



**Rural Development
Support Program**



Annual Summary Report

2022

RDSP Prayer

Dear God,
 Thank you for the opportunity to serve
 Your people throughout Southern Africa.
 In particular, we commit ourselves
 And our resources to assisting Rural
 Communities.
 We ask you to continue to grace us with
 Your gifts of energy,
 Creativity, integrity and compassion,
 So that we can bring hope where there is
 none
 And help people to reach their full
 potential.
 Lord, protect us as we travel,
 Take care of our loved ones
 And bless us and those who support us in
 our work.
 We look forward to the day
 When all communities no longer live in
 isolation and poverty,
 But prosper in Your peace and love.
 We ask You this in love and faith.

Amen.

St. Isadore, Patron of Rural communities.

Looking Back!

The Year of 30th Celebrations...

RDSP started as a rural outreach project in the Catholic Church under the previous Catholic Welfare and Development (CWD) in 1992. Our focus has shifted a bit over the years, but one of our programmes that have remained constant is our capacity building for organisations. What has become very prominent over the years in the communities that we work with, is the issue of substance abuse and gender based violence (GBV). This has become our main focus over the last number of years.

A lot of people from the cities think that living in a rural area is a quiet life, it is idyllic, but those living in rural areas face many of the same challenges that we face in urban areas around the abuse of alcohol, drugs and violence. What makes it different is that they don't have easy access to resources like we have in the cities where there are many organisations, government departments, etc. People think that these services do get to rural areas, but they don't. In many instances we are told, "You are the only ones who come to us, who come and do training here." I think there is an expectation that rural people must travel to the bigger towns, the bigger cities for training other services. What we do



That is unique, is that we go to the communities and we work with them in their own communities. It's always been our way of working for the last 30 years, because we don't want to go back to a community to provide the same service all the time. We also have limited resources. We believe that if we build the capacity of the local people in that community, then the skills and the knowledge stay within that community. The fact is that we keep on adapting to the needs of the communities we serve, we are not doing the same things we did 30 years ago - **and that keeps us relevant.**

~ Brenda Snyders, RDSP Director ~

30 Years of Serving Rural Communities



Throw Back!



30 Years!

"The fact is that we keep on adapting to the needs of the communities we serve, we are not doing the same things we did 30 years ago. We are adapting, we are always changing how we work and what we do, and that keeps us relevant."

~ Brenda Snyders, RDSP Director ~

It both amazes me and does not surprise me that Rural Development Support Programme (RDSP) is celebrating 30 years of actively building the capacity and supporting the effectiveness of rural community development organisations. It amazes me to think that an idea I was part of creating has become a vibrant organisation with 30 years' history.

It does not surprise me, because RDSP has always been blessed with exceptional leadership and passionate rural partners. It is this leadership which has seen the organisation adapt so successfully to the changing South African environment. It is the passionate people in rural areas, who have welcomed RDSP's partnership and support in taking their dream for their community and transforming it into an organisation with a mission.

I am honoured to have been a part of RDSP's creation and story. I am grateful to still be working with RDSP to support effective rural development organisations in my new position with the Butterfly Art Project.

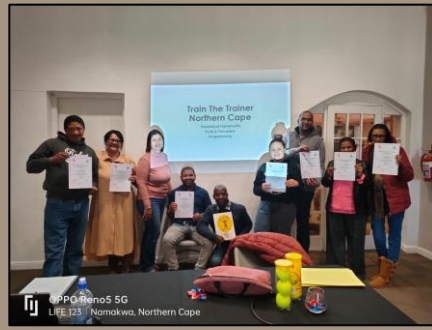
~ Jane de Sousa - Executive Director, Butterfly Art Project & (RDSP Founder & Former Director) ~

RDSP was established in 1992 by social activists Jane De Sousa and Rosanne Shields.



Train-the-Trainer Course

The participants from Community Based Organisations in the Northern Cape who completed the LIFE123 modules attended this training course. The aim was to further build their capacity to become Facilitators and offer the Lifeskills programme back to their communities.



I first “met” Rural Development Support Program in 1998 when I was interviewed for their Administrator post. I started working for RDSP in February 1999 (yes, I got the job!) and loved every minute of my 18 years with the organisation. I moved from the corporate world to the NGO sector when I joined RDSP and I felt like I had finally found home. I was able to wake every day with purpose and know that the work I was involved in had real meaning and impact. I learned so much from my wonderful colleagues, RDSP’s strong board, inspiring beneficiaries and generous partners. Happy 30th birthday to an amazing organisation. Wishing you many more years of quality implementation and learning.

