



# GR@ILVINE

## GRAILPROGRAMMES NEWSLETTER

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#### *The "What" and the "Why" of Transformation*

By Elijah Chomba

The first phase Introduction Course with the Christian Brothers was facilitated at the Stellenbosch centre. The Course was attended by 16 people from 7 countries; Zambia, Kenya, Ghana, Tanzania, Cameroon, India, Ireland. One of the participants, Elijah Chomba, wrote about his experience after the five-day workshop.

#### **What is Transformation? What is Training for Transformation? What are we going to learn? Will we be transformed at the end, and how? Why are we doing this programme?**

These were some of the questions that we participants had on the first day of the programme, and it seemed that nobody had answers, not even the facilitator! However, we soon learned that transformation begins within each one of us. So on the first day we began by each of us reflecting on his own sacred story and drawing the river of his own life. After understanding ourselves that bit better, we then moved step-by-step to our cultures, to our familiar regions, and finally we looked at our global village.

After realizing that we are part of the larger village which we call *Earth*, we came to understand that whatever we do at any time and place affects the whole earth. When we reached this point of interconnectedness, we also realized that each one of us has the potential to contribute to the growth and well-being of one another and of the rest of creation.

As we went through all these stages, one point became very clear to me from the point of view of us Christian Brothers in Africa: this was the whole issue of

### JANUARY - MARCH 2012

#### Training for Transformation

**12 - 31 March**

Training for Transformation Certificate Course: First residential phase: 12 March – 31 March 2012 (with participants from 7 countries)

#### MTHIMKHULU VILLAGE CENTRE

**12 - 13 January**

DOH Conference

**16 January**

- Boland College NVC training starts
- Boland College National Diploma (full time and part time) starts
- Last phase of Mosaic training

**16 - 17 January**

DSD Conference

#### Community Development Programme

**23 January - 01 February**

Change agent trainee orientation

**11 February**

Change agent training workshop

**24 February**

CD Programme Social Networking lunch

**10 March**

Change Agent training workshop

**26 March**

Community meeting: Kleinmond

**28 March**

Community meeting: Zwelihle

*empowerment.* I came to realize that empowerment is not about telling people what to do; neither is it finding solutions to their problems. Rather it is about helping people to get to the core of their problems and then helping them to find their own solutions to the problems that are facing them. This came about when we began to realize the great potential in each one of us to contribute to the well-being of each other.



*Elijah Chomba, Christian Brothers – Novitiate Stellenbosch*

The basic skill we need so that we can grow in the process of empowering others is the skill of Listening. When we move into a community with a view to empowering people, we need to listen to them first. Only then will we know how to help out. But when helping the community we need to involve the local people.

Also during this workshop we learnt how to facilitate and animate such programmes.

At the end of the five-day workshop, we found that we got the answers to the many questions each of us had at the beginning. We also got a new world view – our eyes were opened to see things in a much bigger perspective!

### ***Mthimkhulu's buzzing to end 2011***

By Doreen Februarie

#### **Craft Open Day**

Mthimkhulu Village Centre was in overdrive during November/ December 2011. Boland College's NVC Students were completing their year-end exams, while many youths (mostly women) were able to hone their crafting skills.

With funding from the Lotto, Boland College worked with the staff of Mthimkhulu to present three craft courses, namely (1) products from recycled paper (2) products from alien vegetation and (3) mosaic products. Sourcing the majority of the trainers locally, Mthimkhulu coordinated activities to ensure the three programmes integrated well by for example making trays in the alien vegetation products class and finishing it off with colourful mosaic.

Approximately 65 community members participated of which 43 were women and 100% youth between the age of 18- 35.

The highlight was 3 December, the open day where all the products were showcased. Other local crafters were also invited to exhibit their products at the event.

The Mosaic class is finishing their course in Jan/ Feb 2012 and soon enrolments will open for all the courses again.

#### **Aids Campaign**

The open day coincided with the Western Province's Know your status HIV/Aids campaign. Mthimkhulu hosted a testing station where those who participate could not only establish their HIV status, but also stand a chance to win between R10 000 and R50 000.

