



# GR@ILVINE

## GRAIL PROGRAMMES NEWSLETTER

Kleinmond, South Africa, March 2014



2 participants sharing from Tft Introduction Course in Mozambique.

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### TRAINING FOR TRANSFORMATION

#### 23-28 February

An Introduction Course in Mozambique (Beira) took place from the 23-28 February 2014 with 25 participants.

#### 24 March - 12 April

Phase II Tft Certificate Course in Kleinmond, South Africa with 31 participants.

#### March

The registration for the Tft Diploma Course 2014 – 15 is now open! Download your application form and course requirements from [www.grailprogrammes.org.za](http://www.grailprogrammes.org.za).

### MTHIMKHULU COMMUNITY DEVELOPMENT

#### February - March 2014

Skills training workshops for unemployed youth between 15 & 25 yrs: Basic Computers, Basic Home based care, Basic Cookery, Basic Educare. Cost: free

\*Please contact Nicholette at Job centre for more details : 028 271 5648 or [jobcentre@grailprogrammes.org.za](mailto:jobcentre@grailprogrammes.org.za).

#### February - April

##### Change agents

- door to door campaign: voter registration survey
- voter education awareness workshops
- youth debates sessions on relevant issues (pre & post national elections)

\* This will be done in Botrivier, Zwelihle, Caledon, Mt Pleasant, Hawston, Kleinmond

### THE GRAIL CENTRE

#### Special May and June

- **Midweek:** stay 2 nights get the 3rd night for free!
- **Weekends:** get 12% discount!

### Change agents' energy saving training, reaps rewards

By Hazel Apollis

In August 2013, 30 Change Agents (CA) participated in a 3-day "SMART Energy saving" workshop that was conducted by **Project 90/2030**. The aim of this workshop was to empower grassroots communities on energy issues – as the awareness on available energy choices and efficient use is very low and this contributes to higher than necessary spending on energy. Project 90/2030 main purpose is to challenge South Africans to change the way they live and the way that they relate to the environment. It focuses particularly on lifestyle change that can be measured through carbon footprint reduction.

The 3 day workshop focused on increasing awareness of rights and energy governance issues as well as informing and training participants on practical solutions and alternatives to improve access to energy services.

Workshop topics included:

1. Energy governance - understanding climate change, how energy & water are linked, how energy & health are linked, policy
2. Local Governance - Peoples rights around Free Basic Energy, Free Basic Alternative Energy, tariff structures, ward councillor's responsibilities, Batho Pele Principles.
3. Understanding community challenges – Discussing challenges & investigating appropriate ways for local government to respond to community needs.
4. Practical Action – Finding efficient alternatives for cooking, lighting, heating, cooling, washing etc.

After the 3 day workshop, CAs had to go back into their individual communities (Caledon, Botrivier, Mount Pleasant, Hawston, Kleinmond, and Zwelihle) to do door-to-door awareness on alternative energy saving methods to help people save money. These were 2 of the immediate results from door-to-door campaign:

In Hawston, Julia Williams (CA) assisted an elderly couple, who were both disabled and receives a government grant. Upon interviewing them; she discovered that they had been without the necessary supply of water, for three full weeks. She contacted the local councillor; to find answers as to why their water had been cut off and the reason behind their sky-high municipal bill. The Councillor then sent her to the municipal offices and Julia never gave up, even after they wanted a connection fee of R500.00. They managed to pay the R500.00 but, officials at the office would not disclose the reason behind the bill being that high and why they cut off the water. She relentlessly advocated the family, until their household was put on a lower tariff. Mabel Hunter (CA) further assisted the family; by taking them to a Commissioner of Oaths, where they were handed a declaration of unemployment and they also came to an agreement of payment if the financial situation should change. In the end, the income of the family changed indeed and they were able to clear their debt with the municipality.

In Mt Pleasant, the CAs has started making “wonderbags” and is using it for cooking purposes. This is what Eleanor May (change agent) had to say:

*“In the beginning, when i couldn’t afford to buy the material needed for making the Wonderbag; i took a box, lined it out with cushions and tried it out. The end result was the same. I had decided to cook “afval” (tripe) and the next day when I came from work, there was no need for further cooking, I only had to add the curry spice. I used to buy R150 electricity per month, but with the Wonderbag i now use only R100 per month”.*



Mount pleasant CAs - using wonderbags to cook for the centre for the elderly. ( Lombardi Centre)

Change agents are still very much involved in educating the marginalised communities in which they work, to save money on electricity and water usage – through catching of rainwater and re-using it for gardening and washing purposes. Follow-up and feedback workshops with Project 90/2030 are also continuing.

