

Die program is vir my baie bemoediging

Dis lekker om as vrouens bymekaar te kom en te praat oor ervarings, probleme en alledaagse dinge.

Dis bring healing om te praat en te weet daar is ander vrouens ook wat deurgaan wat jy deurgaan.

Meer vrouens moet betrokke wees by sulke programme

FARR beteken vir ons baie en waardeur die program.

Dis die beste ding wat kon gebeur in Hanover.

By die "charity shop" kry mens baie goed vir

baie min geld. ^{vir} Hanover wat 'n groot werkloosheids-

syfer het, is dit 'n uitkoms vir baie behoeftige

mense.

Die charity shop beteken vir ons baie. As 'n ~~lede~~

nie-werkende mamma, is dit soms moeilik om goedkoop

klere te kry. Dit spaar ons ongelooflik baie geld en het

die winter net klere uit die charity shop gekoop. Die klere

is van goeie gehalte en prys is meer as bekostigbaar.

I am really grateful to you and the FARR organization for the great initiative you have taken and still taking to try and want to help pregnant women be and stay healthy for themselves and their unborn babies. Your initiatives really do not go unnoticed and I really appreciate being part of the women you help in our community.

This programme and its teachings really helped me in understanding the importance of putting our babies and ourselves first by not drinking or taking any amount of alcohol during pregnancy, because that would save us from a lot of problems and not only in terms of our health but with regards to the growth of our unborn babies and even when they are born.

I also realised that the FARR organization is not only about teaching pregnant women to stay away from drinking alcohol during pregnancy, but also it is a really huge help in preparing women get ready to have and raise their healthy babies in all aspects of life.

I can now boldly and confidently say that I cannot wait to meet my baby and hold her in my arms especially because I know that she is a healthy little somebody growing inside my belly, and for that I have both you Mavour and FARR to be

Effort is and kind heart.

Thank you very much, keep up the good work and may the good Lord bless you and your heart's desires.



gigcentredeaar@gmail.com

079 521 8432 – CONTACT NR

69 van Zyl Str, De Aar, 7000 - Address

GIGCentre, De Aar – FACEBOOK

GIG Centre, FNB, 627 8168 3258 - BANK

NPO nr. 165-592

PBO nr. 93006 3466

CIPC nr. 2016/377043/08

GIG CENTRE SAY: THANK YOU FARR!!

We want to take this opportunity to speak our appreciation, and thanks to FARR, De Aar. As GIG Centre is the NPO holder for Hebron Cluster Foster & Safe home, do we always seek the best solution towards challenges our children face. How to assist, and help our children, in the best possible way, to ensure all our children grow up, strong, healthy and well adopted lifestyle as adults, ensuring their self-sustainability, according to their own abilities.

With the assistance of FARR, and their thorough follow-ups and visits in regards of, especially, one of our little boys, helped us to help him in a more sufficient manner. As the youngster will not fit into the mainstream school, do to FARR's proper, and excellent services', did we decide to 'home-school' him within a SACE registered, and accepted curriculum. Furthermore, did we found a trainer in horse-riding, which also will benefit him long-term.

We're very grateful for FARR's assistance, and thorough reports, therefore making informative decisions, regarding this little boy's future. We're looking forward to work with FARR, and future projects which is, richly, helping to break the chain of destruction, one-at-a-time, changing families, therefore uplift generations, and building stronger communities.

May God bless you, and your team

Many thanks

Rina Rosslee



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15 October 2024

To Whom It May Concern,

On behalf of Vuyani Safe Haven, I am writing to express our full support for the continuation and expansion of the Foundation for Alcohol Related Research (FARR) program in Graaff-Reinet. FARR's work in preventing alcohol consumption during pregnancy is vital to the well-being of our community, particularly given the challenges faced by vulnerable families in the region.

