

HEARTLINES

for good

TAKE ACTION ... FOR GOOD!

A resource manual for people who want to make
their part of South Africa a better place





*Money makes the world go round,
but values keep it grounded.*

There is a common thread that connects us all to our humanity, it is an intangible force that resonates through the souls of our people. And this same thread is at the very heart of all we do—our values. It is a great honour to be acknowledged by the GIBS Colloquium

for Social Entrepreneurship for our involvement in the Heartlines campaign. However by the same token, we are humbled and inspired to do even more to help instill a sense of values in our nation. Because a nation without values is a nation without wealth.

HEARTLINES
for good

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How can we help you?

Acknowledgements

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www.southafrica.info



HEARTLINES

HEARTLINES is a South African-based NGO established in 2002. It is an initiative which aims to get South Africans talking, thinking and acting on the good values that we share. Getting people to act jointly on these good values will help them improve their own lives and reach out to others. This will impact on major social issues, in particular HIV/AIDS, education, violence, poverty and the environment.

HEARTLINES uses the mass media to motivate and inspire and also provides resources to institutions such as Faith-Based Organisations (FBOs), schools and correctional services. In 2006, eight TV dramas were produced, each based on a different value, as well as a children's story book on the same eight values.

HEARTLINES believes that there are God-given and universal values which unite us, and that the language of good values resonates across all sections of the South African population. However, people now want to move beyond talking about values to values-based action.

To this end, HEARTLINES is collaborating with many other organisations in mobilising a social movement called **forgood** using a cell phone and web-based network (www.forgood.co.za). This book is part of that initiative.

forgood's vision is to inspire, guide and connect people to take action to make our society safer, healthier, happier, more informed, more compassionate and caring. The network will provide customised information to help individuals to make a difference in their own lives and in their local areas.

HEARTLINES is a section 21, not-for-profit company, which receives funding from First National Bank, the John Templeton Foundation and the United States President's Emergency Plan for Aids Relief, among others.

HEARTLINES encourages people of all faith groups and philosophies to utilise the **forgood** network to inspire one another to take action on the values we share.

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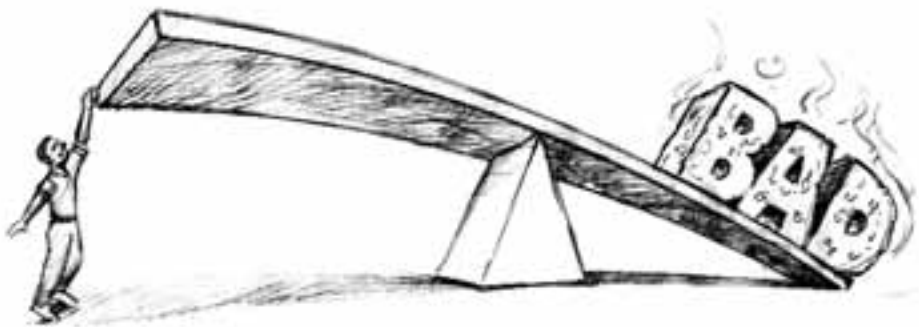
HEARTLINES Chair:

Dr Zolile Mlisana



WELCOME!

**This book is about how you
can be a person who
takes action ... for good.**



Every little action
will begin to change
the balance!

Some days, when you read the newspaper or watch the news on television, it seems that most of the news is bad. Sometimes it even feels as if the bad news drowns out anything good.

It is a little like the seesaw we played on as children. Some days it feels as though there are very few people on the “acting for good” side of the seesaw, and too many people on the “acting for bad” side.

The information here will help you to join a **movement for good** in our country that will begin to tip the balance. We believe that the majority of South Africans hold good values. What would the country be like if we had to start living these values out? Each person that is added is important. Each action for good is important. You might feel that doing something on your own might not make a difference, but when many people join together, every little action added together will begin to change the balance.

**This book is about taking action
to change the balance!**

Are you ready to
take action for good?

If you have not yet joined the
movement *for good*, SMS the
word 'good' to 32197. You can
also register on the forgood
website: www.forgood.co.za

HEARTLINES

for good

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WHAT IS IN THIS BOOK AND HOW TO USE IT

Information!

There is information in this book – lots of it! You will find out how to:

- identify local issues
- organise a group
- plan some action
- make your voice heard.

Stories!

But information on its own is not always enough. It's the stories of other people just like us that inspire us to take action. As HEARTLINES showed in the series of eight powerful film stories, and ten "Stories that Talk" for children, stories are the best way to get people talking, and acting on values. Emotion often inspires motion!

We got stories from ordinary South Africans who have taken action for good. They have taken action around:

- safety
- education and youth
- the environment
- HIV and AIDS.

We hope these stories will inspire you and the groups you are part of to do something similar.

Activities!

But stories and information are not enough. We need to get **active for good**. Throughout the book you will find activities that you can do alone, with your family, and in a group. Some of these activities have a form that you can use to record your thoughts and ideas. You can photocopy them from the book or download them from www.forgood.co.za.

Ideas for action!

You will find some ideas to inspire you and the details of a few organisations that can help you to plan an action project in your area.

Step-by-step ... for good



If you work through this book, you will be able to take action for good as an individual, as a household and with a group in your local community.

IT STARTS WITH YOU

What values are important to me?

Think about the good values **you** want to live by (pages 10–11).

What action can I take as an individual?

Do your actions reflect your good values? (pages 16–17)



LOOK AT YOUR FAMILY

What values are important to your family?

Work together with members of your household to decide what you value as a family (pages 20–21).

What action can we take as a family?

Now decide on an action you can take as a **family** (pages 22–23).



LOOK AT YOUR LOCAL AREA

Get a group together (page 29)

Work out what the problems are (pages 34–35)

Think about some actions you could take (page 36)

Choose an action (page 37)



PLAN THE DETAILS

Find out more (pages 40–41)

Plan the details (pages 44–47)

Keep track of how you are doing (pages 52–53)

Speak out about the issue (pages 58–59)



IT STARTS WITH YOU

1 What values are important to me?

Values are the beliefs that are important to us, the beliefs that guide our behaviour. For many South Africans, their faith in God points them to the values that they want to act on. Doing the following exercise will help you to think about the values that you live by.

Reflect on your values

A good way to identify the values that are important to you is to imagine that you have died and everyone you know has come to your funeral. What do you want them to say about you? Thinking about this will help you to see what is important to you.

Write down what you would like people to say about you

What values would you like to be remembered for?

You can photocopy this or download it from www.forgood.co.za

Here are some values that many South Africans believe are important:

- | | |
|----------------|------------------|
| ■ compassion | ■ responsibility |
| ■ honesty | ■ self-control |
| ■ forgiveness | ■ acceptance |
| ■ perseverance | ■ second chances |





Actions speak louder than words

“It’s no use being a bald-headed person trying to sell people something that claims to grow hair. If you want people to embrace compassion, you need to be compassionate!”

Archbishop Emeritus Desmond Tutu

Think back on when you were growing up. Do you think you learned values from what the adults around you said or from what they did?

You can say you are a person who believes in good values, but you must show this with your actions if it is going to make a difference. The following exercise will help you to understand if you are acting on your values.

**Do your
actions show
what you
stand for?**

Reflect on your actions

At the end of each day, find a quiet place and think about your values and your actions. Ask yourself these questions:

- Was there a moment today when my behaviour went against my values? Why? What is stopping me acting on my values? Think about how you would change this tomorrow.
- Was there a moment today when I did something that showed the good values I believe in? Think about this moment and the feelings it gave you. Why did you do what you did? What was the result of doing it? How did that make you feel?

You can photocopy this or download it from www.forgood.co.za for your daily use

A real-life story of one person who changed his life by choosing a new set of values to live by

That's when I decided to start a new life




Saki was sentenced to 15 years in prison at the age of 16. He served 10 years. As you read this, you may think that he is part of the problem – one of the people putting his weight on the side of bad. But he is putting his weight behind good now.

“People are getting killed, old people are being raped and children, women are being abused. I would love these words I have to stop that. I am going to help others. Yes, that's how I feel.”

Saki puts his words into action too. Every month he travels to the local long-term prison, where he visits a group of boys from the local area. He takes food and spends time listening and giving advice to the young boys inside, telling them that when they get out they must make a good life or soon they will be back behind bars.

There are many young men involved in crime in the area where he lives, but every day he makes a decision not to join them. It is difficult.



“It is sometimes very hard to be a new person. If people find out you have been a prisoner, a ‘Bhantinti’, a criminal, you become a first suspect. We need a campaign for people to see that we are willing to change.”

“ It was a happy childhood, but the problem began when my mother lost her job. She was working as a domestic worker and I used to live in the kitchen, there was a room there at the back. It was very nice because the people she worked for were good.

When she lost her job, I came to stay here at Nompumelelo, and at that time there were no houses, it was only shacks. ”

“ That’s when I started to meet friends because I would see that this one is wearing nice shoes and I can’t get such shoes because my mom is no longer working. The only way I can get those shoes is to do crime ... all my friends were wearing nice things because they are doing crime. I used to rob, drive cars, fast cars, and go to steal cars.

