



FAMILY CARE MINISTRIES

ANNUAL REPORT 2023

ACHIEVEMENTS

Objectives achieved:

- Our ministry to inmates at Kutama Sinthumule Correctional Centre in Makhado, Limpopo, came after 17 years to an end in July this year. Over 2600 inmates graduated from our Bible study courses and found no meaning in life. The Correctional Center has taken over the course and its administration. We have provided all the course material and trained facilitators who are now administering the course.
- Many have been reached through gospel literature that is passed out along with our humanitarian aid.
- Family Care Ministries volunteers continued serving four meals a week in Drieziek Ext 9 and 3 meals a week in Eldorado Park.
- While we served a total of over **145 701** meals in 2022 we increased meals served to **185718** in 2023.
- We continued collecting and delivering foodstuffs and clothing to underprivileged families and child-headed households in Orange Farm, Evaton West and other township areas and informal settlements
- Served a meal every month to 120 elderly in Brixton, Johannesburg
- Continued offering a SETA accredited Early Childhood Development training programme to principals and caregivers of day care and ECD centres and other interested individuals in Orange Farm to equip and empower them to support children's learning and development
- Ongoing training and support to volunteers and members
- Used text messaging, Facebook and our website as an avenue to share accomplishments, raise awareness of specific needs, as well as offer encouragement, hope and inspirational and motivating reading materials
- Maintained our outreach ministry and Bible study classes in Malawi
- We communicated and coordinated with our friends and supporters through different channels and platforms. Some of them participated in some of the activities with us.
- We realized that in these difficult and uncertain times, people need more than just material support. They also need emotional and spiritual support. That's why we offered encouragement, prayer and counsel through emails, SMS, Whats App messages, our Facebook page and our website to spread hope to as many as possible
- .Becoming an affiliate of EDU-BUILD INSTITUTE, *Family Care Ministries* enabled ladies to get their SETA-accredited qualifications as ECD practitioners in 2023.
- Our mission outposts in now nine locations in Malawi continued to conduct outreaches and provided training for pastors and the youth of this impoverished country.

Help for the Needy

Family Care Ministries is a non-profit organization that works to alleviate poverty in all its forms in South Africa and beyond. Besides providing food and nutrition to impoverished individuals and households, the organization also implements other programmes that aim to improve the lives of the vulnerable. Some of these programmes are:

- **Home-Based Care:** This programme provides care and support to the elderly and chronically ill people who live in disadvantaged communities. The programme also offers counselling, referrals, and spiritual guidance to the beneficiaries and their families.
- **Education and Training:** This programme focuses on enhancing the skills and knowledge of the youth and adults who are in need of education and employment opportunities. The programme offers Early Childhood Development (ECD) training, learner and social support, computer literacy, and entrepreneurship training.
- **International Outreach:** This programme extends the organization's mission to other countries in Africa, such as Malawi and Zimbabwe. The programme involves conducting biblical studies, feeding programmes, and community development projects in collaboration with local partners.

These are some of the programmes that Family Care Ministries runs to transform disadvantaged communities

by mobilizing resources and providing empowerment initiatives. The organization welcomes donations, volunteers, and partnerships from anyone who shares its vision and values.

Our heartfelt gratitude goes to Family Care Ministries' benevolent and compassionate supporters and to our loyal volunteers who remained with us this year. We feel fortunate to work with people who care for others more than themselves.

"Despite the economic hardships faced by many businesses and individuals, our empathetic friends enabled us to raise the funds needed to purchase tons of food items, such as rice, potatoes, maize, samp, soya mince, protein, vegetables, and fruits."

Feeding Schemes

A **feeding scheme** serves a crucial purpose in communities, especially for those facing economic challenges

➤ **Nutrition and Well-Being:**

- Feeding schemes provide nutritious meals to children and vulnerable individuals. These meals contribute to their physical health, emotional well-being, and cognitive development.

For children between **0 and 18 years**, these schemes ensure they receive essential nutrients that are vital for growth and overall health.

