

## Hungry = Angry

illustrates the truth that  
food-deprivation has an emotional impact

### Our Approach

It is our belief that addressing both the physical and emotional/relational needs (the hunger and the anger) increases the potential for individuals, families, and communities to flourish.

### Food Sovereignty

The right to food is a human right recognized under national and international law which protects the right of human beings to access food and feed themselves, either by producing their own food or by buying it.

The right to food is linked to one's right to life and dignity.

### Food Relief

Community-run soup kitchens provide short term solution to hunger needs whilst creating a sense of belonging and worth, and pointing to options for family strengthening.

### Sustainable Development

Sustainable food gardens provide households with a dignified way of providing some food for themselves and potential income from sales.



### Safe Spaces

In South Africa, every child has the right to dignity, health, education, family life, play and recreation, an adequate standard of living and protection from violence, abuse, and harm. Children's rights cover their developmental and age-appropriate needs that change over time as the child grows.




Children need the love and care of safe, thriving adults if they are to develop to their full potential - physically, emotionally, relationally, intellectually, socially.

We work with children and adults to create safe spaces where children can flourish.

### Connect with us

-  [info@mercyaims.org](mailto:info@mercyaims.org)
-  [www.mercyaims.org](http://www.mercyaims.org)

### Social Media

-  MercyAIDS
-  @mercyaims
-  mercy-aims

### Volunteer with us

We have different options to suit your time, talents, and interests.

Such as, planting new gardens, weekly kids garden clubs, playmaker sessions - at schools during and after, and mornings at the office

### Partner with us financially

We are looking for committed partners to provide stable, monthly financial support for salaries & stipends, running costs, programs & projects.

### Banking Details

Mercyaims  
First National Bank  
Business Cheque Account  
62529725775  
Willowbridge  
210655



### About us

NPO registered 2014 in category:  
Development & Housing > Economic, Social and  
Community Development > Social Development.

2015 approved as a PBO with Section 18a Tax  
Exemption status for the following activities:

- \* The care or counselling of, or the provision of education programs relating to, abandoned, abused, neglected, orphaned or homeless children.
- \* The provision of poverty relief.
- \* Community development for poor and needy persons and anti-poverty initiatives
- \* The prevention of HIV infection, the provision of preventative and education programs relating to HIV/AIDS
- \* The care, counselling or treatment of persons afflicted with HIV/AIDS, including the care or counselling of families and dependents in this regard.



144-410 NPO  
PBO 930049584

practical compassion  
motivated by love

Facilitating broad-based support for orphans, vulnerable children, and the people who care for them in Fisantekraal since 2004

### Our Vision

Caring, safe, resilient communities where children can grow to their full potential supported by safe, thriving adults.

### Our Mission

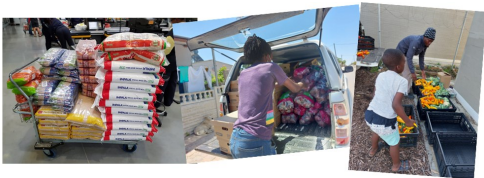
Collaborating with others to foster sustainable, safe spaces of care for children's physical, emotional and relational development.



## Food Sovereignty

Everyone deserves to have access to food with dignity. Soup kitchens and feeding schemes are meant for times of crisis. Sadly, hunger is a crisis in South Africa since most people are unable to buy and cook enough food every day. Addressing the systemic poverty that causes this is the main goal. However, while this global issue is being addressed, people need workable ways to access food with dignity.

One way to do this is through vegetable gardens.



## Food Relief

As long as hunger remains a reality we will provide food where we can.

We currently support eight kitchens that feed three times a week. If we have surplus, we share it with a school.

We give vegetables from the office garden to anyone who comes to the door looking for food – always with a conversation about gardens and a self-sustainable future.

## Vegetable Gardens

Our aim is to see as many people as possible able to access fresh vegetables from a garden - at their house or nearby. Having gardens at schools and feeding schemes is a great help for those cooking food for the hundreds of hungry children.

We work with anyone keen to grow vegetables. Either we install a new garden in whatever space they have available, or for others who already have a garden we offer support. Through #growwithus we teach children about food gardening.

If we can help these home-gardeners to form groups, they can support one another and find ways to generate income from their gardens.



## 8 Pillars

We help supporter eight community kitchens, which are also hubs of care.



Every week they address the hunger facing their neighbours. We collect and distribute donations from SA Harvest each week, and every two weeks buy and deliver some ingredients.

As far as we can we help each woman running a kitchen to discover and work towards realising her dream for herself, those she feeds, and the broader community.

This is one of many areas that UWC's 4<sup>th</sup> year Occupational Therapy students help us shape and grow.

*#morethansoup*

means going beyond supplying ingredients for food relief. Beyond food towards broader long-term development.

Thriving begins with belonging, dreaming, and creating safe spaces for growth.

## Safe Hubs

Our aim is to provide training and support so that each of the soup kitchens and feeding schemes we work with, as well as some gardens,



## Kids Garden Clubs

On top of the nutritional benefits, gardening has proven emotional benefits. And when adults, with some training, garden together with children resilience skills can be grown. We have a growing number of kids regularly attending #growwithus groups and many already have their own garden boxes at home.

These kids and their leaders are part of Connect Network's Child Ambassador & Child Participation project. If your interests include working with kids and gardening this is a great place for you to get involved.

## Why Safe Spaces?

A quick glance at the daily news tells us that South Africa is a nation plagued by violence. Violence is a huge and complex problem with many equally complex and interrelated contributing factors behind it, including poverty in all its forms - for example food insecurity.

One on-the-ground factor, which contributes to the growing incidents of violence in just about every sector of our Nation, is the lack of individual emotional regulation.

For various valid reasons many people are in survival mode, emotionally. Seemingly powerless to change.

This inability to regulate big emotions – even to know that it's possible and necessary – is largely what is behind the violent outbursts – big and small, that we see play out around us day after day.

We regularly see people 'losing it' and acting violently – verbally, if not physically.

## Resilience Skills

Neuroscience shows that patterns of behaviour, ways of being in the world and relating to others can change with help.

Given the opportunity, skills, and support individuals, families, and communities can break out of emotional survival. Anyone can learn when and how to regulate their emotions and build healthy relationships with others. Everyone can develop resilience building skills which will help them to develop a powerful, increasingly non-violent way of living in the world.



In partnership with Waumbe Youth Development we have resilience building Playmaker groups running at schools and other places where there are groups of Children.



**RESILIENT KIDS**  
Equipping and empowering communities to care for our vulnerable children.

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practical empowerment  
inspired by love  
121-88740      060 9380122