



BEYOND ALL LIMITS

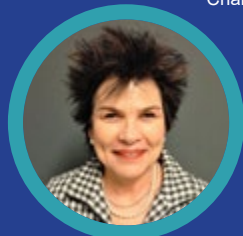
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2022 - 2023

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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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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.

Editorial Team: Charnine Sobey, Therin Stroucken, Liska White

Designed by: Karyn Pitcher, Creative Bubble Design



Visit our website

LOOKING FORWARD

By: Adrian Botha CHAIRPERSON of FARR BOARD

When I reflect on the last year, a number of issues occupy my mind. While Covid appears largely to be a thing of the past, with cases still being found but generally with a lower negative health impact, we all have had to deal with load-shedding and all the problems this has presented, both at work and in our private lives. I salute our wonderful staff members around the country who have risen to this challenge as one, and who have still managed to deliver their invaluable service to the community in need.

Looking forward, and recognizing our theme “Beyond All Limits” I am reminded of how we have moved from a moon landing in the 60’s to now witnessing passengers enjoying space travel, literally moving beyond what was thought of as a limit. In addition, I am constantly reminded of the incredible achievements

our sportsmen and women around the world continue to make and how we can use their “never say die” attitudes to guide our own lives and achieve what we have set out to accomplish, irrespective of the challenges. The FARR family have done so well this year, doing just that, and while the highlights will be covered in some detail later in the newsletter, I only wish to remark on what was achieved on 9 September and the amazingly positive media coverage received.

A controversial issue, I feel duty-bound to raise, as it has appeared in the media and in remarks made by a government representative, is the proposal to jail woman who drink during pregnancy which I believe is the wrong thing to do. Instead of blaming and criminalising women, they rather need to be supported and not stigmatized. There are many

factors that need to be considered when investigating why women drink when pregnant, and these include socio-economic conditions, including poverty, domestic violence and depression.

Women and their partners need to be supported through education and training which is what FARR will continue to deliver.

I would like to express sincere gratitude to our project funders for their loyal support. Thank you also to our wonderful staff, led by our amazing CEO, and my fellow Board members for your dedication in achieving positive outcomes in our communities.



BEYOND COMFORT ZONES

By: Dr Leana Olivier CEO

In our FARR Head Office there is a poster of a goldfish jumping out of a round fishbowl. The text reads: “Think outside of the box”. To me, this depicts the story of working in an NPO such as FARR. You often need to go beyond your comfort zone and work with very limited resources to achieve your vision.

So often our minds, expectations of others, customs and shortcomings create boundaries, and prevent us from growing and achieving excellence. In many ways FARR colleagues have had to do so much more during the past year than was expected of them. Knowing that our country’s economy, loadshedding, as well

as increasing unemployment, poverty, and teenage pregnancy rates (to name a few) lead to escalated levels of hopelessness, alcohol abuse and ultimately FASD, we truly had to go beyond the call of duty.

In this newsletter/annual report you will read about and see some of the work done by FARR in our quest towards our vision. Whilst acknowledging my colleagues’ extreme dedication and commitment, I want to express my sincere gratitude to:

- our Funders for enabling us to do the work we do;
- our Board Members for their loyal support;

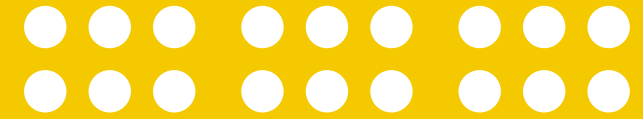
- the “Friends of FARR” who generously donated books, knitwear, clothing, household goods etc. that have been distributed to our projects across four provinces and

- most importantly: our Clients who, despite facing daily challenges, diligently participate in our programmes to expand their knowledge, decision-making and prospects for the future.



COMMUNITY CONNECTION

BURGERSDORP
Eastern Cape



FARR is a well-established NGO in Burgersdorp. Since 2017 significant progress is evident as community involvement in the prevention and awareness programmes on offer, has consistently expanded.

Over the past six years the community has observed and experienced the services rendered by FARR. They have come to realize the benefits and importance of being enrolled in the Healthy Mother Healthy Baby© Programme to ensure a healthier pregnancy and a healthier baby. Where Community Workers previously had to go on recruitment drives to invite pregnant mothers to join, we now find that they are self-reporting and asking to become part of the programme.

Through community capacity development initiatives such as the FAStrap© and Legacy Dad Courses, the

Think Twice© Workshops and International FASD Day, FARR has significantly enhanced life skills development, improved alcohol literacy and raised FASD awareness. The project has reached a point where community members are registering their names on waiting lists to attend training initiatives.

The annual Alcohol Harms Reduction Seminar for Professionals hosted in Aliwal North is well supported by multi-disciplinary professionals from the Departments of Education, Social Development and Health with one participant commenting: "The workshop was very informative and should be made available to all professionals. It was awesome".

Adolescent and Senior Citizens Support Groups are conducted every month by FARR Community

Workers. These sessions are aimed at encouraging communication and healthy lifestyles through the use of constructive arts and crafts activities, movies and group discussions.

In March 2023, Mr. Xola Masumpa was appointed as the Project Coordinator. He has since connected with stakeholders such as the national and provincial government departments, the municipality, other NGO's and religious organisations etc. He is eager to expand on the existing network.

