Diagnosis/Management; Awareness/Prevention; Training and FARRCare Wellness. We also took on a huge project in the Witzenberg district (Western Cape) rendering all these services - with funding that I had to raise! My journey soon took on a steep learning curve.

Thus far, the path has been full of bumps, a pothole or two (I refuse to dwell on the COVID pandemic.....), many highlights and surprises and most importantly, positive growth. With tremendous support from our active and supportive Board of Directors, funders, stakeholders, Friends of FARR, unbelievable staff, and precious clients, we have grown from a small organization with 4 staff members, one shared office and no projects, to a thriving NGO with 51 staff and 14 offices/ community centres. We offer evidence-based programmes and incorporate a "whole of society" approach in our service delivery to communities.

I thank and salute the above individuals and invite all to join us on the rest of our journey. It is guaranteed to be bumpy and interesting, but fuelled by *HOPE*, we will prevail!

**Dr Leana Olivier**  
CEO

- **Wellington**  
(1997 – 2002)
- **Johannesburg**  
(1998 – 2000)
- **De Aar**  
(2000 - Active)
- **Upington**  
(2003 - Active)
- **Kimberley**  
(2012 - 2015)
- **Witzenberg**  
(2014 - 2017)
- **Aurora**  
(2014 - 2015)
- **Renosterberg**  
(2015 – Active)
- **West Coast**  
(2016 - Active)
- **Bethelsdorp**  
(2014 – 2016)
- **Burgersdorp**  
(2016 - Active)
- **Prince Albert**  
(2016 - 2022)
- **Hanover**  
(2016 - Active)
- **Jacobsdal**  
(2017 - 2022)
- **Britstown**  
(2019 – Active)
- **Graaff-Reinet**  
(2019 - 2022)
- **Kirkwood**  
(2019 - 2022)

# Highlights in FARR's History

## 1997:

- Prof Denis Viljoen and Mr Chris Shaw “gave birth” to a dream. Little did they know how “far” this dream would reach. With a name such as “FARR”, they surely had a strong and convincing vision.

## 1997 – 2005:

- The Health Faculty of the University of Cape Town generously offered FARR a small office, which had to be shared with other research groups. Overcrowding and limited resources were strong realities!
- Funded by the USA's National Institute of Health (NIH) and the National Institute for Alcohol Abuse and Alcoholism (NIAAA), FARR completed the first FASD Prevalence Study in South Africa. The two Principle Investigators, Prof Denis Viljoen and Prof Phil May (USA) laid the foundation for more to come.
- FARR completed the USA funded studies and signed up for the De Aar and Upington projects, thereby taking its first steps to becoming an independent SA-based NGO.

## 2006 – 2011:

- Growth and organizational development were the outstanding features of this period.
- A CEO was appointed.
- FARR enlarged its reach to include the Witzenberg and Aurora projects.
- Additional staff members were appointed, requiring a move to our own and bigger premises in Rondebosch.
- The FARR Board of Directors expanded and became more actively involved.
- A Financial Manager was appointed, establishing a sound financial system for the organization.

## 2012 – 2017:

- An independent study by a consultancy group, Catalytic, found that our stakeholders and clients associate the word “Hope” with FARR.
- The funding base increased, and FARR developed strong relationships with various stakeholders, including government departments.

## 2012 – 2017 cont:

- Further growth necessitated a move from Rondebosch to larger premises in Bellville, our current Head Office.
- Contracts for more projects in the Western and Northern Cape were entered into and we also started working in the Eastern Cape.
- FARR received increased recognition abroad for the work that we were doing, and articles included academic publications.
- Valuable international partnerships were formed.
- A Private FASD Diagnostic Clinic and Support Groups were added to our scope of services.
- The Training Academy staff compliment increased. Courses and workshops were now on offer across South Africa – often in places difficult to find on Google Maps!

## 2018 – 2021:

- An ever-increasing demand for expanded implementation led to the opening of a project in the Free State. Projects and reach in the Western, Eastern and Northern Cape Provinces increased.
- We braved the COVID-pandemic, but sadly lost three valued staff members.
- Our Founder and Chairperson, Prof Denis Viljoen, handed over the baton to our current Chairperson, Mr Adrian Botha.
- More projects were added in the above-mentioned provinces, with our staff component increasing in alignment.

## 2022 - :

- With many lessons learnt, committed funders and staff, and the ever-present awareness that there is so much more to be done, FARR continues our “Journey of Hope”, striving to find and develop evidence-based interventions, improving the lives of those in need and bringing about positive change.

**Stay on board! We can guarantee an  
adventurous journey for the years ahead!**



# From Hesitance to Hope

The FARR journey in Burgersdorp started in 2017. In most cases, when a new project is implemented in an area, community members are not always ready to participate. The Burgersdorp community was no exception. They were not familiar with the FASD prevention and awareness programmes that FARR provided, resulting in the attendance of training sessions like the Think Twice Workshops and FAStap® Courses being very low. Participation in the HMHB® Programme was also not as we had hoped. At the time it was clear that community members did not realize the benefits and importance of being part of a programme aimed at supporting women in having healthy pregnancies. Women who had been pregnant prior to FARR implementing this programme could not see the advantage that it would add to their pregnancy journey. As far as they were concerned, having gone through at least one pregnancy qualified them to have enough information.

Despite the initial challenges and setbacks, the project team were determined to build strong relationships with community leaders, government departments, non-profit and faith-based organisations. Every opportunity was utilized to engage with stakeholders and raise awareness about the services and support on offer. As an example, babies born into the programme undergo a full medical examination by a Pediatrician at ± 9 months. When needed, referrals to specialized services are facilitated.

Having the same vision as the community leaders and stakeholders, the transition from non-participation to active participation by the community did not take long. It is our mission to improve the lives of our community members. During the 2017 FASD prevalence study medical assessments, a learner was diagnosed with cranio-facial stenosis. His case became an inspiring success story in the projects' existence. FARR facilitated for him to undergo life-saving surgery at Tygerberg Hospital in Cape Town. Currently we are happy to report that the learner is doing well and FARR continues to support the family by ensuring that he travels from the Eastern Cape to the Western Cape to attend all his check-ups. It warms our hearts to think of how our intervention has changed the future prospects for this young boy.

