

Kerswenke vir die feestyd

Kersfees op die platteland beteken warm somerdae, die saamwees van familie, mooi gedekte tafels en heerlike kos en peuselhappies. Met 'n paar oulike wenke kan jy en jou gesin 'n onvergeetlike Kersfees hê. Van die goed is so maklik om te maak die kinders kan selfs help. Verf ou Kersballe of polistireenballe met swartbordverf. Laat dit droog word en skryf die gas se naam met wit bordkryt of 'n wit pen daarop. Indien jy 'n ander kleur verkies, kan jy nou die bordkrytverf in verskillende kleure te koop kry. Verf die balle met 'n laag handwerk-gom nadat dit geverf is en strooi dit vol blinkers van jou keuse. Bring die Kersvreugde na jou tafel met mooi linte, kristalle en kunsvruggies. Bind aan elke punt van die lint 'n kristal vas en plaas die linte kruis en dwars oor jou tafel. Gebruik kunsvruggies in plaas van blomme en rang-

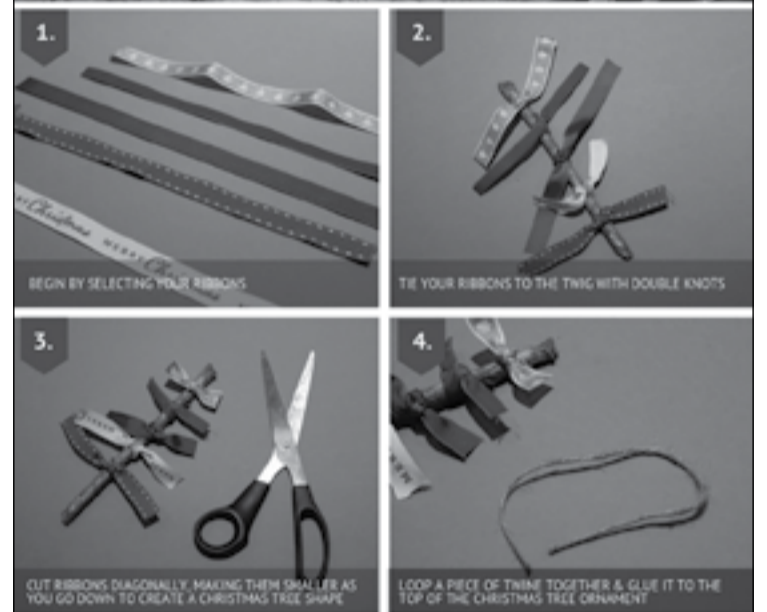
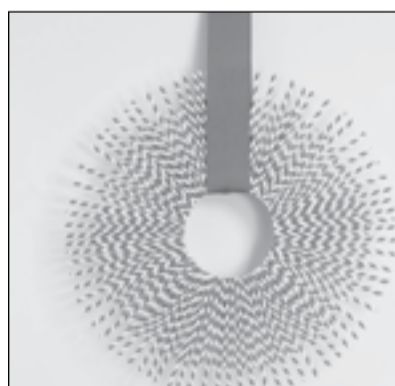
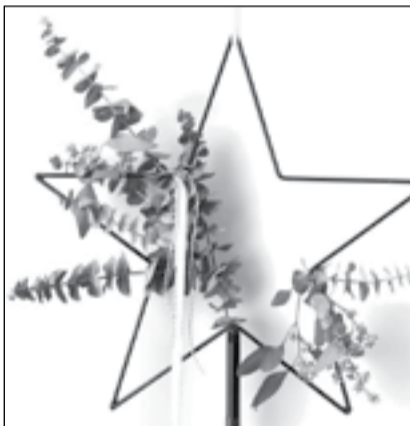
skik dit saam met 'n klein boksie, waarin jy 'n enkele sjokolade plaas, in 'n mooi koppie. Voeg 'n tikkie goud by vir ekstra feestelikeheid. Wanneer jy begin versier en jou mure baie donker is of baie patrone het, dan is wit toebehoore alles wat jy nodig het, 'n versameling van verskillende vorms en teks-ture sal met lig en skaduwee speel. Wanneer dit kom by geskenke geniet meeste mense kerskaarte. Jy hoef nie teenwoordig te wees nie, maar 'n mooi gedagte bo jou handtekening kan iemand se dag maak. Mens moet nooit 'n geskenk van iemand verwag nie, maar wees dankbaar vir enigiets wat iemand jou gee. Hou in gedagte dat die persoon tyd geneem het om oor jou te dink en iets te kies wat hy of sy gedink het jy wil hê. Indien dit iets is wat jy nie gaan gebruik nie, is dit reg om die geskenk te hergebruik. Heg 'n nota aan die geskenk om te verseker

jy gee dit nie aan dieselfde persoon terug nie.

