



AUTHeR (Africa Unit for Transdisciplinary Health Research) takes pleasure to present LIFEPLAN®. AUTHeR, a research entity of the Faculty of Health Sciences of the North-West University, strives to provide research across disciplinary boundaries that offer realistic solutions to address community challenges. Communities need to be empowered through continuous social impact because health is an extremely valuable necessity for everyday life. Before one can improve health or even refer to health, seven fundamental resources for health come to play (Ottawa Charter of the WHO, 1986), namely shelter, food, peace, income, education, sustainable eco-systems and equity; all intertwined into the socio-economic and ecological determinants of health. This opens the essential need for health to mediate across boundaries into the public and private sectors. LIFEPLAN® represents therefore a holistic and transdisciplinary approach to enable any responsible citizen, grappled in the realities of low literacy but in need of basic life skills. LIFEPLAN® version 2 presents the upgraded, current and relevant curriculum, based on rigorous original research output. The original LIFEPLAN® was written for a specific target audience that of farm workers stuck within structural poverty. LIFEPLAN® version 2 however, broadened the scope to include any person. LIFEPLAN® is based on the interdependent relations from intrapersonal to interpersonal to household, communities and societies. From a holistic approach to health complexities, this life skills training encapsulates all the dimensions of physical health, psychosocial and economic wellbeing within cultural diversity, environmental health, consumer health, ethics and food systems, to list a few. The facilitator becomes the central figure to enable learning through interactive participatory pedagogy.

THE LIFEPLAN®

TRAINING and EQUIPPING PROGRAMME

BACKGROUND AND MOTIVATION

The North-West University aspire to be a pre-eminent university in Africa, driven by the pursuit of knowledge and innovation.

It is committed to be sensitive to the environment and the social needs of the country, to create an enabling environment that will enhance and improve the institutions core business, i.e teaching, research and implementation of expertise, which includes community involvement.

In the spirit of the above mentioned, the Arica Unit for Transdisciplinary Health Research (AUTHeR) emerged from research in the Faculty of Health Sciences of the NWU. The main motivation for this Unit was the vision to contribute to a better quality of life for, firstly, the people in the North West Province.

Research was done by researchers from several disciplines within AUTHeR (Nutrition, Social work, Psychology, Physiology, Nursing, Consumer Sciences, Economics and Theology) guided interventions and gave birth to LIFEPLAN® (Life Inequalities amongst people addressed by means of Purposeful Living And Nutrition interventions).

The framework for the LIFEPLAN® education and training programme has been compiled based on the Maslowian hierarchical needs assessment scale and in-depth research of the FLAGH study, which followed a social sciences research approach, using qualitative and quantitative data to investigate and understand nutrition security, livelihoods and poverty of farm worker households.

WHAT IS LIFEPLAN®?

LIFEPLAN® follows a path of core lecturing exercises and activities that build knowledge, promote interpersonal skills and trust through contact and sharing, build thinking and planning skills and build motivation and commitment to action.

The programme activities comprise presentations, interactive activities and discussion. Overall a participatory approach focusing on mobilizing participant participation, contact and collaboration will be employed.

This will be accomplished using a range of course participatory activities and focused inputs by the persons facilitating the process.

THE AIM, LAYOUT AND DESIGN OF LIFEPLAN® AS A TRAINING AND EQUIPPING PROGRAMME

LIFEPLAN® is specially designed to guide and to assist facilitators when offering or conducting training and developing sessions for individuals who want to be equip and who want to become knowledgeable and self sustainable.

It provides the background, outcomes of the course, membership, preparation phase, skills required by die facilitator, setting, session outlay and a detailed step by step description of the course.

LIFEPLAN® consists out of three main sections, namely:

1. LIFEPLAN® 1 - Who am I?
2. LIFEPLAN® 2 - Needs and motivation
3. LIFEPLAN® 3 - Self Management

WHAT ADDRESSES THE LIFEPLAN® TRAINING AND EQUIPPING PROGRAMME?

The LIFEPLAN® programme addresses poverty amongst the most vulnerable through human development and training in life skills in order to improve their wellbeing in terms of health, nutrition and choice, all combined in a model where sustainability in terms of family and social support networks and structures, behavioral, hygienic and nutritional practices and financial impact can be tested.

THE GOAL OF THE LIFEPLAN® TRAINING AND EQUIPPING PROGRAMME

LIFEPLAN® is further a prerequisite training and equipping programme for each group of volunteers who want to take up the opportunity to be equipped, to be trained and to be developed so that they can be skilled, self sustainable, independent and hardworking.

After completing LIFEPLAN® the participants will take pride in their personal ability, capability, potential, skills, experience and co-operation. The greatest advantage and privilege for these participants will be the opportunity to start their own business.

TARGET POPULATION – WHO SHOULD USE THE LIFEPLAN® TRAINING AND EQUIPPING PROGRAMME?

Individuals, corporate businesses, schools, colleges, elderly people (geronontology) and communities who has the need to be equipped, to be enrich and to gain knowledge can use the programme.

The Africa Unit for Transdisciplinary Health Research (AUTHeR) will implement and facilitate the course.

LIFEPLAN® is to be used and the course run by persons with well developed facilitation skills, experience of group facilitation and knowledgeable in the field of training and developing of skilled and unskilled, literate and illiterate people who has the need to develop themselves and to become self sustainable

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