

FAStrap© Course

This 4-day course (3 training days and 1 follow-up day) was developed in 2009 with funding provided by the Department of Agriculture and the Industry's Association for Responsible Alcohol Use (ARA) with the specific aim to provide community members and farm workers with a low literacy level or no schooling background with the necessary knowledge to make better informed decisions about important health and social aspects of their and their children's lives. The course focus on aspects such as child health, hygiene and other life skills issues pertaining to parenting, substance abuse, FASD and responsible sexual decision-making. The course was formally evaluated by the Medical Research Council in 2009.

The course is ideally presented to 20 community members or farm workers who attend the 3 day course over 3 consecutive days or one day per week for 3 weeks. Thereafter they do the required outreach and community work, reporting back to the course facilitator during the 4th day of the course which takes place 4 – 6 weeks after completion of the 3-day training. Certificates are only issued on completion of the outreach and community work.

Since October 2009 to October 2011 FARR has conducted 14 FAStrap© Courses training 282 participants. Through the capacity development and outreach programme following onto these courses 5 640 community members were trained.