

# HOW TO...

collaborate with others in your community to see all families receive care and support

Watch the [recording](#) of the Practical Workshop hosted by Sikunye, discussing how to collaborate with others in your community to see all families receive care and support. Here you can listen to ideas on how your church can be part of the Whole of Society Approach to caring for families in FTD, by collaborating and referring families to the services available in your community and inside your church.

*"If you want to go fast, go alone. If you want to go far, go together."*

– African Proverb –

The church cannot do or be everything. You might have been thinking that we are asking you to do everything. No! We believe that the church must do what the church can do – and partner and collaborate with others to ensure a range of care and support is available for families in FTD.

**Collaborating:** This is when you take hands, work together, and network. It strengthens the support you can give young families. You can work together to reach a common goal.

**Referring:** Sending mom or dad to a person/organisation that specialises in a specific area or knows the answer to the issue or concern; for more targeted, additional support.

The Whole of Society approach does not only mean the government services and departments work together to tackle a societal issue – it means engaging all relevant stakeholders which include individuals, families and communities, intergovernmental organizations, NGOs and NPOs, religious institutions, civil society, academia, the media, voluntary associations and the private sector and industry.

FTD-friendly churches are looking at how they play a part in the Whole of Society Approach – and finding organisations, services, and stakeholders to collaborate with so that they make sure all families receive support. But we do acknowledge that All families need support – but some families need targeted support.

**connecting with others can create a  
web of support around families**

## Know who is in your community?

Click [here](#) to read the **Know Your Community** document to help you find out who is working inside and outside your church, to collaborate with and ensure all families get the support they need. In this document you will find questions like:

- Where is the local community clinic? Or other health services?
- Who is a breastfeeding expert in your area? Or in your church?
- What other experts do you have in your congregation that can be used as specialists when the need to refer arises? (e.g. grief counselling, family counselling, food parcels, etc.)
- What organisations or services are available in the community that focuses on children in FTD?  
There are many service providers that deliver important support to pregnant women, young children, and their families. These include welfare societies, FAMSA, Lifeline, women's organisations, rights-based organisations, and local community projects. They can also include counselling services (especially for grief, loss, mental health etc) and family support services.
- Where is the nearest SASSA office?
- Where is the local Department of Home Affairs?
- Where do you report child abuse?
- Other useful contacts

Looking at the **Nurturing Care Framework** – what organisations do you know of in your region that offer services or support to families in FTD to help them provide the building blocks their children need to thrive:

### scenario 1: good health

Mom is young and she has just found out she is pregnant. The problem is she did not know she was pregnant and was drinking and taking drugs. What must she do? Where can she get support/advice from?

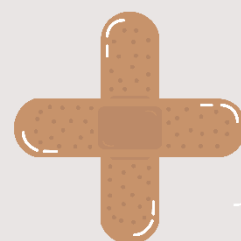
- The **local clinic**, the **Department of Health**, **Fasfacts** (<https://fasfacts.org.za/>) or **FARR** (<https://farrsa.org.za/>)

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### scenario 2: good health

Mom is struggling with postnatal depression – where can she get support?

- **South African Depression and Anxiety Group** (SADAG) is a free mental health service. Give mom the SADAG number to call for free or you can go online and leave her details (with her permission) to be called back. Telephone: 011 234 4837. For A Suicidal Emergency call 0800 567 567; 24hr Helpline 0800 456 789
- Refer mom to services at the local clinic or organisations working in your area (e.g. FAMSA, or private counselling services)



- **LifeLine Johannesburg** – 24-hour national toll-free counselling 0861 322 322 or 011 728 1347 or WhatsApp 065 989 9238
- **LifeLine Western Cape** – 021 461 1113 or WhatsApp 063 709 2620
- **Grace Counselling Durban** – 031 003 1830
- **Revive Counselling Centre PE** – 041 373 8882/3
- **Hope House Counselling Centre Cape Town** – 021 715 0424 or 021 903 0521 or 081 500 3054
- **IThemba Counselling Centre Gauteng** – 012 660 3532
- **Akeso Mental Health Care** – <https://www.akeso.co.za/>




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### scenario 3: safety and security

If mom is in an unsafe situation, where there is violence at home – who can you collaborate with?  
Where are the women and children shelters in your area?

- Who is the Child Protection Organisation in your area?
  - **Department of Social Development** – customer care: 012 312 7727 or <http://www.dsd.gov.za/>
  - **Badisa** – <http://badisa.org.za> or call 021 957 7130
  - **ACVV** – <http://www.acvv.org.za/social-workchild-protection> or call 021 461 1109
  - **Child Welfare SA** – <http://childwelfare.org.za> or call 074 080 8315
- Who is the social worker for your area? Get the name and contact number
- Collaborate with the **local police station** where there is a GBV officer
- **FAMSA** for counselling, or **SADAG**, or **Rape Crisis Centre** – 021 447 9762

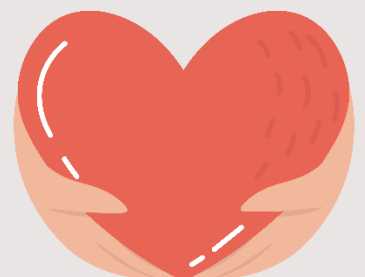
**Remember:** as faith leaders you are mandated by law to report any suspected or confirmed cases of child abuse. If you do not report, you could have legal action taken against you.