By: Xola Masumpa
Project Coordinator



UNWAVERING SUPPORT

HANOVER

Hanover, Northern Cape

The word “limits” refers to a point or level beyond which something may not extend or pass. Life can often appear to be full of limitations which, if we allow it, can prevent us from reaching our goals and achieving our full potential. Fortunately, at FARR the word “limit” is not part of our vocabulary, except of course when it comes to available funding.... However, for all other limitations encountered, we assess, re-address and fervently seek a solution.

Annually we work according to a project plan to which a limited budget is ascribed, and stringent targets are required to be met. Unfortunately, our communities’ needs go way beyond what our budget allows and herein lies the challenge. So, to supplement the budget, we initiated a Charity Shop in which we sell items that are graciously donated to us. We keep the prices as low as possible to help the community access items such as clothing, stationery, books, games and toys. So far the shop has been well supported.

On a daily basis, we as a team are confronted with children with Cerebral Palsy, Down’s Syndrome, learning disabilities, speech impediments and disciplinary problems, to name a few. Due to the lack of resources to these individuals we have formed a support group for people with special needs and their caregivers, and ask professionals (private and government) for guidance and input. Our tenacity propels us to help!

As a cohesive, dedicated FARR team, boosted by the unwavering support of the Hanover community, we are able to breach barriers together and make a difference.

By: Cornél Stevens

Project Coordinator



SOLIDIFYING A LEGACY

BRITSTOWN

Northern Cape



Looking back since the start of the Britstown project in 2020, it is amazing to see the difference that FARR has made in this small community.

The Healthy Mother Healthy Baby© Programme is constantly gaining momentum as pregnant ladies come to the office directly after their pregnancy has been confirmed, to enrol themselves in the Programme. Imagine the excitement when Britstown held their first 9-month baby clinic in July 2022. Mothers proudly brought their babies for their medical assessments by Dr. Claude Bailly. These assessments enable FARR to identify any physical or developmental delays and facilitate appropriate referrals. Research has proven that early intervention, appropriate support and management are vital factors to pave the way for better outcomes for children. The clinic was a memorable milestone for the project, assuring care and hope for the mothers and their babies.

The Do-You-Have-3-Minutes© Programme is still going strong. Community members are enthusiastic about receiving the awareness message and can't wait to share it with their friends and family. This was particularly evident on International FASD Day when many joined the walk through the streets of Britstown to raise awareness.

Working in Britstown, we became aware of the need for a programme to support young people. In response to this, we started the Adolescent Support Programme. The attendance and enthusiasm of the young girls enrolled, continue to exceed our wildest expectations. They are keen to learn and share their new-found knowledge with their peers, leading to many others enquiring about joining the programme.

Even though we face challenges, we strive to build strong relationships of trust within the community and with our stakeholders. Implementing the various FARR programmes and experiencing the positive participation from the community, confirms that we are progressing well towards solidifying a legacy of an informed community with healthy children.

In the words of Albert Einstein: "Once we accept our limits, we go beyond them."

By: Meryll Smit Project Coordinator

SALUTING ALL “KATIE’S”

In Kirkwood, while awaiting the arrival of training participants, a scraggy, middle-aged woman, wearing a big beige sun hat and a bright yellow and orange reflective jacket, enters the room. She looks over to the few youngsters squeezed next to each other on a couch and, very self-assuredly introduces herself as “Katie”. She catches my eye and comes to shake my hand while announcing that she has come to join the training again! Her attention moves to a crumpled plastic envelope that she brought along, from which she proudly produces a clearly worn, old, laminated FARR certificate. I look at the date: 2021. She makes sure that everyone has her attention and declares that she always carries the certificate with her, just in case she meets someone important.

During the session Katie eagerly, shares her wisdom gained from the FAStrap© Course with the other, far more youthful participants attending the Think Twice alcohol literacy workshop. As the facilitator I need to curb her enthusiasm a little to also give others an opportunity to share. But, every now and again, Katie cannot restrain herself and her passion uncontrollably shines through.... She explains that dagga was her drug of choice and her biggest downfall. She tells them how it negatively impacted her life, how it damaged relationships and ultimately caused her to lose custody of her children. Proudly she shares her journey of recovery and her daily determination. Her plea for them not to follow her example is earnest and pure.

After the session, I reflect on what had transpired. Two things touched my heart: How Katie had treasured that certificate as a symbol of achievement, and how she passionately and purposefully continued to share what she had learnt two years earlier.

Reflecting on the reporting period, the Training Academy has issued 990 certificates to community members and professionals. This includes relevant training sessions on our project sites as well as externally funded initiatives conducted across the country.

My ardent wish is that many more beneficiaries will be inspired by their certificates and become “Katie’s”. We thank you and salute you “Katie from Kirkwood”!

TRAINING ACADEMY (Head Office)

Bellville, Western Cape



PASSION TO SERVE

DE AAR

Northern Cape

The past year has been an incredible year filled with successful events and programmes. To mention but a few

The Alcohol Harm Reduction Seminar was hosted on 23 August 2022 with professionals from across the Pixley Ka Seme District. This district covers a large area stretching from Britstown, De Aar, Hanover and into the Renosterberg area which includes Petrusville, Philipstown and Van Der Kloof. Focusing on the theme "Journey of Hope", the keynote speaker, Dr Leana Olivier addressed the 137 participants. Representatives from the Departments of Health and

Education shared information about their experiences and services offered, making the seminar an excellent platform for improved networking.