➤ **Food Security & Livelihood:**

- Feeding schemes contribute to **food security** by increasing food availability and accessibility for vulnerable households.
- By addressing immediate hunger needs, they allow families to focus on other aspects of their lives.

➤ **Orange Farm community**

Family Care Ministries volunteers have been faithfully continuing the feeding scheme that we initiated in 2020. In Orange Farm we provide nutritious meals four times a week to those in need.

In addition, our volunteers in Orange Farm also visit the elderly in their homes to help clean, cook meals or collect medication at the clinic on their behalf when needed.

Orange Farm is a township located in the Gauteng Province of South Africa, approximately 45 km from Johannesburg. The township was established in 1988 and is one of the youngest townships in South Africa. However, it is still largely a marginalized dormitory residential area and has a very high unemployment rate!

➤ **Eldorado Park community**

Family Care Ministries continued serving a wholesome meal three times a week in Eldorado Park.

Eldorado Park is a suburb in Johannesburg, South Africa. According to News24, the area has been facing a high level of crime.

Eldorado Park is a suburb of Soweto, Johannesburg, South Africa. It was established in **1965** as an area for the exclusive settlement of the Coloured South Africans under the Group Areas Act.

➤ **Brixton community**

In addition to the aforementioned, Family Care Ministries kept up the monthly feeding program to 120 elderly in the Brixton area. Whenever it was possible, we passed out one or two pieces of fruit, tea and sugar, or other food items along with the meal.

A few of our friends continued to join our volunteers ministering to disadvantaged families and orphan households whenever their time permitted. The counsel, prayer and encouragement offered is as helpful as the food received.

FCM served 145 701 meals in 2022 and increased the meals served to 185718 in 2023



185718 Meals served

➤ **Noordgesig community**

Our weekly food donations from a supermarket are delivered to the Noordgesig community. Noordgesig is a township in Soweto, Johannesburg. As the other townships we serve it has a very high unemployment rate.

The distribution is administered by the Boys Brigade a local youth empowerment organization.

FOOD PARCELS

Our efforts to provide food and other essentials to those in need resulted in 1708 food parcels that contained various food and hygiene items.

Food parcels serve as a vital lifeline for those facing hunger and economic hardship. Let's explore their significance:

• **Immediate Relief:**

- Food parcels provide **immediate sustenance** to individuals and families in need. They bridge the gap when people lack access to regular meals.
- During emergencies, disasters, or times of crisis (such as the COVID-19 lockdown), food parcels become crucial for survival.

- **Nutritional Support:**
 - These parcels are carefully designed to offer a **balanced mix of nutrients**. They include protein, carbohydrates, vitamins, and minerals.
 - Nutrient-rich food helps combat malnutrition and supports overall health.
- **Dignity and Respect:**
 - Beneficiaries receive food parcels with **dignity and respect**, minimizing stigma.
 - Knowing that someone cares about their well-being uplifts their spirits
 - By providing food parcels, we build a **stronger, compassionate community**.



1708 food parcels
Distributed

FOOD DISTRIBUTION and DONATIONS IN KIND

Family Care Ministries exemplifies the power of community and compassion through its extensive efforts to combat poverty. Their approach goes beyond merely providing meals; they offer a holistic support system that includes essential supplies and emotional nourishment. The organization's dedication to serving with love is evident in the comprehensive care they provide, ensuring that the basic needs of food, clothing, and education are met, while also attending to the emotional well-being of those they serve with inspirational literature. Their work not only addresses immediate needs but also fosters a sense of hope and community among the most vulnerable populations.

