



EKUKHANYENI RELIEF PROJECT

Growing Minds & Communities

Training, Consulting & Coaching Services

**Food & Nutrition Security &
Early Childhood Development**



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RELIEF PROJECT

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Ekukhanyeni Relief Project (ERP), focuses on complementary community-based projects that improve the capacity of vulnerable communities in urban and peri-urban settings to achieve and sustain food security and to provide effective early childhood care to its children and adult support network. Although Early Childhood Development interventions have been operational only in the informal settlement of Lawley Ext 3 to date (City of Johannesburg's Region G), the Food Security training now extends to vulnerable areas throughout Region G and further afield to other South African Provinces.

In its 13 years of existence, ERP has been revitalising impoverished communities by reintroducing low-cost, sustainable urban agriculture through permaculture methodologies. The Public Benefit NGO works from within communities to build resilience to a multitude of social challenges. Ekukhanyeni provides AgriSETA accredited and innovative training in Permaculture Design, Health Promotion and Nutrition, as well as in advanced agro-ecological principles to improve household and community food security, support healthier eating and to promote sustainable livelihoods with the help of its partner and the provision of Entrepreneurial Skills training.

The organisation certifies community-based Training Facilitators to provide accredited training and mentorship support for households, community-based organisations and large-scale agricultural projects to develop and sustain food gardens. The organisation also upskills and employs local food gardeners to support productive food gardens to feed and nourish children at Early Childhood Development Centres. A couple of these gardens are Resource Hubs which serve as training gardens and from which Ekukhanyeni distributes agricultural resources for emerging community food growers in its beneficiary target areas.

Ekukhanyeni offers ETDP SETA accredited training in ECD Level 4, assisting adult ECD Practitioners to facilitate the all-round development of young children in a manner that is sensitive to culture and individual. Technical support and mentorship to beneficiaries undergoing and/or graduated to implement their ECD skills learnt in the classroom at their ECD Centres is focused on while also running Grade R and Grade 00 classes in the partnered 16 beneficiary ECD Centres. Ekukhanyeni also assists identified ECD Centres with registration and certification with relevant government authorities.





FOOD & NUTRITION SECURITY

CONSULTING AND COACHING

Ekukhanyeni Relief Project consults on agricultural projects from household, to Early Childhood Development Centres, schools and to larger community agri-projects and small-scale farms.

Services provided include:

- **Site analysis and needs assessment:** A visit to the project site allows for the assessment of the needs and goals of the client or the client's beneficiary project, both for the purpose of developing the agri-site earmarked for growth, as well as to identify the level of upskilling and life skills interventions needed for project members.
- **Provision of Skills Training:**
 - Agricultural skills through Permaculture Design (AgriSETA Accredited) - Here project members are taught the theory and are also given the opportunity to apply this theory into practical knowledge on site, leaving the project member with the confidence and good practical experience to continue developing their own agricultural site, post training.
 - Health Promotion & Nutrition – During this training, project members are presented with key information to expand awareness, shift perceptions around health, and empower participants with practical skills to promote nutrition and better health.
 - Agro-Ecology Interactive Learning Game – The training simulates the design, set-up and management of a farm according to ecological principles, where project members experiment with designs and get feedback from the farm ecosystem as their designs respond to seasonal cycles and environmental crises.
 - Entrepreneurial Skills Training (SETA Accredited) - Project members learn how to turn their food gardens and small-scale farms into businesses, promoting sustainable livelihoods and commercially viable ventures. Modules focused on are Business Operations, Marketing, Finance and Agri-Planning.
- **Establishment of food gardens and larger scale agricultural site development** together with the client and the client's project members. This service would apply to the development of an agricultural site from the beginning or to assist with the expansion of an existing site.
- **Coaching & Mentorship** of project members: During this project phase, Ekukhanyeni Training Facilitators visit the project site week-to-week or monthly depending on project scale. Project members are coached on appropriate maintenance and development of their agricultural systems and are supported to improve their own experience within their food garden or small-scale farm. Should entrepreneurial skills training be factored into the project, our partner representatives will provide their own contact sessions, practical guidance and ongoing training for the relevant business and sustainable livelihood aspect. This approach ensures longer-term sustainable project outcomes.



