

On the evening of 28th June 2023, the Touwsranten & Hoekwil Community Dialogue gathered together around lit candles for the 18th time at the Touwsranten Community Hall. This meeting was attended by 17 people.

Welcoming and Framing

The meeting started with a warm welcome and a brief reminder of the dialogue's intention of working towards safer communities and prosperity for all. Participants were reminded that the dialogue meets once a month to hold discussions and come up with possible solutions to challenges faced by these two communities. The participants were further reminded of the language policy and were informed that they may speak Afrikaans, English or isiXhosa and that one of the facilitators would translate for them. An invitation for a volunteer to join the facilitation team was extended to the participants.

Check In

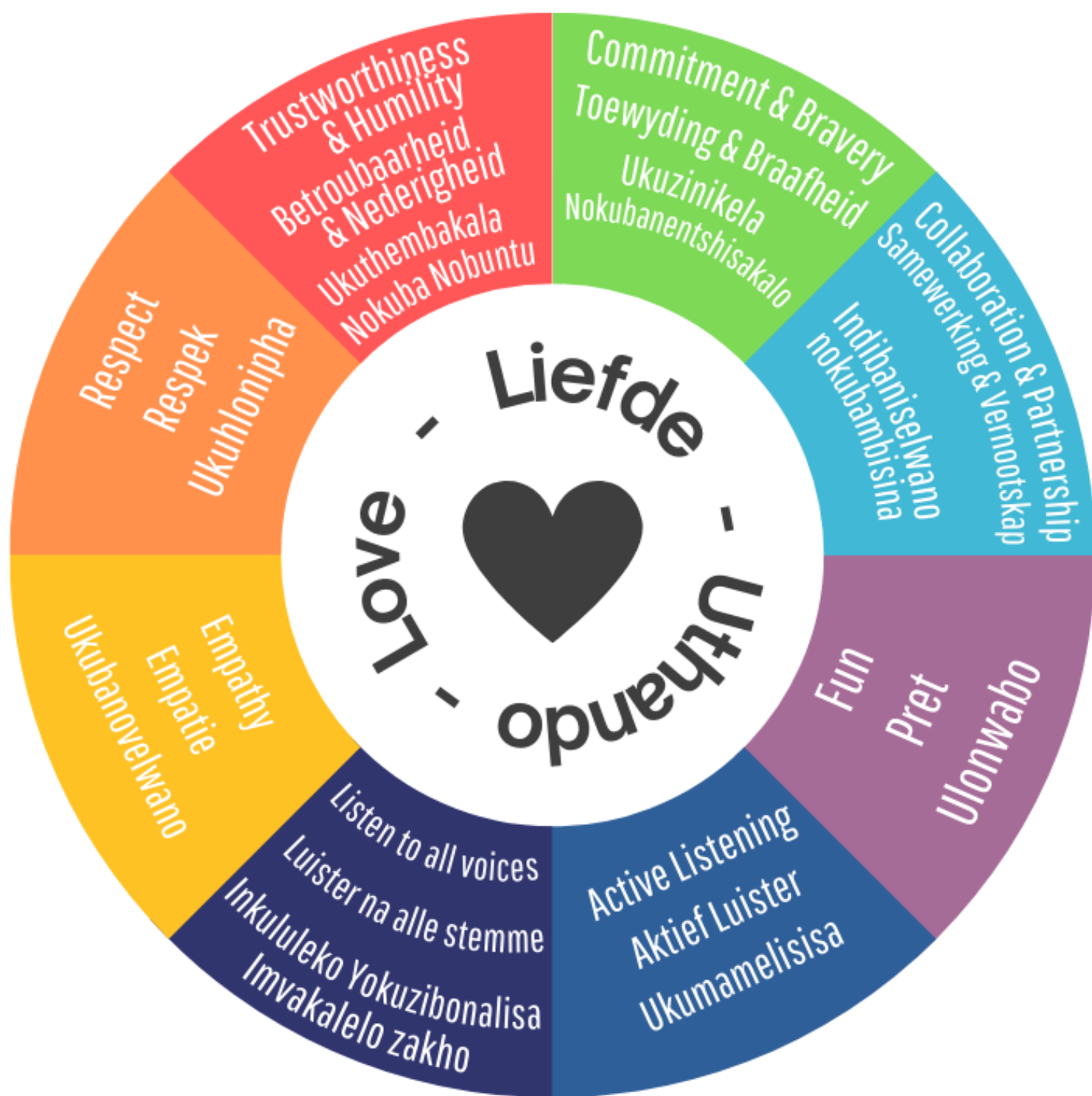


Sharon took us through a round of introductions with the check-in question:

"Name one thing you appreciate during this winter season."