Looking back on the last five years, we can see FARR's vision slowly coming true. Community members are now self-recruiting to join the HMHB® Programme and we recently celebrated the birth of healthy triplets! Our training initiatives have become so popular that we now have waiting lists for training attendance. The project continues to have successful International FASD Day commemorations, with the 2021 event seeing over 300 community members participate in the awareness campaign.

Creating change in communities is certainly not easy. It not only requires appropriate programmes, but also patience and persistence from dedicated staff. Looking back, we are deeply thankful for the progress made. The journey from initial hesitance to fully embracing our project, makes us excited at the prospect of bringing hope to many more in the Burgersdorp community!



## TRAINING 2017-2022:

Initiative	Sessions	Beneficiaries
FAStap® Courses	7	147
Legacy Dad Courses	0	0
Think Twice Workshops	11	262
Love Child Theatre Shows	3	241
Professionals Courses	6	107
Awareness Sessions & Events	89	2106
Health Promotion Talks	139	2172
DYH3M Cards		2811
<b>TOTAL:</b>	<b>255</b>	<b>7846</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB® Programme	514
Babies included in 9-month clinic assessments	227
<b>TOTAL:</b>	<b>741</b>



# Creating Horizons With Hope

In February 2020 the Foundation for Alcohol Related Research (FARR) opened its doors in Britstown. With the objective of becoming a beacon of hope to the community, the office began implementing targeted initiatives.

Our main activity is the Healthy Mother Healthy Baby© Programme whereby we educate and support pregnant woman throughout their pregnancy. The only requirement is that women need to join the Programme before twenty weeks of gestation. Once recruited, FARR Community Workers dedicate time doing home visits, hosting information sessions and mentoring them, even until after the birth of their babies. All support is geared towards ensuring healthy mothers, healthy pregnancies and ultimately healthy babies.

Growing up, adolescents need to navigate a myriad of changes and challenges. Add to that the many social concerns prevalent in South African communities today e.g. high unemployment rates, substance abuse and teenage pregnancy, it is understandable that the young people in Britstown need all the support and guidance they can get. With this in mind, we started an Adolescent Support Group which is hosted at our office. Sessions cover relevant topics, some of which are seldom openly spoken about. We encourage members to build a positive self-image, guide them to establish healthy relationships and inform them of the importance of using contraception etc. And, of course we have loads of fun, especially when we do manicures, braid each other's hair, have intense movie discussions and play games. It is immensely inspiring to see them "light up" during these sessions.

Our latest, exciting deliverable to the community is the Footprints Programme. This initiative focusses on supporting Foundation Phase Learners struggling with learning difficulties or nutritional deficiencies. Educational stimulation offered at school, and the provision of a fortified nutritional biscuit with milk, three times a week, forms the basis of this intervention.

In addition to the abovementioned initiatives, community members and local professionals also benefit from various training opportunities presented by FARR e.g. FAStrap© Courses, Think Twice Workshops and Health Promotion Talks. As part of the annual commemoration of International FASD Day on 9 September in 2021 the community assisted in painting a poignant mural to serve as a lasting reminder of the dangers of alcohol use during pregnancy.

Since its inception, the project has grown and expanded its deliverables to become more relevant to the needs of the Britstown community. It is our conviction that through FARR's services we can broaden the horizons of many and ignite a greater hope for the future!

## TRAINING 2020-2022:

Initiative	Sessions	Beneficiaries
FAStrap© Courses	3	49
Legacy Dad Courses	0	0
Think Twice Workshops	4	66
Love Child Theatre Shows	0	0
Professionals Courses	2	25
Awareness Sessions & Events	20	386
Health Promotion Talks	18	187
DYH3M Cards		353
<b>TOTAL:</b>	<b>47</b>	<b>1066</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB© Programme	46
Babies included in 9-month clinic assessments	0
<b>TOTAL:</b>	<b>46</b>

 **Britstown** Northern Cape

Rita Mentz





# A Valuable 3 Minutes

As Project Coordinator for the West Coast, it is hard to believe that we have been working in the Vredenburg/Saldanha area for 9 years. It feels like yesterday that our CEO Dr Olivier bravely rode into Vredenburg on the back of a motorcycle to announce FARR's arrival. I have been privileged to be part of FARR's journey from the outset.

The project kicked off with the FASD prevalence study which was conducted from 2013 to 2014 in the Saldanha Bay Municipal Area. It included the screening of 1 452 children from 14 primary schools. Another highlight was the implementation of the Healthy Mother Healthy Baby© Programme from 2014 to 2016. The plan was to move on from the West Coast after three years, however after seeing the need for intervention in the community, and with the goal of sustaining the impact we had already made, the project was extended. This is where our direction changed.

The West Coast project is often the testing ground for new ideas. An idea manifested to develop a Brief Motivational Interviewing initiative. Subsequently the "Do you have 3 minutes?" (DYH3M) cards were "born". They are high-quality information cards used as a tool to offer a 3-minute FASD awareness session. Clients keep the cards and re-use them to continue to spread the FASD awareness message to family and friends. This initiative has reached more than 12 000 direct beneficiaries on the West Coast. It has subsequently been rolled out to all FARR projects with great success.

On the West Coast we are constantly evaluating the effectiveness of what we are doing while continuously striving to find new and innovative ways to increase the reach of our FASD prevention message.

TRAINING 2017-2022:		
Initiative	Sessions	Beneficiaries
FAStrap© Courses	0	0
Legacy Dad Courses	0	0
Think Twice Workshops	4	53
Love Child Theatre Shows	0	0
Professionals Courses	2	29
Awareness Sessions & Events	0	0
Health Promotion Talks	0	0
DYH3M Cards		13665
<b>TOTAL:</b>	<b>6</b>	<b>13747</b>

COMMUNITY SUPPORT PROGRAMMES:	
Type of Support 2021-2022:	
Pregnant Women that completed HMHB© Programme	0
Babies included in 9-month clinic assessments	0
<b>TOTAL:</b>	<b>0</b>

# Professionals Pay It Forward



Awareness of FASD is not only needed amongst the community and at-risk individuals, it is also important that professionals and service providers are informed of the realities of individuals who are affected by FASD. Health behaviour research has shown that although awareness is not enough to cause behavioural change, it is a necessary condition for change. Without awareness there is little to no hope for change. It is therefore vital that professionals are trained and provided with skills to develop an understanding of how to work with individuals affected by FASD.