Agriculture/ Permaculture Design Training

Our 12 Day AgriSETA accredited short skills course in Permaculture Design is geared towards shifting perceptions around food, expanding awareness, and empowering participants with practical skills to establish and maintain their own food gardens, to grow in ecologically friendly and sustainable ways and to make healthier eating choices.

Who should participate?

Basic knowledge of agriculture and Permaculture is useful but not essential. The training is useful for anyone interested in growing organic food for themselves, friends, families and communities:

Household members;

Members of **farming co-operatives** or associations;

Farmers planning conversion to organic, conservation or climate-smart agriculture;

NGO workers promoting Permaculture, organic farming, or conservation agriculture;

Early Childhood Development Centre practitioners looking to provide a sustainable and healthy eating choice for the children in their care;

School **Educators** interested in providing a sustainable and healthy eating choice for their learners.

Our Training Team

Our training is unique, in that it is offered in the vernacular by our beneficiary community-members

who have been upskilled to Assessor level. Our lead training facilitators have been tutoring in Permaculture Design for 7 or more years, all have the relevant Facilitator and Assessor accreditation with ETDP SETA and are registered constituent Assessors with AgriSETA.

Coupled with an optional 5-Day **Entrepreneurial Skills training**, participants learn how to turn their food gardens into businesses, promoting sustainable livelihoods and commercially viable ventures.



What will participants learn?

Unit Standard Title: Identify & Explain Permaculture Principles

Unit Standard ID: 116150

NQF Level 1 | 8 credits

Specific Outcome 1: Site elements and resources are identified and listed

- What is Permaculture design?
- Why do we use Permaculture?
- Permaculture principles
- Stakeholders-analysis
- Observation stage or information gathering phase
- Base map
- Highest points and lowest points
- A-frame
- Zones and sectors
- Water harvesting and conservation
- Making swales and garden beds
- Alternative and natural resources for cooking

Specific Outcome 2: Understanding Abiotic and Biotic resources and complementing technologies

- Abiotic & Biotic resources
- Role of bees
- Basic solar technology
- Wind harvesting techniques
- Soil types & testing
- Soil fertility technologies and soil management
- Pioneer and indigenous plant systems
- Compost heaps
- Earthworm farming
- Mulching
- Companion planting
- Intercropping
- Planting and spacing
- Liquid Manure
- Green Manure
- Organic pest repellent sprays
- Water pollution
- Invasive plants
- Planting calendar and harvesting tips
- Crop rotations
- Succession planting
- Container gardening
- Seed saving and seed preparations

Specific Outcome 3: Recognizing ecological processes and cycles

- Nitrogen cycle
- Water cycle
- Oxygen cycle
- Energy flow & food webs
- Natural patterns
- Edge effects
- Global climate patterns

Specific Outcome 4: Sustainable living practices

- South Africa & global economic trade systems
- Technology & environmental impacts
- Alternative settlement structures -Eco-villages
- Alternative building techniques
- Grey water systems in urban gardens
- Biogas & sustainable living
- Local cooperatives & trading networks



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Health Promotion & Nutrition Training

This two-day module presents key information about how to promote health with Permaculture.

Learners explore how to use Permaculture as a foundation to support healthy attitudes and lifestyles for themselves, their families, friends and communities. The workshop is designed to expand awareness, shift perceptions around food, and empower participants with practical skills to be healthy.

Who should participate?

The training is useful for anyone interested in improving their health but is especially useful for:

- Community health workers, nurses and clinic staff
- School feeding scheme volunteers
- Permaculture gardeners and co-op members
- School Teachers
- Mothers wanting to raise healthy, strong and clever children
- Sportsmen who want to improve their general health and wellbeing
- People living with HIV/AIDS or chronic illnesses like Diabetes and Hypertension

How does the training engage with health?

The training adopts an **integral framework** to empower learners to engage holistically with health, nutrition, physical activity and practical herbalism. Using the integral framework, the workshop explores personal knowledge and attitudes, cultural beliefs and values, social, economic and eco-systemic drivers, as well as essential properties of nutrients and the food groups that contain these and practical strategies to promote health.



