



THE GOEDGEDACHT NEWSLETTER



MORE ABOUT US

We are a non-profit organisation, managed by a board of trustees, that is passionate about uplifting rural communities around us. Goedgedacht Trust was established in 1993 to contribute to the transformation of disadvantaged rural communities in the West Coast region of the Western Cape. To meet the challenges faced by rural communities, we developed and implemented a creative and sustainable flagship, Path Onto Prosperity (POP) programme.

Our POP programme caters to the needs of rural children at different stages of their lives; starting with the first 1 000 days until adulthood. Through our various projects we present children and young adults with opportunities to become healthy, self-confident, educated and skilful members of their communities. Our Care for the Planet programme focusses on helping communities take ownership of their communities, especially their food security at a household and community level. We believe that food has the potential to ignite community spirit and be a major force to shaping the lives of communities.

Please visit www.goedgedacht.org for more.

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A LETTER FROM OUR MD

We only listen to those suffering when they disrupt our lives. We need to listen earlier.

- Athol Williams, Poet

Greetings from Goedgedacht!

Over the past few weeks, we've had good rains on the farm. The wheat fields have turned green and strong streams of water are flowing from the mountain into the dams; the dam levels are already rising higher than a year ago. Despite the signs of new life in nature, our country is experiencing the greatest crisis since 1994. Recent weeks have been among the most difficult in our country's democracy. We have seen the deep social divide and suffering across the society. We have watched businesses and livelihoods destroyed in minutes, and seen the pain of many who are in great need.

Daily, Goedgedacht is faced with the awful socio-economic side effects of the pandemic. Many people have lost their jobs. The COVID grants came to an end; and many people have no money and are desperate. This is the story of South Africa, and we all need to see our part in it and take collective responsibility. It is also a global story where the inequalities of globalisation and planetary destruction are evident. And we, in partnership with you, are finding both concrete and more structural ways to respond and to care.



Image (Above): Goedgedacht MD, Deon Snyman.



Image (Above): Rebuild SA volunteers helping Alexandria community members to clean up the township on 15 July 2021. Picture by Abigail Javier for Eyewitness New.

In all this suffering, kernels of hope are emerging. As with the COVID pandemic, it is ordinary people who stepped up to make the change. Community Policing Forums (CPFs), under the banner #ProtectSouthAfrica, are discouraging people who are planning to loot. Taxi drivers and ordinary people worked together to surround malls to prevent looting. The residents of Howick and Tongaat in KZN banded together to clean up their streets the day after the lootings as well as 40 000 people who joined Rebuild South Africa within 24-hours.

Our hope is in this understanding of collective responsibility, that together we can find ways of connecting, contributing, and rebuilding the society that we want to live in.

These past weeks have held deadly danger, and we need to seize the opportunity to rebuild our society as one in solidarity in its constitution, social structures and daily life. At Goedgedacht we are not in despair. We see hope in the situation – more hope than we have seen in recent years. We now have to step up and work together towards creating a system for all people.

We now need all South Africans from all walks of life to acknowledge the wounds and past traumas, and step through them – and perhaps with them - to build a new country.

It can be done.

These acts of kindness provide hope.

Goedgedacht is confident that our Pathway onto Prosperity (POP) and Care for the Planet programmes are bringing hope to people in desperate need. In following an Asset Based Community Development approach, the programmes assist communities to use the assets that they have to reach some of their aspirations. In this way, people become designers of their aspired destiny.

Thank you in joining Goedgedacht in solidarity with all South Africans to dream our new country into being.

Regards,

Deon

Deon Snyman - MD



MARY LACK: FOUNDER AND FRIEND OF GOEDGEDACHT

Mary, a founder member of the Goedgedacht Trust passed away at Nazareth House on the 31st of May at the age of 92.

Mary was a most remarkable woman. Born in England in 1929, she arrived in South Africa in 1964 and fell instantly in love with Africa, where she spent the next 57 years in voluntary service to the poor. She was involved in a vast range of local community projects and served on the Boards of several National organisations. An accomplished linguist,

Mary was fluent in IsiXhosa, French, Italian and Spanish. At Catholic Welfare and Development (CWD) she founded a successful project called WARMTH (WAR on Malnutrition, Tuberculosis and Hunger) where she oversaw 17 food kitchens across the Cape Flats, which at their peak in 1997, provided 2.7 million meals a year. She had a special interest in supporting rural communities and worked closely with the Rural Development Support Programme (RDSP). Mary played a major role in the founding of the Goedgedacht Trust

where she served as a Trustee for many years. Effervescent, ebullient and unstoppable, Mary was a force to be reckoned with. Inseparable from her yellow Combi called 'Custard', she was much loved across the townships of the Cape. She was awarded an MBE by Queen Elizabeth II and the Pro Ecclesia et Pontifice medal by Pope John Paul II for her services to the community.

Greatly loved, Mary will be sorely missed by her many friends and admirers.

A NEW ADDITION TO OUR ACCOMMODATION OFFERING

Our latest accommodation unit, Wild Sky, is now open! Built high up on our sister farm, Wild Sky has astonishingly beautiful views. With five en-suite bedrooms (ten single beds), an open-plan living area and kitchen, this unit is ide-

al for groups of walkers and weekend cyclists, family reunions, retreats, or friends who just want to get together. It is self-catering, but meals can be arranged on request. Do remember that by making use of our accommodation

you will be supporting Goedgedacht's community programmes.

For bookings or enquiries please contact hospitality@goedgedacht.org.



Image (Left & Right): Our Wild Sky unit's exterior. Image (Middle) The beautiful views from the unit's braai facility.