Participants shared that they appreciated moments of warmth, nature and experiencing less load-shedding. Participants were reminded of the importance of introductions in each meeting which is to hear everyone's voice, ensure we address each other on first name bases as well as learn a little about each other.

Remembering the Values



Participants were asked to stand up and form groups of three. Each group had the opportunity to draw one value from a hat, which they would then either act out as "A time when the value was not upheld in the community" or "a time when the value was upheld in the community."

The purpose of this exercise was to give meaning to the values and enable a moment of reflection after concerns were raised about the values not being upheld in previous meetings.

Three groups performed scenes where values such as trustworthiness, commitment, and bravery, as well as respect, were upheld. While, two other groups performed scenes where values such as listening to all voices, partnership, and collaboration were not upheld.



Updates



Market

The market group felt that it was important for work towards holding community markets continues. Sharon Appels, Roslyn, Sharon-Fischer-Buys and Denzel are members of the group and are planning towards the next market being held in Spring.



Toilets

Xolani informed the dialogue that toilets have been built and local people have been hired to work on the project. The community now uses flushing toilets.



Wilderness Defense Force

Chandré informed the group that she had sent a letter requesting a meeting to address the concerns raised with the owner of WDF. However, there has been no response yet. A one-page "know your rights" document was drafted, and Ombudsman General Reddy undertook to review it and get back to us.

This pamphlet will be shared with community members. Its intention is to ensure that everyone understands their right to freedom of movement and knows where to report abuses by the police or private security guards.

An incident was reported in which WDF security removed children who were fundraising at local shops. Collin will follow up with Carlo and WDF regarding this case.

A Way Forward

Chris will connect Chandré with someone who can assist her in setting up a meeting with the owner of WDF.

The dialogue is still interested in engaging with the security company.

Clean-Up

Trash is still being dumped on the streets despite the distribution of black bags in the community. It was agreed that there is a need to raise awareness about the health risks associated with rubbish and to promote the use of black bags.

For example: Competitions can be organized to encourage people to submit pictures when they pick up trash. As part of their holiday programs, Denzel mentioned that they will organize a litter pickup day. To enhance awareness, it was suggested to create educational pamphlets and Instagram reels.



A Way Forward

Chris will assist in organising more black bags and getting them to Xolani. Chandré, Xolani, Chris and Denzel will meet to brainstorm further.

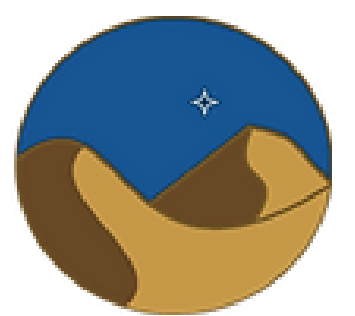


Planet Youth Research Presentation



PARTNER *George South Africa*
Planting Seeds of Change

Dr. Herman Reuter from SAHARA, an organization providing counseling and treatment for people who use substances, presented findings from a recent research study conducted by Planet Youth in George aimed at understanding substance abuse among young people.



The research was based on a model successfully applied in Iceland, where they were able to reduce alcohol consumption among youth over time. Approximately 20 years ago, 43% of young people drank at least once a month. This percentage was gradually reduced to 5% over a span of 15 years and has remained at that level. Importantly, alcohol was not substituted with dagga or cigarettes. The protective factors that guarded the youth against alcohol also safeguarded them against other substances.

