

New World Foundation



building a new world of hope,
justice and peace



Women's programme



Women's programme

Goals

- To support the development of women by training them in life skills, computer skills, home based care, HIV/Aids, health & wellbeing, conflict resolution and mediation.
- To support the development of support groups, court committees and interest groups in Lavender Hill, Vrygrond, Capricorn and surrounding areas.

Most activities of the Women's programme are aimed specifically at women but some are aimed at a mixed audience, including also men and children.

Interventions/projects

INFORMAL GET TOGETHERS

The aim is to organize more relaxed, innovative and informal ways to get organizations and individuals together to strengthen and build partnerships.

Tea & Talk

Every last Wednesday of the month, starting at 10 am, New World Foundation hosts a "Tea & Talk". Women (and sometimes men) representatives from organisations, groups and individuals in Lavender Hill and surrounding areas who are involved or interested in doing something positive for their community. The "Tea & Talk" is to share challenges and successes and to see how we can help one another.



Movie Day

Each last Thursday of the month, at 9 am, New World Foundation hosts a Movie Day on women issues followed by a discussion. All who are interested are invited, both men and women.

Celebration of Women's Day

On special days such as Women's Day and 16 Days of Activism against Violence against Women & Children we will organise gatherings or shows where women who serve the community can celebrate, destress and reenergize by watching a movie or performance. We also arrange group visits to women's oriented events such as Artscape.



SUPPORT GROUPS

We organize support groups for women with common concerns to gather in a safe space, share experiences and learnings, whilst supporting one another. We are planning to organize support groups for LGBTIQ as well.

TRAINING

We train women to equip them with the necessary tools and skills so that they are able to make a contribution and to value themselves for what they bring. The courses are also aimed at improving access to formal education (e.g. completing matric and tertiary education).



Personal Self-Development workshop: the Hero Book

Through stimulating creativity and imagination, the facilitators will lead participants (which can be both women and men) through their own biographies, to rediscover themselves as heroes rather than victims. While writing and illustrating their own books, participants rewrite the story of their lives. Gaining a better understanding in this way facilitates the power to heal and take greater control of one's life. If you are facing a situation in which you feel stuck or at a "crossroads" or if you are doing well but would like a boost by releasing an unidentified obstacle, you will certainly benefit from the course.

Health & HIV/AIDS workshop

Together with the Department of Social Development and Medical Research Council, from time to time we host a two-day *Health and HIV/AIDS* workshop. Both men and women are invited to attend with the age criteria being 18 years and over. Participants will each receive a certificate of attendance at the end of the workshop. Participants who perform outstandingly well and are interested will later be trained as Health & HIV/AIDS facilitators.

MONITORING SERVICES FOR WOMEN

To ensure that women receive the best services possible and to ensure that women's rights are not violated we monitor the services that are provided to them. As a result, with partners such as 'Women's Legal Center' and the 'Western Cape Women's Network against Violence Against Women' we are starting to offer the Steenberg and Muizenberg police and trauma center volunteers refresher trainings on how to best respond to victims of domestic violence cases.

CONFLICT RESOLUTION

We want to contribute to developing a culture of peaceful and constructive ways of addressing conflict through mediation. For this reason, we want to start recreating the court committees, consisting of concerned residents that are willing to act as a mediator/first aider/lay counsellor when the inhabitants of their court/block of flats are in need.

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