One of my duties at FARR is training educators to manage FASD in the classroom. Providing teachers with understanding and specific skills to assist an affected child in the classroom is crucial. It develops insight into dealing with the behaviour of the child and enables the teacher to respond appropriately and prevent disruption in the classroom.

Interrupting the busy schedules of educators to attend training can be quite challenging. Sessions must occur after a tiring workday which has already been inundated with challenges. However, in Graaff-Reinet the interest was so great, that two sessions had to be scheduled. During the training participants from both groups were engaged and committed, frequently challenging me regarding classroom interventions. They asked insightful questions about how international research applies to them in their unique classroom situations. We spoke about tailoring these “ideal world” interventions in order to use them in our South African context. This is precisely what we at FARR want to happen during our courses, a dialogue between FARR and the realities which occur in the classroom setting. It was evident that the educators are determined to help the children in their classrooms. Despite significant challenges, they are willing to put in the effort and work creatively for the benefit of the children. In retrospect I learnt as much from these two groups as they learnt from me!

Another successful initiative was the Alcohol Harm Reduction Seminar for Professionals which was held on 29 September 2021. The keynote speaker, Dr Leana Olivier, used this opportunity to provide information about FASD and present feedback on the findings of the prevalence study, conducted in 2020. This information is vital as it serves to mobilize the community and government in becoming aware of the scope of the problem in the area. Guest speakers from the Department of Education and the Department of Social Development also participated.

It was heartening to see the extensive involvement of the Department of Education in the Eastern Cape. We trust that they will work closely with the informed teachers from the two Educators sessions in paying it forward, by using them as an informed resource to assist others. In so doing, giving affected children the crucial assistance they require, and ensuring that their experience in the classroom is a positive one.

FASD is a national problem and is not limited to certain areas, however wherever we go we are inspired and encouraged by people’s willingness to work together to make a difference in their communities.

## TRAINING 2020-2022:

Initiative	Sessions	Beneficiaries
FAStrap© Courses	3	66
Legacy Dad Courses	0	0
Think Twice Workshops	0	0
Love Child Theatre Shows	0	0
Professionals Courses	3	86
Awareness Sessions & Events	22	740
Health Promotion Talks	12	315
DYH3M Cards		1024
<b>TOTAL:</b>	<b>40</b>	<b>2231</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB© Programme	81
Babies included in 9-month clinic assessments	79
<b>TOTAL:</b>	<b>160</b>



# A Dad's Path

"Your story is the greatest legacy you will leave to your friends. It's the longest-lasting legacy you will leave to your heirs"

Steve Saint

Since the inception of our Renosterberg project we have come to realize that in many communities where we work, there is a need for men to be more actively involved as fathers. We subsequently connected with another NGO, i.e. Bright Star Lifestyle who, in collaboration with "The World Needs A Father", developed a course "Legacy Dad".

This initiative is aimed at empowering Dads to become more aware of the important role they play in their children's lives. It is a two-day intensive course, providing Dads with practical guidance and skills on how to fulfil these roles. Participants discuss the meaning of leaving a healthy legacy behind, by passing on memories and values that will endure and leave footprints for future generations to follow.

Since 2020 we have successfully hosted a total of four Legacy Dad courses in Philipstown and Petrusville. These courses have been a massive success. Participants experienced them as informative and life-changing, offering them insight and a different perspective on the meaning of their roles as fathers and even grandfathers. A few examples of comments written on evaluation forms attest to this:

- "Jou verantwoordelikheid as ouer vir die kind is 'n lewenslange plig"
- "Ek het geleer dat dit baie belangrik is vir 'n vader om deel te wees van jou kinders se lewe"
- "Being in the programme was mind blowing as much as it was educational because it highlighted the hidden secrets of creating a legacy and being a father that has a positive impact on their children's lives."

We trust that these men will continue to use this knowledge and the skills they have learnt to benefit themselves and their families and become outstanding role-models in their communities. It is time that we, the Renosterberg community, work together towards ensuring that each child is left with a legacy that they can be proud of.

## TRAINING 2017-2022:

Initiative	Sessions	Beneficiaries
FAStrap© Courses	6	115
Legacy Dad Courses	3	42
Think Twice Workshops	9	191
Love Child Theatre Shows	4	439
Professionals Courses	3	43
Awareness Sessions & Events	99	3037
Health Promotion Talks	586	7247
DYH3M Cards		998
<b>TOTAL:</b>	<b>707</b>	<b>12112</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed	
HMHB© Programme	446
Babies included in 9-month clinic	
assessments	352
<b>TOTAL:</b>	<b>798</b>

 **Renosterberg** Northern Cape

Charlene Grobbelaar





# A New Legacy Forged

From the onset of the Kirkwood Project in 2019 until its successful completion on 31 March 2022 FARR served as a medium through which the Kirkwood community, schools and clinics connected with each other. The community enthusiastically bought into the project, going as far as naming it the “New Legacy” project.

The project was ushered in with a FASD prevalence study which by all measures was highly successful, with incredible consent, participation and retention rates. During this time we were able to conduct Neurodevelopmental assessments, provide feedback to the parents, train Foundation Phase Educators and other Professionals, host training workshops and present awareness talks at clinics. We firmly believe that these engagements have made a constructive impact by developing a deeper understanding and insight into the challenges and management of learners and those affected by FASD.

Some significant collaborations include:

- Exceptional cooperation from the local health clinics' staff through whom many HMHB© clients were recruited and where a multitude of health promotion talks were delivered.
- Presentations and training to the employees, Social Workers and Health Professionals at the Sundays River Citrus Co-op (SRCC) Foundation.
- Participation in the South African Police Services' campaign against alcohol abuse.
- Hosting an Alcohol Harms Reduction Seminar for Professionals.