A longstanding collaboration with the De Aar Correctional Services led to FARR presenting two Legacy Dad Courses and two Think Twice alcohol literacy workshops at the De Aar Correctional Services facility. With the Social Worker in attendance, the men eruditely shared their circumstances and struggles. After the training, some of the comments received, were:

- *"I have learned how to be part of a child's life, to be available and make them feel loved as a child and to be proud and good father" and*
- *"I have learnt a lot of things I did not know about life. To believe in yourself, and to think about what you think. To live a good legacy for your children".*

These words confirm that you can grow into a better version of yourself, not allowing the past to limit your future.

In preparation for our Knock-Knock ECD Programme sessions, enormous effort is spent exploring new and different ways to make toys from recycled material. The reward of this labour is seeing strong bonds develop between mothers, caregivers and their children whilst they invest time making these beautiful items. Bright face masks made from paper plates, and wiggly worms which emerge from empty egg cartons are just some of the items created. It is immensely gratifying observing the children's faces light up as they see the results of their efforts.

As Paulo Coelho said: "You only know yourself when you go beyond your limits" and as the De Aar team, we are always willing to do this for our community.

By: Meryll Smit Project Coordinator

“Start off quietly to get accurate results” were the words we were sent off with after our induction training at the FARR Head Office in October 2022. But how on earth do you start quietly when the message you have to share is such an urgent one, and the programmes you have to offer are so valuable?

Nevertheless, we heeded Head Office's advice by starting slowly and thoroughly to obtain the most accurate results for the Trompsburg FASD prevalence study. The assessments and maternal interviews gave us an insight into the prevalence rate within the community and the hardships faced by families. Our eyes were opened to how families live off less than R1,000 per month.

After the prevalence study we were eager to start implementing our awareness initiatives. FARR's paradigm does not allow for resting on one's laurels and by March of 2023 we were literally sprinting around to reach our targets before the end of June, as stipulated in our project plan.

Seeing a sudden light of understanding going on after a Do You Have 3 Minutes-talk or having questions asked after an information session at the clinic, was fuel to reach even more clients. As we commenced our community support programmes, we were elated to see a deaf “Gogo” (grandmother) enjoy tea with new friends, and to celebrate an old man's birthday with him while his family were away.

During the school holidays we offered a very successful programme for the youth. Some of the activities included a movie about emotions which helped them understand and explore their own feelings. This generated a lot of discussion and healthy interaction. Through the aid of arts and crafts they were enabled to build their self-esteem and express their own uniqueness.

As we continue to spread our message across Trompsburg, we are learning about the indomitable resilience of people..... and this inspires our paradigm.

By: Petro Kleingeld Project Coordinator





MAAK 'N VERSKIL

PRINCE ALBERT & MERWEVILLE

Wes-Kaap

Dis winderig en koel hier waar ek in FARR se projekkantoor in Merweville sit. Dis een van daardie dae waarin jy nie eintlik weet of jy die vensters oop of eerder moet toe hou nie. Die stof, blare, veertjies en selfs rommel swiep sommer blitsig in die kantoor in, net om jou te laat wonder of jy al ooit die afgelope sewe maande 'n besem in die hand gehad en gegee het.

Vanjaar het opnuut oorgenoeg uitdagings. Tans het ons 'n vieruurlange beurtkrag-sessie, wat beteken dat die skootrekenaar se battery binnekort "moeg" gaan wees en selfs die selfoonseine na ongeveer honderd en twintig minute verdwyn, maar.... by FARR leer jy om anders te kyk en anders te dink.

"Beyond All Limits" kon sekerlik ook ons slagspreuk gewees het, want ongeag die uitdagings is daar 'n uiters belangrike boodskap wat uitgedra moet word, ten einde te help om gesonde gemeenskappe te bevorder. "Wie sal hierdie werk doen?" mag jy dalk wonder as jy nog nie die Prince Albert span of enige van FARR se personeel ontmoet het nie. Gemeenskapswerkers, Muschke Hendriks en Anquenic Devenish, laat hul nie onderkry deur hindernisse soos

weerstoestande (met somersdae waar die temperatuur gereeld bokant 38 grade Celcius draai), politieke chaos of gemeenskapslede se traagheid tot verbintenis nie. Nee, hulle stap gereeld die ekstra myl. Letterlik. Daagliks.

Dikwels moet herhaalde huisbesoeke afgelê word by 'n Gesonde Moeder, Gesonde Baba©-kliënt om haar by te staan en die nodige inligting- en ondersteuningsessies methaarte doen, om ouers te herinner dat hul kinders die Leerderondersteuningsprogram na skool moet bywoon of om werwing vir werkswinkels en kursusse te doen.

