



KAIROS
ARTS

Kairos International Outreach

George, South Africa 2026



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The Valley Informal Settlement in George

The Valley informal settlement, situated within the George area of the Western Cape, is a community facing significant social and economic challenges. Many residents experience poverty, unemployment, overcrowding, food insecurity, and limited access to opportunities and support services. These pressures can contribute to ongoing experiences of trauma, violence, exploitation, gender based violence, substance misuse, and vulnerability to human trafficking, particularly amongst women, children, and other marginalised groups. Research across South Africa highlights that informal settlements often face increased risks associated with poverty, inequality, and violence, placing additional strain on the wellbeing and resilience of individuals and families.

Partner Organisations

Throughout the trip, Kairos will partner with local organisations already embedded within the community. These organisations play a vital role in supporting vulnerable, marginalised, and at risk individuals and families, providing practical assistance, relational support, advocacy, and opportunities for hope and restoration.

Ethnos Ministry

A Christian community organisation based in George that serves vulnerable, marginalised and exploited communities through outreach, discipleship, practical support, and community development initiatives.

Be The Hope

The Deaf community in George is a particularly vulnerable and marginalised group, often facing significant barriers to education, employment, healthcare, and social inclusion. These challenges can leave Deaf individuals at increased risk of poverty, exploitation, social isolation, and domestic abuse. Through a social enterprise model, Be the Hope combines skills development, product manufacturing, health support, and community connection to create meaningful opportunities for Deaf individuals to generate income, develop vocational skills, and participate more fully in society.

Wild Mongoo

Wild Mongoo is a social enterprise that works alongside women who have experienced exploitation, trafficking, abuse, and significant vulnerability. Through employment opportunities, skills development, mentoring, and ongoing relational support, the organisation provides a safe and empowering environment where women can rebuild confidence, restore dignity, develop independence, and move towards long term healing and stability. Their work offers practical pathways out of cycles of poverty and exploitation while creating opportunities for hope, belonging, and a renewed sense of purpose.

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Purpose of the trip

The visit has been developed in partnership with local ministries, charities, and community organisations already serving vulnerable, exploited, and marginalised communities. Rather than delivering isolated one-off interventions, Kairos will work alongside existing trusted community groups and leadership teams to strengthen wellbeing, offer emotional support, and equip participants with practical reflective tools that can continue beyond the visit itself.

- Provide therapeutic arts sessions promoting emotional wellbeing, resilience, self-expression, and connection
- Strengthen long-term partnerships between Kairos and community organisations in South Africa
- Encourage sustainable approaches to emotional support and trauma-informed community care
- Create restorative therapeutic spaces for frontline staff, volunteers, community workers, & vulnerable groups
- Share therapeutic arts approaches that are accessible, relational, culturally sensitive, and encourage reflection, rest, and renewal for those working in emotionally demanding environments
- Support social enterprises that provide employment, skills development, and safe opportunities for women who have experienced exploitation, trafficking, abuse, or significant vulnerability
- Invest in local community development initiatives by purchasing ethically produced products and crafts from social enterprises, helping to create sustainable income opportunities while bringing products back to raise awareness and support for their work

The outreach visit to George aligns closely with Kairos Arts' mission to use therapeutic arts to nurture emotional health, restore hope, and support those who have experienced trauma and adversity. Through creative, relational, and trauma-informed approaches, we seek to create safe spaces where individuals can experience connection, reflection, healing, and growth through therapeutic arts.

The visit also reflects Kairos' core values of compassion, creativity, collaboration, integrity, empowerment, and inclusivity. In keeping with our commitment to "Meet People Where They Are, Make Them Feel Valued, and Mark Moments," we aim to honour the experiences of vulnerable, marginalised and exploited communities in George to build meaningful partnerships, and create opportunities for discovery of hope, dignity, and restoration.

The overarching theme for the visit is rest, restoration and renewal. Drawing on Isaiah 58, Isaiah 61, Psalm 23 and John 7, we will explore the image of dry riverbeds, empty containers, and weary hearts being refreshed and refilled.