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# Holding Hands Through LIFEPLAN<sup>®</sup>



An initiative by the **FLAGH** ( Farm Labour And General Health )  
Programme at the North West University, Potchefstroom Campus.  
DEVELOPED AS A RESULT OF RESEARCH FINDINGS



The FLAGH-Programme is a multisectorial research and intervention programme developed as a result of research findings in the Africa Unit for Transdisciplinary Health Research(AUThER). Research identified farm dwellers in the North West Province as an extremely vulnerable group regarding their poor nutritional status, physical and mental health.



## WOMEN SKILLS DEVELOPMENT PROJECT

The main aim of the FLAGH programme was to design and develop a feasible and sustainable programme to improve the life of the farm dwellers. A programme to empower and build capacity between female farm dwellers was developed, implemented and tested: "Holding Hands" through LIFEPLAN. The women named their project the "Holding Hands" project, because they were working together as a team.



The "Holding Hands" project has grown tremendously from a small income-generating project in the last five years to a business servicing a number of regular clients with an extended range of products.

At present the "Holding Hands" project consists of four groups of women working from their own different premises. Each group is driven by women with different skills and are all located in the commercial farming areas around Potchefstroom, Ventersdorp and Venterskroon districts. The projects are aimed at teaching skills that can generate an income and can be carried over from generation to generation.

This goes hand in hand with the LIFEPLAN® programme that teaches these women the life skills to handle the change that the projects will bring to their lives.

LIFEPLAN® is a programme developed through research and is a prerequisite for the "Holding Hands" project. It focuses on the development of life skills with the emphasis on: general health, coping strategies, healthy eating practice and income management.

The income that they earn has a very definite and positive effect on their daily lives as well as on their families, but above all it has the greatest effect on their self esteem and self worth. The "Holding Hands" project was the winner of the SANTAM competition for the best income generating project for women initiated by tertiary institutions for two consecutive years (2005 & 2006).