



We're back with stories and updates that matter: from protecting children to spotlighting the change-makers. Scroll down and take a moment.

You're part of something powerful.

Moments That Matter

Almost 2 000 people entered the Moments That Matter competition, launched by Hold My Hand to celebrate the small but powerful connections that shape a child's life. Think: mkhulu teaching soccer moves, mama reading a bedtime story, or a teacher's quiet words of encouragement.

Every story reminded us just how much love, time and attention matter.



One of the submissions was a moment captured during a [Thanda](#) Baby Programme Group Work session of Gogo Khambule and toddler Ase, who are two peas in a pod. Gogo Khambule is an active guardian has recently joined the Gogo's Arts and Crafts group. In a recent brief chat during arts and crafts, Gogo Khambule shared she joined the group because she wanted to revisit her beading skills and was also inspired by the threading activities done during Home Visits and Neighbourhood group work, as it allowed her to bond and spend more time with her grandchild.



check out some of our entries



Hold My Hand Webinar



Children and Teens Voices Matter!

Creating a South Africa where every child and teen is heard and thrives.

Bring a child to listen and share.



14 May 2025
3pm - 4:30pm

Live on



zoom



/HoldMyHandSouthAfrica

Register now on Zoom

Watch Live on Facebook

Hold My Hand is a campaign and call to action which we hope will become a national programme of action that puts children and teens first in everything it does. From the voices of children and teens, this webinar is a call for connection, action, and a future where you are seen, safe, and supported. The campaign supports and is guided by the National Strategy to Accelerate Action for Children (NSAAC).



Alcohol Harms: A child Protection crisis

April is Alcohol Awareness Month, and alcohol misuse isn't solely an adult issue. When adults consume alcohol heavily, children and teenagers often bear the brunt, facing consequences that threaten their well-being.

Research indicates that:

- * **Violence against children is strongly linked to adult alcohol misuse, particularly within homes.**
- * **Teenagers may turn to alcohol as a coping mechanism, to fit in, or to escape challenges.**
- * **South Africa has one of the highest rates of Foetal Alcohol Spectrum Disorders (FASDs) globally.**
- * **Heavy drinking contributes to car accidents, drownings, unsafe sexual practices, and crime, all of which directly or indirectly impact children.**
- * **Despite the liquor industry's contribution of approximately 3% to South Africa's GDP, the societal costs of alcohol-related harm are estimated to be between 10-12% of the GDP.**

To address this crisis, the World Health Organization recommends:

- 1. Increasing the price of alcohol through taxes and minimum unit pricing.**
- 2. Limiting the availability of alcohol through restricted sales times and locations.**
- 3. Banning alcohol advertising, sponsorships, and promotions.**

Implementing these measures can significantly reduce alcohol consumption and its associated harms.

It's time to prioritise our children's safety by challenging the normalisation of heavy drinking. By creating supportive environments and enacting effective policies, we can ensure that every child grows up in a safe and nurturing community

National Treasury has proposed to introduce minimum unit pricing in South Africa. We need to all get behind it!

[Read Hold My Hand Article](#)

[Rewatch the Rethink Your Drink FASD Webinar](#)

[DGMT's Rethink Your Drink Campaign](#)





Child Protection

Zero Tolerance. Full Accountability.

The Hold My Hand campaign stands firm: child safety is non-negotiable.

Every child in South Africa deserves to grow up free from abuse, violence, and fear. Yet far too many still face harm in spaces that should protect them. Our campaign is committed to holding every sector accountable to the highest standards of care.

What we believe:

- * **Safety is a right**, not a privilege.
- * **Support must follow harm** – children and families must have access to psychosocial services when they need them most.
- * **Justice must be swift and sensitive** – abuse should never be ignored, dismissed, or delayed.

As outlined in the National Strategy to Accelerate Action for Children, protecting children from abuse, violence, injuries and harmful substances is one of the top 10 national priorities. That means all of us, from government to civil society, from private sector to schools and communities, must hold hands and close ranks around our children.

Our hearts are with every child who has been harmed. We stand with survivors. We advocate for prevention. We push for protection.

our community

We're thrilled to spotlight a few of the inspiring organisations that are part of the growing Hold My Hand community. Each one brings something fresh to the table: new ideas, deep expertise and a shared commitment to creating a better world for children and teens.



Early intervention supporting families with deaf or hard-of-hearing babies.



Focusing on preventative and developmental interventions.



The Equality Collective is an activist and community-focused law project.



Helping children build strong foundations while creating jobs, growing social enterprises and boosting local economies.



Royal Drakensberg EDUCATION TRUST
Dedicated to transforming rural communities through quality education initiatives.



Dedicated to improving maternal and child health.



Dedicated to empowering female third-generation caregivers (gogo's).



Social impact publisher of open, African picture books for very young children.

Join Our Community

What is happening in our Community?

"Even in times of austerity, investing in a targeted intervention with a high return makes economic sense."



Maternal Support Grant

South Africa's stunting crisis is more than just a health issue; it's a deep societal and economic challenge that requires immediate action. In a new op-ed for Daily Maverick, **Rahima Essop** (DGMT, Communications Director) and **Liesel Engelbrecht** (Nutrition Lead, Hold My Hand) call for the implementation of the Maternal Support Grant (MSG) to address child malnutrition starting in the womb.

[Read Op-Ed](#)



Child Outcomes Evaluation

The SmartStart Child Outcomes Evaluation was released – and the results are more than promising. In just 8 months:

- ★ Children "on track" rose from 45% to 65%
- ★ The achievement gap between the richest and poorest nearly closed
- ★ SmartStart children outperformed the national Thrive by Five benchmark

[Read the Briefings](#)



Do More Podcast

This episode features Tess Peacock, the visionary director of the Equality Collective, a transformative initiative based in rural Eastern Cape, South Africa. Committed to dismantling racial and economic exclusion, Tess empowers communities to lead change. As the founder, she focuses on building partnerships in underserved municipalities, creating a rural justice network dedicated to *ukulingana ngoku* ("Real Equality Now!").

[Stream Here](#)



ECD Teacher Development

Watch Grow ECD's latest webinar on ECD Teacher Professional Development.

Your teachers are your school's greatest asset! When they're supported and growing, your whole centre benefits – from happy, professional teachers comes children who are excited to learn and proud, satisfied parents too. Investing in your teachers' growth has a ripple effect you can't afford to miss.

[Watch Here](#)



African Children's Summit 2025

Hold My Hand attended the African Children's Summit where an Outcomes Statement was developed and adopted unopposed by children and teens. Children demand action, monitoring, and feedback from the current African political leaders of the continent's 54 nations. Children say they are tired of talk shops, and they don't want to be talking about the same issues at the next Summit in 2027.

[Outcomes Statement](#)



Mental Health Resource Hub

SADAG is excited to be part of Deochii's global Mental Health Resource Hub! We are committed to making Mental Health a priority for everyone. Their dedicated Panic and Anxiety page is filled with important information, practical resources, and effective coping strategies.

[Learn More](#)

Stay connected

Get the latest updates, inspiring stories, and ways to make a difference by following us on social media.

Together, we're creating a brighter future for South Africa's children and teens. Thank you for holding hands with us on this incredible journey.

Want to share your latest news? Drop an email at news@holdmyhand.org.za



Together, we will change our future.

Thank you for being a vital part of our mission to put children at the center of our future. Your involvement makes all the difference!

