

10 Oktober: Wêreld Geestesgesondheidsdag



Hortgro reik uit en ondersteun vrugteboere en gemeenskappe in moeilike tye van stres

Hortgro, die sagtevrugtebedryfsdiensorganisasie, is bekommerd oor die beroepsdruk waaronder veral Wes- en Oos-Kaapse produsente tans verkeer, en wat deur die voortslepende droogte vererger word.

Hortgro se uitvoerende hoof, Anton Rabe, sê dat "ons as 'n vrugtegemeenskap alles in ons vermoë moet doen om ons produsente by te staan om die huidige situasie te hanteer."

"Nie net die praktiese tasbare produksie uitdagings waar meer met minder gedoen moet word nie, maar ook op die psigiese terrein waar produsente, hulle gesinne en landbouwerkers werklik swaarkry en ook geestelik bygestaan moet word."

Rabe meen voorts dat psigiese gesondheid 'n komplekse en baie privaat arena is waar 'n bedryfsorganisasie soos Hortgro homself nie normaalweg sal begewe nie – "maar, hierdie is abnormale omstandighede en ons moet buite ons normale verwysingsraamwerk met die uitdagings *cope*."

Hortgro ondersoek tans verskeie hulpskemas en moedig intussen alle sagtevrugteprodusente aan om hulself, hul gesinne en werkers ingelig te hou oor geestelike gesondheid.

- Vir meer inligting kontak Sadag by: www.sadag.org of 0800 21 22 23.

10 October: World Mental Health Day



Hortgro reaches out and supports fruit farmers and communities in difficult times of stress

Hortgro, the support organisation for the South African deciduous fruit industry, is worried about the professional pressure that Western and Eastern Cape fruit producers currently face, and which is worsened by the relentless drought.

Hortgro Executive Director, Anton Rabe, says that "together as a fruit community we must do everything we can to help our producers cope with the pressures of the current situation."

"Not only are there difficult production challenges – where growers have to do more with less, but we also have to look at our constituents' resilience. Some producers, their families, and agricultural workers are struggling and need assistance to cope."

Rabe said mental resilience is a complex and private affair and an organisation like Hortgro would not normally get involved in these matters - "but these are abnormal circumstances and we need to tackle challenges beyond our normal frame of reference."

Hortgro is currently investigating several support schemes and encourages all deciduous producers to keep themselves, their families and agricultural workers informed about mental health.

- For more information, contact Sadag at: www.sadag.org or 0800 21 22 23.

Directors: NDV Dicey (Chairman) - JM Mashaba - B Njobe - A Rabe (Executive Director) - AJ Smit
Co-opted: P Sekhoto