



# Empowering communities to be self-reliant through sustainable development

## About Towards a Better World

Towards a Better World (TABW) is an Australian-registered charitable organisation committed to supporting community development that is economically, socially, and environmentally sustainable.

We adopt a bottom-up, community-driven approach to development, ensuring that projects are locally relevant, culturally appropriate, and environmentally responsible. By prioritising community ownership and participation, our programs aim to create sustainable change that enables people to improve their own standard of living over the long term.

TABW supports and funds development initiatives in partnership with local organisations in low to middle income countries with a focus on programs that address food security, health and nutrition, skills development, and income generation.

In Namibia, TABW delivers its work through a dedicated sister organisation, *Towards a Better World Charities* (TABWC), a registered Section 21 (non-profit) company under the Namibian Companies Act. Under the guidance of TABW directors, TABWC is responsible for the implementation of all TABW programs in Namibia.

Together, TABW and TABWC focus on programs with a strong emphasis on long-term sustainability, community ownership, and meaningful impact.

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*Our philosophy is grounded in the belief that lasting change is only achieved when initiatives are shaped by the needs, priorities, and aspirations of the communities they serve.*

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## **MISSION**

To equip individuals and communities with the skills, knowledge, and resources necessary to achieve long-term self-sufficiency, reducing reliance on external aid.

## **VISION**

We see a world where communities are self sufficient, resilient and empowered to shape their own futures by effectively utilising local and external resources.

## **OUR VALUES**

### **Sustainable Change**

Supporting initiatives that address the root causes of poverty and are financially, socially, and environmentally sustainable.

### **Equity**

Ensuring programs are inclusive and accessible, recognising the diverse circumstances and needs of individuals and communities.

### **Community Collaboration**

Forming strong partnerships with communities and local organisations, ensuring projects are co-designed, locally relevant, and responsive.

### **Integrity and Transparency**

Operating with honesty, accountability, and respect, upholding the dignity of all participants and partners.

## Key Programs and Initiatives

The following section outlines the main programs through which Towards a Better World supports communities, with further detail available in individual program documents.

### Farm Ubuntu – Development Through Agriculture (Namibia)

Farm Ubuntu is a working farm and agricultural training centre located on 17 hectares of arid land approximately 25 km west of Swakopmund. The program uses sustainable agriculture as a platform for local food production, skills development, and income generation as a means for strengthening food security and self-sufficiency.

The key elements of the program are:

**Crop Production:** Production of vegetables and other agricultural products for local markets, with income reinvested into farm operations and expansion.

**Agricultural Training:** Practical, hands-on training for aspiring farmers in sustainable crop production, farm management, basic business skills, and value addition.

**AgriHub Model:** Leasing land to emerging farmers for complementary activities such as poultry, pig farming, and horticulture, fostering collaboration, shared resources, and local enterprise development.

**Community Support:** Profits generated through Farm Ubuntu are reinvested into community initiatives that strengthen wellbeing and support those most in need.



### MI-CARE – Maternal & Infant Support Program (Namibia)

MI-CARE is a community-based maternal and infant support program that aims to reduce infant mortality by strengthening systems of care for vulnerable infants and their mothers or primary caregivers.

The MI-CARE program supports existing services through integrated nutritional, emotional, and community-based support, working alongside government facilities, health professionals, and community networks.

MI-CARE focuses particularly on families experiencing increased vulnerability during pregnancy, birth, and the early postnatal period, including premature births, traumatic or medically complex deliveries, and situations where families require additional emotional, practical, or informational support.

The MI-CARE framework is implemented through three interconnected pillars:

1. **Infant Nutrition & Breast Milk Access** – ensuring vulnerable infants receive safe, pasteurised donor breast milk through strengthened and expanded milk banking systems.
2. **Maternal Trauma & Postnatal Support** – supporting mothers through counselling, education, and recovery-focused interventions to protect both maternal and infant outcomes.
3. **Sustainability, Community Engagement & Capacity Development** – embedding long-term viability through community participation, ethical funding mechanisms, skills development, and local employment creation.

Through these three pillars, MI-CARE aims to improve maternal and infant wellbeing, strengthen parental confidence, and reduce preventable risks during the most critical stages of early life.

## **Sustainable Schools (Permaculture) Project (Malawi)**

TABW is a funding partner of the Sustainable Schools (Permaculture) Project in rural Malawi, led by our long-standing charity partner Empower Projects.

The project works with primary schools as entry points for broader community development, using permaculture principles to improve nutrition, learning environments, and long-term self-reliance. By integrating sustainable food production, environmental education, and basic infrastructure improvements, schools are supported to become centres of learning, nourishment, and resilience for both students and surrounding communities.

Key focus areas include:

- Establishing **school-based food production** systems to support nutrition and learning outcomes.
- **Building practical knowledge** of sustainable agriculture and environmental stewardship.
- Strengthening **community participation and local ownership** through inclusive planning and training.
- **Supporting complementary improvements** in water access, sanitation, and energy where needed
- **Strengthen educational outcomes**, and support communities to build sustainable systems that endure beyond the life of the project.

