



August 2021



This month was an exceptional month, if for no other reason than we were able to celebrate and salute the fabulous women of substance who are making a difference and striving to achieve gender equality.

We ran an exciting social campaign paying tribute to some of the participants in our programmes. We hope you enjoyed seeing the posts and reading or listening to what they had to say. In this month's newsletter as we celebrate Women's month we have included some of the comments just in case you missed them on social during the month.ion.

We also chatted to two young farmers at Nelson Mandela University to get a sense of how the work we are doing is able to support them in their journey, as well as one of our star educators at Charles Duna primary school who is helping shape future farmers of South Africa.

We hope you enjoy our newsletter this month and once again extend a big shout out to all the wonderful women who enhance our work and show such dedication.

*Unathi Sihlahla
Director, INMED South Africa*

Celebrating Women of Substance



Every year in August, we pay tribute to the more than 20 000 women who marched to the Union Buildings on 9 August 1956 in protest against the extension of Pass Laws to women.

This year we celebrated Women's Month under the theme of Generation Equality: Realizing Women's Rights for an Equal Future. The concept of Generation Equality is a global campaign and links South Africa to global efforts to achieve gender equality by 2030. As a tribute to these women and our very own Women of Substance, we pay tribute this month to the participants in some of our programmes—the mentors, the trainers and the funders who make our world a better, kinder place.



JANET OGILVIE
Operations Manager
INMED South Africa

For the last 11 years, Janet has been looking after multiple aspects at INMED and is an integral part of our team. Janet loves the opportunity to support programmes that create brighter futures, make a direct impact on families and broader communities and nurture and grow small businesses.

“To those women who are struggling, consider a career in agriculture. It is not only a good way out of poverty but also provides skills to empower our communities.”



ADOREE LOUW
Occupational Therapist
Laerskool Kempton Park

As a full service school occupational therapist, Adoree uses INMED Aquaponics® to help children with learning challenges and those who don't adapt well to traditional classroom settings to overcome these barriers in a mainstream school.

“An out-of-the-box approach has resulted in the establishment of a self-sustainable aquaponics plant at the school, which produces nutritious produce and proteins and serves as a supportive educational tool.”



FEZEKA MAJIKI
INMED Health in Action and
Adaptive Agriculture Facilitator

With vast experience and a Master's Degree in Agriculture, Fezeka does a phenomenal job in Port Elizabeth, overseeing all INMED programmes in the area, including Health in Action, Seeds for Life and our aquaponics system at Nelson Mandela University.

"The dedication that is poured into contributing something, big or small to struggling communities and schools fulfils my heart. I think women excel in our environment. It is the element of deep empathy that comes with being a woman. We tend to exercise extra care when dealing with certain aspects demanded by this type of job and we are nurturers by nature therefore it's only natural that we do tasks to the best of our abilities and go above and beyond what is expected of us."



NAVISHA BECHAN-SEWKURAN
Corporate & Government Affairs
Lead: Sub Sahara Africa
Mondelēz International

Mondelēz and Navisha have had a 10+year standing relationship with INMED. Navisha has played an integral role in supporting our INMED South Africa team with resources and volunteers to expand our programmes.

"As a global snacking company, it is our responsibility to teach people to snack correctly. Through the INMED Health in Action programme, we can show children and young people the value of snacking and the role it plays in a healthy diet. Through our involvement with INMED ASE we are looking at finding solutions to food scarcity and sustainability. Women play a huge role in such programmes. Essential qualities are empathy, problem solving skills and agility as well as team building."



SIPHILILE SHANGE
Sustainability Specialist
African Bank

The work INMED does resonates with African Bank's Advancing Lives ethos and why it supports INMED's Seeds for Life programme. It goes beyond just giving financial support but also transferring skills to the beneficiaries enabling them to eventually be self-reliant.

"Any project in the community that seeks to address issues around social inequalities, that embeds sustainable solutions to social needs and empowers the very individuals in society that are vulnerable pulls at my heart strings."

DR SANDRA PRETORIUS
Health In Action Programme
Manager
INMED South Africa

As a licensed dietician, Sandra is passionate about sharing good nutrition practices with children and adults. She says the women she works with have a unique ability through their inner strength, patience and compassion to nurture and positively influence the lives and minds of all around them.

"Women leaders are crucial in shaping youth to make informed life decisions and to live life with kindness, compassion and tolerance."



ESTHER NELL
Chairperson, Pella Food Garden Cooperative

When Esther Nell's all-female farming cooperative was unable to support their families' daily food needs or produce a living wage for the members, Esther had the foresight to apply for a grant to implement INMED Aquaponics®. The project has not only changed their lives, but also has provided jobs and food security for community members. Now, the Pella Food Garden is training other farmers in aquaponics as part of the INMED Aquaponics® Social Enterprise.

"When you strike a woman, you strike a rock. We have had many hardships these last 2 years with drought and the pandemic, but we have survived and will continue to thrive, because we have built a sustainable venture in commercial farming."

Young Farmers Follow Their Passion



We had the pleasure recently of talking with two young interns from Nelson Mandela University at our aquaponics system at the Missionvale campus in Gqeberha in the Eastern Cape. The area is very poor, with high rates of unemployment, crime rate and drug use among youth. Unathi Mgcebele is 26 and Sinazo Tomose is 22. Both are studying for a Diploma in Agricultural Management at NMU and plan to pursue aquaponics farming when they graduate.

Why did you want to study agriculture?

Unathi: I've been passionate about agriculture since I was young. I used to see older people going to the field to plant crops, and those were the good times. There was less poverty and less crime then. Today, those fields are no longer used to plant crops, and there is a high rate of poverty and crime in my rural area because of a lack of jobs and more youth doing drugs. I believe agriculture can make a positive change in my community, and I think it could change the lives of those young people who are taking drugs. If we can use the fields to plant crops again, we can create more jobs for youngsters.

Sinazo: Growing up in a rural area made me realize that not everything needs to be bought, but that we can produce more for ourselves if we use available resources productively. That is where my love started for agriculture. I wanted to be part of something that is doing so much for people—knowing that I will be part of the reason people get fed every day, by producing food for them. I want to help fight poverty for the less privileged by producing food for them. Agriculture provides opportunities to work indoors and outdoors and opens up many different careers.

Why do you think agriculture is so important is so important for our South Africa?

Unathi: Agriculture is very important in our country because there is high rate of poverty and a high rate of unemployment. Most people in our community did not get an opportunity to go to school and most jobs in agriculture can take people who did not go to school. The climate of our country is also great for growing crops, which we can export to help make our economy stronger. [Read more](#)

INMED ASE: Breaking News



This month we are celebrating an organisational milestone with the news that our INMED Aquaponics® Social Enterprise is now a registered nonprofit organization in South Africa. With this new status, the entity will advance its cause to address food security, climate change adaptation, inclusion, sustainable livelihoods and other intertwined causes of systemic poverty across the nation. We are truly excited at this achievement as it marks what will be a self-sustaining initiative in South Africa to transition historically disadvantaged populations, including people with disabilities, women and youth, from subsistence to commercial (market-based) agricultural production using climate-smart aquaponics. Learn more at <https://inmedase.org>.

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