- 58 boxes of Garlic & Ginger
- 317 stationary sets
- 402 crates of assorted foods
- 1708 food parcels
- 120 cans of beans, fish and vegetables
- 900 loaves of bread
- 448kg meat & chicken
- 900 ltr of milk
- 11628 eggs
- 160 kg E-Pap (e'Pap is a **pre-cooked porridge mix**.)
- Maize
- Soya
- Sorghum
- **Vitamins and minerals** (in a highly absorbable form)
- The result is a nutrient-dense porridge that provides essential nourishment.
- 8 boxes clothes
- 19 boxes of toys
- 20 boxes of household items
- 150 Bible verse booklets
- 690 pairs of shoes
- 2000 Children's devotional & activity booklets
- 1960 of Bibles in various languages
- 65 stationary sets



EARLY CHILDHOOD DEVELOPMENT TRAINING AND WORKSHOPS



As an affiliate of EDU-BUILD INSTITUTE, Family Care Ministries has become a training provider offering SETA- accredited training to caregivers at ECD centres in Orange Farm offering the Early Childhood Development NQF Level 4 Certificate and the NQF Level 5 Diploma in ECD.

The journey of the trainees at Family Care Ministries, affiliated with EDU-BUILD INSTITUTE, is truly inspiring. Achieving the Early Childhood Development NQF Level 4 Certificate and Level 5 Diploma under challenging circumstances is a testament to their dedication and resilience. The delay in graduation for some due to financial constraints is a reminder of the barriers that exist in education. However, the pride and joy evident in the graduates upon receiving their qualifications highlight the transformative power of education and the profound impact it has on individuals and communities.

OUTREACH

While sharing the Gospel one-on-one is most effective, the chairman also continued to use social media platforms such as Facebook and Whats App. 12,500 text messages went out to spread God's Word and to counsel and encourage others to find or cling to their faith in Jesus. Through these avenues, the Lord has helped us to change the world one heart at a time.

- We love you for your good heart and you inspire a lot of people. May you always feel loved. Sending lots of blessings your way with good health, love and peace. Mirriam
- May The good Lord continue to use you in our lives I'm thankful for this message indeed may the Lord help us to

love the unlovable' s, Zinhle

- Good morning Pastor Joseph, Do you know that you changed my life a lot because of the word I learn from you daily and thank you for today's scripture Pastor and have a blessed day today Man of God. – Tendai
- Your prayer means a lot. Going through difficult times and yes I'm definitely more plugged in the world then the word of God, I'm not proud of it, but it's the truth. I do appreciate this today. -Sonette
- You really are a God's send, I needed to hear this once more thank you very much. I pray that you continue to teach people like me who needs to be reminded that we serve the leaving God..... May God shower you with blessings, may He protect you and your family and gives you strength. - Nomsa Trust

There are many more but we just wanted to put a few here to show that the Lord's love is powerful. It lifts, it encourages, and it transforms and changes people.

PRISON MINISTRY

The transition of the prison course's facilitation and management to the chaplains at Kutama Sinthumule Correctional Centre is a significant milestone, marking the culmination of 17 years of dedicated service. The successful completion of the basic course by 84 inmates in 2023 is a testament to the program's impact. The metaphorical seeds that have been planted through this educational initiative hold the promise of yielding positive change, not only in the lives of these individuals but also in the broader community. Education, particularly in such settings, is a powerful tool for rehabilitation and personal growth. It fosters hope and can significantly contribute to reducing recidivism by equipping individuals with the knowledge and skills needed to reintegrate into society successfully. The trust in the ongoing benefits of this program reflects a deep belief in the transformative power of education and the potential for a better future for all involved. Over the last 17 years over 2600 inmates have graduated from the course

Educational programs in prisons have shown significant benefits, not only for the inmates who participate but also for society as a whole. Over the past 17 years, the graduation of over 2500 inmates from such courses is a testament to the positive impact these programs can have. They offer a means for personal development and skill acquisition, which can greatly aid in the rehabilitation process and reduce recidivism rates. Moreover, these programs can help integrate former inmates back into society, making them productive and contributing members.