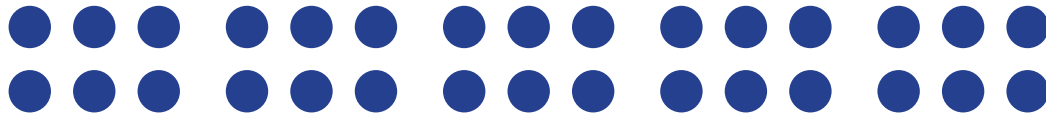
Die motivering om week na week met die harde realiteite van armoede en ontstellende sosiale probleme gekonfronteer te word en doelgerig te volhard, is genade. Dis makliker om moed op te gee en hande in die lug te gooi oor die grootsheid van probleme, of om krities van die kantlyn te skree oor alles wat verkeerd is. Maar, dit verg moed, deursettingsvermoë, 'n positiewe ingesteldheid en geloof dat harde werk en liefde 'n verskil kan maak. Hiervoor salueer ek ons projek se voetwerkers.

By: Christel Botes Projekkoördineerder

HERNUDE YWER

RENOSTERBERG: KEURTJIEKLOOF, PETRUSVILLE & PHILIPSTOWN

Noord-Kaap



2022 het 'n besondere jaar vir die Renosterbergspan ingelei. Dit was grootliks te wyte aan die feit dat ons twee nuwe en opwindende programme geloods het, nl. die “Knock-Knock” Vroeë-kinderontwikkelingsprogram en die Leerderondersteuningsprogram. Addisionele hoogtepunte sluit in die opening van 'n liefdadigheidswinkel by die Petrusville-kantoor en die aanbieding van 'n suksesvolle seminar vir professionele persone.

In Petrusville bied ons die “Knock-Knock” Vroeë-kinderontwikkelingsprogram in die gemeenskapslede se huise aan. Die program fokus daarop om moeders van voorskoolse kinders te help om met hulle kinders te speel en aan hulle stories te vertel, of te lees. Sodoende ontwikkel daar 'n sterker band met die kind en dit fasiliteer die optimale ontwikkeling van die kind. Hierdeur word beter skoolgereedheid ook bevorder. Die Leerderondersteuningsprogram word by Philipvale Laerskool in Philipstown vir 'n groep van 20 Graad 1 leerders aangebied. Dit behels die stimulering van die leerders deur middel van oefeninge en speletjies.

Groot was die opgewondenheid toe ons liefdadigheidswinkel se deure in Petrusville op 1 Maart 2023 geopen is. Al die items wat ons verkoop, word deur openhartige donateurs aan FARR geskenk. Dit word dan teen baie lae pryse aan die gemeenskap verkoop. Die winkel is baie gewild en word goed deur die gemeenskap ondersteun. Alle fondse wat hierdeur ingewin word, word ten bate van die projek en programme aangewend.

Die spreekwoord “Life begins at the end of your comfort zone” deur Neale Donald Walsch is veral van toepassing op ons span. Hierdie drie inisiatiewe het hernude ywer en opwinding deur ons projek laat weerklink.

By: Charlene Grobbelaar Projekkoördineerder







GRATITUDE



HUMAN RESOURCES & SUPPORT (Head Office)

Bellville, Western Cape

There is no doubt in my mind that FARR staff members understand and live the phrase “Beyond all Limits”. I have gained tremendous respect for my colleagues who go about their daily tasks whilst encountering a myriad of obstacles in their line of duty. Challenges such as thefts, break-ins, vandalism, no electricity, no water (or neither!), many social problems and even taxi strikes have to be overcome.

So, the pertinent question is: what makes the FARR team so unique? I decided that I needed to do some research on the internet and came across an article by Prince Kapoor which addresses ways in which to push oneself beyond all limits. I soon realized that much of what he referred to is an inherent part of the DNA of the FARR staff members:

1. **An Excellent Mentor** - This we have in our CEO, Dr L. Olivier. She motivates us and is as comfortable grabbing a paintbrush and scrubbing out an office as she is presenting a lecture in high heels to delegates at an international conference.

2. **A Healthy Mindset** - We can rage about our hardships and adversities, eventually quit, or see them as opportunities to grow. Instead, as a team, we have chosen to establish a supportive network for ourselves. This reminds me of the verse in 2 Tim 1:7 where Paul writes: “for God hath not given us the spirit of fear, but of power, and of love and of a sound mind”.

3. **Embrace Challenges** - In the six years I have been involved at FARR, I have seen staff travel to places which are hard to find on Google maps, endure

days without running water and/or electricity, work in freezing cold conditions or under the blazing sun. Yet, they continue undeterred with enthusiasm and determination.

4. **Spirituality** - Although we may differ in opinion, and all of us have the right to explore, I can state in all honesty, that I see the love of our Saviour Jesus Christ in our staff members’ lives.

And so, for the team’s infinite enthusiasm, perseverance and dedication to our cause, from the bottom of my heart, I thank you!

By: Marietjie Mouton

HR Coordinator

SPREADING OUR WINGS

UPINGTON / KEIMOES / KALKSLOOT

Northern Cape

Our Upington project follows the hub and spoke model. This refers to the fact that, apart from delivering services in Upington, we also reach out to the towns of Kalksloot and Keimoes. With this expansion came the launch of two additional support initiatives for senior citizens and adolescents.

Project staff were very excited to start hosting the Senior Citizens Support Programme. This consists of 11 sessions per annum. Lively discussions ensue due to the commonality of raising grandchildren, struggles with social ills and having to deal with chronic illnesses. It provides participants the opportunity to socialize with peers, build relationships and improve their overall wellbeing.