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### scenario 4: love

You have a teen mom – she needs care and support to help her with the many changes and challenges in her life. Where can you refer her to, to get support and helpful information as she becomes a mother?

- **Flourish** – refer mom to a local host or ask a host to come run classes in your church. You can also have someone trained to be a flourish host – 087 148 9810
- **Embrace** – <https://www.embrace.org.za/>
- **The Parent Centre** – 021 762 0116
- **Mamkhulu** – [mamkhuluheather@gmail.com](mailto:mamkhuluheather@gmail.com)
- **Young Mom Support** – [info@youngmomssupport.co.za](mailto:info@youngmomssupport.co.za)
- **Teen Moms Youth Development Club** – [optionsgrg@telkomsa.net](mailto:optionsgrg@telkomsa.net)
- **LifeLine Pregnancy Support** – 033-342-4447



- A mom from your church can accompany the teen mom to antenatal and postnatal check-ups
- Host a teen mom bible study as a way moms can come to a safe and peaceful space, use this as an opportunity to speak to moms and pray for them

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### scenario 5: love/ responsive caregiving

Fathers are not present in their children's lives in your community, and you want to engage fathers to be present and active in their child's life in the FTD. What would you do? Who can you collaborate with or refer to?

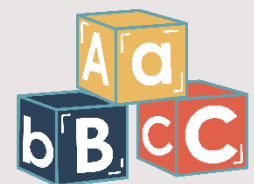
- **Heartlines:** use their **Fathers Matter Connect Group** resources to run a men's group in your church. They also have 6 short films being launched on SABC 2 at 8:30pm starting on 22nd September on Fatherhood (watch on TelkomONE catchup)  
Call 0117712540 or find the free Fathers Matter resources here:  
<https://www.heartlines.org.za/fathers-matter/resources>
- Have an older man mentor a young dad
- Have a group of men to come and watch sport at the pastor's house and use that opportunity to talk amongst men

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### scenario 6: opportunities for early learning

Baby is now 6 months old and is staring at things, copying sounds, playing and as he/she grows older he/she is exploring. If we remember the brain is developing rapidly at this age, what can you offer or who can you collaborate with to support moms/dads to provide opportunities for early learning?

- **BookSharing** (<https://mikhulutrust.org/>)
- **BookDash** (<https://bookdash.org/>)
- **Wordworks** (<https://wwhomeliteracy.org.za/play-learn-activities-menu>)
- **DMF parenting resources** (<https://domore.org.za/parenting-resources/>)
- **Vroom** (<https://www.vroom.org/>)
- **Nalibali** (<https://nalibali.org/>)
- What parenting programmes are there to teach parents about the importance of stimulation in your community?




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### scenario 7: nutrition

adequate

Mom is struggling to breastfeed; she believes that her baby is not getting enough milk and she wants to quit and formula feed. She is feeling like she is failing as a mom; but she is also hungry and there is little food in the house.

- **Side by Side website** for breastfeeding brochures

<https://sidebyside.co.za/wp-content/uploads/2020/07/076-2020-Breastfeeding-QA-Booklet-FA.pdf> or go to the **local clinic** for breastfeeding support

- Attending a postnatal **Flourish** class for breastfeeding support
- **La leche league** – <https://www.llsa.org/contact>
- **Embrace** – <https://www.embrace.org.za/category/breastfeeding/a-z/>
- **Road to health booklet**
- Are there any food security NGOs in your area? Does mom qualify for the SASSA Child Support Grant?
- Can your church donate a parcel of food for mom to eat?



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### scenario 8: spiritual development

Mom has been out of community and is struggling. How can we welcome her back into community and encourage the spiritual development of her child? How do we help all our parents with the spiritual development of their children from pregnancy? What is available? Who can we collaborate with?

- **Superbook** – who have a website and app to share with parents with activities to do with their children <https://za-en.superbook.cbn.com/> and download the free Bible app here: <https://za-en.superbook.cbn.com/app>
- **Petra Institute for Children's Ministry** – 082 446 2274 – “Ek, my baba, en God”
- Pray for families in First Thousand Days in your church and community
- Have an elder or member with the gift of pastoral care to visit mom and dad and invite them back to church – they can also speak to them and pray in their home.

### Next steps:

- Call a pastor in a church near you and see what programmes they offer for families in first 1000 days
- Do the assessment to “know your community”
- Send a WhatsApp to Flourish to contact the host in your area to offer classes in your venue or refer moms to

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