



Today is National Youth Day, and there's no better way to celebrate than by highlighting our youth development initiatives through our Health in Action and INMED Aquaponics® programmes.

In many communities throughout South Africa, young peoples' opportunities for success are not commensurate with their potential. Our school and community-based programmes offer skills development, vocational training and opportunities for South African children and youth to achieve well-being and self-reliance for a lifetime. I invite you to read our lead article to learn more.

We have also been very active in the media, which we are thrilled to share with you. Our diligent all-female Pella Food Garden co-op in the Northern Cape has been featured widely this month, and it is a privilege to honour the outstanding work they are doing in a very difficult environment.

Please also follow us on Facebook and Instagram to find out more about our daily activities and the committed staff who work tirelessly in the background. Thank you for your support.

Unathi Silhlahla
Director of Programmes, INMED South Africa

Growing Opportunities with Break Time Buddies



31-year-old Dineo Mothoa from Diepsloot and 25-year-old Siphosethu Molo from the Eastern Cape are just two of the highly motivated young people in INMED South Africa's Break Time Buddies programme. They are changing the lives of hundreds of young school children.

Break Time Buddies is a component of our school-based Health In Action programme, which was first introduced in Brazil by INMED Partnerships for Children in 2010 to provide nutrition and healthy lifestyles education for children, teachers, food preparers and parents in disadvantaged communities. The program has impacted 450 000 children in more than 1 000 schools in Brazil across its three phases. "In South Africa, with the support of the Mondelēz International Foundation, we introduced local adaptations and innovations to the Brazil

model. Concepts such as community-based Break-Time Buddies and the sustainable urban farming technique aquaponics have played a vital role in curbing unemployment and solidifying community involvement,” said Unathi Sihlahla, programme director for INMED South Africa.

Likewise, Break Time Buddies are playing a vital role in transitioning children back to school after several months in lockdown during the coronavirus pandemic. In addition to leading fun fitness activities during break time and assisting teachers with healthy lifestyle classes, our Break Time Buddies are taking children's temperatures and facilitating hygiene and sanitation to maintain a safe and healthy learning environment—valuable skills in the post-COVID-19 world.



Break Time Buddy Dineo Mothoa (left) fills a vital role in keeping children healthy and safe now that they're back in school in Johannesburg after the COVID-19 lockdown, while Siphosethu Molo has been instrumental in sharing her adaptive agriculture skills at our aquaponics system at NMMU.

Combined, Health in Action and Break Time Buddies (BTBs) address multiple youth development and employment-related factors, including building fundamental job skills, a work history and communications skills, according to Dr Sandra Pretorius, Health in Action programme manager. “Break Time Buddies, in particular, also addresses developmental assets such as positive values and identity, social competencies, empowerment and support for previously unemployed youth from the community,” she adds.

[CLICK HERE](#) to read more.

Harvesting a Better Future



During the COVID-19 lockdown, many of our Health in Action communities have struggled beyond belief. We are so proud of the work our teams are doing in these communities to bring sustenance and hope to people who have been marginalized by poverty and other socioeconomic challenges. Just last week, some of our Break Time Buddies harvested basil and celery crops from our INMED Aquaponics® system at Nelson Mandela University in Missionvale and walked through the streets to share the bounty. The surrounding

community in Port Elizabeth is relatively poor, with each yard comprising of a number of families living in the shacks and backrooms. Receiving a simple gift of these high-quality herbs and veg lifted a lot of spirits—including those of our Break Time Buddies.

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