The Adolescent Support Programme run in Keimoes and Louisvale (Upington) creates a safe space for youth to talk about relevant issues such as peer pressure, sexuality, teenage pregnancy, bullying, alcohol and drug use. These youth support groups are especially valuable as they aid participants to understand themselves, the communities they live in, and to make informed decisions for a better future.

Another first for the project was hosting two workshops for Early Childhood Development Practitioners in Upington. Having identified the behaviour of many pre-school children in their classrooms as challenging, these workshops provided participants with insight into some causal factors related to impulsivity, low muscle tone etc. It assisted them in transitioning their mindset from a place of frustration to empathy and compassion.

Some participants commented in Afrikaans:

- *“Na aflope van die kursus het ek ‘n beter begrip waar sommige van hierdie kinders se gedragsprobleme van daan kom.”*
- *“Die kursus was doeltreffend en alle inligting was relevant. Ek kan hierdie inligting gebruik by die skool en ook om die moeders in die gemeenskap aan te moedig om nie alkohol te gebruik tydens swangerskap nie.”*

The Upington team feels humbled by the positive response received from implementing these new initiatives. Diversifying in this manner allows the team to spread its wings, and to broaden our level of impact for the greater good.

By: Angela van Wyk-Marinus Project Coordinator



WHY IS A FASD PREVALENCE RATE IMPORTANT?

RESEARCH UNIT (Head Office)

Bellville, Western Cape

FARR is a research-based organization that has, since 1997 conducted 18 community prevalence studies across five different provinces in South Africa.

Another FASD prevalence study is currently being conducted in the Free State Province. The Medical Team completed the first phase of the study, namely the anthropometric and medical examinations, in February 2023. All the Grade 1 learners in the study area participated. The Medical Team consisted of two Registered Nurses and two Clinicians, accompanied by the Research team, Project Coordinator and Community Worker.

Quite often the question is raised: Why are prevalence studies required? In response to this, it is firstly important to define what is meant by “prevalence”. It can be defined as the proportion of a population who have a specific characteristic in a specific time period (National Institute of Mental Health, 2023).

In the case of FARR’s FASD prevalence studies, we look at a specific population (Grade 1 learners) in the particular year of study (specific time period). The prevalence rate is calculated by taking the number of individuals with a specific characteristic (FASD diagnosis) and dividing it by the total population that you are investigating (all Grade 1 learners). The prevalence rate can be given as a

percentage. For example, 10% would theoretically be calculated by dividing the 10 FASD diagnoses by the 100 Grade 1 learners studied. Another way to express the prevalence rate is to provide the number of persons diagnosed with FASD per 1000 people in the community. Consequently, a percentage of 10% would be the same as saying the FASD prevalence rate is 100 per 1000. Thus giving you an indication of the FASD prevalence in the community under study.

Prevalence studies are therefore imperative to understand the magnitude of a specific problem within a community in order to design and conduct appropriate interventions. Knowing what the prevalence rate for FASD is in a specific area, indicates not only how many individuals are living with FASD, but also highlights other factors which may lead to and have an influence on the issue. Consequently, if a prevalence rate is high, it may reflect that many people in the community are using alcohol, and are unaware of the dangers of consuming alcohol during pregnancy. Prevalence studies are therefore not just a means to provide a statistic, but serve to guide the researcher and interventionist to tackle problems related to the characteristic being studied.

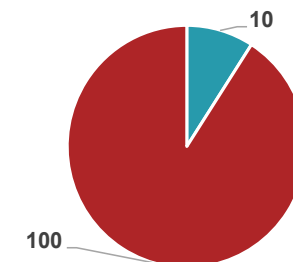
Ultimately, FASD prevalence rates should guide appropriate policy formulation, alcohol harm

reduction interventions and the provision of relevant services by government departments, such as Education, Social Development and Health.

By: Mandi Broodryk Research Coordinator

NIH reference: <https://www.nimh.nih.gov/health/statistics/what-is-prevalence#:~:text=Definition,in%20a%20given%20time%20period.>

Prevalence Rate (Percentage)



- FASD Diagnosed Cases (# Characteristic)
- Grade One Learners (# Population)

FASD Diagnosed Cases (# Characteristic)	10
Grade One Learners (# Population)	100
Calculation:	
# Characteristic divided by # Population	=10/100
FASD Prevalence Rate (Percentage)	10%
FASD Prevalence Rate (Per 1000 persons)	100

FARR-REACHING IMPACT

By: Debbie Acker
Monitoring and Evaluation officer

MONITORING AND EVALUATION UNIT Bellville, Western Cape

Beneficiaries of the comprehensive FASD Research, Awareness, Prevention, Support and Training Programmes at FARR Projects in the Western Cape, Eastern Cape, Northern Cape and Free State Provinces



RESEARCH



PREVENTION



AWARENESS



TRAINING



SUPPORT

RESEARCH



FASD Prevalence Study
103 Participants anthropometrically screened

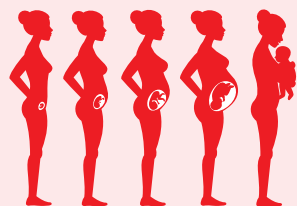


9-Month Baby Clinical Examinations
313 Babies examined



PREVENTION PROGRAMME

Healthy Mother Healthy Baby® (HMHB®) Programme



799 Pregnant women supported



COMMUNITY EDUCATION & AWARENESS

FAStrap® Course
8 Courses - **196** Participants

Do you have 3 Minutes (DYH3M®) Programme
6 **135** Participants

Think Twice Workshop®
11 Workshops - **371** Participants

Legacy Dad Course
7 Courses - **146** Participants

Health Talks (FASD Prevention)
2 **969** Participants



PROFESSIONAL CAPACITY DEVELOPMENT

Training Courses and Seminars for Professionals
10 Courses/Seminars
352 Professionals