Vuyani Safe Haven played an instrumental role in initially bringing the FARR program to Graaff-Reinet, recognizing the urgent need to address the devastating effects of Fetal Alcohol Spectrum Disorder (FASD) in our community. Under the longstanding and valuable leadership of Dr Leana Olivier, FARR has become a cornerstone in the fight against FASD in South Africa. Her vision and commitment have laid the foundation for many successful initiatives that have already transformed lives here. Dr Olivier's leadership, alongside the dedicated efforts of the FARR team in Graaff-Reinet, continues to create lasting change for women, children, and families at risk of alcohol-related harm.

Locally, under the capable leadership of Abelene Goliath, the FARR team in Graaff-Reinet has had a significant impact, including the training of professionals in Education, Health, and Social Development. This training has been crucial in equipping those who work directly with vulnerable populations, ensuring they are well-prepared to address the challenges of FASD. We don't want to lose the momentum already brought about by this progress. Additionally, it is crucial to saturate grassroots communities with awareness programs, empowering all mothers with the knowledge and support they need to avoid alcohol consumption during pregnancy.

The FARR team's work in raising awareness and providing prevention programs has already improved health outcomes for at-risk children, including those in our care at Vuyani Safe Haven. We believe that expanding FARR's programs in Graaff-Reinet will build on these achievements, ensuring that more families receive the support necessary to create healthier futures for their children.

We strongly urge all relevant stakeholders to support the continuation and enhancement of FARR's vital work in Graaff-Reinet. Vuyani Safe Haven stands ready to collaborate in any way possible to support these programs, as we share a common mission of fostering safer, healthier futures for all children.

Thank you for considering this important matter.

Yours sincerely

Riana v.d. Ahee



Riana Van der Ahee
PR and Marketing
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riana@vuyanisafehaven.co.za

joy grows with CARE



health

Department of Health
NORTHERN CAPE

PROG

HANOVER PHC
1023 MARK STREET
HANOVER
7005
053 643 0074

MEMO

TO: FARR
ENQUIRIES : Sister Y BOYA

DATE: 08/03/2024


This communique serves to inform you about the relationship we, as Hanover PHC, have with FARR at Hanover.

Since we started working with FARR

1. There has been reduction of malnutrition
2. Antenatal clients are assessed and referred
3. Mental health clients especially children e.g. FAS are identified and referred

We have a good working relationship with the local office.
They are dedicated in giving feedback and follow ups

Kind regards


Yvonne Boya

- FARR het 'n baie groot impak op my lewe gemaak met die opvoedende sessies wat ek by hulle kon kry
- As gevolg van FARR het ek 'n baie gesonde baba en 'n baie omgeeende vader wat sy pligte na kom
- FARR leer baie goed wat mens nie regtig geweet het rondom 'n "first time mummy".

Thank you to FARR for supporting me during my pregnancy. I stopped drinking the alcohol. I left the boyfriend that was abusing me. Now I'm happy.

During my pregnancy FARR helped me to know the complications of being pregnant, they told me to exercise and eat health to have a healthy baby. I shared the information they gave me to one of my colleague and she stopped drinking alcohol and started exercising and had a healthy baby and she is a client at FARR now ever since I referred her to them.

FARR se mens het toe by my gekom op 'n dag ek was by die huis. Hulle het met my kom praat oor wat alkohol kan doen aan die babas en aan my. Ek het daar besluit om bietjie minder te drink, want ek soek 'n gesonde babas. Hulle het gesê ek moet toe by die FARR kantoor gaan. Ek het videos getyk en op die videos het ek gesien wat moet ek doen. Ek is baie by vir Farr se mense. Ek het vroeë gekom, maar hulle was elke keer by my. Hulle dink net op die haer ek, ek word geroep my babas is mooi groot. Ek wag nog net my sit by hulle, want ek het dit nodig. Dankie vir Farr se mense hulle doen reël baie.

As 'n mamma is ek baie dankbaar vir FARR die organisasie is 'n goeie ondersteunings netwerk. Hulle doen goeie werk en verskaf ook baie lewens deur elke program wat hulle aanbied. Met dit gesê sal ek daarvan baie as FARR ook uit kan raak na ander klein gemeenskappe. Ek glo daar is baie mamas en babas wat die ondersteuning nodig het wat FARR vir Britstoun bied. Ek glo as ons saam staan en werk dat daar 'n groot verandering well sal kom.