~ Gardie Judge, Operations Director, Butterfly Art Project (Former RDSP Director) ~



I want to say thank you very much to RDSP for the growth of our organisation. It is really a great encouragement. We appreciate everything that RDSP has done for us thus far.

Then I also want to talk about the contribution that RDSP has made in terms of the training and mentoring that we have been exposed to, it is of an outstanding quality. There were different aspects of the social life and the training that we have done, it has helped our organisation so much and I have benefited personally myself. It has helped us to grow as an organisation, and even in my personal life. The seven habits training really helped me to make so many personal changes in my life.

RDSP Serves



From Bergsig Ondersteuningsgroep as well as from management we want to thank RDSP very, very much. They were the organisation that helped us when our organisation went through difficulty. The Mama Mimi oven that we have received from RDSP has really helped us when the funding was scarce, and we still use it to generate an income and to help our organisation to be sustainable and to keep the doors open.

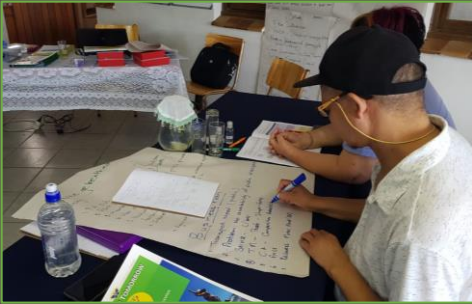
Thank you for your support and may you go from strength to strength. We will keep you in our prayers for the work that you do, and for the work that you continue to do in the Northern Cape. Everything you teach us, we implement in our organisation and in our communities. Thanks again!

Elize Brandt, Project Leader, Bergsig Ondersteunings Groep, Bergsig, Northern Cape



Youth from De Aar, Northern Cape who attended the Entrepreneurial Training, received mentoring interviews. It was done in 3 parts:
 * Rapid Life Coaching; * SWOT Analysis, and
 * Site visits to participants' place of business.

Life 3 Training & Mentoring



Restoring and respecting every person's human dignity is a priority in a world torn apart by poverty, war and other atrocities. In 1992 I was given the wonderful opportunity to work alongside rural communities served by RDSP in order to build something new out of desperate situations, through running training courses, carrying out field trips, raising funds and forming partnerships.

As a privileged South African this was truly a gift from God, an opportunity to make my small contribution to putting things right after the ravishes of Apartheid. The struggle against corruption, greed and patriarchy continues and RDSP's model is a key part of this.

I'm deeply grateful to still be involved and to have been invited in by so many communities who choose to welcome and trust us.

- Rosanne Shields, Board Member and (RDSP Founder and Former Director)

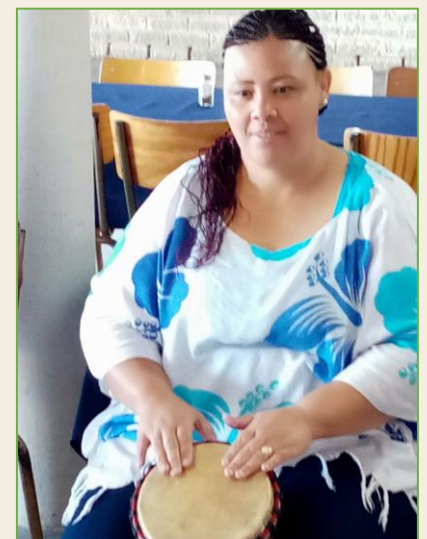


The final module of Life123 was presented to participating CBOs of the Northern Cape. This brought to an end the two-year Lifeskills programme.

The key to a successful training programme often lies not in the training sessions but in the after-training support. These **mentoring visits** are always conducted on site and each organisation is mentored individually. During these sessions, each participant is given the opportunity to demonstrate their learned skills, ask for guidance, and help in areas where they feel challenged or are struggling.

Results and Impact:

- In applying the ABCD approach by looking at "start with what you have and work with what you know", one of the participants started a feeding scheme project mobilising the community assets within the community.
- Participants started to take the lead in identifying possible interventions to run within their communities.
- One of the participants plans to start with an intervention to work with the girl child within their community.
- Participants mentioned in the interviews that they are now able to present better programs as organisations.