SUPPORT & INTERVENTION PROGRAMMES

Knock-Knock® Early Childhood Development Programme
254 Mothers and Pre-school Children

Learner Support Programme
94 Primary School Learners

Senior Citizen Support Programme
48 Group Sessions with a total of **525** Seniors

Adolescent Support Programme
60 Group Sessions with a total of **832** Adolescents



ACCURATE CONDUITS

NDAU UNIT (Head Office) Bellville, Western Cape

Sometimes it takes a team to give a learner undergoing a psychometric assessment the best chance at success. This was the case when FARR undertook psychometric assessments of Grade 1 learners as part of the prevalence study done in Trompsburg, a small rural town in the Free State.

Psychometrists, Liska White and Tersius Lambrechts were tasked to assess the development and cognitive abilities of 64 learners, using a standardised psychometric test battery. However, part of the challenge faced was that the majority of learners were Sotho speaking, understanding and speaking

little to no Afrikaans or English. So, to give these learners a fair chance to perform to the best of their ability, we enlisted the help of three of our Sotho speaking Community Workers, Bukiwe Williams, Ntombizandile Matyobeni and Letlotlo Thinda. They travelled from our projects in the Northern and Eastern Cape to be translators and serve as accurate conduits for these learners.

The procedure required a large dose of trust: Trust that instructions were being accurately translated to the learners, trust that the translator was accurately interpreting and relaying the learner's verbal response back to the Psychometrist, and trust that they were not trying to help or boost the learner's performance in any way. In the end, patience and perseverance laid the foundation for the successful assessment of the Sotho and Xhosa learners.

Without the Community Workers' involvement and support, the psychometrists would have literally been "lost in translation" during these assessments. A heartfelt thank you goes out to them for adding value to this very important element of the prevalence study process!

By: Liska White

Psychometrist



ROADS TO AWARENESS

GRAAFF-REINET, MIDDELBURG & NIEU-BETHESDA

Eastern Cape



As most of FARR's projects deliver similar programmes at their project sites, I would like to emphasize that our reach extends further than the town of Graaff-Reinet. Whilst Graaff-Reinet serves as a hub where the surrounding communities of smaller towns do their business and access services, not all are able to travel here. In light of this, FARR goes the proverbial "extra mile" to provide services in Nieu-Bethesda and Middelburg.

Nieu-Bethesda is well known for the Owl House as its main tourist attraction, and interestingly has no ATMs or petrol stations. Fortnightly the FARR Community Workers travel the 108 km roundtrip, of which some is on a winding dirt road mountain pass, to reach the little village at the foot of the Sneeuberge. The community is served through door-to-door sharing of the Do You Have 3 Minutes© Programme, each receiving a card which they can keep as a reference and use as a tool to spread awareness amongst others.

Travelling a little further to Middelburg, taking us on a 216 km roundtrip from Graaff-Reinet, our focus is on the implementation of an Adolescent Support Programme. This initiative covers 11 modules with the aim to develop high school learners' life skills, thereby enriching and empowering them to develop their self-image. Furthermore door-to-door awareness is done in the community, sharing vital alcohol harm reduction messages, such as the risks of alcohol use during pregnancy.

Reaching out beyond the borders of Graaff-Reinet is hard work. But, knowing that we are delivering services to people who would otherwise not be able to access them, is immensely rewarding.

By: Abelene Goliath Project Coordinator

COME RAIN OR SHINE

WEST COAST

Vredenburg, West Coast

Conventional wisdom warns us against “fair weather friends”. Those who enthusiastically provide care and support when it is easy, but when the wind turns cold, they disappear like mist. Through unwavering support from our funders, tenacious staff members and receptive communities, FARR has been able to have an unfaltering 10-year presence on the West Coast, come rain or shine.

The project started in 2013 with the completion of a FASD prevalence study. To further support

pregnant mothers, the Healthy Mother Healthy Baby© Programme was presented for a period of three years. It was clear that we needed to capitalise on the impact made by our programme to “keep the fire burning” and continue to prevent FASD. We maintained a steady presence in the clinics, informing community members about the dangers of alcohol use during pregnancy and using the Do You Have 3 Minutes card as an awareness tool.

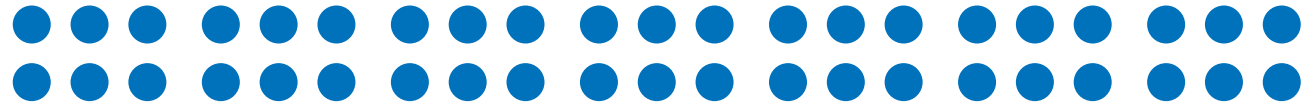
The West Coast team is never satisfied with the bare minimum, and we have hosted seminars, organised training and even travelled to other projects to lend a hand. This has not always been easy, as working within the NPO sector can present with unique challenges, from funding to shifting targets.