Together we have learned a very valuable lesson: Alone we are weak, but through networking and forging connections, we have helped create a crucial support system and laid a solid foundation for a new legacy!

## TRAINING 2020-2022:

Initiative	Sessions	Beneficiaries
FAStrap© Courses	3	84
Legacy Dad Courses	2	46
Think Twice Workshops	7	183
Love Child Theatre Shows	0	0
Professionals Courses	2	74
Awareness Sessions & Events	15	667
Health Promotion Talks	309	2965
DYH3M Cards		1141
<b>TOTAL:</b>	<b>338</b>	<b>5160</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB© Programme	88
Babies included in 9-month clinic assessments	77
<b>TOTAL:</b>	<b>165</b>



# Bringing Hope One Step At A Time

FARR started in Hanover in 2017, and it has been quite a journey for the staff and the community alike. In this article, I'd like to refer to "one" of our adventures.

We like to take a pro-active approach to our community involvement. Hanover has a great need for early childhood development (ECD) programmes focussing on young children and offering support to parents. This led the way to the development and implementation of a community-based parent and household support programme which we aptly named, the Knock-Knock Programme. Our ECD Facilitator knocks on doors in the community looking for parents, caregivers and pre-school children to invite to join the programme. Upon confirmation the parents and children embark on an eight-session adventure.

Visits are centered around encouraging learning, interaction and bonding between parents and children. Parents are empowered with knowledge and skills on how to improve their child's language ability and the importance of using positive reinforcement for discipline. Learning occurs through activities such as storytelling and games. All sessions are done in the familiarity of the clients' home.

Although we were quite nervous to be one of the first projects to roll out this programme, we soon discovered how wonderfully rewarding it could be! The response from the community has been overwhelmingly positive and they are happy to enroll and partake. Seeing the anticipation on the children's faces when we arrive, hearing their laughter and experiencing their beaming faces as we leave, fills us with such joy, knowing that we helped to contribute to a happy household.

## TRAINING 2017-2022:

Initiative	Sessions	Beneficiaries
FAStrap© Courses	7	117
Legacy Dad Courses	0	0
Think Twice Workshops	6	161
Love Child Theatre Shows	4	389
Professionals Courses	3	62
Awareness Sessions & Events	57	1412
Health Promotion Talks	89	1674
DYH3M Cards		744
<b>TOTAL:</b>	<b>166</b>	<b>4559</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB© Programme	161
Babies included in 9-month clinic assessments	84
<b>TOTAL:</b>	<b>245</b>



 **Hanover** Northern Cape

Lara van der Walt

"The journey of a thousand miles  
begins with one step"

Lao Tzu





2017



2020



2020



2020



2021



2016



2012



2011



2012



2010



2017



2015



2008





2009



2018



2000



2020



2015



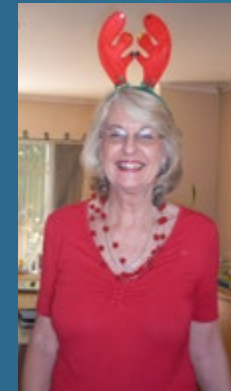
2020



2009



2010



2009



2020



2017



2012



2019



2021



2013



2016



# 'n Jaar van Genade

Hoop is so 'n eenvoudige woord, tog 'n woord met soveel betekenis. Dis nie net 'n emosie nie, dit is 'n oorlewingstegniek. Dit is om te weet ek het 'n toekoms.

Nadat die Jacobsdal Projek in Maart 2020 afgehandel is, het ons in Maart 2021 die oproep gekry om weer sekere inisiatiewe in die gemeenskap uit te rol. Al was dit net vir 'n jaar, was hierdie ons jaar van genade! Weer het ons die geleentheid gekry om hoop vir die gemeenskap en die swanger vroue op Jacobsdal te bring.

Gedurende hierdie tydperk kon ons 53 moeders inskakel by die Gesonde Moeder Gesonde Baba© program. Dit het meegebring dat 38 babas tydens ons 9-maande kliniek deur Dr. Claude Bailly (FARR-geaffilieerde mediese spesialis) geassesseer kon word. Die nodige verwysings is gedoen na die plaaslike kliniek vir bv. voedingsondersteuning en na streekshospitale vir verdere mediese versorging. Dit is hoop. Hoop vir 'n beter toekoms vir elke baba!

'n Baie suksesvolle Alkoholskadevermindering Seminaar is op 3 November 2021 aangebied vir 73 professionele persone van die omgewing. Dit het onder andere dieëtkundiges, fisioterapeute, spraakterapeute, dokters, arbeidsterapeute, verpleegsters en onderwysers ingesluit. Daar is veral klem gelê op die effek van alkohol op die fetus en die lewenslange negatiewe gevolge in terme van gedrag, fisiese en intellektuele ontwikkeling. Sodoende kon deelnemers bemaatig word om insig te ontwikkel in die belang van hul hulpverlenende rol aan geaffekteerdes en hul families. Dit is hoop. Hoop vir volgehoue leer en verandering!

FARR het ook in hierdie tydperk ondersteuning gegee aan 'n groep van 12 vrouens van die "Community Work Programme" wat een keer per maand ons ondersteuningsgroepessies bygewoon het. Hiertydens het die vrouens onder andere geleer om pragtige juwele en klein kunswerke uit papier en gom te maak. Die groep was so geïnspireerd dat hulle uit eie inisiatief 'n groter verskeidenheid produkte begin maak het. Om hierdie ondernemingsproses af te rond, het FARR hulp verleen sodat die groep van hul produkte kon bemark en uiteindelik van die hand sit in die plaaslike gemeenskap. Hierdie inisiatief groei steeds van krag-tot-krag en die vroue is instaatgestel om sodoende 'n inkomste vir hulself te genereer. Dit is hoop. Hoop om die vooruitsig van 'n familie te verbeter!

Ons almal hoop op 'n beter toekoms. Verandering gaan egter nooit plaasvind indien ons heeltyd wag vir iemand anders om dit te bewerkstellig nie. Soos Mahadma Ghandi ook gesê het:

"You must be the change you want to see in the world."