Verwysing vir Farr 18.03.2024.

Die vetplantjie projek wat by ons skool aangebied word deur FARR het n baie positiewe uitwerking op die kinders wat daarby betrokke is. Dit help met hul fokus en ook handskrif. Dit het gee aan die leerders selfvertroue en help met hul algehele vordering. Dit gee die kinders `n hupstoot en hulle voel spesiaal.

Ek glo dat kinders soms net `n ekstra paar hande `n ekstra paar minute en nog iemand wat help en omgee nodig het.

Baie dankie FARR vir julle moeite en hulp.

V.Pieterse *V.Pieterse*

Graad 2 D Prince Albert Primêr

Leerders ondersteunings Program [FARR]

Hierdie is 'n wonderlike program wat ons as onderwysers se werk so baie ondersteun.

Dit help die leerder wat se vaardighede nog swak is te verbeter.

Ek as onderwyser kan 'n verskil sien in die leerders wat deel vorm van die program. Hulle het so baie ontwikkel in die jaar waarin hulle betrokke was.

Ek kan ook sien dat die FARR personeel baie moeite doen met die leerders. Die leerders is altyd so opgehou vir die klassies.

Die aktiwiteite wat FARR vir die leerders beplan vir die dag is baie oulik en hulpzaam. Dit pas mooi in met wat ons doen by die Skool.

Ek as onderwyser hoop dat die program nog lank sal befonds word, want dit maak 'n verskil.

Ons as Hanover Primary School sê baie dankie vir hierdie leerders ondersteunings program wat deur FARR behartig word.

Groete..
Juffrou Liebenberg.

Namens my [REDACTED]
het dié knock-knock program vir my
as enkelwêre baie beteken. Dié manier
waarop Auntie Amie so baie dinge
Wys gemaak het van spiere ontwikkeling
tot basiese opvoeding sowel as dié
toekoms planne waarin baie ouers
nie maklik dink nie. Dié program was
^{vir die} paar dae in aanwysing vir dié klein-
goed, want as daer 'n boek te sien is
wil hulle lees, dan weet hulle van Spring.
Ek het selfs baie geleer as moeder en
veral dit wat ek nie van gewoet het nie.
Met 'n dankbare hart wil ek vir Auntie
Amie en dié Farr personeel vir 'n opvoed-
ing program, wess verseker julle het 'n
wonder program beet.



Khomanani
VICTIM SUPPORT CENTRE

4 Middle Street
Graaff-Reinet
6280
Tel: 049 807 1179\ 073 500 7842

*"Caring together to make a difference in the
Lives of Victims and Offenders"*

15 October 2024

To the Management of:
The Foundation for Alcohol Related Research

Dear Sir\ Madam

It is with the greatest appreciation that we as Khomanani Victim Support Centre address this letter to FARR.

We are immensely appreciative of the services that are rendered by FARR in the community in Graaff-Reinet. As an Organization we are dealing with cases of neglect and GBV which is directly related to substance abuse. More so pregnant women that are undergoing abuse and would find solace in alcohol.

Therefore, FARR has played a major role in supporting these women and guiding them through healthy pregnancy. We have seen their active role in this Community and would like to encourage them to carry on with the difference that they are making in our Community.

Kind Regard

A handwritten signature in black ink, appearing to read 'G. Jafta', written over a horizontal line.

MS. G. Jafta

Centre Manager

Spandau Secondary School
P.O. Box 350
Kroonvale
Graaff-Reinet
6281
Telephone: (049) 892 3635
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EMIS NO:200100722

15/10/2024

ATTENTION: Mrs A. Goliath

The Coordinator
Farr: Graaff - Reinet
Graaff-Reinet
6280

Dear Mrs Goliath


LEARNER SUPPORT

The school would like to acknowledge the positive impact that your programme had on our learners. The counselling and information sessions that you conducted with our learners assisted our learners on a personal level and contributed to a positive learning environment at the school.