## Empowering female students

By Evernice Munando

*Evernice Munando says “It was because of the TFT programme that I came to realise that I have dream: empowering female students of Zimbabwe.”*



*I am one of the students who managed to undergo to the Training for Transformation course beginning with the Certificate course (2012) and finished with the Diploma (2012-13). It was during the TFT journey that I began to discover myself and realised the potentials within me as an individual and fellow female students in Zimbabwe. The tools and skills learnt from TFT ignited my aspirations to come up with an initiative – The Female Students Network. I have gained a lot of knowledge and changed my mind-set to see things differently in community and country as a whole.*

*Female Students Network (FSN) is a membership based organisation that works with female students in Zimbabwe’s tertiary institutions. Within period of one year, FSN has managed to recruit and mobilise over thirty thousand female students who directly subscribe to the Network every year through various programmes and activities which FSN do. The organisation seek to empower female students to demand their space for participation and engagement in democratic processes and be able to speak out issues of violence and advocate for women’s rights. The Network is a platform as well for interaction and sharing of experiences by female students on the challenges they face in their day to day lives. FSN currently is working with female students in eight provinces namely Matabeleland South, Manicaland, Masvingo, Mashonaland West, Mashonaland Central, Midlands, Bulawayo and Harare.*

*The Network has six thematic areas which are **Capacity building** workshops, **Debates/discussions on topical issues**, **Research and documentation**, **Awareness campaigns** as well as lobby and advocacy. These are the strategies that the Network uses in empowering female students. FSN has managed as well to adapt Paulo Freire’s methodology in all of its programmes and these have yielded results with testimonies from female students.*

## Why do I react the way I do? What motivates me? Insight through Enneagram work

You are invited to share with us a Complimentary Introductory Enneagram Workshop courtesy of Prof. Yvonne Sliiep (MD of the Narrative Foundation & a Grail member), who has completed her Enneagram Training in the Netherlands. She has seen the healing effect of the Narrative Tradition together with the Enneagram and is enthusiastic to make it more widely available in South Africa.

## ABOUT THE ENNEAGRAM

The Enneagram is a tool that can be used to create a better understanding about yourself and others in your life. It helps you discover what motivates you and what your

coping strategies tend to be during stressful situations. It is particularly useful to discover your own blind spots in the way you view the world and to identify what paradoxically drains your energy as you put attention on the very things you try to avoid.

The Enneagram is a circular diagram on which personality types are placed in numbers one to nine. The numbers are then connected by arrows in significant patterns which point the way to integrated functioning or to less healthy coping mechanisms.

No one type is superior to another. The personality types are not unique to the Enneagram as it can be found in other psychological personality theories, but the Enneagram opens a way of understanding the complex interaction of different personality traits and is used to highlight strengths and identify areas that a person may want to improve.



The main idea is to break automatic habitual responses to that may not give the effect you hope to achieve. In addition it helps you see where someone else may be coming from and to not take every reaction you get personally – what a relief!

## WORKSHOP PROGRAMME

The aim of the workshop is to get to know the different types of the Enneagram better. This will be done in the narrative tradition. Each type will be reviewed and a panel interview will then be done with participants who have that particular type. This is a basic training in the inner work with the Enneagram. It is suitable for both those who have done a workshop with Yvonne Sliep before and newcomers will also be able to join in. (Further regular Enneagram group work could be negotiated)

### The programme starts

**30 May (Friday) at 18h15 till 1 June 2014 (Sunday) 1300**

- Introductory session at 18h00 Friday.
- Saturday is a full day starting at 08h30 and ending at 20h30.
- Sunday is half day starting at 08h30 and ending at 13h00.
- Each session builds on each other so full time participation expected.

## COST

- R500 with sharing a room [single beds] and 2 suppers, Friday and Saturday evenings
- R700 private room and 2 suppers, shared cottage
- R200 for Commuters for 2 suppers and small fee.

Note: All other meals are Bring and Share. Partners are welcome at same price as above, and may join us for meals.

## REGISTRATION

Email Leverage at [grailadmin@mweb.co.za](mailto:grailadmin@mweb.co.za) or call 028 271 3410. Send: Your name, email, telephone contacts and time of arrival. Space is limited. A deposit of 50% is required by 15 May and full payment is expected on arrival.

## VENUE

This a residential retreat held at the The Grail Centre, 15th Avenue, Kleinmond.

## TRANSPORT

Every effort will be made to secure transport for anyone who needs it. You are welcome to share your transport with someone for a fee, if you have your own.

## More information

The Grail Centre: [www.thegrailcentre.org.za](http://www.thegrailcentre.org.za)  
Narrative Foundation: [www.narrativefoundation.org](http://www.narrativefoundation.org)  
Grail Movement: [www.thegrail.org](http://www.thegrail.org)

Kindly share this invitation with anyone who may be interested.



## ABOUT US

The Grail Centre Trust is based in Kleinmond, Western Cape. This Not-for-Profit Organisation delivers two programmes, namely Training for Transformation and Mthimkhulu Community Development Programme. In addition, the Grail Centre Conference and Retreat Centre can accommodate groups of up to 50 people.

### Mthimkhulu Community Development

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### Training for Transformation

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### The Grail Centre

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