The testing station was opened with an Aids Awareness campaign that was well attended by pupils from the local school as well as other community members.



*Aids Campaign*

#### **Appreciating the work of our peers**

We realise that the hard work of many community workers often goes unnoticed. And this includes all those delivering essential service, like clinic nurses and other community health workers. As a first of the Appreciation breakfasts, all Kleinmond health staff were invited for a three-course breakfast, prepared and served by the Mthimkhulu staff.

At the event it became clear that our community's health is in good hands as Mark Engelbrecht, a representative for the Department of Health, praised the clinic as one of the best in the area. Linda Schaeffer and Velda Arendse received trophies for the highest cure rate of TB in the area, showing their excellence in tracing those who default in taking curative medications. Phumla Madyongola was crowned Kleinmond's most outstanding Aids Councillor.

More Appreciation Breakfasts are planned for 2012.

## Go Green!

In line with Mthimkhulu's philosophy of holistic wellness that includes people and the environment, another 2011 highlight was the Mthimkhulu **Transition to a Self-Sustaining Town Think Well** and the **Go Green** Exhibition. With David Cadman, Vancouver Counselor member and Executive Committee member of the International Cities for Sustainability, as the key resource, local, national and provincial government, corporate representatives, civil society organisations and members of the general public spent 2 days learning and thinking about how to make communities and development sustainable and environmentally friendly. The workshop ended on Saturday 26 November with an exhibition of alternative energy products, show casing many locally developed solutions. A full report is available on [www.grailprogrammes.org.za](http://www.grailprogrammes.org.za).

## Change Agents Graduate

By Hazel Apollis

**"Change! Verandering! Utshintsho!!"** These were the words that one of the 2011 Change agent graduates used to start her speech. "Through the Community Development Change Agent training programme we were encouraged to become leaders within our own communities and also provided the skills to do so- change should begin with me", Jennifer Smith.

The Grail Centre Trust's Community Development programme aims to work alongside emerging community leaders (mainly women) and builds the capacity of community based Change Agents through leadership training each year. We work in 5 marginalised communities the **Overberg** district - and help these communities to build partnerships with local government and other organizations. The areas are Zwelihle, Mount Pleasant, Caledon, Hawston and Kleinmond. In 2011, 22 members were honored during a graduation ceremony on 3 December 2011.



2011 Change Agent Graduates

Representatives from the different organisations and local government that the Change agents worked with during 2011 were invited to share in this event. Amongst our guests were three ward councillors from the Overstrand Municipality namely: Vuyani Macotha and Caroline Mandindi (Zwelihle) and Lisel Krige (Kleinmond). Two of the councillors also addressed and congratulated the graduates for the work they have done and will do in future. During his speech to the graduates, Vuyani mentioned that he graduated as a Change Agent in 2008 and that this leadership training added significantly to his development as a community leader.

The ceremony started off with one graduate from each of the 5 different areas giving an overview of their successes and highlights of the projects they have implemented. This was followed by a slide show of programme workshops, events and change agents' activities in their different areas.

Nabs Wessels, the Vice Chairperson of the Grail Centre Trust congratulated the graduates; and ended her speech by saluting all of them. The ceremony was concluded by handing over each of the graduates' certificates followed by a lovely lunch.

Since the Community Development Programme started in 2003, 270 community members from the 5 marginalised communities have graduated as change agents - most of them are still actively involved in community development. This year (2012) the training will be extended to a 6th community in the Overberg district, namely Botrivier.

## THE GRAIL CENTRE TRUST

The Grail Centre Trust is based in Kleinmond, Western Cape. This Not-for-Profit Organisation delivers three programmes, namely Training for Transformation, Community Development and Mthimkhulu Village. In addition, the Grail Centre Retreat and Conference Centre can accommodate groups of up to 40 people.

## FOR FURTHER INFORMATION

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**Our work is not possible without the support from funders and donors. You too could help us today to expand our work. Please contact Freda on [freda@grailprogrammes.org.za](mailto:freda@grailprogrammes.org.za) or call +27 (0)83 651 0774**