The information is anchored with **practical exercises** of cooking, preparing herbs, and physical movement, ensuring that the learning is hands-on and concrete. Similarly, the food and herbs prepared are also discussed in terms of their role in the Permaculture garden. Learners share and eat the foods prepared to engage all the senses in the learning experience and encourage learners to adopt practices based on what appeals to them.

The **physical exercises** are selected to be accessible to learners of all ages and genders without requiring great strength or fitness. Exercises emphasise the use of gentle repetitive movement, breath, stretching and body-awareness to build balance, co-ordination, flexibility, postural integrity and range of motion.

The **information is presented in the vernacular**, encouraging learners to engage with the concepts and practices presented in an interactive way that crosses the language barrier, which often makes health knowledge inaccessible.

What will participants learn?

Core topics include:

- An integral map of health
- Food security
- Dietary diversity
- Environments, health and permaculture
- Food, lifestyle and common health issues like diabetes, obesity, hypertension, HIV/AIDS, TB
- Key nutrients
- How to protect your health with micronutrients and anti-oxidants
- How to reduce the risk of diabetes and obesity
- Food groups and power foods
- How to add flavour and boost health with spices and culinary herbs
- How to prepare nutritionally balanced and dense foods
- How to use herbs to manage common ailments
- Physical activity and posture
- Social strategies to improve food security





Agro-Ecology Learning Game Training

This workshop consists of four half-days during where learners play an interactive board game that simulates the design, set-up and management of a farm according to ecological principles. The game allows learners to experiment with designs and get feedback from the farm ecosystem as their designs respond to seasonal cycles and environmental crises.

What can players learn?

Learners explore how to:

- Read and respond to different landscapes
- Assemble different farm elements into a coherent production system
- Manage complex production systems
- Allocate resources and develop farm assets
- Manage water, biomass, work and finances
- Develop resilience to climate change and environmental shocks
- Deal with seasonal cycles
- Make group decisions about the allocation and management of finances and labour
- Project production needs and record outputs



Who should participate?

Basic knowledge of agro-ecology and Permaculture design is useful but not essential. The training is useful for anyone interested in learning to manage a farm according to agro-ecological principles but is especially useful for:

- Members of farming co-operatives or associations
- Farmers planning conversion to organic, conservation or climate-smart agriculture
- Agricultural extension officers
- NGO workers promoting Permaculture, organic farming, or conservation agriculture

How does the training engage with agro-ecology?

Agro-ecology is considered a key approach towards improving the sustainability of farming in southern Africa and enhances resilience to the effects of climate change and increasing resource scarcity. Agro-ecology is a science, a movement, and a practice based on the application of ecological principles to agriculture. Agro-ecology emphasises the preservation of biodiversity and ecosystem integrity to maintain renewal processes and ecological services. In this game, ecological methods are rewarded with reduced risk and greater resilience to crises, while the management of different resources is made explicit as players design farms composed of diverse elements of agro-ecological design. The **game is facilitated in the vernacular**, encouraging learners to engage with the concepts and practices presented in an interactive way that crosses the language barrier which often makes agro-ecological knowledge inaccessible.





EARLY CHILDHOOD DEVELOPMENT

Further Education & Training Certificate: Early Childhood Development

SAQA Qualification ID: 58761

The Learning Programme accredited through the ETDP SETA, is an entry-level qualification for those who want to enter the field of Education, Training and Development, specifically within the sub-field of Early Childhood Development (ECD). Many of those who will seek this qualification are already practicing within the field, but without formal recognition.

This qualification will enable recipients to facilitate the all-round development of young children in a manner that is sensitive to culture and individual needs (including special needs), and enable them to provide quality early childhood development services for children in a variety of contexts, including community-based services, ECD Centres, at home and in institutions.

In particular, recipients of this qualification will be able to:

- Plan and prepare for Early Childhood Development.
- Facilitate and monitor the development of babies, toddlers and young children.
- Provide care and support to babies, toddlers and young children.