We are looking forward to work with you again in the next year and to build on the good working relationship that we are having at the moment.

We wish you, Farr and all the other staff members accomplishment in all your future endeavours

I hope you find it in order.

DEPARTMENT OF EDUCATION
Eastern Cape Province
Spandau Secondary School
2024-10-15
Regards,
Principal: 
E. Mackelina (Principal) spandau.secondary@gmail.com
Tel: (049) 892 3635
Graaff-Reinet - 6280

To whom it may concern

I am an Occupational Therapy Comserve, places in Trompsburg in the Free State. I was first introduced to FARR in 2023. My first encounter was at the Farr Seminar held in Trompsburg in May, there the CEO Leana Olivier gave us an introduction to the pathology of Foetal Alcohol Spectrum Disorder, it was evident that this is a social problem that many are unaware of, and it has far reached repercussions within our society. After this meeting attended the FARR Elderly group, Farr Youth group and stakeholders meeting. I have seen the incredible work that Petro (The FARR Trompsburg Project Manager) has been doing and how the groups she facilitates has positive influence in the community. As a health worker, with limited resources, focused on making positive change, being able to connect to an NGO with the same vision has reignited my hope for positive change in our community. FARR Trompsburg is an essential part of positive reach in our community, and this community is better off because of the work they are doing.

Kind regards
Nina Klut
OT Comserve Mamello Clinic

A handwritten signature in black ink, appearing to read 'Nina Klut', enclosed within a circular scribble.

To whom it may concern

I am the Community Service Physiotherapist in Trompsburg and this year I have been involved with FARR and some of the projects that they have held. I've participated in the stakeholder meetings as well as participated in the youth programme and programme for the elderly. During these projects, we helped facilitate the children and the elderly with the arts and crafts they made. Just in these programmes, I could see the positive impact it had on the children and the elderly and how much they enjoyed it. With the children, the programme was held in the holiday which I thought was a good idea, as in Trompsburg there is not a lot for children to do during the holiday, and a lot of children turn to bad habits when they are bored. This holiday programme kept them busy and entertained and taught them arts and crafts skills at the same time such as learning how to mosaic. There was always an important message taught as well, which the children responded well to and engaged well with. The children loved the holiday programme and participated well. The programme with the elderly that we participated in was to celebrate one of the lady's 99th birthday as well as to spread the message of no alcohol is safe during pregnancy. I saw immediately how important it is to speak to the elderly in the community as they are the most respected, and you could immediately see how engaged they were and that they would take the message on and pass it on within the community. These programmes also give the elderly some hope and some social interactions, as most of these people are struggling a lot. A lot of them are struggling to put food on the tables and a lot of their body's are struggling with the tasks they need to complete such as to carry water etc which is something that the people of Trompsburg have to deal with. So, with all these struggles they are dealing with in their personal lives, I could see how much they enjoyed just coming together, drinking some tea and eating cake and celebrating a birthday together. For that short time, they forgot about all their worries and everything else going on in their lives, which I think is the beauty of these programmes that FARR holds.

FARR has already had a massive impact on the community of Trompsburg, and more and more people are becoming aware of the message that no amount of alcohol is safe during pregnancy. A lot of the Health Care Professionals are also aware of the message and are now spreading it on to patients. I think the stigma of FARR has also decreased now and people are becoming more accepting towards them and are appreciating all the help that FARR is doing in the community. Due to such a high prevalence in Trompsburg, I think it is of utmost importance that FARR is able to continue with their project to keep the message going and to reach every person in Trompsburg. The positive impact they are having on the children and the elderly, and the expecting mothers is tangible and it can only keep getting better the longer they continue in Trompsburg.

I have thoroughly enjoyed my experience in working with FARR and it has made my Trompsburg experience a full one. Thank you to Petro for all her hard work and effort in Trompsburg. She is extremely passionate about what she does, which is obvious as soon as you see her talking about FASD and FARR.