 **Jacobsdal** Free State

Esmé Viljoen



## TRAINING 2017-2022:

Initiative	Sessions	Beneficiaries
FAStrap© Courses	4	97
Legacy Dad Courses	0	0
Think Twice Workshops	3	81
Love Child Theatre Shows	2	222
Professionals Courses	5	133
Awareness Sessions & Events	27	1263
Health Promotion Talks	87	1449
DYH3M Cards		1055
<b>TOTAL</b>	<b>128</b>	<b>4300</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB© Programme	136
Babies included in 9-month clinic assessments	137
<b>TOTAL:</b>	<b>273</b>



# 'n Nuwe Begin vir Upington

In Augustus 2021 het die nuut-befondse projek in Upington afgeskop met die doel om navorsing, bewusmakings- en voorkomingsinisiatiewe uit te rol. Personeel het opgewonde aan die werk gespring en dadelik twee alkoholbewusmakingsinisiatiewe gereël.

Twee "Think Twice"-werkswinkels is in Augustus onderskeidelik in die woonbuurte van Progress en Rosedale vir gemeenskapslede aangebied. Vanuit die terugvoering van deelnemers was dit duidelik dat hulle nie bewus was van die gevare van alkoholmisbruik nie. In reaksie op die vraag "Wat was die waardevolste aspek van die werkswinkel?" het een deelnemer op die evalueringsvorm geskryf: "Eerstens wil ek net sê dat na die kursus sien ek drank uit 'n ander oogpunt, dinge wat mens onseker oor was het nou duidelik geraak. Ek het nou 'n duidelike insig oor wat alkohol misbruik is en hoe jy dit kan vermy." 'n Ander het genoem: "Dit was vreeslik baie goed. Die inligting is bruikbaar en ek kan dit gaan oorvertel en baie mense wat oningelig is, help. Ek kan die jeug motiveer en probeer help met die inligting wat ek by die inligtingsessie gekry het". Die behoeftes en nood wat sodoende bevestig is, het die personeel net verder geïnspireer en gemotiveer om 'n verandering in hul gemeenskap te maak.

September-maand is ingelei deur die herdenking van Internasionale Fetale Alkohol Spektrum Afwykings-Dag op 9 September. In samewerking met die Departement van Maatskaplike Ontwikkeling is 'n deur-tot-deur bewusmakingsveldtog gehou waartydens 60 huishoudings in Raaswater bereik is. Hierdie geleentheid is opgevolg met voorbereidings vir 'n 9-maande babakliniek wat in November gehou is. Daartydens is 85 babas wat deel gevorm het van die Gesonde Moeder Gesonde Baba© Program, deur Dr. Claude Bailly geëvalueer. Om soveel babas en moeders die voordeel van die assessering by die kliniek te laat ervaar, het gewis die jaar vir die personeel op 'n hoogtepunt afgesluit.

Gedurende Februarie 2022 het ek die voorreg gehad om as Projekkoördineerder by die span van drie ervare gemeenskapswerkers aan te sluit. Aangesien Keimoes ook ingesluit is by die nuwe besigheidsplan, het ons eerste gesamentlike onderneming gefokus op die aanbieding van 'n FAStrap©-kursus en 'n Think Twice-werkswinkel in hierdie nuwe bedieningsarea vanaf 7 to 11 Februarie 2022. Dit het geveer dat ons moes saamspan om 'n spreekwoordelike "nuwe woud oop te kap" en vir die eerste keer FARR se inisiatiewe aan belanghebbendes en deelnemers daar bekend te stel. Na afloop van die FAStrap© het een deelnemer geskryf: "Ek het geleer dat dus baie belangrik is vir ons gemeenskap om te weet van die gevare wat drank inhou vir ons swanger vroue. Ek het ook nuwe mense ontmoet, en self die kursusse het my meer inligting gegee om swanger mamas te help en hulle laat virstaan van die gevare". Dit was 'n baie insiggewende en bevredigende ervaring. Verder het die feit dat die personeel ook die opleiding bygewoon het 'n goeie basis gevorm vir goeie samehorigheid en samewerking vir die toekoms.

## TRAINING 2017-2022:

Initiative	Sessions	Beneficiaries
FAStrap© Courses	2	43
Legacy Dad Courses	0	0
Think Twice Workshops	8	156
Love Child Theatre Shows	0	0
Professionals Courses	4	135
Awareness Sessions & Events	17	1272
Health Promotion Talks	258	3575
DYH3M Cards		1514
<b>TOTAL:</b>	<b>289</b>	<b>6695</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB© Programme	630
Babies included in 9-month clinic assessments	499
<b>TOTAL:</b>	<b>1129</b>



# Hope: A Feeling of Expectation

"Professional is not a label you give yourself, it's a description you hope others apply to you"

David Maister



The Oxford dictionary defines hope as: "a feeling of trust, a feeling of expectation and desire for a particular thing to happen."

Collaborating with, and keeping professionals in and around the various project sites abreast with FARR's initiatives and results, has always been an important part of our work. In line with this, the CEO tasked four of our Northern Cape projects i.e. Britstown, De Aar, Hanover and Renosterberg to jointly plan and host an Alcohol Harms Reduction Seminar for Professionals in De Aar. The theme of the seminar would be: "Together Towards Tomorrow".

From the beginning it was seen as a wonderful opportunity for the Project Coordinators and Community Workers to work together. We subsequently had a number of online meetings, drew up our event plan and delegated tasks, visited possible venues and compiled our budget. With great anticipation we contacted and invited the different stakeholders and government departments i.e. local NGO's, Social Development, Health and Education.

What a surprise on the day when a total of 74 persons attended! Professionals came from as far as Prieska and Victoria West. The seminar kicked off with a showstopper performance by "Kidz for Heaven", which is a school for learners with different disabilities. Their heart-warming performance had the attention of every single person in the room. Having set the tone for the day, the different speakers on the programme and the interaction with the participants was astounding. It underlined that Fetal Alcohol Spectrum Disorders affected many in the communities and emphasized the importance of creating cohesion amongst stakeholders to work together in our strive to support those affected and to continue to raise awareness.

