

CEF celebrates 25 years of serving

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Lorika Theron (left) from Rheebock Bricks, and especially her father Alex Kriel, have been major contributors towards the quest of Creating Effective Families over the years. "Our gratitude towards Rheebock Bricks for their monthly contributions, goes beyond measure," says Karin Gildenhuys, director of CEF.

MOSSEL BAY NEWS - "The strength of our organisation can be seen in the way that, over the past 25 years, we have not only been vocal about critical issues, but have actively worked towards positive change," says Karin Gildenhuys, Director of Creating Effective Families, which recently celebrated its 25th birthday.

This organisation focuses primarily on offering its therapeutic service in support of families within Mossel Bay. Its vast range of services not only include individual, group and family therapy; therapeutic group work and life skills training, but also extends a helping hand into the community through various centres, with help being at hand where it is often most needed.

At the CEF Shelter in D'Almeida, an essential service is delivered to women who are the victims of domestic violence, keeping them safe while working on either saving their relationships or finding new avenues of survival for them.

Another initiative, the Mossel Bay Protocol, offering a 24-hour service to victims of violence and trauma, was set up in 1997 and developed into a full-time service, but unfortunately, it had to be terminated in January 2012.

The Family Centre in Asla Park was established so that CEF could demonstrate how families, who receive the necessary encouragement and support, can take responsibility for the care, development and nurturing of their families. Fifty-two children between the ages of two and five

are accommodated at the centre.

At the centre, it is compulsory for the parents to attend all of the enrichment programmes presented to them. Siblings of these children are accommodated in an aftercare service, where life skills are imparted. Here, a social worker oversees this integrated programme and ensures that the 52 families are well-supported and empowered. CEF will be observing these families over a three-year period to monitor their achievements.

"We are proud to say that through good times and bad, we have built a legacy of sustaining our service delivery in Mossel Bay," says Gildenhuys.

"This is thanks to the professional guidance from FAMSA and SANCA and the support of a special breed of volunteers who really 'walked their talk'. But our personnel is our most valuable asset, giving life to what we believe."

According to their annual report, CEF served a grand total of 13 009 clients from April 2011 to March 2012. Gildenhuys quoted Martin Luther King in her report, saying, "Our lives begin to end the day we become silent about things that matter and with this in mind, I can assure you that Creating Effective Families is far from the 'end'."



The 10-piece marimba band, Nosindiso Mtimkulu and Ensemble Uthingo, created a joyful atmosphere during the celebrations at the Dias museum.



The Mossel Bay Community Band created a festive atmosphere during CEF's celebration of its 25th year of service delivery to families in Mossel Bay.



Guest speaker Dr Makgathi Mokwena, an expressive arts therapist and personal development facilitator, was a real treat during and after her presentation.