Hier 'n paar idees om hierdie vakansieseisoen nog meer spesiaal te maak:

- Doen goeie dade en versprei vriendelikeid by geleenthede waarby jy jou kinders kan betrek.
- Beplan 'n roete waarvolgens jy kos by hawelose mense en dakskuilings kan afgee of raak betrokke by iets soortgelyk aan 'n sopkombuis.
- Vind 'n "gee boom" en koop geskenke vir iemand wat jy nie ken nie - kerke hou gewoonlik hierdie geleenthede.
- Bak koekies en lewer die pakkies by u plaaslike polisie- en brandweermanne af.
- Besoek eensame inwoners by 'n ouetehuis of verpleeginrigting en lees vir hulle die Kersverhaal.

Die belangrikste bly om te onthou waarom Kersfees gaan en steeds soos al die jare die boodskap oor te dra van geslag tot geslag oor Christus se geboorte.



How to respond to CHILD abuse?

• Heilbron Clinic
Protecting children is everybody's business

How you can prevent child abuse:

- Form a neighbourhood group to focus on child protection
- Foster mutual respect and good communication between children and parents
- Look for positive ways to bring up children
- Inform parents and children about their rights as citizens
- Form links and reach out to families in difficult circumstances
- Watch your neighbour's children when they have to go somewhere
- Have neighbours' children check with you when they come home if their parents are not there
- Keep an eye out for strangers or strange cars
- Keep an eye on your neighbour's house if they are away
- Talk to children in your neighbourhood about where they can go for help
- Establish safe homes and safety networks with organisations in your area
- Spread the idea of good neighbourliness
- Establish neighbourhood support groups for abused children and their families
- Establish links and networks with formal services
- Organise neighbourhood awareness campaigns
- Organise activities to improve your neighbourhood that address issues contributing to child abuse, such as poverty, life skills, unemployment
- Make use of resources provided by existing organisation in your area
- Lobby local, provincial and national government for adequate environments and essential services e.g., housing, water, sanitation, and playgrounds

How you can intervene in child abuse:

- Check situations out if they look suspicious
- Call the police if a child is in danger
- Report cases and act in collaboration with relevant authorities
- When taking a child to the police, insist on a case number
- In case of rape, secure any evidence
- Get assistance from other neighbours
- Become safety parents
- Offer support and assistance to parents and children who have been abused
- Don't ask the child too many questions
- Provide support to your neighbour in times of emergency, offer a meal, call the ambulance
- Give information to neighbours on child support grants, disability grants, and where to go if a child is abused

Offer to assist young and new mothers:

- When a neighbour is ill, provide a meal, watch their children, and check on them from time to time
- Be supportive to elderly neighbours by offering to run their errands, go with them to the doctor and offer to sit with or visit them; obtain the names and numbers of relatives in case of an emergency
- Support and join local groups in your neighbourhood such as neighbourhood watch, youth groups, sport groups, women's groups
- Be aware of families where alcohol abuse, drug abuse and domestic violence appear, as in such situations children are not safe
- Always intervene in a way that allows you to be honest, respectful and caring

Children are entitled to human rights

- Have respect for your neighbours
- Child abuse should never be tolerated
- Prevention of abuse is everyone's responsibility
- Be child-friendly adults
- It's never too late to help
- Believe children
- Be committed to do something about abuse
- Perpetrators of abuse have committed a criminal offense
- The behaviour of perpetrators can be changed
- Being a good neighbour has limits, don't let it be an extra burden
- Always act in the best interest of the child
- Child protection starts at home and with one's own family
- Children's best interest are paramount

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