I was working for an old man so that I can bring money and buy a bag of potatoes because no one is working at home. At least I can buy myself a nice pair of takkies, a nice jacket ...

Then I was arrested for armed robbery, with rape, attempted murder ... I was 16 years. I was still attending school at that time, I was in Standard 8. Oh, I was doing well because I loved Maths and Science. I was sentenced to 15 years. One of the others got life sentence, but I got 15 because I was not so involved. ”

I can still remember hearing my mother say ... because she was there during that time of the sentence, she was asking me, ‘How many years?’ I said, ‘15.’ Inside me it was painful.

”

“ They had a law inside that says ‘The survival of the fittest’, so you have to be strong. I ended up being in a gang in prison. I was part of the gangs for a long time, about six or seven years. I was a leader, so they moved me always. As soon as they find that you are a leader, they will take you into another prison.

I was sent to a prison in Transkei. I was highly ranked in the gang and they didn’t want to hear any tricks about anything so they beat me there – the warders. I survived and that’s when I realised that God is great.”

I saw it was a miracle of God to survive that attack. That’s when I decided to start a new life. I decided to leave the gangs. I was 23.

“So I told them that I no longer want to do this, I am a gang member but please give me a chance. I want to focus on my studies. I was very lucky because one of the warders supported me with lots of things like textbooks. I finished my Standard 8 there, Standard 9, and I went to St Albans to do Matric.

When I first came out, I started to look for jobs. I got some work as a packer and a cashier, but they chased me away after they found out about these prison tattoos. I had to wear a jersey even if it is hot so no one could see. Even the workers would say, ‘Look at this guy, what are these, hey? This one has these strong tattoos’ and all those things. Now it’s a whole year I’m doing nothing.

I usually go to see these guys in prison. Their situation is bad, they need support from outside. They need someone to sign for them when they are supposed to come out, they need phone cards and toiletries. I give them a sort of counselling, ‘Guys, don’t lose the hope and things will be alright, because we also served some long time in prison, we know how that life is.’ For myself I would love to be a counsellor to those guys, but before they are released from prison. I would be very happy if people get out of prison, spend the rest of their lives outside and change and work with the community.

”



"I have this book I am writing down about the real life in prison. I want the youth to understand that crime does not pay and the life of the prison is not good."

2

What action can I take as an individual?

In the story on the previous pages Saki makes a decision to live his life by the set of new values he has adopted, showing a new commitment to perseverance and responsibility. He keeps looking for a job and refuses to get involved in crime again. He takes action every day *for good* in his own life.

Take notice of when you feel strongly about something. This will help you see what action you need to take to make good values part of your life. For Saki, it was surviving the beating he was given by prison warders that triggered his decision to change. For Peter Benenson, it was a story he read in a newspaper.

Peter Benenson was a lawyer living in London in 1960. On his way to work on the underground one morning, he read a newspaper article about two Portuguese students who had been sentenced to seven years in prison for toasting freedom in a Lisbon café. This was during the rule of the dictator Antonio Salazar. Benenson was so angry that instead of going straight to work as he came off the underground train, he went into a nearby church. He sat there for some time to think about what he had read. While sitting there, he came up with the idea of trying to free prisoners of conscience by organising **letter-writing campaigns**.

He wrote an article for a newspaper and invited readers to write letters about the many prisoners of conscience who were imprisoned around the world at the time. This was the beginning of the **biggest human rights organisation in the world**, Amnesty International, which now has nearly two million members worldwide.



We all have moments in our lives, like Saki and Peter, when we see what values are important to us. The thing is, only some people act on them. Will you?

Personal reflection activity

At the end of each day, ask yourself: Did I see, hear or do anything today that made me feel strongly about the values I have chosen to live by?

- Did I see something in myself that I did not like at all? What was it?

- Did I do something that goes against the faith that I profess or the values I hold? What was it?

- What happened that made me feel anger at injustice?

- What happened that made me feel compassion?

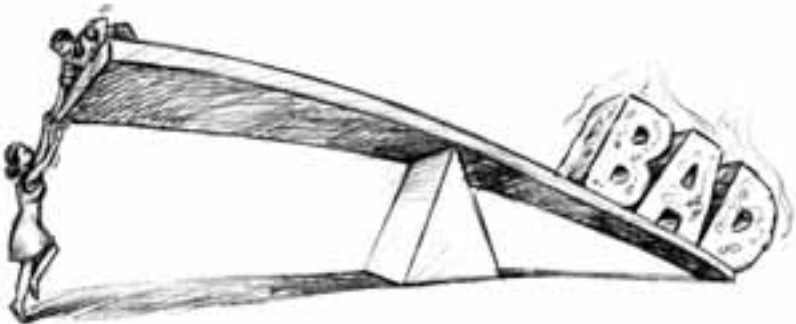
- What happened that made me feel the sadness that someone else was feeling?

- Did I think, "I wish I could do something about that"? What made me think that?

Could you do anything about the things you are noticing? It could be action you take to change yourself, or action to help others.

Do this exercise for some weeks and it will help you see which values are most important to you. These are the values you should act on!

You can photocopy this or download it from www.forgood.co.za



**It doesn't have to be action
that changes your whole life, or action that
creates a huge international organisation.
It can be simple action!**

A real-life story showing that one person's small action can make a difference

We should stand up to help people

Dudu is 13 years old. She lives with her family in a house on the hill in Yeoville in Johannesburg. She has just started secondary school and her life is caught up with making new friends and fitting into a new environment. But she is a young person who knows what she believes and what is important to her, and she acts *for good* on her compassion for others in simple ways.

"I think that there are many problems in this world and we should stand up to help people."



“I found this letter by this girl in our class. She had just said ‘Dear diary’ on the paper. I saw it was about her mother who was very sick. I told my mum and I thought that we needed to do something, but I was shy. So my mum said she would come with me to tell the principal because I was worried that no one knew.”

“So my mum came with me to the principal and she said she knew but that I could support the girl by talking to her. Then I asked the girl if she was feeling okay, and I told her, ‘If you need to talk about anything I am here for you.’

I knew she would have so much sadness in her heart so I tried to just let her know that I was there if she wanted to talk. She didn’t, but I think just letting her know that I am here for her – I think that is important. She could talk to someone her age. She didn’t talk, but she knew that I knew. I didn’t want to push anything. But what if no one knew about it and she kept it to herself? I was feeling very terrible that she was not talking to anyone and she was just keeping on living life like she usually does.”

I did something because I think it was going to hurt me if I was not doing anything.

”

Have you signed up to join the **movement forgood**? Sign up and receive information on how you can take action by doing small acts of kindness. SMS ‘good’ to 32197. Or go to www.forgood.co.za.





LOOK AT YOUR FAMILY

1

What values are important to your family?

You can take action as a household too.

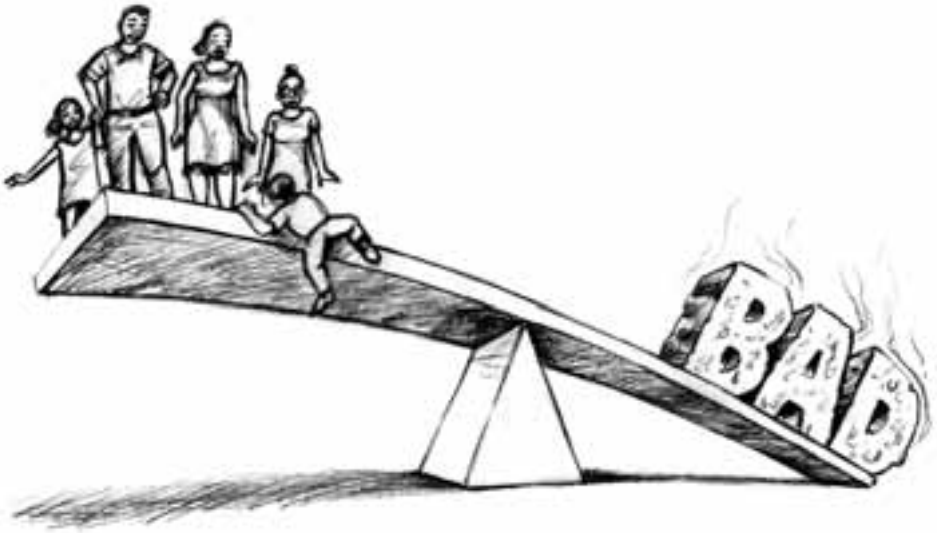
a

Have a discussion with everyone living in your household about the values that are important to you as a family.

b

Explain that values are beliefs that guide our actions. You may need to give some examples. If you have a faith, you could discuss the values it encourages. Another way to do this is to think of people you know who show a particular value in their actions. Think of someone you know who shows:

- compassion
- honesty
- perseverance
- acceptance
- any other value.





c

Talk together about these people and what they do that shows this value is important to them.

d

Then **ask everyone to choose two values** that they think are VERY important and write them down on a piece of paper. Display the papers and see how similar your ideas are. Choose three or four that are important for you as a family and get the children in your household to make a poster of your values.