Participants were very complimentary about the Seminar and the information they received. They were grateful for the chance to broaden their knowledge and network, as stakeholders from this vast area, very seldom get the chance to do so.

It is with great pride that my colleagues and I can look back on the day and experience the fruits of our labour. We can all report that our relationships with stakeholders have improved. As an example, I am now invited to meetings with the Department of Education resulting in them highlighting a need for FASD training for Educators. FARR responded by presenting a 4-day customized FASD course for two schools in De Aar during February 2022.

We have been operational in De Aar since 2001, making it the longest running project in FARR. We have been operational here since 2001. Consequently, it is here that we have walked the "furthest" FASD prevention and support journey within a community. Through the collaboration of professionals in the area, I am filled with a feeling of expectation, that together, we can continue on this "Journey of hope" for the people of the Northern Cape.

## TRAINING 2017-2022:

Initiative	Sessions	Beneficiaries
FAstrap© Courses	5	88
Legacy Dad Courses	1	14
Think Twice Workshops	5	96
Love Child Theatre Shows	2	158
Professionals Courses	6	228
Awareness Sessions & Events	89	1795
Health Promotion Talks	212	2710
DYH3M Cards		1555
<b>TOTAL:</b>	<b>320</b>	<b>6644</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB© Programme	528
Babies included in 9-month clinic assessments	283
<b>TOTAL:</b>	<b>811</b>

 **De Aar**  
Northern Cape  
Meryll Smit





“My kiekies is verwysings, my lewensinventaris, die ensiklopedie van my bestaan”, sing Lucas Maree in sy liedjie “Kiekies in my plakboek”. Aan die einde van die Prince Albert projek se dienstermyn is daar gemengde emosies; ‘n bietjie soet, ‘n bietjie suur en die effense onsekerheid of dit wat jy gedoen het “genoeg” was. Die kontraktuele verpligtinge volgens die projekplan is wel nagekom en al die blokkies op die “ek moet”-lysis is afgemerk. Maar, om vir FARR te werk is meer as die nakom van jou voorgeskrewe verpligtinge. Dis ‘n verbintenis, ‘n ingesteldheid, ‘n passie vir mense, die behoefte om te help en om ‘n verandering teweeg te bring. Dit verg dat jy gee van jouself; dat jy leer by al die mense rondom jou (ook by kinders) en dat jy sal weet in Wie jy geanker is, want die storms wat woed in die gemeenskappe waar ons werk, is geneig om jou lewensbootjie te ruk.

As ‘n span het ons gewerk deur somersdae waartydens die kwik in die middag gereeld bokant 38 grade gedraai het, terwyl die sweet in straatjies teen jou nek en rug afhardloop. Wintersoggende met bibber-temperature wat soms benede vriespunt daal, het ons menigmaal ons eie “sanity” laat bevraagteken. Ten spyte van hierdie en vele ander uitdagings het ons soveel bereik.

Ons was bevoorreg om die Gesonde Moeder Gesonde Baba© Program te implimenteer en daardeur vele moeders bygestaan tydens hul swangerskap. Daar is gereelde ondersteuningsessies aan ouers, gogo’s en voogde van leerders gediagnoseer met Fetale Alkohol Spektrum Afwykings (FASA) of ander leerprobleme, aangebied. Interaktiewe FAStap© kursusse, “Think Twice” werksinkels en ‘n 1-Dag Seminaar vir Professionele persone het ook plaasgevind.

Die vervulling en sukses lê egter in vreugdes soos: gesonde babas by ‘n 9-maande kliniek; die vra van advies deur ‘n besorgde ma of pa; Oumas wat spesiaal ver loop om inligtingsessies by te woon; en die trotse glimlag op ‘n leerder se gesig as hy/sy ‘n sertifikaat vir getroue bywoning ontvang.

Wat is dan nou my wens en bede? Dat die boodskap van “Geen Alkohol Is Veilig Tydens Swangerskap” werklik in ons projekarea sal inslag vind en dat FARR soos Abraham Lincoln kan sê: “Ek loop stadig, maar ek loop altyd vorentoe.”

## TRAINING 2017-2022:

Initiative	Sessions	Beneficiaries
FAStap© Courses	11	258
Legacy Dad Courses	1	12
Think Twice Workshops	6	152
Love Child Theatre Shows	10	1175
Professionals Courses	6	193
Awareness Sessions & Events	30	1363
Health Promotion Talks	248	3696
DYH3M Cards		2145
<b>TOTAL:</b>	<b>312</b>	<b>8994</b>

## COMMUNITY SUPPORT PROGRAMMES:

### Type of Support 2021-2022:

Pregnant Women that completed HMHB© Programme	354
Babies included in 9-month clinic assessments	338
<b>TOTAL:</b>	<b>692</b>



# Client-centric Research

The strategic focus of the Research Unit is to execute expert, focused and client centric research to inform regarding the status of FASD and alcohol related topics in South Africa. Results are applied to guide towards the development of applicable prevention and awareness interventions.

Once a research need has been identified, it requires the compilation of a detailed proposal. As FARR's research entails obtaining information from people, we are legally obligated to seek ethical approval from an applicable research ethical committee. This ensures that research is conducted in a responsible and accountable way, hereby minimising the risk of harm to humans, and ultimately leading to beneficial outcomes. Adhering to all the requirements can be a very time-consuming and laborious process as applications are scrutinized and adjusted before acquiring final approval.

The research plan is then implemented through the collection and capturing of all data. It is followed by rigorous data analysis in order to present accurate and reliable information. Reports are meticulously compiled for submission to sponsors and relevant stakeholders, and results written up as academic papers, to be considered for publication in peer-reviewed journals.

Two interesting research studies that we are involved with, are:

## 1) Stigma Study:

Broadly, stigma can be defined as a social process where we highlight and label someone's differences and attribute negative connotations to those differences. In doing so we devalue the person, distancing ourselves from them which leads to discrimination.

