



# know your community

reach outside your church

## looking to the broader community

Your church exists within an ecosystem of resources and services for families in the First Thousand Days (FTD). Referring to other parties takes the pressure off doing everything yourself. You can use Google to find the local services, organisations and NGOs working in your area.

You can also use the Department of Health and Department of Social Development websites or speak to staff in these facilities. Fill in as much as possible to know your community and what services are available to moms, as well as where you can find moms that may need support. Remember, every community is different so ask your local health service provider what the process of low to high-risk pregnancy referrals are.

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

local services	contact details / location / additional info
<b>Where is the local community clinic?</b>	These are the health facilities that are open on weekdays, during working hours and offer antenatal services, family planning, postnatal follow up etc. It is for low/medium risk women.
<b>Where are the community health centres? (Or MOUs)</b>	These are health centres that provide services such as immunisations, antenatal care, women reproductive health, counselling, adolescent and youth health, eye care, oral care, minor ailments, and rehabilitation. These are the 24 hours comprehensive services with a Maternity and Obstetrics Unit (MOU) and other health services. Address and telephone.
<b>Where is the nearest district hospital?</b>	This will be district hospital that deals with emergencies and has specialists for high-risk women/ultrasounds and 24hour labour. Address and telephone.

local services	contact details / location / additional info
<b>What specialist hospitals are available to your community?</b>	There may be times when children need specialist care and referral to hospitals outside of the district.
<b>Where is the nearest private hospital?</b>	If you have any families that can afford private health care – consider knowing where the local private hospital is.
<b>Who is the Community Health Worker to contact in your area? (or Ward Based Outreach Team)</b>	
<b>Who is a breastfeeding expert in your area?</b>	Name, address and telephone number of organisations, services and individuals
<b>List any breastfeeding experts in your church community, that you can call on</b>	
<b>What other experts do you have in your congregation that can be used as specialists when the need to refer arises?</b>	e.g. grief counselling, family counselling, food parcels, etc.
<b>What organisations or services are available in the community that focuses on children within the FTD of life?</b>	There are other service providers that deliver important support to pregnant women, young children, and their families. These include welfare societies, Families South Africa, Lifeline, women's organisations, rights-based organisations as well as local community projects. They can also include counselling services (especially for grief, loss, mental health etc) and family support services. Ensure you include contact details of local branches of provincial organisations.

local services	contact details / location / additional info
<p><b>What churches around you are also working in FTD, (e.g. offer antenatal classes, moms' groups etc.)</b></p>	<p>Names, address, and contact person.</p>
<p><b>What women's group are active in your area?</b></p>	<p>Name and contact details</p>
<p><b>What men's or fathers' groups are active in your area?</b></p>	<p>Name and contact details</p>
<p><b>In your community, how do women / moms meet socially? Can you use this to engage moms?</b></p>	<p>List locations, dates, what the meeting is as ideas / options where you can meet and engage moms (and dads).</p>
<p><b>How would you find out who is pregnant or just had a baby in your community, that may need support?</b></p>	
<p><b>What prayer groups in your community pray for families, moms, and dads?</b></p>	
<p><b>Do you have foreign nationals in your community?</b></p>	<p>No one in the borders of South Africa may be refused health care – however they may have to pay for it. All foreign nationals on asylum or refugee status have the same right as a South African to access free health care services. Foreign nationals without this documentation will have to pay for health care. All breastfeeding mothers are entitled to health care services.</p>

local services	contact details / location / additional info
<b>Where is the nearest SASSA office?</b>	This is where parents can apply for Child Support Grants. Having a map that you can provide parents / caregivers helps.
<b>Where is the local Department of Home Affairs?</b>	This is where parents will have to register the birth of their baby to get a birth certificate. If you can, include the name and contact details of the district DoHA official, as it may be necessary to contact them in situations where caregivers have difficulty obtaining birth certificates etc. Having a map that you can provide parents / caregivers helps.
<b>How do you report child abuse?</b>	How to report abuse – include the process and the numbers to call. This should also be included in your Child Protection Policy.
<b>Who in your task team can you call in case of an emergency?</b>	Once you have your FTD team together, know who is available in an emergency to contact.
<b>Other useful contacts</b>	See additional attachment “Useful Numbers” - These include pregnancy or breastfeeding support groups, HIV counselling and testing, other counselling (e.g. SADAG, Cape Mental Health etc.), domestic violence, community safety, library, food security, income generating projects, etc. You can add to this list to give to mom and dad.