FASD is a complicated and multifaceted problem, and on our own, the battle may seem unwinnable. FARR is however honoured to have true partnerships with other government departments and other NGO's in the area. We have worked alongside the Western Cape Department of Social Development, who has funded the West Coast Project for its full tenure. Furthermore, there has been a consistent collaboration with the Departments of Education and Health and other NGO's. Our colleagues have lent their support to our initiatives, and we have reciprocated their efforts. Even when the cold winds blow and the clouds are dark, we show up for each other, come rain or shine.

By: **Jaco Louw** Project Coordinator



TIPPING OUR HATS



It is internationally well-known that South Africa has by far the highest reported levels of Fetal Alcohol Spectrum Disorders (FASD) in the world. Globally the FASD prevalence rate is less than 1% (De Lange, et al., 2018) while rates in South Africa indicate as high as 31% (310/1000) in some communities in the Western Cape Province (May, et.al., 2022) and 28,2% (282/1000) in the Northern Cape Province (Olivier, 2017). With alarmingly high rates also reported in the Free State and the Eastern Cape Province, our country is facing an enormous public health challenge. Of great concern is the totally inadequate, or mostly lacking, diagnostic, educational, prevention, support and management services provided by government. For those already affected by prenatal alcohol exposure/FASD and their families, there are no government services available.

Trying to fill this educational, support and service gap, NGO's such as FARR are doing their best to go beyond all limits to be the proverbial "everything for everybody", sadly with very little, if any, support from the state.

FARR's West Coast project is the smallest of all our projects and is the only project funded by government. Funding for which we are most grateful, especially given the regular budget cuts within the Western Cape Department of Social Development's Substance Abuse Division in this province.

The rest of FARR's funding comes mostly from the private sector and private donations, often from donors

who want to stay anonymous. Special mention needs to be made of renewable energy groups, such as Solar Capital (our oldest and most loyal funder), Scatec (next in line) and Solar Power De Aar. Without these funders there would not be sustainable projects in the Northern and Eastern Cape Provinces. Another dedicated funder is the Discovery Foundation who, over many years, has enabled FARR to reach and empower thousands of community members and professionals through training interventions across South Africa.

FARR has always been transparent regarding our professional liaison with the alcohol industry. We strongly believe that in an under-resourced country with an escalating FASD pandemic, where there is no government drive to educate, prevent, support and manage this issue, we need all hands-on deck to tackle this problem. To this end we welcome the participation of academia, service providers, producers, distributors, users and non-users of alcohol and all other role-players to actively collaborate to investigate and identify the roots of the problem, to find possible solutions and collectively strive to prevent more children from being born with this lifelong, irreversible, but totally preventable condition.

We therefore also want to acknowledge Aware.org and Distell for their financial contributions during the years to enable FARR to diagnose children with FASD, implement early intervention programmes and assist pregnant women not to drink during pregnancy. We are also making great strides to involve male

partners, youth and opinion leaders in this call for a whole of society approach against the harmful effects of alcohol.

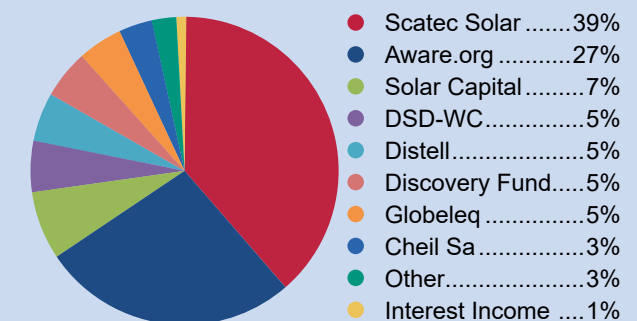
As I have said so often in the past: "You need a village to raise a child and even more so a child affected by FASD."

By: Leana Olivier
CEO

FINANCE UNIT

By: Angelique Rossouw

This chart illustrates FARR's funding received in 2022/2023. None of the work completed by FARR 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.



GLOSSARY OF KEY TERMS AND SERVICES

Fetal Alcohol Spectrum Disorders (FASD): An umbrella term to describe a group of conditions affecting the unborn baby, resulting from prenatal alcohol exposure. There are four main conditions on the continuum of the spectrum, namely Fetal Alcohol Syndrome (FAS), Partial Fetal Alcohol Syndrome (pFAS), Alcohol Related Birth Defects (ARBD) and Alcohol Related Neurodevelopmental Disorder (ARND). FASD is a permanent, irreversible condition. All individuals living with FASD have some degree of brain damage, resulting in learning and behavioural problems. Organ damage is common. FASD is 100% preventable by not using any alcohol at any time during pregnancy.

A. Assessments

1. **Clinical Examinations:** Assessments are done by Medical Specialists, often assisted by a Clinical Nurse Practitioner. It consists of a medical examination, screening for Fetal Alcohol Spectrum Disorders (FASD) and/or any other medical/genetic disorder. It may include referrals for further specialist investigations, for example cardiological assessments. Other referrals may entail nutrition, general health conditions, oral health, psycho-social investigations etc. Clients can also be referred for a Neurodevelopmental Assessment by a FARR Psychometrist/Psychologist.