GOEDGEDACHT FARM TO HOST FAMILY WORKSHOPS



Image (Left to Right): Anna, Marise and Ona, Goedgedacht's Family Care Team.

Family workshops are in desperately short supply in rural areas but greatly needed.

In line with our aim to be present at the critical times during the "First 8000 Days" in a child's life, our Family Care Team - Anna Nobangela, Ona Breytenbach and Marise Cloete - will be offering safe spaces for young people and

their parents to explore their relationships and get answers to troubling questions. Nothing substantial will be accomplished with once-off camps.

Follow-up training is essential to reinforce the original lessons. With this in mind, the Family Care Team is running monthly parenting workshops on farms in the area, in Riebeek Kasteel and Riebeek West.

OUR YOUTH IS ON THE MOVE IN OUR COMMUNITIES

With Youth Day 2021 celebrated recently, we were inspired to share with you more about our Youth on the Move.

Sophie Isaacs, who heads up the POP youth programme, has a core group of twenty young people she has trained in Asset Based Community Development (ABCD) methods.

ABCD builds on the assets and talents found in communities, mobilising individuals, groups, and organisations to develop their strengths. The key is to

look for what is good and working well in communities rather than just looking at what they have not got, building on what is already there. Each community has unique skills and capacities that can be strengthened and built to transform the quality of life and insert new skills into rural communities. Our Youth on the Move is presently working in Kalbaskraal, Hermon, Riebeek Kasteel and Riebeek West.

[View our Youth Day 2021 video here.](#)



Image (Above): The Youth on the Move group.
Image (Below): Deeane Baron helping an elderly lady in her community.



EXCITING CHANGE AFOOT FOR OUR CARE FOR THE PLANET PROGRAMME

We recently welcomed Matt Purkiss, who arrived earlier this year to take over Goedgedacht's Care for the Planet programme.

As an internationally known and respected environmentalist and organic farming advocate, Matt has spoken at many events, well worth watching is

his TEDx talk on You-Tube titled *The designers approach to hacking the farm*. [Watch the video here.](#)

A "tsunami" of activities and training workshops are taking place for the community gardeners now active in fourteen villages in the Swartland. Plans are afoot to make these village

gardens (and 15 school gardens) a significant contributor to the good health of each community. We wish Matt and his team everything of the best in the months and years ahead.

Image (Left): Goedgedacht's Care for the Planet team. **Image (Below):** Goedgedacht's new Care for the Planet Programme Manager, Matt Purkiss.



UPDATE: OLIVE TREE DEDICATION DAYS FOR DONORS

We have been frustrated by Covid-19 in our attempt to arrange another of our special Olive Tree Dedication Days. We are still uncertain when the next Dedication Day will take place.

For those of you who have donated olive trees in recent times and made dedications, we hope that the third wave will quickly disappear, and you will feel confident enough to join us.

The farm is beautifully green now that we've had some rain and we're dying to show it off to all our friends. Please be patient. We will have a Dedication Day as soon as it is safe.

FEEDBACK: OUR KINDNESS FUND APPEAL

Our sincere apologies. The printers who sent out our appeal to help Owen get his DNA test, forgot to print the salutation (i.e., the Dear line of the letter). You must have been very puzzled.

We were mortified. However, puzzled you may have been, you rose to the occasion and a great many of you joined our Kindness Fund. Thank you very much! Owen went for his DNA test and

received his results on 24 June. We are happy to report that he has been readmitted to school. Another problem solved, thanks to your kindness.

LEAVE A LEGACY THAT MAKES A DIFFERENCE



A legacy can be the most significant gift you can give in your life. Once you have made sure that your loved ones have been taken care of, please consider leaving a small percentage of your estate to the Goedgedacht Trust to support the sustainability of our work and give rural children an excellent

start in life. If you are interested, please contact our team at fundraising@goedgedacht.org.

For more view our [Bequest Pamphlet here](#), providing you with all the necessary information.



GOEDGEDACHT TRADING LAUNCHES NEW IMMUNE SUPPORT RANGE

When COVID-19 reached South African shores last year, Goedgedacht looked at how local, less fortunate communities would be affected.

Healthy supplements and vitamins are accessible and affordable to some, but not so to most. Since a strong immune system is our only real line of defence against viruses, Goedgedacht Trading partnered with a top South African Bio

chemist to develop a range of immune support products that are packed with high quality plant-based botanicals and vitamins. In 2020 our team handed out 15 000 immune support sachets to vulnerable families, and the goal is to continue doing so. With the **goed** immune support range now available via Goedgedacht Trading's online store, 50c from each purchase will be allocated towards producing more of these much needed supplements. For more



Image (Above): The new Goedgedacht Trading **goed** immune support range.

info please visit www.goedgedacht-trading.com or email Rob Templeton at rob@goedgedacht.org.



If you are in the Cape Town region, please don't forget to support our Help the Rural Child charity shops by donating, bric-a-brac, clothing, toys, furniture, books and household textiles. A portion of proceeds from the charity shops are donated to Goedgedacht's programmes. To find your nearest shop, please visit www.ruralchild.org.za.

JUST FOR LAUGHS: A VACCINATION STORY

An elderly friend of a friend of Annie Templeton's was invited to attend the local clinic for her Covid-19 vaccination. On returning home she discovered that she was suffering from blurry vision.

In a panic she phoned the vaccination clinic for advice and was told to relax and return to the clinic and pick up her glasses!

LET'S STAY IN TOUCH!

*For assistance or general enquiries please feel free to contact our team.
Stay updated with the work we do by following us on social media or
sign up to our receive [regular digital mailers here](#).*

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