2

What action can we take as a family?

a

Begin by **thinking of action in your home**. Use your list of values and decide on one action you will take to show that you are putting this value into practice. You might choose respect. Make a sign and put it up in the kitchen, for example:

“WE WILL NOT SHOUT AT EACH OTHER”.

b

Now **think about action you can take outside your home**. Talk about problems and issues you feel strongly about. Let each member of the family, even the youngest, give their ideas. It could be things like:

- bullying
- children who come to school hungry
- the litter in the taxi rank
- the mud around the water pipe where you fetch water.

c

Sit together and close your eyes. Each family member is to imagine your family taking action around one of the things you have discussed. Sit still and quietly for at least 10 minutes, just imagining. You may also choose to pray about these ideas. Then talk about what you saw the family doing. Decide on one simple action. Start small!

d

You could follow the project planning steps on pages 29–59 if the action you choose needs more planning.

Family vision activity

1. These are the things we feel strongly about (make sure everyone – even the youngest member – has had a chance to say what is important to them):

2. These are some ideas for action we could take.

Now sit quietly with your eyes closed and imagine yourselves doing one of the actions.

This is what we decided we can do for now (keep your action small and simple):

A real-life story about a family who values a healthy world and takes action for the environment

Healthy for the earth and for us humans

“

The Auerbach family lives on an organic farm outside Durban. They mostly live off the food they produce. They recycle waste and water, and save energy as much as they can. They also try to live with respect for each other and the world.

” The challenges in today’s society are huge, so I think it is really important to find the space to connect with nature every day. It’s not always easy to do that, but if one can, it is very nourishing. Even just having fresh herbs growing in pots – just having that in your diet can make a difference. ”

Christina



Raymond talks about how the family tries to live a life that is healthy for the earth and humans.

“I grew up in Johannesburg, and after high school in the early 70s, I decided to travel overseas and took a third class boat ticket from Cape Town to Portugal. I was hitchhiking around Portugal and sat on a beach one day, playing with the sand, and as the sand poured through my fingers, I saw all these little balls of polystyrene foam. And I thought, ‘What are we doing to the environment?! We can’t carry on like this.’ As I continued my travels through Europe, I saw one river after another in an absolute mess – the Arno, the Rhine, the Thames – and it just felt as though we were killing the planet.”

I became an organic farmer and now I run a foundation here on the farm that teaches people how to farm in a healthy way – healthy for the earth and for us humans.

We found with our children that a respect for the natural rhythms of the day, as well as a healthy diet, has given them a good grounding. If you feed your kids on a diet of 50% sugar and 50% TV, you can hardly be surprised if they’re hyperactive after that.

“Wherever we’ve lived, we have always seen ourselves as part of nature, so we’ve always recycled as much of our household waste as we could. From an early age, our children have been aware that there’s a compost heap outside that makes the garden fertile, and that the vegetables we eat grow in this fertile soil. We try to use energy and other resources efficiently, and we harvest the rain and use it carefully for irrigation.”

”

“In our house we use certain water features to cool the air, and the house walls are double-walled with an air cavity in between so this natural insulation works well. The house is also placed so that most of it does not get the hot afternoon sun, and we've let the trees grow close by, so we use the natural elements of wind and tree-shade as well as we can.”

Elinor talks about how this family doesn't just talk about recycling – they do it!

“My brother and sister are twins, and are about five years older than me. As young kids, we didn't notice that not everyone else lived like we did because we live really normally mostly.

Our chores included each cleaning the kitchen two days a week, we had to take compost out, keep the recycling sorted into the different bins, and stuff like that.

When my friends come to stay over I have to tell them, 'This is the compost bin, and the different recycling bins, and please be aware of where you put stuff because I don't want to have to fish it out afterwards!'



"My friends have a lot of awareness. They mostly know about recycling and composting. The awareness is there, but actually doing it is the problem for most people."





HOW TO PLAN A PROJECT

We have talked about taking action in your own life and taking action as a family. Another way to take action is with a group in your local area. You may also decide to choose an area other than your own.

This section of the book will help you to plan action. It will take you through the following steps.

LOOK AT YOUR LOCAL AREA

You may already know the problem you want to work on if so you can skip step 2.

- 1 Get a group together**
- 2 Work out what the problems are in your local area and decide which you want to do something about**
- 3 Think about some actions you could take**
- 4 Choose an action**

PLAN THE DETAILS

- 1 Find out more**
- 2 Plan the details**
- 3 Keep track of how you are doing**
- 4 Speak out about the issue**

Families and individuals can follow these steps too.

When thinking about possible actions to take, you can refer to pages 64–79, which contain ideas and contacts around safety, education, HIV/AIDS and the environment.

LOOK AT YOUR LOCAL AREA

1 Get a group together

Working with a group of people is an effective way of taking action for good. A group gives you support, extra ideas and more people to do things.



Get others involved and add more weight for good!

a

Look at groups you already belong to. Start by talking to people who you already have contact with. It could be a sports club, church group, your book club, your class at school, street committee, women's group, neighbourhood watch or society.

b

If your group is not keen, **find other existing groups.** Before you begin to form a new group, find out if there is already a group of people in your area trying to do something about your issue. It is easier to join an established group than to start a new one. The organisations listed in this book are a good place to start.


For the next step, go to page 34.

A real-life story about a group taking action against violence

By coming together we make a difference



Every Friday morning at 9:00 in Alexandra, Johannesburg, a group of men meet with their facilitator, Dan. They are all members of the ADAPT Men's Forum. They come together to talk about how they can be men who solve problems without violence. They talk about what they are learning with other men, in schools and through community drama.



"By coming together here, we come up with different strategies and different ideas of combating the violence - of making a difference."

Sibongiseni Mngomezulu

Tsepho Khunou talks about how being part of the group has helped him to take action to be a different kind of man.

“ I was born and raised here in Alexandra. I was born in the kind of family which was not a good family. I grew up with my uncle. Our uncle was abusing us. He would come home drunk and beat us for no particular reason. We were still young, and being young and seeing those things, they inspire bad things. They put that mind inside you that getting hit is how to solve a problem.

When I grew up I met a lady along the way. That lady was cheating me and doing bad things, and the only way I knew was to beat up the lady. It was not a good way, but I didn't know about that. Whenever I had a girlfriend, I'd fight her.

A cousin of mine told me about the ADAPT group, and I visited it and met guys who had the same problems as me. The men were confessing their stories and crying, and I cried. We talked about it, and ADAPT gave us counselling and we went through workshops. I started to change and started to see myself. And see a more brighter future.”



“I grew up with the same mindset as my father to beat a woman. I was aggressive before. If I was wrong, I’d say I was right. ADAPT have shown me that I was wrong. I went home after that first workshop, and sat down, and found myself.”

Emanuel Sibiya

“By then, I had been married and my wife she ran away and left me with a six-month baby girl. From ADAPT I learn a lot of skills, and I can handle the pressure and I can handle any challenge facing me. Not because I’m a fighter, but because I’m a responsible father – I could be able to stand there and say, ‘This is wrong, and this is right.’ I could be able to give other guys advice: ‘This is not a right way of treating a woman, beating a woman. The only way of doing it is you sit down as a family and talk about it. If things are hard, go to people who are professionals, who could help you better than me.’

But I’m pushing now with a positive mind, not a negative mind. Now I’m a personal trainer – people they call me and I go and do some classes and get paid. That’s how I’m making a living now. I’m happy.”

"I'm raising my daughter, taking care of my daughter, and making sure she has all her needs. I've learnt a lot of things from the ADAPT group, and I know what it's about, being a father figure."



2

Work out what the problems are

Once you have a group, you can start to look for problems that you might take action around.

Get your group together, get hold of some large pieces of paper and some crayons and **get ready to draw!**

a

Draw a map of your local area. Make sure you put in all your houses, the main roads, open spaces, shops, police station, schools, recreation centre, clinic, shebeens, restaurants – all the places you go to in your local area.

b

Now **talk together about where the problems are** in your local area. Include all the problems you can think of.

- Think about the people problems – who are the vulnerable people in your community? Old people? Children without parents? Pregnant teenagers?
- Then think about the environmental problems – stand-pipes with dirty puddles, dumping of waste, nowhere for children to play.

Mark the places where these problems are – write a short description of each problem on your map.

If you already have an idea of a problem you could do the map just in relation to that problem.



This is a map drawn by a group from an inner city area in Johannesburg. It will give you an idea of how to do this activity.



3

Think about some actions you could take

Now take each problem you have listed and think about possible solutions. You might decide to focus on only one or two of the problems.

It is sometimes difficult to think of ways of solving problems. Try one of these ways to help everyone in your group come up with ideas.

One by one

Move from one person to the next. Each person gives one idea and it is written down. Keep going around the circle until you have no more ideas. Members of the group may choose not to say anything by saying 'pass'.

Refer to ideas for action on pages 64–79.

OR

Stop and go

All keep silent for 3 minutes. Then everyone is to say all the ideas they can think of. Don't judge the ideas just write them down. Do this for only 5 minutes.

Now keep silent for another 3 minutes and then give more ideas for 5 minutes. Keep going until you have no more ideas.