Here are some responses we received:

- Thank you for the book you sent. It helped me to see and value life differently. Now it is more clear that without Jesus I am nothing. Being challenged to be an honest and true Christian made me want to change to His ways of doing things. It strengthened my personal belief. I lost hope thinking that being in prison is the end of the world or my life. But since the day I put Jesus as my Saviour and my Guide everything about me changed. - Raubase
- I was not happy about the course at the beginning. But when I began pushing myself, I started to see a little bit clearer what I need to learn. One day I got a question from one of my classmates and I failed to answer. This pushed me to really study the class sheet. This is when I started to see the importance of the course. Came the end of the course, I was very happy. Today I am reading my Bible every day. – Bheki
- I learned and enjoyed many things doing this course. Now I know the way to be good and can see the road ahead for me. I was so disappointed with myself and my Family. I was so distraught; I didn't want to live anymore. Now things are different. I am so thankful to God for you. - Sergio
- I don't know how I can I say thank you about this course. I thought I was alone and that there was no one who loves me. But now I know that there is Someone who loves and cares about me. His name is Jesus. The book of Luke 6:38 says, give to others and God will give to you. This is what I want to do now. - Siyabonga.

MALAWI WORK

Will you join me for a moment to appreciate how collectively we have accomplished so much during this tough and challenging period? It has never been clearer how central FCM is to supporting vulnerable people, bringing light to our lives, and standing up for what we believe in.

We believe every important idea for changing the world with loving deeds has been initiated and led by ministries like FCM, including:

- **Discipleship**

We registered over 120 students across the country in the year 2023. On average, we offer 122 classes monthly. Over 80% of the disciples have their own students whom haven't been captured and shared in this report.

Most of our students are also church leaders or pastors and their churches have over 100 members.



This means that every week, through them, FCM reaches thousands of people with the good news of Christ.



- **Tracts distribution and personal witnessing**

We have approximately reached over 10000 people this year with the good news through our networking system – sharing of tracts and classes. Every month, over 100 people receive Jesus to be their Lord and Saviour through our members. We distributed over 15000 gospel literature

- **Disaster relief aid**

Disasters cause physical, emotional, and economic harm to people and communities. As such, FCM joined many humanitarian organizations in providing aid relief. Through the FCM regional chairperson Mr. Josef Bitschnau, FCM Malawi received a total of R28,000 which assisted more than 70 families.

The relief helped restore the basic needs of health, water, shelter, sanitation, livelihoods, safety and education for the affected families. Testimonies indicate that it went further to also maintain the aspirations and resilience of the victims, and reduce the damages and financial impacts of the disruption.



- **Food security and resilience**

Malawi has been facing food insecurity due to low agricultural productivity, disasters, improved farm inputs, low access to markets and financial services, and poor natural resource management. To help address this issue, FCM is working in six districts to ensure that small-scale farmers produce food twice a year through the provision of gas water pumps, improved seeds and tools. This helps them produce food sustainably. As indicated above, FCM also partners with other NGOs and the government of Malawi to improve families' access to food and resilience in the face of emergencies.



A gasoline water pump ready for distribution



Delivered and now testing one of the water pumps in Chikwawa district



Jubilation after the water pump with 5m suction and a 100m outlet pipe works.

▪ Women economic empowerment

Malawi faces considerable gender gaps in political and economic empowerment. Thus, empowering women economically in Malawi is crucial to address the gender gaps in human endowments, economic opportunities, ownership, and control of assets.

In this case, FCM by the use of participatory and bottom-up approach, listen to women's business plans, giving inputs, and helping them develop their business models. Most of the women we listened to at least have some tailoring skills, as such, where possible, FCM provides them with the sewing machines and some capital to start up their businesses.

One of the beneficiaries is Amolia Chiumia from Mzuzu. She asserts that, "tailoring can help women develop a sense of self-worth and confidence, which can be empowering in itself. By learning a new skill and creating something with their own hands, women can feel a sense of pride and accomplishment."

▪ Children's ministry

Having God as the center of our lives gives us spiritual freedom and genuine happiness. His words and promises guide us as we walk on the right path towards him. Because we plan for the future FCM gives priority and emphasis on helping and guiding kids to know who God is. Through children's Christian books, FCM has reached over 200 children in 2023.

Through this ministry, we plant small spiritual seeds in children's hearts. And from there, we let God grow these seeds to form them into who He wants them to be.

THANK YOU

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