

Speel-Speel Leer Ons Met Farr

Christel Botes

Gedurende die afgelope jaar het FARR (Foundation for Alcohol Related Research) in Prince Albert weereens die voorreg gehad om 'n Leerderondersteunings- en -Ontwikkelingsprogram by die Primêre Skool in Prince Albert aan te bied. [Ons bedank aware.org vir die befondsing, wat hierdie program moontlik maak.]

Die program is ontwikkel deur 'n FARR psigometris, Liska White. Dit is gebaseer op jarelange ondervinding en navorsing deur FARR. Dit het hoofsaaklik ten doel om leerders deur middel van pret en spel te help om noodsaaklike vaardighede, waarmee hulle probleme ondervind, te ontwikkel of te verbeter. Sodoende kan leerders dus skoolwerk beter behartig, beter konsentreer en vorder. Die vaardighede sluit onder meer die volgende in:

1. Groot motoriese vaardighede (versterking van maag- en skouerspiere, oog-hand koördinasie, bilaterale koördinasie)
2. Fyn motoriese vaardighede (versterking van hande, vingers en gewigte, knip met 'n skêr, potloodgreep)
3. Visuele persepsie (insluitend ruimtelike oriëntasie, visuele diskriminasie, visuele geheue, ens.)
4. Visueel motoriese integrasie
5. Ouditiewe geheue
6. Uitvoerende Funksies en
7. Sosiale en emosionele ontwikkeling.

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Die meeste ouers/versorgers wil graag 'n positiewe bydrae in hul kinders se ontwikkeling maak. Die program sluit dus ook ouerleidingsessies in. Tydens die sessies met die ouers deel die programfasiliteerder, sekere aktiwiteit wat tuis deur die ouers met hul kinders gedoen kan word. Hierdie ouer-kind interaksie dra nie net by tot die kind se optimale ontwikkeling nie, maar verbeter ook kommunikasie en het 'n pret faktor om leer te vergemaklik. Die aktiwiteite sluit byvoorbeeld die volgende in:

- Bal vang en gooi (tussen 2 persone).
- Twee- en een been spronge.
- Maak en speel met klei.
- Papier skeur (kind moet papier fyn skeur en 'n prentjie daarmee plak, bv. 'n boom / huisie / dier).
- "Simon sê"... Waar die kind aksies uitvoer wat Simon sê, maar nie indien enige iemand anders die opdrag gee nie, bv. Simon sê vat aan jou linker oor / vat aan jou linker oor.
- Legkaart bou die ouer kan 'n prent teken op die agterkant van 'n boks; die kind kan dit inkleur of verf en daarna word dit in blokke geknip, geskommel en moet die prent weer gebou word, of 'n tydskrifprent kan gebruik word)
- Nabootsing van eenvoudige vorms. (Basiese vorms kan op papier, of selfs die grond geteken word. Die kind moet dit langsaan met oorteken (pen of vinger), bv. 'n vierkant / sirkel / reghoek). Letters en syfers kan ook op hierdie manier geoefen word, of selfs met modder of klei gebou word.
- Storietyd. Die ouer vertel of lees 'n storie waarna die kind vrae oor die storie beantwoord.

Dit is ook 'n heerlike voorreg om Janine Paulsen as nuwe spanmaat en Gemeenskapswerker in Prince Albert te verwelkom.

Die FARR-span in Prince Albert, Merweville en Leeu Gamka wens almal 'n Geseënde Kerstyd en 2024 toe. Onthou: GEEN ALKOHOL IS VEILIG TYDENS SWANGERSKAP NIE! ■

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Beyond All Limits

Christel Botes

At the end of the year, one tends to look back and evaluate your performance: Have we reached our targets; Did we make a positive impact; How can we improve in order to do better? This is also the time to plan for the year ahead.

During the week of 6 – 10 November FARR (Foundation for Alcohol Related Research) held its annual Strategic and Operational Planning Meeting at the Head Office in Bellville, and the 1 Annual General Meeting took place on the 8th November 2023 at the Cape Town International Conference Centre, attended by close to a 100 delegates.

FARR's board of directors are Mr. Adrian Botha (Chairperson), Prof. DL Viljoen (Founder), Prof. JP van Niekerk, Dr. L Bhengu, Prof. MR de Villiers, Dr. N Khaole and Dr. L Olivier (CEO). This team of passionate and dedicated directors is constantly setting the example in building a better future for all South Africans and in doing this, they inspire the rest of the FARR team to do our best, even going Beyond all Limits (our inspirational theme for 2023)!

At present FARR have 11 different offices and project centres namely the Head Office in Bellville (where there is a private diagnostic clinic); West Coast; Prince Albert (including Merweville & Leeu-Gamka); Graaff-Reinet (including Nieu-Betesda & Middelburg); Burgersdorp; Britstown; Hanover, De Aar; Renosterberg (including Keurtjiekloof, Petrusville & Phillipstown); Upington (including Keimoes & Kalksloot) and Trompsburg.

In the abovementioned project sites FARR delivers a whole-of-society service which include research projects; prevention programmes; community awareness actions and events; training offered to community members and professionals working in the project areas, as well as a variety of support programmes.



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The Prince Albert/Leeu Gamka/Merweville project's focus areas for the last six months were:

- Healthy Mother, Healthy Baby© programme (Prevention)
- Knock-Knock Programme© (Community based Early Childhood Development programme: Community Support)
- Learner Support Programme© (Offered to learners at school)
- Support and training programme for young people (adolescents)
- Support and training programme for senior citizens (older people)
- Do You Have 3 Minute© programme (Community Capacity development)
- Training (FAStrap© Course and Think Twice Workshop to community members).

We are also privileged to have appointed a new Community Worker on the team, and for those who haven't met her yet: please welcome Janine Paulsen in your homes and hearts. Remember, especially during this festive season, to support your family or friends by sharing the message:

"NO ALCOHOL IS SAFE DURING PREGNANCY!"
May you experience God's grace, beyond all limits. ■

**Mr. T
Couriers**



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