## Completed Projects

The following projects demonstrate Towards a Better World's track record in delivering, supporting, and transitioning community-based initiatives that generate practical outcomes, build local capacity, and achieve long-term sustainability.

### **Cancer Association of Namibia (Erongo Centre) – 2025**

Provision of support to the Cancer Association of Namibia (Erongo Centre) to strengthen financial sustainability and support services for their newly established palliative care centre.

Key achievements included:

**Thrift Shop Establishment** – Supporting the establishment of a community thrift shop to generate ongoing income, engage the public, and increase awareness of cancer-related services.

**Vegetable Garden Development** – Designing and establishing a vegetable garden to supply nutritious food to cancer patients and individuals receiving palliative care, while generating income through the sale of surplus produce.

**Palliative Care Support Materials** – Collating and organising practical information to form the foundation of training materials for carers supporting people with life-limiting illnesses.

### **Welwitschia 2 Retirement Village, Swakopmund (Namibia) – 2025**

Provision of support to improve wellbeing, connection, and quality of life for elderly residents at this government-run facility.

Key achievements included:

- **Establishment of bi-weekly exercise classes** to promote mobility, health, and social connection.
- **Support to the caretaker** to coordinate activities and community engagement, with the aim of building long-term local ownership.
- **Coordination of one-off essential support**, including replacement of geysers for residents without access to hot water, eye tests and corrective lenses for a resident experiencing chronic headaches, and provision of a laptop to improve administrative reporting.

### **Integrated Community Based Food Security (World Food Programme) – 2023**

Collaboration and consultancy services to the World Food Programme to revitalise neglected community gardens at health clinics and schools across five regions of Namibia.

Key achievements included:

- Rehabilitation and establishment of **productive community gardens** supplying fresh produce to vulnerable populations.
- **Training for community members** in shade-house construction and maintenance, drip irrigation, crop production techniques, poultry production, nutrition, basic management structures, and small-scale business skills.
- **Support for income generation** to enable gardens to sustain operations and employ local community members.

## COSDEF Agriculture Project – 2020 to 2023

In partnership with the Namibian Community Skills Development Foundation (COSDEF), Towards a Better World established and supported an agricultural training centre in Swakopmund focused on food production, skills development, and income generation.

Key achievements included:

- **Training of over 200 individuals** in backyard and small-scale food production.
- **Support to more than 250 households** to establish home or community gardens.
- Employment of 7 permanent local staff.
- Diversion of significant volumes of organic waste from landfill through composting and reuse.
- **Ongoing sale of fresh vegetables** to the local market, generating reliable project income.



The project reached full financial sustainability in just 3 years and was formally handed over to COSDEF in November 2023. It continues to operate independently today.

## Poverty Awareness Campaigns – 2012 to 2017

The origins of Towards a Better World (TABW) trace back to our founder, Matt Napier, who embarked on extraordinary long-distance journeys to raise awareness about global poverty, challenge perceptions, and mobilise public support. Supported by his wife and co-founder, Matt's efforts demonstrated that with determination, anything is possible.

These campaigns involved walking and cycling thousands of kilometres across Australia and Southern Africa while engaging schools, community groups, media, and decision-makers. The campaigns generated significant public awareness, raised funds for development projects, and laid the foundation for the organisation's transition from awareness-raising to direct community development programming.

These remarkable challenges included:

### Walk to a Better World

- **Namibia (2017):** An 1,850 km journey on foot, kicking a soccer ball the entire length of Namibia from the Orange River on the South African border to the Kunene River on the Angolan border. This challenge raised awareness of poverty and generated funding for development projects in collaboration with Empower Malawi and Caritas Australia.
- **Southern Africa (2016):** An 2,300 km walk across Southern Africa, from Walvis Bay in Namibia to Maputo in Mozambique. Matt completed this trek in 60 days whilst kicking a soccer ball and living on less than US\$1.50 per day (the global poverty line at the time) to highlight the reality that 1.3 billion people live in such conditions. The journey raised funds for projects across Africa in partnership with Oxfam Australia, The Fred Hollows Foundation, CARE Australia, and Caritas Australia.

### **The Global Poverty Walk (2013)**

This epic 4,500 km walk across Australia took five months to complete. Walking from Perth to Sydney while bouncing an Aussie Rules football, Matt endured extreme temperatures ranging from -8°C to +45°C all in an effort to bring attention to global poverty. His efforts gained coverage from over 130 media outlets, and he engaged with schools, politicians, and community groups to advocate for an increase to Australia's foreign aid.

### **The Long Ride to Break the Poverty Cycle (2012)**

This 3,800 km bike ride from Perth to Canberra, completed over six weeks, involved stops at schools along the way where Matt spoke about poverty and how individuals can contribute to making the world a better place.

## **More Information**

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