OR

Pieces of paper

Give everyone in the group a pile of small pieces of paper. Tell them to write down their ideas – one idea per piece of paper in a short sentence in big letters. Each person then reads out their ideas and they are stuck up on a wall. You can group similar ideas.

At the end of this exercise, draw up one list of the problem/s you have chosen to tackle, and the possible actions.

4 Choose an action

Look closely at your ideas and choose an action you could take. Choose something small and manageable to begin with. Choose one that will give you results you can see.

This is the list of ideas for action that the group who drew the map on page 35 came up with. They decided to focus on one problem, which is the safety of people who live there. You will see how they have chosen one action from their long list of ideas.

Our main problem is the safety of people who live here.

- 1. Drunk people get into fights and commit crimes especially against children.*

Our ideas for action:

- Make sure that only places with a liquor licence can sell alcohol in our area. Get the illegal sellers to close down.*
- Make sure that these licensed places keep to legal opening times only and do not sell liquor to children under 18.*

- 2. Children are knocked over by cars outside the school.*

Our idea for action:

- When the robots don't work police must come and direct traffic so children can cross.*

- 3. Children and young women are harassed in the park and outside the cinema.*

Our ideas for action:

- Get the waste in the area cleared up so people see that this is a clean place where good people live and not a place for crime. We also need to stop people dumping there in future.*
- Get the trees around the street lights cut.*
- Get the park fenced off and a security guard put in place to stop crime in the park.*
- The police must be seen in the area at night when young people go to the cinema and shops.*

For the next step go to page 40.

A real-life story about a couple who got their church group to support their idea for action

It's such a joy to get there on a Sunday and see the children



Lyla and Vissie Mariemoothu lost their son, daughter-in-law and grandson in a car accident in 2001. With the support of their pastor, Vincent Kandan, and the rest of the congregation from Church of the Nazerene in Lenasia, they started a Sunday School and feeding scheme, in memory of their grandson, for children from a nearby informal settlement. The school is called the Neolynn Memorial Sunday School.

Lyla Mariemoothu

“It took us a long time to come to terms with losing my son, my daughter-in-law and my grandson. I could say we will never fully come to grips with it. But my husband one day was sitting here and watching the children from the informal settlement walking past, and he suggested that we start a Sunday School in memory of our grandson.

We went to the pastor at the church, and told him what we wanted to do. And our pastor encouraged us and took it forward to the rest of the church to help get more support.”

Sundays there's nothing at home, so that's why the children are waiting for us to come.

We started with the little children, and gradually it grew and grew, and didn't stop! We've been going for five years now. Our daughters help us as well as other members of our church.

Vissie Mariemoothu

“We run the Sunday School on Sunday afternoons at a nearby primary school, and the children are there waiting for you long before it starts, just for the sandwiches and juice we give them. Then we teach them some basic things and play games with them. Most of the children live with their grandmothers, and there's no food.”

“We can’t replace our son and grandson, but we can do something for someone else, and that’s important because these children need us and we need them.”



Pastor Kandian

“When this tragedy happened, all we could do for the Mariemoothu family was pray for them. We really had no answers; even for me as a pastor, I had no answers. I could see their deep grief and pain as a family. The uniqueness of this situation was to see how God worked in it so this entire family could come together to do something like this Sunday School, and for me I saw this as the beginning of healing.”

But it didn't just bring healing to the Mariemoothu family; it also helped many families in our church, because on Sunday afternoons they take time out to take their children to the Sunday School. These parents have said that they want to show their children how blessed they are and how to share these blessings.



PLAN THE DETAILS

1

Find out more

It is a good idea to find out as much as you can about the problem and the ideas you have for action.

a

Talk to people who know more than you do about the problem and your ideas. Look at the list of organisations in this book. Phone one of them – tell them you want to know more about the issue. Ask them to come and talk to you and a group of friends, or ask for any books, articles or videos they have that can inform you.

b

Go to your local library. Ask the librarian to help you find information on your problem.

c

Speak to your local council office. If the issue has to do with local government, go to your local government offices and find out the facts. Be pleasant and friendly – don't complain at this stage, just get the facts. Ask questions like:

- Who is responsible for liquor licences? (or whatever it is you want to take action about)
- What are their responsibilities?
- What responsibility do local citizens have?
- If we wanted to change something, who is the person we should talk to? Is there a procedure?

Don't let local officials intimidate you – it is your right to know.

The group who drew the map on page 35 decided that the problem they most wanted to deal with was "Drunk people get into fights and commit crimes especially against children."

They would need to find out:

- What the law says about selling liquor.

d

Speak to your councillor or member of parliament. Most areas have constituency offices where you can contact your member of parliament directly. Constituency offices are usually listed in the local telephone directory. Or you can telephone or write to the member of parliament for your area at the following address:

Box 15, Cape Town, 8000
Tel: 021 403 2911

e

Use the internet. You may have a computer at home or work. But if you don't, you can still find ways to use the internet. Find an internet café and ask the person running it to help you find information on your issue, or take a person with you who knows how to use the internet.



Here are some ideas for finding information on the internet:

- **<http://en.wikipedia.org>** Wikipedia is an internet encyclopaedia created by users. If you have information that is not there, you can add it.
- **<http://www.google.com>** Put your keywords into Google and see what it comes up with.
- **<http://www.forgood.co.za>** (see page 80).

f

Agree on who in your group will be responsible for finding out more. What should they find out? By when should it be done? How will they present the information to the group?

g

Set a date for the next meeting where, based on the information you have gathered, you can review your ideas for action and start planning in detail (see page 44).

A real-life story about a community group who are taking action to make their environment healthy

This is about environmental justice!



Caroline Ntaopane is the coordinator of the Vaal Environmental Justice Alliance (VEJA), Vanderbijlpark and Sasolburg. VEJA is an alliance of 11 community organisations that are taking action against air and water pollution in their areas.

"I live in Sasolburg and the reason why I got involved in this environmental justice struggle is because my eight-year old daughter is suffering from asthma."



“It is sometimes very difficult working against industry because we have little resources, while the big companies have huge resources. But while it is often disappointing and is a lot more complex than I expected, I believe that there has been progress.”

We do door-to-door campaigns to educate people about the impact of pollution and their environmental rights, and we hold workshops for different groups as well, including at schools. And we also write to the media when we have clear information on certain problems.

“There were many people in our area suffering from respiratory illnesses, eye and skin irritations, and asthma. So we started our organisation – Sasolburg Air Quality Monitoring Committee – to hold Sasol accountable, and also to lobby government to do something about the pollution in Sasolburg.

We have got local people involved in monitoring air pollution with simple systems tests that collect air samples. For example, when we were doing our air samples in Sasolburg, we found out that 15 of the chemicals in the samples were listed by the US Environmental Protection Agency as extremely harmful to people. We have taken the information to industry and government.

In South Africa, we don't have many important environmental standards, so one thing we did was to go to parliament, picketing them and taking them the information we had collected, which we provided in presentations to the relevant portfolio committees.

We asked government to come up with a new air quality act, with a provision to build their own monitoring stations to monitor air quality. And we asked them to prioritise the areas that are heavily industrialised. Under the Act, the Vaal Triangle was declared a pollution hotspot area. This was an achievement.”

We've said to government that if any development wants to come to Sasolburg, it has to be clean (environmentally).

2

Plan the details

Once you have worked together to think of an action to solve a problem in your local area, you can begin planning.



Detailed planning is done in the following steps:



a

Begin by setting goals that you want to achieve on the way to solving your problem.

What do you want to achieve in:

- Three months?
- Six months?
- One year?

Here is a set of goals drawn up by the group who drew the map on page 35.

Our goals:

In 3 months we will:

- *Know what the law says about selling liquor*
- *Have had a meeting with the local police about illegal liquor selling in our area*
- *Have spoken to the person responsible in the council for giving liquor licences to find out if the liquor outlets in our area are licensed - find out which places selling liquor are licensed and which are not*

In 6 months we will:

- *Have had a community meeting to find out what other residents think about the problem and to get their support for our action*
- *Form a neighbourhood watch to monitor the selling of illegal liquor*

In a year we will have:

- *All illegal liquor selling stopped in our area*
- *A system in place for monitoring this with the local police*

b

Now draw up a step-by-step plan

Now you have a set of goals, take each one and work out a step-by-step plan for making it happen.

Think about:

- **what** you will do (the specific action)
- **who** will do it
- **by when** they will do it
- **what they need** in order to do it.

Here is the step-by-step plan drawn up by the group who wanted to do something about illegal liquor sellers in their area.



Our big goal: To make our area safer, especially for our children, by stopping illegal liquor selling

What - action	Who	By when	What is needed in order to do it
Find out what the laws are about selling liquor	Frans - he has access to internet	To report back to our meeting on February 14 th	Nothing
Find out from council which liquor shops in our area are licensed	Jessie	To report back to our meeting on February 14 th	Needs to find out which department in the council is responsible for this - Henry knows the local councillor so he will ask her and tell Jessie
Set up a meeting with local police about illegal liquor being sold in our area and to ask them to attend our community meeting	Sibusiso - he knows one of the police officers who work in the area	To report back to our meeting on February 14 th with a date and time for the meeting with police	Nothing
Produce a short information leaflet to hand out to residents about our project and the community meeting we will hold	Maria	Bring a draft of the leaflet to the meeting on February 14 th	Need to confirm a date for the community meeting before we finalise the invitation to community members - need to confirm a date with councillor and police
Inform our local councillor of our project and ask if he will attend our community meeting - confirm a date when he is free	Henry	By February 14 th	Nothing

What people do you need?

