

BETTER TOGETHER IN DIFFICULT TIMES

DE AAR – During these challenging times we are constantly having to come up with creative ideas to raise awareness regarding Fetal Alcohol Spectrum Disorder (FASD) whilst still following the strict COVID-19 safety protocols set in place.

FARR (Foundational for Alcohol Related Research) decided to go virtual and started a social media drive. The FARR De Aar team jumped to this occasion and pulled out all stops to engage with as many participants as possible prior and on International FASD Awareness Day on 9 September 2021. The awareness campaign in De Aar, started on Monday 6 September 2021. The FARR De Aar team visited local businesses on Monday – Wednesday. FASD-knots and information about International FASD Awareness Day, were handed out. Everyone was encouraged to wear the FASD-knot on 9 September and asked to join the social media drive. This was also the perfect opportunity to share the “Do You Have three Minutes” awareness programme with all.

On Thursday 9 September (International FASD Awareness Day) the team visited the different communities to share the message of support of pregnant woman and the FASD-knot with community members. These community members also received the “Do You Have three Minutes” intervention. The support from the community members and the willingness to listen shows us that the prevention message, “No amount of alcohol is safe during any stage of pregnancy” will definitely be spread and will reach those who need to hear it. The four days of awareness were extremely productive and well received by all. The FARR De Aar team is grateful for all the support received from the local businesses. The enthusiasm of those we interacted with was heartwarming and encouraging. We are overwhelmed with all the photos and posts on social media and would like to thank all who participated and assisted us in sharing the message. Once again we proved that as the community of De Aar we can stand together to prevent babies being born with FASD. During this campaign we realized again how important it is to share the correct information and to obtain support from community members. This prevents blaming, shaming and stigmatization whilst creating a sense of community responsibility and support. We believe that no mother will intentionally harm her child. No Shame, No Blame, No Stigma. Let's remember our social media drive #FASDuthandoNethemba and #FASDLoveHope. Please also visit the FARR facebook page.

FARR would like to acknowledge our funder, Solar Capital De Aar for their dedicated support. Without this none of our awareness and programmes would have been possible. We know that times are tough, but they believe in making a difference in the community. For this we will never be able to thank them enough. For more information or questions please feel free to contact Ms. Meryll Smit at 063 385 1961.



Ms Meryll Smit sharing the 9th September and prevention message from FARR with different businesses.



Ms Meryll Smit sharing the 9th September and prevention message from FARR with the



Community members that received the knot and prevention message on the 9th of September.



Local businesses wearing their FARR knots of Thursday 9 September and joining the social media drive



Ms Meryll Smit sharing the 9th September and prevention message from FARR with different bussinesses.

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B
Eenstop vir die Bo-Karoo,
meer as net 'n bouhandelaar

Boulenings: Real People, Nedbank en Lendcor

**Afleverings: Sover as Victoria-Wes, Vosburg
Orania, Vanderkloof, Colesberg en Richmond**

DOORSTEP

Maandag 20 September tot Donderdag 23 September

DINNERS

Dineel: 083 446 8867

ONS LEWERAAR!

Gewone

"Home cooked" maaltye
Plaas u bestelling teen
11:00 elke oggend,
Maandag tot Vrydag!

Ons bring dit na
u "Doorstep"
tussen
16:00 en 17:30
elke dag.

BETALING:
Kaart fasiliteite
beskikbaar of EFT



MAANDAG

HOENDERLASAGNE MET
ERTJIES EN WORTELS

DINSdag

BEEF STROGONOFF MET
RYS EN BUTTERNUT

DONDERdag

SPAGHETTI BOLOGNAISE
MET SLAAI EN BROODROLLETJIE

WOENSDAG

MUTTON STEW MET RYS
EN PATATS

VRYDAG
PUBLIEKE
VAKANSIEDAG
GEEN AFLEWERINGS