As working with pregnant women is the core focus of FARR it is imperative to understand the psycho-social factors which influence their behaviour. Our interest became peaked by the phenomenon of the effects of stigmatization experienced by women who consume alcohol during their gestation period as compared to other identified stigmatized behaviours within a community. Hence, FARR initiated the Stigma Study on our project in Prince Albert in 2021.

Data was gathered in the form of a survey which involved staff from Head Office and six field workers from various FARR projects i.e. Hanover, Renosterberg and the West Coast. It comprised two phases:

- Phase 1: Interviewing 300 community members to establish which stigmatized behaviours they identified within their community.
- Phase 2: Interviewing 300 community members to compare the most prevalent identified stigmatized behaviours from Phase 1 to the stigma of using alcohol during pregnancy.

## 2) Covid Study:

Ethical approval was also received for a new COVID-19 related study. The purpose of this study is to investigate the impact that the COVID-19 lockdown, alcohol ban and cigarette ban had on clients who were pregnant during Level 5 lockdown in March and April of 2020.

Informed consent was obtained and 299 interviews were conducted between January and March 2022 at our project sites in Burgersdorp, De Aar, Hanover, Prince Albert, Renosterberg and Upington.

The Stigma Study data is currently being analysed and written up for submission to a peer-reviewed journal and the Covid-19 Study is in the process of being captured and prepared for data analysis.

 **Research Unit** Head Office, Western Cape

Mandi Broodryk

# Ensuring Accountability

April 2021 – March 2022

**M & E Unit**

Head Office, Western Cape

Debbie Acker

**Monitoring & Evaluation**  
of all programmes at all stages

- Evaluation of Programmes
- Target Achievement Monitoring
- Audit of Procedures & Data Collection
- Training

Recruitment Targets Reached across all Projects



## AWARENESS

Do You Have 3 Minutes (DYH3M®) Programme



**11 065**

Participants Reached



## SUPPORT AND INTERVENTION

- Knock-Knock Programme
- Learner Support and Stimulation Programme
- Senior Citizen Support Programme
- ECD Support and Stimulation Programme
- Adolescent Support Programme
- Vulnerable Community Members Support Programme



## PREVENTION

HEALTHY MOTHER  
HEALTHY BABY®  
(HMHB®)  
Programme



**376**

Completed the  
Programme

**361**

Still busy with  
Programme

**762**

Babies clinically assessed  
at 9-Month baby clinics

**847 Pregnant Women Recruited**



**150**

Households included in  
Knock-Knock Programme



**120**

Learners & Pre-School  
Children Stimulation Group  
Sessions presented



**90**

Senior Citizens, Adolescents,  
Parents and Vulnerable  
Community Members Support  
Group Sessions presented





foundation for  
alcohol related research

## PRIVATE CLINIC

**Medical Examination**  
(Medical Specialist)

**Cognitive Assessment**  
(Psychometrist)

**Parental consultation and  
Diagnostic support**

For more information  
**contact us**

☎ 021 686 2646

✉ [info@farrsa.org.za](mailto:info@farrsa.org.za)

### **Post assessment care:**

Comprehensive report  
Recommendations  
Support

### **Payment:**

Payment on appointment,  
invoice issued for medical  
insurance

# A Door to Understanding

## Private Clinic:

A FASD diagnosis is not a label, it is a key to the door of understanding. For many parents, foster parents, guardians, children's homes and adoption agencies, being able to better understand the behaviour and capabilities of a child, yields a sense of hope for the future. Where the child's future may have seemed uncertain, clients enlisting our services walk out having a more realistic view of what to expect from the child, how to best support and the assist the child to reach their potential.

FARR offers private FASD diagnostic services at our office in Bellville, Cape Town. This service is available for both adults and children. An assessment for FASD consists of three procedures:

1. A medical examination by one of our affiliated medical specialists, whereby dysmorphic features associated with FASD are identified;
2. A cognitive assessment administered by a Psychometrist, to establish an individual's global cognitive functioning; and
3. Gathering of extensive collateral information regarding prenatal history, birth, childhood and beyond from the parent(s)/guardian(s) in order to obtain a holistic view of the individual.

Once the assessments have been completed, a multidisciplinary team uses all the information to investigate the possibility of a diagnosis of FASD. Post assessment care includes: a comprehensive report with practical recommendations, a feedback session with the parent/guardian to discuss recommendations and answer any questions, and further information and support, upon request.

Should you be interested in the services offered by the FARR Private Clinic, please contact our office. Please note that this is a paid service and professional tariffs apply upon appointment. An invoice reflecting payment is issued for medical insurance purposes.

Would you like to make a difference, but not sure how?

Why not donate toward the assessment of a child in need? Your small donation could go a long way towards helping a family unlock the door to understanding their child.

 **NDAU Unit** Head Office, Western Cape

Liska White

*A FASD diagnosis is not a label, it is a key to the door of understanding.*

# En Die Hoop Beskaam Nie...

Volgens die Bybel “kweek volharding egtheid van geloof, en egtheid van geloof kweek hoop; en dié hoop beskaam nie...” Romeine 5: 4-5.

By FARR het ek die voorreg om spreekwoordelik twee hoede te dra nl. as personeelbeampte en as opleidingsfasiliteerder. Beide funksies het my die geleentheid gebied om vas te klou aan hierdie teksvers.

As personeelbeampte het ek geleer dat mense se omstandighede verander, dat hulle soms nuwe uitdagings soek en wil aanbeweeg na groener weivelde. Wanneer jy die kennisgewing ontvang, begin die hoop vir die aanstelling van 'n gepaste plaasvervanger. Jy plaas hoopvol die advertensie, soek gretig tussen die aansoeke vir kwalifiserende kandidate en dan, tydens elke onderhoud, sit jy op die punt van jou stoel om die ideale persoon te identifiseer. Groot is die verligting wanneer jy 'n persoon vind wie se vaardighede en persoonlikheid gemaklik in die FARR-“familie” pas. 'n Bewys daarvan dat die hoop nie beskaam nie.