It is useful to have different kinds of people in a group:

- A person who keeps everyone motivated.
- A person with ideas.
- A person who speaks well to large groups.
- A good administrator.
- A good planner.



Do you need a **building** (if you want to start a drop-in centre for children, for example) or an **open space** (for a food garden)?

Do you need **equipment** of any kind? Can you borrow it or do you need to buy it?

Do you need publicity?

How will you get it?

Make sure you plan something that you know will work as this will keep people interested.

Do you need any experts to help and support you?

- A lawyer?
- An educator?
- An book keeper?
- A gardener?

Do you need money?

How will you raise it? (See pages 52–53.)

Do you need approval or permission? Who will you ask?

It often takes longer than you think to solve a problem – be prepared for it to take some time.

You are now ready to act!

A real-life story about a grandmother who has adopted the school next door

I want the children to feel they are important

“

“If I say, ‘Why do I do this work?’, first of all I have a passion for this. I want children to feel that they are important, they are special and they have the potential of becoming what they want to be.”

Everyone in the area knows Aunt Maureen. She is regularly in and out of the primary school that is a block away from her small Mitchell’s Plain house. Some days she is running the children’s club based at the school, other days she is chatting to the teachers or talking to a child in trouble. She visits the children’s homes if there are problems, but often they come to her first. Every afternoon there are children in her house, playing with the games that sit on top of the sideboard in the dining room or getting help with homework or just chatting with Aunt Maureen.



“ When we came here to Mitchell’s Plain, the people came from different areas so we decided it was important to work together and see we were a community. So I got children from the local area here and I was teaching them songs and poems and they were performing them. The songs were about health, like TB, and also about crime and drugs. We would perform our songs when there was a community event. It was good for the children because they felt proud that they could be of importance, and people wanted to change because of what they were singing. My husband and two sons even got involved in helping with the group.



At first everyone called them ‘Aunty Maureen’s children’. Then they came with the name Broadminders. I asked them, ‘But why that?’ They said, ‘Oh, Aunty Maureen, we are Broadminders because we are thinking, we are talking about sex and alcohol and how to stay safe, and not feeling bad about it.’

At first we used to meet at my place. But the children came from the school next door and after some time I started to get to know the school. As the relationship grew at the school I got keys and they said we can use everything at school after hours. So we now hold our group meetings there, we play games with the children and we also do some schoolwork because I found that the other children can’t read properly so I try to encourage them to read stories. We also do little activities like some cooking and art.”



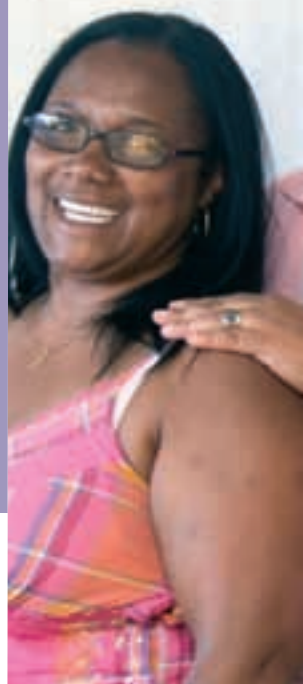
“ We also have a health club here at the school that is part of the Children’s Resource Centre. They are also encouraged to take care of other learners in the class. This is what we need to encourage in our children, especially in the environment we are in there is such a lot of fighting that is going on. With these children as role models we can have a better environment, not just in our schools but in the community too.


I also spend a lot of time helping other children in the school. With the children there are many kinds of problems and you get a child that is fighting, everybody would just condemn that child and not listen. So I would make time to listen to what that child has to say.

Sometimes the teachers would tell me, but also the members of the Broadminders. The children will say, ‘Aunty Maureen, this child is very naughty, it’s a problem. Can we bring the child to you?’

Children also would come to me to have something to eat if they don’t get at home. This is the way of getting to speak with children, comfort them about the situation that they are in and encourage them to show respect, to set goals for themselves.”

Of course, I believe that people can get involved at their school. They need to go to the schools. This is also for mothers who have children at the school because this is such a nice way of bonding with your child. You know the environment and you know what the child is doing.





“I would tell them that I was there and look where I am now – they must go for something better in life. If there are bad things at home, such as drugs and alcohol abuse, they don’t need to go and indulge in the same thing, they need to rise above the problem – this is what I always tell the children.”

“Aunty Maureen has helped us all to go back and study. We are studying a course about community development so we can all start children’s groups and work with children like she does. We call ourselves ‘Women on the Move!’”



3

Keep track of how you are doing

It is important to stop and think about how you are doing as you go along.

As well as discussing your regular business at meetings you also need to take time every month to look back at your goals and decide how well you are doing. Talk about what is stopping you from moving forward and brainstorm ways to work around this. Keep a close eye on things that could prevent you from doing what you want to do. This might be money, people, equipment or even time.

Don't take your eyes off what you want to do!
It is easy to get involved in other things -
keep working toward the goal you had in the
beginning, but be prepared to change your
plans if the situation changes.

Fundraising

Money is often something that gets in the way of progress. Here are some fundraising ideas:

- Ask local businesses for support.
- Organise a sponsored walk or other sponsored event.
- Organise some entertainment and charge a small amount for entry.
- Sell a service and keep the money for your project – mow lawns, baby-sit, hold a cake sale.
- Hold a fundraising dinner where everyone pays for a meal that you cooked.

Writing a fundraising proposal

1. Give the title of the project.
2. Introduce yourself – say what you do and why you are writing the proposal.
3. State the problem or need in a few sentences.
4. Say what you propose to do – this is the aim of your project.
5. Say how you will do it – your plan of action. Give details of your goals (see page 45).
6. Say exactly how much you want, by when and how it will be used – a detailed budget.
7. Describe how you will record what the money is used for.

Money!

- Make sure it is safe. Open a bank account.
- Make it a rule that withdrawals from the bank need two signatures of authorised people.
- Keep proper accounts – ask a bookkeeper for help.


Opening a bank account as a group

Different banks need different things, but most banks need two signatures on an account and some also require group information. Ask your local bank for details.

A real-life story about a person who took action *for good* in her work-place

It came from my heart

When we arrived to talk to Nokuzola about this book, she was having a tea party in her office. Five little girls in their black gymslips sat drinking tea and eating cake (donated by the local Pick 'n Pay). Nokuzola was listening to one little girl read at the same time as she helped another to try on shoes that she had organised from a local shop for children who could not afford to buy shoes. As we sat watching, a small Grade 1 boy came in, snuggled onto her lap and told her a long story. It was hard to believe she was the school principal!



"The main thing for me is the children. We need to do these things so they can learn. It is our job as a principal. They have so much potential - they deserve this. It is nothing special, it is what they deserve."

“What is important for me as a principal is that I know what is happening in my children’s lives. Immediately when the school opens in January, I check around. I have to know what’s going on with each new child that is coming into the school. You will find that this child is dealing with the most difficult issues, there’s no food and a parent is sick or unemployed. There is not even a piece of soap that a child can bath with. We find out, then we can target food and support.

HIV has had a big impact in this community. At first people would not talk about HIV and AIDS. But children’s parents were getting sick and I knew.


Then all of a sudden in 2003 people started to die – parents of children in the school. It was so many that I had to do something.

So I started with programmes in the classroom. I got all these lovely materials, but the teachers did not use them. By this time I was going into the community, visiting children’s homes, and I realised how bad it was out there. I realised children were nursing sick parents, some as young as Foundation Phase!

I knew that I had to find out first which children were affected by HIV and AIDS and the way to do that was to get them to tell me. So I decided to talk directly to the children myself. I made my assemblies dedicated to talking about AIDS. First I did education – so they knew what it was and how it could be got and how not. I started to say it is not a disease to be ashamed of. Then after some time I started saying if you have someone who is sick at home I am there to help. At first no children came, but slowly they started to ask for my help.”

**I could not
stand and
do nothing.
It came from
my heart.**

”



I brought the parents in from the beginning. I knew it had to be a community response, not one from the school only. The community had a problem that was affecting the school and children's learning, so the community had to be involved in the solution!

“ Then I started a support group for people who were HIV-positive. I knew we had to start with getting people to disclose status because I could see that children were being hurt because parents were in denial. Children were being beaten and parents were angry and bitter and the children were suffering.

So I spread the word – if you need someone to talk to, a shoulder to cry on, the school is the place. I told the clinic they could send people to the school.

We started a food garden project at school and in the homes. We also have a feeding scheme. The local Pick 'n Pay donates food parcels. We also help families to get grants. On a Thursday at two o'clock we have an open office to help people to get IDs. We sign things and help people to fill in forms for grants.

