



**FCW**  
**SGW**

registered as the

Western Cape Foundation for Community Work

geregistreerd as die

Wes-Kaaplandse Stigting vir Gemeenskapswerk



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## Foundation for Community Work Newsletter: September 2023

By Tasneem Allie

### Year Beyond Project

FCW has been granted the opportunity to recruit South African youth, between the ages of 18 and 25, to join the Year Beyond programme which enables youth to academic and earning opportunities all-in-one. Year Beyond's fields of focus aligns with FCW's as it is rooted in education and community development. The youth-in-service programme comprises of meaningful work experience, focused training, and dedicated mentoring.

We have two groups of "YeBonees" located in Atlantis and Overberg. These two groups support our existing Family in Focus (FIF) Programme by conducting home visitors four days a week to children and caregivers in their local communities. Similarly, to the FIF programme, these youth work directly with caregivers and their children to help develop and support children in their educational development and holistic wellbeing.

In Partnership with Year Beyond, a programme like this is a remarkable way to ensure school leaving youth are granted an opportunity to not only find employment but foster skills



development and produce an interest in Early Childhood Development (ECD) related fields. Moreover, the Year Beyond programme is generally expected to have a significant positive impact on youth unemployment rates across the country.

### Nutrition Programme

With the efforts in curbing the hunger concerns amongst the FIF beneficiaries, we are pleased to say that ±7 000 children are receiving nutritional support every month from FCW and an additional ±600 children are still benefitting from the For Afrika (previously known as JAM) partnership.



In addition to FCW providing porridge across all the FIF project areas, our partnerships with Al-Imdaad Foundation, and Asrin Properties has enabled us to support our Mesco project with a weekly supply of fresh bread and clean drinking water. These generous donations have made it possible for each FIF child to have at least one warm meal every day.

**Additional Donations:** We would like to show our gratitude towards Cape Town Clothing Guild for providing us with a large quantity of warm clothing and blankets. Because of their generosity we are able to provide winter essentials to those most affected by the heavy storm rains that we are currently experiencing this winter.

### Social Employment Fund (SEF)

The Social Employment Fund project has come to an end this month. FCW was able to employ an additional 150 fieldworkers across the Western Cape FIF projects as part of a youth empowerment initiative. The SEF fieldworkers were located across various areas and provided support to the FIF home visitors by assisting caregivers with home visits, homework, and parenting workshops.

## Training

As we reach halfway through the year, we have managed to train 260 fieldworkers with two 3-day training sessions, MUAC training session guided by the Western Cape Department of Health and a LEGO toy-workshop hosted by ORT SA Cape Education.

With all the training received we are confident that all our fieldworkers are well equipped with the necessary knowledge on how to perform their duties as FIF home visitors and present their innovation and resourceful abilities.



## ECD Mobile Programme

With weekly visits to project areas, we are reaching out to young children and caregivers with the chance to participate in activities that fosters motor skills development. Through games and activities such as hopscotch, obstacle courses, music and movement, colouring and puppet shows, we are able to engage in a fun manner with young children and engage with them on an age-appropriate level. This way we create a safe space for children to learn through play.



## Key Messages to Caregivers

E-learning messages continues to be of great benefit in spreading daily support messages to the home visitors and FIF caregivers.

### Health and Nutrition

- A child should be put on the mother's breast immediately after birth.
- From 6 months of age, feed children freshly cooked, nutrient-rich foods.

- Continue breastfeeding up until the age of 2. Wash hands with soap and water before preparing the food and feeding the child.

### Tips on How to Bring Up Confident Children

- Parents/caregivers need to help their children understand and manage their emotions.
- Babies and young children's social and emotional development stems from play, building friendships and watching the behaviour of adults and other children.
- *Play* builds confidence and self-esteem in babies and young children.

## Success Story

FCW is extremely proud to see that ex FIF child beneficiary and daughter of current FIF home visitor, Nathalie Watts has been awarded with numerous certificates for best performance throughout her study career.

Nathalie and her mother were recruited in 2005 when she was 3 years old and exited the FIF programme in 2007. At the age of 5 she began grade 1 of her formal schooling career. Her mother reported that due to the FIF programme Nathalie was able to read and write her name at the age of 4. At each home visit the caregiver was present and engaged in homework activities which resulted in Nathalie becoming inquisitive. This indicated that Nathalie was advancing quickly in her early education and that the FIF programme had a positive impact on her.

Now at the age of 19, Miss Watts is excelling in her studies at Boland College, completing her N6 Accounting Diploma. In her first semester she was awarded a certificate as the best performer in her computer and financial classes. During her second semester, Nathalie achieved 100% her courses and certified as the best income tax student in her final semester. She is currently completing her final exams but have already been invited for internships from internationally recognised companies.