Gender-Based Violence (GBV)



GBV Youth Dialogues

Dialogues took place in Vredenburg, Lamberts Bay and Piketberg in the Western Cape to raise awareness and to listen to the challenges and experiences of the youth and youth workers in relation to GBV.

Excerpts from the Lambert's Bay Cluster Dialogue:

GBV is deep-rooted in these communities and victims are trapped, as there is little to no support there. It has almost reached a level of acceptance by people. The increase in statistics over the last number of years reiterated the fact that GBV is a serious issue and has to be treated as such. The importance of working with young girls and boys was highlighted. There was some sense of hopelessness as support, especially from Government, is lacking. The attitude of SAPS towards victims was also highlighted as a concern.

"I was a victim of GBV and domestic violence within my household growing up, so it is a topic that is very emotional." ~ Participant, Vredenburg.

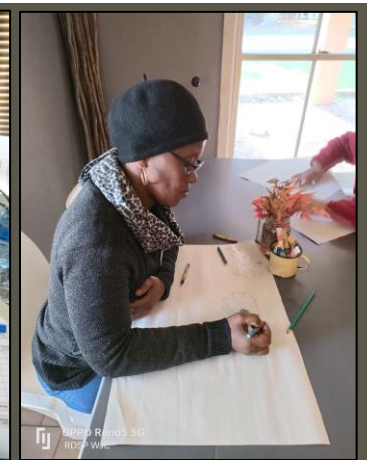
"GBV cannot be addressed by individuals, it needs to be addressed collectively and the community needs to come together." ~ Participant, Lamberts Bay



Support to Caregivers

Members of the Witzenberg Justice Coalition attended a Trauma Debrief Organisation Development process in Wolseley, Western Cape with the following aims:

- * To offer support for personal problems identified.
- * To focus on personal healing.
- * To offer support to the caregivers.



Over 13 000 women were victims of assault with intent to cause grievous bodily harm between July and September 2022.
 1 277 women were victims of attempted murder, and 989 women were murdered during this reporting period. Shockingly, in just six months, 558 children were killed in South Africa from April to the end of September 2022.



Trauma Debrief Skills



RDSP launched the **Mary Lack Community Grants Programme** with a specific focus on supporting grassroots initiatives in the Northern Cape. The 1st round of grants were made in line with Women’s Month. The fund was started with donations in kind from personal friends and families. A total of R25,000 was allocated (5 CBOs each received R5,000).

Funds were allocated to implement activities with teenage (13 – 19 yr. old) girls and boys to:
Change attitudes, or to question gender roles and stereotypes that make gender-based violence acceptable in society.

A total of 19 Participants from Lifeline, Kimberley received training in Trauma Debrief skills with the following aims:
 * To understand their personal trauma.
 * To understand and use the terminology associated with trauma.
 * To understand and apply the debriefing process to be able to assist clients experiencing trauma.

Participants were given the opportunity to share their external and internal scars with each other through a body mapping (external) and River of Life (internal) exercise. They shared their life stories in small group discussions with people they felt comfortable sharing with. During the reflection and debriefing of this exercise there was the realisation that most participants are confronted by personal trauma. From this it was clear that participants must be offered a platform within which they feel safe enough to process their own trauma.

The group received **mentoring** starting off with using journaling as a tool. It was a very positive process and participants indicated that the journaling helps effectively to deal with their emotions. Individual counselling sessions followed offering support and guidance where needed.

It has been a great privilege to be able to work with RDSP over the years. One of the trainings from which we benefited a lot was the SANCA training offered by Alet. **After that training, we founded a support group for women.** In this way there could be support for women who have family members abusing substances. This led to more informed women. **These sessions led to changed behaviour** and some of their family members went for rehabilitation. We were also taken to different rehabilitation centres by RDSP and it was also a big eye opener. We were therefore able to stand together with women to support them while family members were in these centres.
 The Mama Mimi's bakery was also a great asset in that women who had been through GBV could go out of their homes in the morning and earn something so that she could also put food on the table. Self-respect was also restored to a certain extent and women appeared more motivated and confident. They were able to do something for the community again.

