

# *A Summary insight into our Activities and Challenges*

October 2021 – February 2022

## Topics:

✳️*Food insecurity on increase*

✳️*16Days of No-Violence Against Women*

✳️*Youth – Be the Change!*

✳️*Dreaming the future -3yr Strat Plan*

## *Food Insecure rural households on the increase*

In 2021 it was reported that 10million adults and three million children were experiencing hunger in South Africa.

Before the Covid pandemic brought the world and our country to a standstill, our rural communities were struggling to meet the basic needs of their families.

The Central Karoo District municipality (CKDM) income is based on Services industry (government departments, banks, etc); Tourism and Hospitality and Agriculture.

During the pandemic and the hard lockdown no seasonal or casual labour were allowed on farms. The hard lockdown closed down indefinitely the tourism industry, restaurants, hotels, B&Bs and places that employed the majority of contract, short term labour in the Central Karoo. This meant that workers who were dependent on seasonal and day labour could not earn an income to feed their families and provide basic necessities.



Chronic hunger slowly started eroding the very fabric of the community's wellbeing. Households and children at risk vulnerability increased and exposure to unhealthy behaviour became an everyday norm.

We have not begun to understand the long-term mental health impact that this will have on our communities. Children have lost many 'cumulative' learning years and the drop-out rates have increased exponentially in all rural towns.

The community activators reported that the feeding schemes initially only fed children due to the schools being closed. Many children took the food home and shared with their family.

Now hungry adults, the unemployed join the long queues between feeding schemes and job opportunities.

In December 2021, the CKFCA decided to contribute to the outpouring of help to vulnerable households. We wrote to one of the big retailers in our area and requested help. We received a discount of just over R8000.00 from Shoprite, that helped us to feed more households.

The feel-good stretched beyond the families that received the food parcels – our community activators and CKFCA leadership were actively involved demonstrating their willingness to respond to the needs at community level.



## *16-Days of No-Violence Against Women*

The board and the community activators from the towns of the CKFCA, responded to the scourge of gender-based violence afflicting our communities. South Africa's president, Cyril Ramaphosa referred to GBV as our 2<sup>nd</sup> pandemic. The Covid lockdown led to many women and young children forced to stay with their perpetrators of violence and abuse and very little help.

The CKFCA response to the 16-Days campaign, was to raise awareness on GBV and to call men to action, to engage with the youth and focus on changing behaviour.

Validating young women – the community activators distributed 120 sanitary packs in the communities of Prince Albert, LeeuGamka, Nelspoort, Murraysburg and surrounding farms.

The women and men of the CKFCA produced and distributed a 1000 copies of ***STOP Gender-based Violence*** pamphlet to create awareness.



# Genoeg!

Vrou! STAAN OP EN KEN JOU REGTE,  
GENOEG IS GENOEG  
WE ARE TIRED OF BEING AFRAID  
TIRED OF YOUR EMOTIONAL WARFARE  
NO MORE  
MY BODY IS NOT YOUR CRIME SCENE

GLOBALLY WE ARE UNITED  
*BREAK THE SILENCE!*  
REAL MEN ARE ANGRY  
*BREAK THE SILENCE!*  
MANY LIVES LOST  
*BREAK THE SILENCE!*  
OUR COUNTRY IN TEARS,  
NO MORE!!

HOOPVOL **STAAN** ONS  
VIR 'N NUWE MÔRE

CKFCA Group Poem 2021 -2

## Youth – Be the Change!

In January 2022 the board members and community activators organised five sessions, reaching a total of 105 young people from Murraysburg, Nelspoort, LeeuGamka, Prins Albert and Laingsburg.



We asked the youth:

- What are your dreams?
- What are the needs and challenges of young people in your community?
- What can you do to
- who can help you to

The engagements had many heart melting moments – when the young people shared about their need to belong, to contribute and to become! The requests came through in all of the conversations:

- ⇒ skills training
- ⇒ leadership and interpersonal development
- ⇒ help to reduce/overcome harmful practices (alcohol, drugs, etc.)
- ⇒ entrepreneurial skills/small business development/job-readiness
- ⇒ mental health support

We started the year off with the chairperson, treasurer and project mentor meeting with Stephi van Heerden, member of FEPA meeting us in sunny South Africa. The key pointers from our brief meet and greet was the synergy in thinking and ideas for a comprehensive leadership programme to support the youth of the Central Karoo.

*Watch this space as the ideas take off over the next few months!*

Q<sub>end</sub>