With school fees I just say, 'That is not my priority.' I laugh when people say I cannot run my school without fees. I do. We manage and we are a beautiful clean school with books and stationery. I have organised some donations, but mostly it is because the parents care about the school and the community and if they have money they give and if not they come and clean and fix things.

**The
community
feels this
school is
theirs.**

I always have an open office. Our school policy is that whatever you want to say, you may come at two o'clock. People from the community come here to talk, sometimes just to chat – more especially the old people.”

“I have all these old ladies that come to visit. I also help them around in the community with food. I visit and take some of the donated food to them. Many of these old people have just been abandoned – they have no one. All the time they come in here to chat.

I often think that it is a big task to do something like this. Once you begin to look at the need it just grows and grows and sometimes I feel overwhelmed. I think that other principals could do it, though.”

“What is the something that drives me to work like this? I don't know. It's just that I don't feel that I can sit back.”



4

Speak out about the issue

One important part of taking action for good is speaking out when you think something needs to be said.

Perhaps you want to tell people about your project. Or perhaps your project is to get people listening and noticing an issue you feel strongly about.

Here are some ideas for getting your voice heard

Use case studies

Tell stories of things that really happened to real people to make your point. But remember to keep people's identities secret if the issue is sensitive.

Write to leaders

Write a letter to your local member of parliament, to a cabinet minister or to the CEO of a local company.

Write to the newspaper

Write letters about issues in your local area to your local paper. This is a good way of raising awareness.

Organise a petition

A petition is a written request made to the government, an organisation or a person in power about a specific issue. Anyone interested in supporting the cause can sign the petition. It is a very useful tool for getting media and other attention – especially if it is signed by as many people as possible.

Call the radio and talk about your project on phone-in programmes.

Send your story to **for**good

Send information about your action to the **for**good website so that others can hear about it (see page 80). Send an SMS to 32197 or send an email news@forgood.co.za or log onto www.forgood.co.za

Organise a protest or demonstration

You need to think carefully about this, but a protest can be a good way to get people talking about your issue. Try to make your protest eye-catching. Make sure you get permission from the local police and traffic department. Think carefully about any slogans you will use on banners – make sure they are not offensive in any way. Make sure you are safe.

You can also simply talk to people about the issue.

Write clearly and simply. Whether you are drafting a petition or writing a letter to the newspaper, remember these few simple rules:

- Describe your problem or issue very clearly straight away.
- Say why this is an issue for you and other people in your area.
- Give a few examples of how this issue affects people. Keep confidentiality.
- Do not say negative things about any one person or organisation.
- Do not use strong or negative language – be very polite, but firm.
- Keep it short.
- Get someone to read it and check that it is clear and that you have spelt everything correctly.

A real-life story about someone who spoke out about HIV and AIDS

I would like to see everyone talking



Ntomfuthi lives in a rural area in KwaZulu-Natal. She works as an AIDS educator and is known in her community as a person who speaks openly about her status. She spends much of her time educating and talking to young people about HIV and AIDS.



“I was tested positive in 2003. For the next two years I was in denial about my HIV. I got the flu, diarrhoea, boils and rashes on my body. I was in and out of hospital, so sick, and then I started losing weight very fast.”

“I learnt about the ARVs at the clinic, and about Positive Health at work. I started looking after myself and to get help. But it was too late. My CD4 count was very low – 124. I was very sick. Lucky, I survived, because some people pass away in that stage. And then I took the ARVs, and I started getting better.


I didn't keep quiet about being HIV-positive. Because what I was thinking was because I survived that period when I was sick, maybe God saved me because God wanted me to help other people. That is why I decide to talk openly, not to keep quiet.

Now, I'm looking after myself – I'm eating properly, I'm exercising. I used to talk to my virus, saying, 'Stay wherever you are in my body, and get ready to go!' From 2006, when I started ARVs, to now, I haven't been sick. Not even a headache, not even the flu.

My aim now is to teach people. When I went to the Eastern Cape to do training, they looked at me like I'm mad, but when they heard me talking openly afterwards they started a support group. So it means that there are people who now come out, because they realise now that there is life after HIV.”

I talk about something that I live.






“ I teach my brothers and sisters and my son. I teach them about safe sex, and that they mustn't rush. The people in my community are very happy about what I do, because they say it will help their children as well if I am talking openly about my status.”

“ Most of the people I know with HIV don't want to tell their families, which is very bad because when you are taking treatment, you need someone to know in your family so that he or she can support you and help remind you. Because this is your life – you are going to take the treatment for your whole life – so you need someone to help you. If you are hiding your treatment under your bed, sometimes you are going to forget or not do it right.

Most of them, they are scared. Some of them realise that it is hard to tell their families, because the way their families are talking about HIV is very negative. Sometimes you are scared because maybe your boyfriend is going to kill you. HIV is still going up in my area, because most of them are hiding their status. But I am talking and living.”

I want to see myself driving a car, and to build my own house. And teaching people about all diseases. Ya!



A woman with short dark hair, wearing a black and white patterned top, is speaking and looking towards the left. The background is a brick wall. In the foreground, the back of a person's head and shoulder is visible, out of focus.

"I would like to see everyone talking about HIV, because it's a disease like any other disease - it's no different."



IDEAS FOR ACTION

On the next pages we have listed some ideas for action that may inspire you. You will also find contact details for organisations that can help you plan a project. The ideas range from very simple actions to bigger projects. The ideas are listed under four themes: safety, education, HIV and AIDS and environment.

There are many, many kinds of action you can take. The best ideas will come from you – you know yourself, your family and your local area.

Ideas for action around SAFETY

- **It starts with you:** be honest as an individual and a family even in small things. Find a way to remind yourself of your commitment with a note or a poster at home.
- Keep the law – even the small things. If we all do this we will change the culture of crime in our country. So, obey the traffic rules, pay your TV license, don't pirate DVDs.
- Report all criminal activity to the SAPS Crime Stop Hotline 08600 10111 or SMS your anonymous tip-off to the Primedia 702 crimeline on 32211.
- Public property belongs to all of us. Look after public property such as bus shelters, streetlights and playground equipment, in your local area. It will help you feel positive about your neighbourhood and it helps reduce crime. See www.yoursouthafrica.co.za for the City Press campaign.
- Get to know your neighbours. This will allow you to work together to make your neighbourhood a safer place.
- Report illegal liquor outlets in your area to the authorities and follow up until they are closed down. Don't buy from them. Alcohol and violence are linked.

Watch out
for HEARTLINES
stories on TV and
radio. There you
will find more
ideas for
action.

- Decide that you will not be a person who benefits from crime in any way. Don't buy stolen goods, don't take money that you know comes from crime (even if it does feed your family). Don't take money from drug lords for community projects.
- Join your local Neighbourhood Watch or Community Policing Forum, and offer to do something with or for the group.
- Start a campaign to get the local council to provide proper street lighting.
- Clean up overgrown or unsafe spots or places where people can hide – commit to keeping them clean.
- Report on "drug corners", and follow up until the authorities deal with them.
- Take a stand as a family against violent movies, video games and toys such as guns. Teach your children from a young age that violence does not solve problems – it creates them.



Useful organisations – safety

If you know an organisation that could assist people to take action that is not listed here, contact us and let us know about them. Send an e-mail to news@forgood.co.za

ADAPT

ADAPT is working in Alexandra, Johannesburg, to create a society free from gender-based violence, and provides counselling and support for survivors and perpetrators of gender-based violence, as well as running awareness and training programmes in the local community.
Tel: 011 885 3305 or
011 786 6608
Email: adapt@worldonline.co.za
Website: www.adapt.org.za

Childline

Childline provides counselling services to any South African child who needs support, guidance or a listening ear.
Toll-free: 0800 055 555
Website: www.childlinesa.org.za

Childsafe – Child Accident Prevention Foundation of SA

Childsafe raises awareness and serves as a resource about childhood safety and injury prevention, and offers safety tips and brochures on its website.
Tel: 021 685 5208
Email: info@childsafe.org.za
Website: www.childsafe.org.za

Gun Free South Africa

Gun Free SA aim to reduce the number of firearms in South Africa to help build a safe and secure nation by offering various programmes, including assisting schools to create gun-free zones.
Tel: 011 403 4590
Email: info@gfsa.org.za
Website: www.gfsa.org.za

Khulisa Crime Prevention Initiative

Khulisa works holistically at all levels of the crime cycle – preventing crime, diverting youth from the criminal justice system, providing alternatives to imprisonment, fostering personal transformation for those who are in prison, and assisting with their transition back to society.

Khulisa helps families and communities support victims who need healing and offenders who want to make amends.
Tel: 011 788 8237
Email: info@khulisaservices.co.za
Website: www.khulisaservices.co.za

LifeLine

LifeLine is a well-established organisation with highly trained, disciplined lay counsellors who volunteer around the clock, and it provides emotional resources to help you face any personal distress or life crises you might be struggling with.

Tel: 0861 322 322

Website: www.lifeline.org.za

NICRO – National Institute for Crime Prevention and the Reintegration of Offenders

NICRO is turning lives around by presenting life skills programmes to youth at risk and former offenders country wide to achieve successful reintegration and reduce crime.