~ Coleen Cloete, Project Leader, Sprankie Hoop, Nababeep, Northern Cape ~

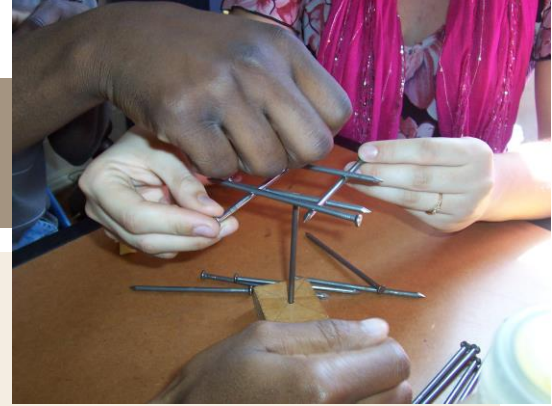
Gender-Based Violence Prevention

GBV Programme – DOCKDA Network

An 18-month GBV Training and Mentoring Programme came to an end with DOCKDA's Home-based Care organisations in the Northern Cape. The group received training in Community Leadership and various sessions of on-site and virtual mentoring for previous training modules took place throughout the year.

PARTICIPANT COMMENTS:

- I enjoy facilitating group sessions.
- I enjoy growing with the group.
- It's my passion to conduct group sessions.
- I have more confidence.
- I understand group sessions better.
- I am excited to continue with group work sessions.



It is a privilege to be able to reflect on my journey with RDSP with a deep sense of gratitude for being part of RDSP's team. My love story with RDSP, Brenda Snyders and the team started in 2013.

One of the highlights was my first training in 2013 in Okiep and meeting Brenda for the first time. To experience Brenda and her good heart and compassion and to experience her passion for her work. To get to know the people of Namaqualand, to experience their authenticity and their beautiful way of speaking. To hear Quinta Titus and her fantastic laugh and enjoy her kaleidoscope of stories. This was the starting point of my journey with RDSP, which is an incredible journey full of excitement and growth.

Another highlight was visiting the villages around Kuruman during our mentoring visits. Because language was a barrier, we often repeated the training several times and coached participants to host groups, to facilitate informative talks and to present puppet shows. The highlight was when we returned for the third visit per program and participants were able to manage to implement. One really came to the realization that although these participants live in far-flung truly rural areas, with the bare minimum, no power or running water in the houses, no public transport and mostly using donkey carts, there is nothing wrong with their ability to learn, understand and implement.

A further highlight was the training at Carmel with the beautiful training venue overlooking the breathtaking Victoria Bay. Father Brian said the morning mass for us, which was an incredible personal experience for me. The trauma training and debriefing in Ceres also stood out. To experience participants' tears and frustration and loss from systems that don't work. But also to then see the healing during the process, and to see participants lighter with hope and new strength.

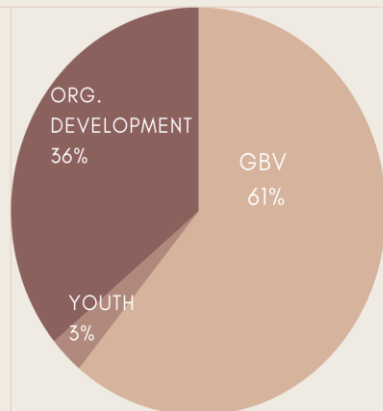
There is no doubt that RDSP's programs and training programs will always be in demand as it reflects much of the passion and kindness of staff members.



~Alet Ackermann, longstanding Associate Staff~



RDSP PROCESSES 2022



TOTAL PROCESSES - 33



Climate Change Programme

The Democracy Works Foundation invited RDSP and six of our CBOs to join a programme on Climate Change that will come to an end in February 2024. First was a Climate Change Funding workshop that focussed on explaining REIPPP's and their funding. The second workshop was focussed on how to create localised and implementable climate action Negotiations and Advocacy Strategies for organisations.

The following **CBO's from the Northern Cape** are participating:

- * Mpumelelo Youth Movement
- * Ratanang Victim Support
- * Helping Hands
- * NAMKO
- * Sprankie Hoop
- * Luvuyo CNDC
- * Bergsig Ondersteuningsgroep

Mmabatho Mabika, leader of Mpumelelo Youth Movement did a presentation on Community Communication Strategies for Climate change during one of the Workshops in Gauteng.



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Through RDSP's interventions, South African rural organisations have been able to become more sustainable and have become less reliant on RDSP for training and mentoring, yet still returning to RDSP for input, guidance and at enquiring about further training opportunities. Individuals have expressed personal growth and development with some having made radical changes in their personal lives and have even seen some moving onto greater things in other organisations. Many individuals and organisations who have had contact with RDSP and its staff still maintains a very strong bond and relationship, both in a personal and organisational capacity which is a testimony to the commitment of the RDSP team to the development of both individual and organisation.