Kind regards,

Jenna Taylor

Community Service Physiotherapist

A handwritten signature in black ink, appearing to be 'Jenna Taylor', written in a cursive style. The signature is located at the bottom left of the page, below the typed name.

To whom it may concern

Apologies for the absence of a Letterhead as it is school holidays and this letter is long overdue.

The FARR Project in Graaff-Reinet and Thembalesizwe Primary School has a longstanding relationship as most activities are shared on a constant basis as it has already started in 2020 with a Prevalence study.

Our Educators have the privilege to be invited to attend valuable Seminars where information is shared which is of great importance in our working environment.

We serve a Community which is burdened with social issues such as Poverty and accompanying Substance Abuse. This has a direct effect on the performance and achievements of Learners.

FARR, however, has brought an awareness on the topic of FASD which made Parents as well as Educators able to link substance abuse to the impact that it has on pregnancies.

With the service of FARR in the Community, this issue is no longer ignored and significant support to both parents and Educators are offered by the Organisation.

It is with humble appreciation that I address this letter to the Management of FARR to thank them for their service and the impact that they have on our Community and the School environment.

We wish them prosperity and success in their work in Graaff-Reinet.

With great appreciation.

Yours sincerely



Mr. Kevin Koeberg (Principal – Thembalesizwe Primary School)

Cellnr.: 0836425840



VGK - NOORDMANSVILLE

Leraar/*Moruti*: Rev. Dr. Eugene Fortein
TEL: 060 992 4044
E-POS/*EMAIL*: forteinea@ufs.ac.za

Skriba/*Scribe*: Br. A. Oerson
TEL: 083 587 1261
E-POS/*EMAIL*: vgknoordmansville@outlook.com

Dear FARR

We hereby want to express our sincere gratitude of thanks to FARR who visit us on the 15th of September 2024.

We want to thank you for your support and efforts to cultivate safe communities for our people, especially our youth and young adults. Substance abuse is indeed a serious challenge that affects individuals, families, and communities across various levels.

What we've learned during your awareness talk was alcohol, drugs, tobacco, and gambling affects the lives of our people daily. Some of them is illegal, it cost money, it breaks trust amongst families, it becomes a bad habit, lack of knowledge, affects you as a person physically, emotionally and mentally. The use of alcohol and drugs while pregnant not just has it an effect on you as the mother but more likely on the unborn baby. This can harm your baby's developing brain and restrict its physical and cognitive growth and development. Some of the most serious risks of exposing your developing baby to alcohol are slowed fetal growth and low birth weight.

We as a church and community really want to highlight how grateful we are for what you have done for our people and communities. We also want to see that FARR growth, strengthen, get the necessary support and achieving their goals.

Together, side by side, hand in glove, we can build a safe community!

Yours in Christ

Arrie Oerson
Scribe



THE METHODIST CHURCH OF SOUTHERN AFRICA

a Christ-healed Africa for the healing of the nation

KNB District Seth Mokitimi Circuit 0514



16 September 2024

Dear Petro Kleingeld

I would like to greet you in the name of our Father, Son and Holy Spirit. We as the Methodist Church of Southern Africa would like to thank you by honouring our invitation.

It has been a pleasure having you at our church and educating us about the effects of alcohol during pregnancy.

- Now we can imagine what alcohol can do to an infant, if it has such a great impact on a fully grown man.
- What impact can it do to the brain of a child while growing.
- The kind of behaviour or life style he/she may have, because of his mind to process things and be treated by the community and peers.

This has really been a real eye opening ceremony, as all these are challenges we face in our community, family and congregation.

We hope to hear from you again. Sometime hearing something once is not enough and coming the second time the message may fall on new ears.

May God bless your organisation with the message you spread to his people.

Yours Truly,
Itumeleng Motshabi
Cell: 081 050 4469

Rev. Noto
Cell: 082 435 1790