2. **Neurodevelopmental:** Assessments done by registered Psychometrists under the supervision of a Psychologist, using a battery of measures to assess neurodevelopmental functioning. A Neurodevelopmental Assessment is an essential component of FASD diagnostics.

3. **Healthy Mother Healthy Baby© Programme / HMHB© Programme:** A targeted, evidence-based FASD prevention programme aimed at supporting pregnant women to have healthier pregnancies and thus healthier babies. In collaboration with health care facilities at project sites, all pregnant women below 20-weeks gestation can participate, thus adding to the existing antenatal-care services provided by the Department of Health. Clients are offered a series

of structured individual intervention sessions, group sessions, video-based training and home visits throughout their pregnancy. Mothers of newborn babies also receive home visits and are invited to bring their babies to a 9-Month Baby Clinic.

4. **9-Month Baby Clinics:** Babies born from clients who participated in the HMHB© Programme receive a medical examination when they are at least 9 months old. Where indicated, a Neurodevelopmental Assessment is administered by a Psychometrist. Referrals are facilitated for primary health care, oral care, nutrition and social services etc.

5. **Private Clinic:** A FASD diagnostic service offered at the FARR Head Office in Bellville. The service consists of a medical and/or developmental assessment completed by a Medical Specialist and/or Psychometrist, as well as interviews with the mother/primary caregiver and patient. It furthermore entails ongoing telephonic and/or online support. This is a paid service and professional tariffs apply upon appointment. It adheres to medical insurance requirements.

B. Community Support Programmes:

1. **Knock-Knock Early Childhood Development Programme:** A community-based programme offered at the homes of clients, focusing on supporting mothers to stimulate the development of their pre-school children through play, reading and

storytelling. By doing this the mother-child bond is strengthened, optimum development and school-readiness are facilitated. The wellbeing of other individuals in the household, such as adolescents and the elderly are also assessed during these home visits. This 8-week programme consists of 7 sessions at home and one group session at the FARR project centre. On completion the mother receives a certificate.

2. **Learner Support Programme:** This support programme for primary school learners diagnosed with FASD or other learning disabilities, is offered by FARR at the school. Activities and interactive games are used to promote key areas of development which play a significant role in assisting children with reading, writing, mathematics etc. The programme is facilitated once a week for a period of 30 weeks (excluding school holidays), involving small groups of learners.

3. **Adolescents Support Programme:** A total of 11 group sessions are offered per annum to adolescents within the age group of 12-18 years. The aim is to discuss basic life skills and enhance informed decision making in terms of forming and maintaining healthy relationships, personal hygiene, prevention of substance abuse and teenage pregnancies. Sessions are interactive through topic discussions, watching related movies and engaging in arts and crafts.

4. Senior Citizens Support Programme: A total of 11 group sessions are offered to community members, older than 50 years. These individuals are often the opinion leaders in the community and/or primary caregivers of grandchildren. The objective is to develop insight into relationships and their role in the community as caregivers, to create awareness of substance abuse and focus on the improvement of their own physical and emotional wellbeing. The programme consists of discussions, art therapy and other creative activities.

C. Training and Education:

1 Community Education and Awareness:

1.1. Do You Have 3-Minutes©(DHY3M) Programme:

A short 3-minute presentation including basic FASD information, accompanied by a high-quality laminated card which is handed to participants as reference, and to use as a tool to further spread awareness.

1.2. Health Talks: Brief motivational and information sessions focusing on FASD prevention, healthier pregnancies, the benefits of breastfeeding and the role of the male partner etc., whilst making use of a pictorial flipchart.

1.3. FAStrap© Course: A 3.5-day interactive course including 10 modules aimed at self-care, life skills development, informed decision-making and wellbeing. Learning is encouraged through art, group exercises, games and roleplays etc.

1.4. Legacy Dad Course: A 2-day course to guide fathers to intentionally connect with, care for and play with their children. The focus is on helping fathers become role models, to lead by example and to leave a positive legacy for their children.

1.5. Think Twice© Workshop: A 3 to 4-hour alcohol harm reduction workshop aimed at raising awareness of alcohol use and abuse, the physical and psycho-social effects of abuse, the dangers of alcohol consumption during pregnancy, the important role of the male partner and how to seek help etc.

1.6. International FASD Day: The annual global FASD awareness campaign observed on 9 September. As a woman is pregnant for 9 months, the 9th day of the 9th month is devoted to creating awareness about alcohol free pregnancies to improve FASD prevention and to solicit greater support and services for those affected, and their caregivers.

2. Professional Capacity Development:

2.1. Early Childhood Development (ECD) Workshop:

A 3-hour workshop for ECD Practitioners focused on FASD epidemiology, behavioural and learning challenges of children who may be affected, and facilitating relevant and practical management strategies in the ECD setting.

2.2. Educators: Foundation Phase, Health Professionals, Social Workers:

A 2-day course unpacking FASD epidemiology, ethical and human rights implications, FASD prevention, management of those already affected, and prevention of secondary disabilities according to profession-specific interventions and roles.

2.3. Alcohol Harm Reduction (AHR) Seminar for Professionals:

A 1-day seminar hosted annually at project sites. Delegates include local multi-disciplinary professionals working for government, NGO's, CBO's etc. It provides a platform to share important FASD and FARR project information, clarifies various stakeholders' mandates and interventions, and creates networking opportunities.





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