4

Hoekwil & Touwsranten

Community Dialogue

Planet Youth Research Presentation

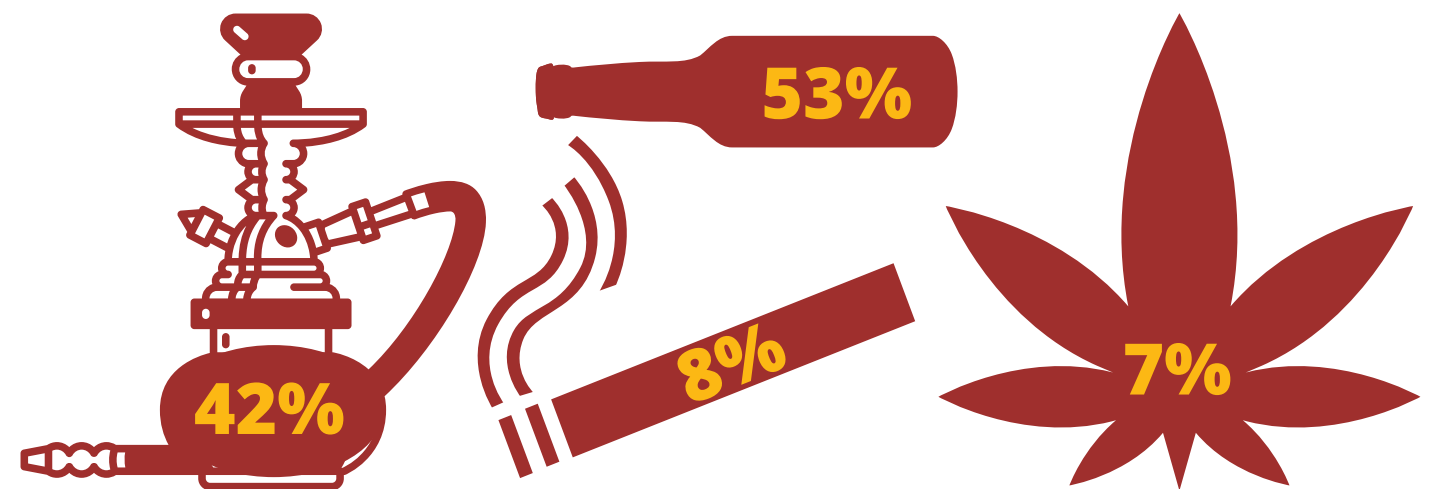
The George study was launched in 2022 with support from the Department of Health and other government agencies and community organizations.

All grade 8 learners in 18 schools in George were surveyed, covering 94% of learners, to find out what life is like for young people and what led them to use substances. The research results are still being finalised. But the pilot study found the following:

Percentage of Grade 8 learners in George using substances

14% get alcohol from a family member and 21% drink alcohol at their own home

42% use Hookah
53% use Alcohol
8% use Cigarettes
7% use Marijuana



A comparison was made between the children who regularly drank to get drunk and those that didn't, and they looked at what else was happening in their lives, The most significant protective factor was the role of parents.

Children said what their parents said mattered to them, this is despite parents saying their children do not listen to them. Children whose parent did not approve of their drinking were much less likely to get drunk than their peers whose parents did not mind if they drank alcohol. Other things that protect children from getting drunk are:

- **Parents spending time with their children**
- **Being part of a peer group that does not drink alcohol**
- **Parents who have a curfew of 8pm for their children**

Children who feel connected to other people and feel accepted in their community are less likely to use alcohol and drugs.

Children whose parents spent more time with them over the weekend were less likely to get drunk than children whose parents spent no time with them.

Things that increase the risk of young people drinking alcohol are:

- **Having friends who drink a lot**
- **Children being out after 10pm**



Planet Youth Research Presentation

Dr. Reuter stressed the importance of parenting programmes.

The findings from this research will be shared primarily with parents, particularly those of primary school children. Primary school parents must understand how to protect their children so that when they reach high school they will be well prepared.

In addition, parents need to connect with one another so they can share parenting responsibility when they see another child misbehaving.

Parents need to be mobilized to understand these results, not to shout at their children, but to create a more protective environment for them.

The importance of sports activities and other activities cannot be overstated.

The same survey will be repeated over time.

Planet Youth is giving itself 10 years to drive change in communities based on this research.

Participants were asked to take a moment to discuss what their community can do to address these issues in the coming months or so.

Proposals



Putting key messages from the research on the WhatsApp group and sharing them with other groups and parents

Prevent those who have not yet started using alcohol from starting

Using art, talent shows and inviting young people for game nights in order to keep them off the streets

Parents need to set strict curfews for their children

Discourage the sale of cigarettes and alcohol to minors

Get young people involved in sports

Attendees List

Wilmi Dikkenar

Hermann Reuter

Bennie Boshoff

Denzel De Swardt

Louisa Gerbel

Andisiwe Makwecana

Collin Wildeman

Chandré Gould

Dullin Appels

De Mist Zijl

Alice Jumat

Sharon Appels

Sharon Appels

Sharon Fisher-Buys

Candice Galant

Chris Kritzinger

Mila Gould

Audrey Kritzinger