~ Eugene Jackson, former full-time staff, current Associate Staff ~

The **Renewable Energy Independent Power Producer Procurement Programme (REIPPPP)** is an initiative by the South African government aimed at bringing additional megawatts onto the country's electricity system through private sector investment in wind, biomass and small hydro, among others. These companies are required to engage and contribute towards local community development needs within a 50-km radius of their project sites.

Good Governance Training & Mentoring

Good governance, is about:

- Vision (planning for the future),
- Destination (setting goals and providing a general “road map”),
- Resources (securing the resources necessary to achieve the goals or reach the destination),
- Monitoring (periodically ensuring that the organisational vehicle is well-maintained and progressing, within legal limits, towards its destination) and
- Accountability (ensuring efficient use of resources; reporting progress)

A total of **26 Participants** from **16 Organisations** attended the training in Kimberley, Northern Cape.



Project Planning Training - Kimberley

Organisations learnt about the process of **organising tasks and setting timeframes** in order to achieve a certain goal.

This training saw **35 Participants** from **17 CBOs**.

Participant highlights

The most commonly mentioned highlights for the training were: the development of a theory of change; the revision and/or development of a vision and mission for the organisation – this was especially true for the organisations who did not have one in place at all in the beginning; unpacking activities within a programme and being able to separate out projects; and the gaining of new knowledge.

Practical results

All 17 organisations left the training with: an organisational vision, mission and value statement; a programmatic problem statement, goal, drafted diagrammatic theory of change, drafted theory of change narrative, list of key stakeholders, activity and resources maps.



Final Thoughts...

As always we would like to extend a **warm thank you** to all our **donors, funders and partners** for their support during 2022.

- Misereor
- DG Murray Trust
- The Sibona Ilanga Trust
- SACBC Lenten Fund
- Ann Kreitzer Will Trust
- DOCKDA
- LIFELINE – Northern Cape
- Witzenberg Justice Coalition (WJC)
- SANCA Western Cape
- Butterfly Arts Project (BAP)
- Democracy Works Foundation
- Global Giving

RDSP's Key Focus Areas are:

1. Rural Organisation Development Programme

Rural Community Development Organisations receiving individually designed training and mentoring from RDSP have increased organisational effectiveness enabling them to improve their impact in communities.

2. Rural Youth Workers/Leaders Development Programme

Youth workers/leaders in rural communities participating in RDSP's programme develop the emotional maturity they require to realise their potential, work effectively with youth, and be change agents in their communities.

3. Rural Substance Abuse Programme


Rural community groups receiving comprehensive training and mentoring in the field of substance abuse from RDSP implement services to assist those affected by substance abuse in their communities.

4. Rural Gender Based Violence Programme

Rural community group members participating in RDSP's programme develop their personal understanding of GBV, strengthen their inter-personal skills and assist those affected by GBV in their communities.



Contact us:

 brenda.rdsp@mweb.co.za or faith@rdsp.co.za

 RuralDevZa  www.rdsp.org.za



THANK YOU AND GOD BLESS!



From humble beginnings in 1992, RDSP has grown into an amazing service provider organisation operating in the rural areas of South Africa mainly in the Northern Cape providing highly effective capacity building training and support to CBO's who then provide this training to their rural communities.

As the organisation developed, more funds were required and more staff needed to carry out the training programs. It hasn't been plain sailing over the years though. When the financial crunch came in 2008, RDSP had to consolidate the organisation by cutting costs which meant retrenching staff, moving to smaller premises etc. It was then decided, going forward, to use associate staff to keep the overheads in check. We still use associate staff in the present day.

At the end of 2017 and beginning of 2018, RDSP went through a change of long experienced leadership moving on which created some difficulties but these were worked through. Then in 2020 with the onset of COVID, it shook RDSP to the core. Again RDSP had to retrench staff, give up office space, and reduce salaries for a while to survive, which was achieved.

We would never have been successful without the support of the various funders through the years especially Misereor who has been our funding partner since inception and of course the dedicated staff and supportive board members through the years.

Going forward to 2023 after hard work, the organisation is in a positive financial position and hope that this continues into the future.

- Cecilia Kuhn, RDSP Bookkeeper, who has providing services to RDSP since its inception -

