



Welcome to the August edition of our INMED South Africa newsletter. This month we celebrated Women's Day on 9 August and have dedicated this issue to the women who inspire us. In South Africa, so many of us are raised by women. Our gogos are the wisdom givers, our mothers are our support structures and our aunts and siblings encourage us to keep going.

We have become the people we are because of all the women who live within us. Their remarkable social, economic, cultural and political achievements have laid a good foundation for our society. For that we extend our gratitude and our admiration. At INMED, we are privileged to work with so many of these incredible women in the communities we serve. Read on to meet a few of them.

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.

Unathi Silhlahla
Director of Programmes, INMED South Africa



An Inspiring Story of Overcoming Adversity

When something bad happens you have three choices. You can either let it define you, let it destroy you or you can let it strengthen you. 70-year-old Martha Moletsane chose the latter.

Born and raised in Hennenman, Martha had a good job at Tiger Milling when her husband was tragically killed. Five years later from the stress of his passing, she suffered a stroke. "As the sole breadwinner, I was always worried about what work I could do," she recalls. "At the milling company I was an administrator, but after my stroke I couldn't do that kind of work any longer."

Martha knew she had to make a choice,



and that choice was driven by her own disability. “When I came home to Phomolong, I realised that I was not the only one living with a disability. There were so many children with disabilities living in Hennenman who were struggling,” she says. “Some of the parents were ashamed to let their children outside where other people could see them, so they kept them inside. They couldn’t even attend school.” Martha was adamant something needed to change,

So she rounded up some of the ladies and decided to open a centre to help those living with disabilities. DPSA (Disabled People South Africa) introduced Martha to INMED South Africa, which has been working with people with disabilities in Free State under USAID grants for more than a decade. INMED helped Martha's group implement an INMED Aquaponics® system and trained the members how to become aquaponics farmers and entrepreneurs. “They taught us how to plant vegetables using aquaponics,” Martha enthuses. “The vegetables are so different because they are chemical free— fresh, big and beautiful,”

In addition to technical training, INMED South Africa taught the group business development, marketing and business management. Martha’s cooperative sells the vegetables to the community and provides produce to the local schools. “Our aim is to get a big market where we can sell, so that our kids can continue our legacy,” says Martha. “I want future generations to come and work so they get a better life.”

[CLICK HERE](#) to read more of Martha's story.

Welcome, Ntobeko Mchubu



A big welcome to Dr Ntobeko Mchubu, [INMED South Africa's](#) new Adaptive Agriculture Programme Manager. He holds B.S. and M.S. degrees in agriculture, a postgraduate diploma in food security and a Ph.D. in philosophy of bioresources systems/engineering from the University of KwaZulu Natal.

Ntobeko's research on aquaponics has been widely published in a number of leading journals within South Africa and across the continent.

With in-depth expertise in bioresources, crop and soil sciences, food security as well as livestock production and project design and research, Ntobeko sees adaptive agriculture as a solution for many challenges South Africans face. “Many communities continue to be plagued by poverty and unemployment,” he says. “The current pandemic has exacerbated this problem, placing severe pressure on ordinary South Africans already struggling to meet their basic household needs.”

Seeds for Life Project to Help 2,500 Hungry Families



South Africa has been identified as a hot spot for rapidly increasing levels of hunger due to poverty, severe climate events and the coronavirus pandemic. Food scarcity has led to escalating prices, pushing vulnerable families—especially those headed by women—deeper into poverty and starvation. Lack of education and access to fertile land hinder local food production. Without improved access to and consumption of nutritious food, more people could die of starvation from the coronavirus than the virus itself (Oxfam).

Home and community gardens are a simple solution to improve access to nutritious food. INMED South Africa's Seeds for Life campaign will provide 2,500 vulnerable families with free seeds and training to establish and sustain home gardens. Our team has over a decades of experience helping individuals, schools and communities implement adaptive agriculture projects to strengthen food security and build sustainable livelihoods in all types of environments.

Potential long-term impacts include:

1. Improved physical and mental health, leading to a reduction in preventable lifestyle diseases
2. Financial savings
3. A source of income
4. Self-reliance.

Our campaign will impact 2,500 households in Johannesburg and Port Elizabeth, with plans to expand to other regions as funding allows. **Please support this campaign by**

purchasing seeds for a family in need.

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