Om verder sin te maak uit hierdie “komplekse” teksvers, moet ek die volgende ondervinding met julle deel: Gedurende September 2021 is ek en twee van my kollegas, Laetitia Pool en Therin Stroucken, op pad huis toe, vanaf Britstown. Dit was 'n lang week en elkeen van ons het opleiding aangebied op die De Aar en Britstown projekte. Tussen êrens en nêrens moes ons aftrek vir 'n papwiel. Hier begin die wisselwerking tussen volharding, geloof en hoop... Ons hoop op 'n barmhartige Samaritaan wat sal stop en hulp aanbied, ek hoop my ander twee kollegas ken van bande omruil, ek hoop die spaarband is gepomp, ek hoop een van hulle het genoeg spiere om die moere los te draai... En sowaar ... 'n barmhartige Samaritaan wat in sy vragmotor gerus het, by dieselfde staanplek waar ons afgetrek het, bied sy hulp aan! Wanneer hy vra vir die spesiale stukkie gereedskap wat benodig word om die moere te ontsluit en jy alles uitpak en besef daar is nie so stukkie gereedskap nie.... Dan, moet jy jou geloof prakties toepas, want volharding van geloof kweek juis hoop. Skielik onthou jy van die swart, L-vormige stukkie metaal aan die motor se sleutels - die hoop beskaam nie!

Ons kan gewis nie sonder hoop lewe nie. Wanneer ek terugkyk op 'n jaar wat uitsonderlike aanpassings en uitdagings behels het, kan ek net dankie sê aan ons getroue Hemelse Vader, elkeen van FARR se toegewyde Raadslede, ons uitsonderlike Hoof Uitvoerende Beampte asook elke hardwerkende personeellid wat bygedra het tot 'n standvastige fondament waarop FARR gebou is – 'n fondament van HOOP.





# Hope's Immense and Unfailing Power



On a cold winter's morning I happened to be the one to open the door at FARR, and welcome a young mother and her baby who had travelled many miles from a little rural town. She had heard that Professor Denis Viljoen at FARR would be able to help her and her baby. She did not hesitate to take this long journey as she had so much HOPE in what the Professor could do. As she could not speak English she brought along her friend to be her interpreter.

Although I do not know what the ultimate outcome of the appointment was, what I observed afterwards had a profound effect on me. As the mother was about to leave, Prof Viljoen wrapped his arms around this young woman, embracing both her and her baby. He spoke to her in a gentle voice and with so much compassion. His empathy and embrace spoke volumes. I knew then that the assessment, recommendations, possible referral and support provided by Prof Viljoen would contribute to providing this mother with much needed hope!

As the Training Academy Administrator I have, during my seven years of service at FARR, prepared thousands of training packs. Even though this task seems far removed from our clients, with every training initiative I prepare for, I think of how I observed Prof Viljoen. It still inspires me to execute my tasks with passion and commitment, knowing that these information packs bring not only information, but also hope for many whom we train.

“While we navigate our way through one challenge after another, sometimes, hope is all we have. And yet, in its ability to inspire change and offer opportunity where once there was only uncertainty, there’s no doubt of hope’s immense and unfailing power.”

Lesley Waterkeyn

📍 **Training Unit**  
Head Office, Western Cape  
Theresa Castle



# The Power of Positivity

As we started the new financial year, the Admin Team decided that positivity would be our motto. This attitude would permeate through all our tasks.

Often administrative units have a reputation of simply needing to answer the phone and greet office guests. But in reality, we form an integral part of the business team. We are the first point of contact when clients enter our door or call on the phone and set the tone for clients' first impressions of the organisation. We create structure by organizing schedules, maintaining contact lists, cleaning the boardroom, parking the vehicles, taking minutes and making travel bookings. We ultimately provide an essential role to ensure that staff can get the job done.

No matter what, our power of positivity guarantees that we:

- Seize every day
- Use our resources effectively
- Generate innovative solutions to problems

This past year has taught us that when we face challenges, we are able to stand together, learn together and grow together. We have learnt that a positive attitude can boost our energy, inspire our colleagues, and garner the fortitude to meet difficult challenges.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

Helen Keller

## Admin Unit

Head Office,  
Western Cape

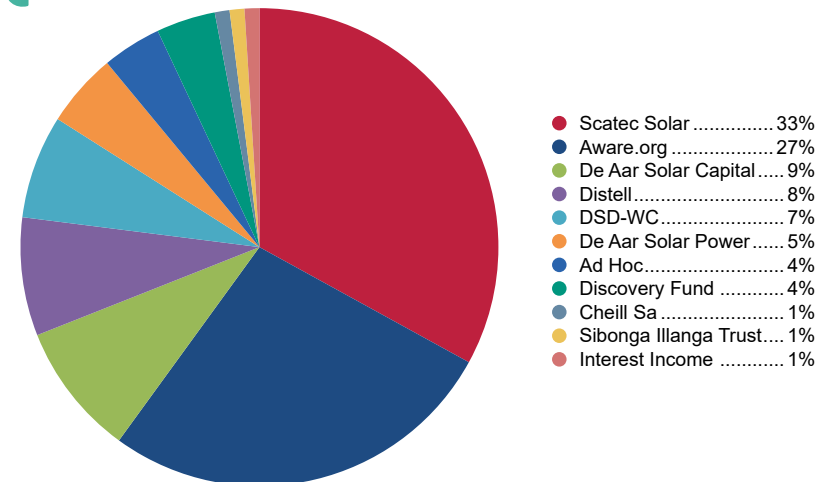
Estelle Pillay

## Finance Unit

Angelique Rossouw

This chart illustrates FARR's funding received in 2021/2022. None of the work completed by FARR during the past 25 years would have been possible without dedicated funding. Hence, we wish to SINCERELY THANK all our valued sponsors and donors for your gracious contributions and support.

In zealous pursuit of our vision and mission, FARR continues to work tirelessly to acquire funding from various resources to secure our future.





A JOURNEY OF HOPE 1997-2022

farr

FARR is dedicated to building positive futures in South African communities

Contact us



021 686 2646



[info@farrsa.org.za](mailto:info@farrsa.org.za)



[FoundationForAlcoholRelatedResearch](#)



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[www.farrsa.org.za](http://www.farrsa.org.za)