Please assist us! Contact NICRO for a safe South Africa and donate to the solution-based programmes and break the cycle of crime.

Tel: 021 462 0017

Email: info@nicro.org.za

Website: www.nicro.org.za

Stop Crime Say Hello

Stop Crime Say Hello encourages all South Africans to engage with each other with positive words and actions, which will assist to reduce crime through creating and spreading an atmosphere of dignity and respect in our country.

Tel: 082 354 1839

Email: justin@scsh.co.za

Website: www.scsh.co.za

Stop Gender Violence Helpline

The Stop Gender Violence Helpline provides anonymous, confidential, free and accessible telephonic counselling, education and referrals, in all 11 official languages, to survivors, witnesses and perpetrators of gender-based violence.

Toll-free: 0800 150 150

Website: www.lifeline.org.za

Volunteer Child Network

This user-friendly web database aims to assist interested volunteers to match their individual skills and preferences to appropriate organisations involved in various activities related to the prevention of child abuse and minimising the negative impact of child abuse on victims.

Website:

www.volunteerchildnetwork.org.za



Ideas for action around EDUCATION

- Volunteer to help at your local school. Ask the principal/school governing body what is needed. You could spend a morning doing basic maintenance, for example.
- Find out whether the children have activities in the afternoon, like sport, art, music or other cultural activities. If not, you could offer to help. Keeping children busy after school will help keep them safe.
- Find out what extra facilities the school needs to improve the quality of teaching. Your group might want to help source these by raising funds or contacting organisations that can help.
- Keep children safe from busy or lonely roads and criminals. Set up a group to walk children home from school.
- Find something that interests you and learn more about it. This will model lifelong learning behaviour to children in your home and enrich your own life. It does not have to be a formal course – you can learn from the radio or books at the library.
- Spend time reading or telling stories to children in your household, even very small children. This builds a love of reading. Children who read do well at school.
- Offer to come in to your local school and listen to younger children read. Practice is important when children are learning to read and teachers never have enough time for this.

- Offer to cover library books, and help keep the library organised.
- If you have children at school, make time to ask them about school. Ask to see their books and to tell you about what they have learned. This shows them that you see education as important.
 - Help with their daily homework. It doesn't matter if you do not always know something about the topic – you can still be encouraging.
 - Discuss a variety of interesting subjects with them, especially those that they are excited about.
 - Encourage them every day to do something that involves writing, reading and basic calculations. Creating games for this can make it fun.
 - Wake them up with lots of time to get to school. Also, encourage them to pack their bags the night before school. It is important for them to be at school on time.
- Collect items that the school needs by organising with friends and groups you have contact with. Old school uniforms and shoes are always useful.
- Volunteer through your local place of worship or a local NGO/CBO group to provide basic listening and guidance support to children who need it.
- Volunteer to give money every month for stationery and books and additional feeding for a needy child.
- Get involved in a project to mentor young people (see the list of organisations).



Useful organisations – education

If you know an organisation that could assist people to take action that is not listed here, contact us and let us know about them.

World Vision

Help a child living in poverty by sponsoring them on a monthly basis through World Vision.

Tel: 0861 101 888 or

011 671 1300

Email: penny_bryce@wvi.org

Website: www.worldvision.org.za

Soul Buddyz Clubs

Soul Buddyz Clubs assist interested persons to establish a fun and positive club for children (ages 8 – 12), which respects their views and capacity as agents for change, and provides valuable health and social information. Contact them if you're interested in establishing a club at your school or library.

Tel: 011 341 0360

Website:

www.soulcity.org.za/programmes/the-soul-buddyz-series/soul-buddyz-club

Mentoring

Do you have a relationship with a young person in your extended family or your community who could use some guidance or a positive role model? Consider becoming a mentor to that young person. Mentoring simply means to use one's influence to offer guidance, support and encouragement aimed at developing the competence and character of a young person. It means making an emotional investment in a young person's life by initiating regular contact, and being someone that the young person can trust and respect. HEARTLINES is working with the organisation Young and Able to develop resources to assist ordinary South Africans to more effectively mentor young people they already know. More information on the HEARTLINES Youth Mentorship resources will be available soon through the media. Look out for these resources.

Please also contact **Khulisa** or **NICRO** (see pages 66 and 67) if you are interested in mentoring or providing employment opportunities to a former offender, or supporting the child of an offender; or assisting former offenders to fit back into society in other ways.

Big Brothers Big Sisters South Africa

BBBSSA is a mentoring programme that matches youth in need with carefully selected and trained adult volunteers in one-to-one relationships that help them maximise their potential. By volunteering just one hour a week, you can influence the life of one of these children forever, and give them hope for a better future.

Tel: 021 551 6996

Email:

makeadifference@bbbssa.org.za

Website: www.bbbssa.org.za

Children's Resource Centre (CRC)

CRC runs a programme for children that includes health clubs and a Schools in Motion (SIM) programme in schools in seven of the nine provinces. Contact them if you want to start a club in your school.

Tel: 021 686 6898

Email: crchild@telkomsa.net

Make sure that adults involved with your children are known to you and are people you trust.

Greater Good South Africa

Greater Good South Africa brings good causes and committed givers together via a website that enables causes to register their needs and givers to give of their goods, money, time or skills. Some of their campaigns include donating mother-tongue books to pre-schools, helping teachers organise outings or inspiring activities in the classroom.

Website: www.myggsa.co.za

TogetherSchools

The vision of TogetherSchools is to help schools become safe, healthy, happy places of learning where results improve year on year. The organisation has developed a process that enables corporates/businesses to engage with schools on a "one-corporate-one-school" basis that promotes sustainability and ensures that the relationship between the corporate and the school is fully empowered and contractual.

Tel: 011 463 5713

Email: steuart@sagoodnews.co.za



Ideas for action around HIV and AIDS

In South Africa, even if you are not infected then you will be affected by HIV and AIDS. Challenge yourself and those around you to REALLY learn about the disease so that you can protect yourselves and find out more about how you can care for and support others. Get information on HIV from organisations like Soul City and share it with people in your community.

Promote HIV testing and awareness

The only way to find out if you have HIV is to have an HIV test. There are now many local clinics that offer quick HIV tests. The test requires your informed consent and includes counselling to help you, whatever the result of the test.

- Get tested. Everybody should know their HIV status. Even if you're not sexually active or you are at low risk of contracting HIV, getting tested sets a good example.
- Talk to your local clinic about organising a testing day in your community, at your work or your church.

Reduce your risk of HIV infection

The most common way in which HIV is spread is through unprotected sex with a person who is HIV positive. The virus is passed on through the exchange of sexual fluids.

- The most effective way to prevent sexual transmission of HIV is to abstain, or for two people who are not infected to be faithful to one another.
- The more sexual partners you have, the greater your risk of contracting HIV. If you have more than one sexual partner at the same time, you are at **extremely high** risk of HIV infection.

- If you are sexually active and at risk:
 - make sure you and your partner know your HIV status, and
 - make sure you protect yourself, for example if you use latex condoms correctly each time you have sex, HIV transmission is prevented in 98–100% of cases.
- Talk to the children you care for about sex. Many people find this difficult, but if you don't teach them, they will learn from their friends or from the media. This will give them wrong ideas and will put them at risk of getting pregnant or getting HIV.

Caring for people infected or affected by HIV/AIDS

- Make a decision not to be prejudiced against people who are HIV-positive. Talk openly about HIV and AIDS.
- HIV cannot be cured, but people can lead a long healthy life if they are put on treatment when they need it. If you are HIV-positive, you have a right to antiretroviral (ARV) treatment. Ask your health carer about treatment. Contact the Treatment Action Campaign – see page 75 for details.
- People on ARVs need to take their medicines regularly every day for life. If you know someone on ARVs, you can help them to do this.
- Volunteer to support, or help raise funds for, organisations which are supporting orphans and vulnerable children. See pages 74 and 75 for some of these.
- Organise food parcels or plant a vegetable garden for people affected by HIV and AIDS.
- People who have HIV may get sick. They will often need to be cared for at home. Find ways to care for them, either by visiting them yourself or by supporting organisations that do home-based care.
- There are many children in South Africa who have lost one or both parents to AIDS. These children need love and support. Find out how you can help. This may be by spending time with them or supporting organisations who care for them.



Useful organisations – HIV and AIDS

If you know an organisation that could assist people to take action that is not listed here, contact us and let us know about them.

AIDS Helpline

The AIDS Helpline provides anonymous, confidential telephonic counselling, information and referrals to HIV infected and affected individuals.

Toll-free: 0800 012 322

Website: www.lifeline.org.za

loveLife – thethaJunction

loveLife's toll-free helpline for youth – known as thethaJunction, or “place to talk” – is a popular resource for sexual health information, counselling and referrals to support services and clinical care.

Toll-free: 0800 121 900 (9am–9pm week-days and 12pm–5pm weekends, closed on public holidays)

Website: www.lovelife.org.za

mothers2mothers

mothers2mothers is an organisation that provides education, mentoring and support for pregnant women and new mothers living with HIV/AIDS in the Western Cape, Eastern Cape, Mpumalanga and KwaZulu-Natal.