Practitioners will generally carry out their role under supervision and with the support of designed programmes. This qualification will provide a means for formal recognition of those who are already practicing in the field, but without qualifications, as well as for those who wish to enter the field.

This qualification will also provide a basis for further professional development in the higher education and training band for many experienced practitioners in the field who have had limited or difficult access to further career development opportunities.





Course Duration: The programme is offered over a period of one year.

Course Objectives as per exit level outcomes include:

1. Communicate in a variety of ways within Early Childhood Development and societal settings.
2. Use mathematics literacy in real life and education, training and development situations.
3. Plan and prepare for Early Childhood Development.
4. Facilitate and monitor the development of babies, toddlers and young children.
5. Provide care and support for babies, toddlers and young children.

Who should attend training?

People who are passionate about early childhood development presently operating in the environment or looking at a career in this field.

Prerequisites

Must be able to understand, read and write English on an NQF 3 Level.

Name of the Learning Programme: Further Education and Training Certificate Early Childhood Development at NQF Level 4, 140 Credits.

Skills Programme 1 – Communication Part 1 1st Language

Module	US Type	NLRD	US Title	Level	Credits
1	Fund	119459	Write/present/sign for a wide range of contexts	4	5
2	Fund	119462	Engage in sustained oral/signed communication and evaluate spoken/signed texts	4	5
3	Fund	119469	Read/view, analyse and respond to a variety of texts	4	5
4	Fund	119471	Use language and communication in occupational learning programmes	4	5
Total Credits				20	

Skills Programme 2 – Communication Part 2 2nd Language

Module	US Type	NLRD	US Title	Level	Credits
5	Fund	119457	Verklaar en Gebruik Informatie vanaf Teks	3	5
6	Fund	119465	Skryf/Vertoon/Teken Teks vir n reeks van Kommunikasie kontekste	3	5
7	Fund	119467	Gebruik Taal en Kommunikasie in Beroeps Leerprogramme	3	5
8	Fund	119472	Akkommodeer Gehoor en Konteks benodighede in Spraak/Getekende Kommunikasie	3	5
Total Credits				20	



Skills Programme 3 – Mathematical literacy

Module	US Type	NLRD	US Title	Level	Credits
9	Fund	9015	Apply knowledge of statistics and probability to critically interrogate and effectively communicate findings	4	6
10	Fund	9016	Represent analyse and calculate shape and motion in 2- and 3-dimensional space in different contexts	4	4
11	Fund	7468	Use mathematics to investigate the financial aspects of personal, business, national and international issues	4	6

Total Credits 16

Skills Programme 4 – Plan and Prepare for Early Childhood Development

Module	US Type	NLRD	US Title	Level	Credits
12	Core	244468	Prepare resources and set up the environment to support the development of babies, toddlers and young children	3	5
13	Core	244472	Prepare Early Childhood Development programmes with support	4	6
14	Core	244485	Design activities to support the development of babies, toddlers and young children	5	8

Total Credits 19

Skills Programme 5 – Facilitate and monitor the development of babies, toddlers and young children:

Module	US Type	NLRD	US Title	Level	Credits
15	Core	244480	Facilitate the holistic development of babies, toddlers and young children	4	16
16	Core	244475	Observe and report on child development	4	6
17	Core	244484	Demonstrate knowledge and understanding of the development of babies, toddlers and young children	4	8

Total Credits 30

Skills Programme 6 – Provide care and support to babies, toddlers and young children

Module	US Type	NLRD	US Title	Level	Credits
18	Core	244462	Work with families and communities to support Early Childhood Development	3	5
19	Core	244469	Provide care for babies, toddlers and young children	4	10

Total Credits 15

Skills Programme 7 – Grade R - Specialisation

ELO	US Type	NLRD	US Title	Level	Credits
20	Elective	244256	Facilitate a Numeracy Learning Programme in the Reception Year	5	15
21	Elective	244257	Facilitate a Literacy Learning Programme in the Reception Year	5	15
22	Elective	244260	Facilitate a Life Skills Learning Programme in the Reception Year	5	15

Total Credits 45



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