Tel: 021 446 9160

Email: info@m2m.org

Website: www.m2m.org

NOAH (Nurturing Orphans of AIDS for Humanity)

NOAH supports community groups in Gauteng and KZN to mobilise to improve the quality of life of orphaned and vulnerable children and their caregivers.

Tel: 011 234 2270 /

031 561 3960

Email: admin@noahorphans.org.za

Website: www.noahorphans.org.za

A book: *Positive Health* by Neil Orr and David Patient (Jacana Publishers)

This book takes a fresh look at healthy living for people who are infected with or affected by HIV and AIDS – whether they are taking ARVs or not. It looks at the whole of your life – your body, your mind and your spirit – and is written in simple language, with useful information from where to get your daily vitamin requirements to the importance of prayer.

Order full version of book for R35 + postage or pocket-size book for R12 + postage from Jacana Publishers by calling 021 918 8810.

Soul City

Soul City provides a variety of printed and video materials on various issues related to health and development, e.g. HIV and AIDS, health care, mother and child health, lifeskills and violence against women. Contact the Soul City Distribution centre.

Tel: 0860 11 5000

Website:

www.soulcitydistribution.co.za

Starfish Greathearts Foundation

Starfish supports local community groups to meet the basic needs of orphaned and vulnerable children through capacity building, training and resources.

Tel: 011 259 4000

Email: sainfo@starfishcharity.org

Website: www.starfishcharity.org

Treatment Action Campaign (TAC)

TAC campaign for treatment for people with HIV and to reduce new HIV infections. They help mobilise communities to demand action and raise awareness of HIV/AIDS.

Tel: 021 422 1700

Email: info@tac.org.za

Website: www.tac.org.za

Ideas for action around the ENVIRONMENT

- Before you buy something, ask yourself: Do I really need it? We all buy products that we probably don't need because of advertising. By not buying new things we cut down on the use of energy and resources.
- Buy basic products in bulk (if you do this with a group of neighbours, you not only save on packaging but also on fuel-expensive trips and money!).
- Reduce your waste by starting to recycle and by buying recycled items. See page 79 for a list of recycling companies.
- Drive less by planning your trips better or by sharing lifts or using public transport. Walk and cycle if you can. This will help to save fuel use and reduce harmful pollution.
- Grow your own food – even if you start small with just a few plant pots! It's a simple way to care for your body and enjoy nature.
- Make a compost heap of your food waste (except meat or dairy products). This will provide soil-food for your garden and reduce your household waste.
- Get advice about safe sanitation and make sure children and adults wash their hands with soap after using the toilet and before preparing or eating food.
- Clean up around stand-pipes and build "runaways" for the water to keep the area healthy and to help make collecting water easier.
- Save water – by investing in a rainwater tank if you can afford it and by running water from the bath or shower on to your garden.
- Plant indigenous and drought-resistant plants. They need less water.

Save energy!

- Switch off lights when you are not in the room. Switch off appliances and unplug battery chargers when you are not using them.
- Turn off your geyser when you are not at home. Set your geyser at a lower temperature: 50 degrees is hot enough. If you can afford it, install a solar-heated geyser.
- Only boil the water you need – don't boil a full kettle if it's not necessary.
- Use energy-saving light bulbs – they cost a little more but last much longer than ordinary bulbs and save you money.
- Insulate your home so you don't need to warm it as much in winter – seal doors and windows so cold air can't come in. Insulate your ceiling.
- Just heat the rooms that you are using – don't try to heat your whole house.

For many other ideas on saving electricity, visit www.eskom.co.za and look at their 'Knowledge Centre' for electricity tips.



Useful organisations – the environment

If you know an organisation that could assist people to take action that is not listed here, contact us and let us know about them.

Food Gardens Foundation

The Food Gardens Foundation's vision is to empower people to overcome malnutrition, poverty and hunger by teaching people small-scale, low-cost, organic food gardening.

Tel: 011 880 5956/7

Email: fgf@global.co.za

Website:

www.foodgardensfoundation.org.za

Food & Trees for Africa

Food & Trees for Africa provides training for individuals, groups and schools to develop sustainable food gardens and plant trees to contribute to poverty alleviation, improved environments, capacity building and skills development for all communities in South Africa.

Tel: 011 803 9750

Email:

sophie@trees.co.za

Website:

www.trees.co.za

groundWork

groundWork is an environmental justice organisation providing assistance particularly to vulnerable and previously disadvantaged people affected by environmental injustices.

Tel: 033 342 5662

Email:

team@groundwork.org.za

Website:

www.groundwork.org.za

WESSA – Wildlife & Environment Society of SA

WESSA promotes public participation in caring for the earth and offers support to groups and schools for environmental projects and education.

Tel: 033 330 3931

Website:

www.wildlifesociety.org.za

SASSI (Southern African Sustainable Seafood Initiative)

SASSI is an initiative of WWF (World Wide Fund for Nature). It creates awareness about over-exploited fish and seafood species, and more sustainable options. SASSI aims to help seafood lovers and all others involved in the seafood business become better informed to make more ocean-friendly choices when buying seafood.

SMS the name of the fish you wish to eat to 079 499 8795 and SASSI will SMS back the status of the fish – green are the best choices available, think twice when ordering orange, and red are illegal to be sold in South Africa.

Website: www.wwf.org.za/sassi for more information and to download your free SASSI pocket guide.

Recycling contacts

www.paperpickup.co.za
www.petco.co.za
www.collectacan.co.za

Cape Town: household recycling

Abundance Recycling
Tel: 021 674 2497

Kool Waste Management
Tel: 083 651 9084

Johannesburg: household recycling

Resolution Recycling
Tel: 083 793 6260

Website:
www.resolutionrecycling.co.za



WHAT NOW?

If you have signed up as part of the **movement forgood** you have made a stand for good. You will be receiving more information about action soon! If you haven't yet joined – sign up today! SMS 'good' to 32197 or log on to www.forgood.co.za. The SMS will cost R1 and you will receive a call from our call centre to confirm your registration.



The **forgood** network uses cell phones and the internet to connect people who want to take action for good. Every month, **forgood** focuses on a particular issue and, through SMS messages, suggests what individuals can do to make a difference. **forgood** is open to people of different faiths and philosophies, with the understanding that there are shared values which motivate people to take action for good.

If you are a member of the movement **forgood**, you will:

- be connected with other people who want to take action
- receive regular news about what people are doing to take action **for good**
- get more information about how to work **for good**
- make contact with organisations in your local area that you can get involved with
- be able to share your ideas, plans and action stories with other people all over South Africa.



**Add your weight - take
action for good!**

INTERNATIONAL MARKETING COUNCIL OF SOUTH AFRICA CUSTODIAN OF BRAND SOUTH AFRICA

South Africa is Alive with Possibility. But we all need to work together for our country to reach its true potential. This is why the International Marketing Council of South Africa, the custodian of Brand South Africa, supports the Heartlines' Social Networking Platform and larger Movement for Good.

We fervently believe that because we've overcome really difficult challenges before, we can do it again, particularly if we all stand united for a common cause. In the past we have overcome seemingly insurmountable challenges and found lasting, consensus-driven solutions to seemingly intractable problems.

It is time that we relive those days.

We, as a nation, are faced with real challenges which we can beat if we all act together – and act for good.

The Movement for Good is a campaign to encourage everyone to behave in a manner that creates the South Africa that we all want to live in. The fundamental approach is that we all, in our individual capacities, can make a difference.

The IMC was established in 2000 to brand the country as an attractive destination for trade, investment and tourism. At the same time we want to instil national pride and patriotism.

It is well within our brief to make the Movement for Good work.

We fervently believe in the Sotho idiom 'Noka e tlatswa ke di nokana' – a river swells from little streams. Thus, we can all be part of that little stream, a drop if you wish, which helps to make that mighty river which is the South Africa we all want.

It starts with you. It starts with us. It is a Movement for Good.

We have partnered with Heartlines to make the possibilities alive in South Africa a reality. We are not alone in supporting the Movement for Good, there are many other partners – City Press, Valued Citizens, IEC, City of Johannesburg, the Youth Commission, Sangonet, GCIS, SA the Good News, Eskom, SABC, FNB, LOC, Moral Regeneration Movement, the Nelson Mandela Foundation, and others.

Join the Movement for Good – become an Active Citizen. Make a difference. Remember, it starts with you.



www.southafrica.info



“It has practical ideas so that you can also figure out what to do in your local area.”

“I think it is the kind of book my friends are likely to borrow!”



Do you want to take action for good? Inside this book you will find ...

- stories of ordinary people who are trying to make their part of South Africa a better place
- activities you can do that will help you and your household and friends to think about action you could take
- information about how to get organised to take action

“This book gives us the motivation to do something in the community. I feel like sharing it with my children and holding discussions about it.”

“Many people will like the book and understand the Heartlines TV series even better because here there are some guidelines as to how to put into practice some of the ideas that were shown there.”

Quotes taken from independent focus-group testing



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