Volksblad Kos-en-Kunsmark

06 OCT 2018 AND
03 NOV 2018:
09H00 - 15H00

VOLKSBLAD FOOD & ART MARKET

EVERY TUESDAY & FRIDAY

MAD BOUTIQUE - CHARITY SHOP
(open from 08h00-15h00)

08 OCT 2018:
10H30 - 13H00

CO-PARENTING GROUP
(See page 3 for details. Book in advance!)

CPD WORKSHOPS - OCT-NOV 2018
(See page 4 for details. Book in advance!)

FAMSA Notice Board

Counselling services available. FREE OF CHARGE

TUESDAYS:

SAPS: Mangaung | Kagisanong | Bloemspruit
(walk-ins only, no appointments)

WEDNESDAYS:

OFFICE | ATANG School
(only appointments)

THURSDAYS:

Petrusburg Clinic | School
(appointments & walk-ins)

FAMSA Value of the month

Patience

“Patience is the calm acceptance that things can happen in a different order than the one you have in mind” - David G. Allen

FACE OF FAMSA AMBASSADORS. OCT 2018
The Annual General Meeting (ACM) of a non-profit is a well-planned, organized and significant event! Even though it might seem like a burden, these meetings are milestone events, with their importance evident on several levels:

- The business portion of the meeting complies with NPO legislation and the organisation Constitution to show accountability for finances and clients services.
- Communication of accomplishments and challenges to demonstrate transparency to all stakeholders.
- A discussion of plans and details of client service helps raise awareness of the value of the organisation in community.

Our ACM started this year with the engaging aspects, such as entertainment and refreshments in our garden, the FACE of FAMSA 2019 announcements, as well as a presentation by our guest speaker, Mrs Christené Gaitskill. However, soon after, the meeting progressed to include:

- The distribution of document package (agenda, annual report, minutes of last ACM)
- Declaration of quorum according to the Constitution
- Report from Board Chairperson, Mrs Ilze Strydom
- Message from National Director, Mrs Naku Masuku
- Report from Director, Ms Ingrid Bell and staff members
- Report from Treasurer, Mrs Susan Smit, presentation of audited financial statement, and appointment of auditors for the next year.
- Election of Board members

A sincere word of thanks to

- National Director, Mrs Naku Masuku, and fundraiser Cindy Sithole, of FAMSA National, who drove all the way from Johannesburg to attend our AGM;
- Pastor Jan Lubbe for the opening message;
- Nombulelo Nokoane – MC of the meeting
- Christené Gaitskill for the wonderful presentation on relationships;
- Dustin Spagnoletti for Annual Report design
- Johan Gunter for arranging the entertainment;
- Lydia Wesi for closing our meeting;
- Elaine, Hendrien and staff members for all your contributions.
- Bayswater Retirement Village for the refreshments
- Also, to everyone who attended our AGM, a warm and heartfelt THANK YOU!!
FAMSA Programmes

"IT ONLY TAKES ONE PARENT TO END THE CONFLICT"

COST: R 300 *per person for full programme/ R50 pp. per session

DURATION: 6 SESSIONS + ORIENTATION
*next group starts 08 October 2018
- Orientation
- What’s Best for Children
- Successful Co-Parenting
- Mom’s House Dad’s House
- Loyalty Conflicts
- My Time vs Your Time
- The Miserable Middle

To register, please send an email to info@famsabfn.co.za

HANDS-ON CO-PARENTING
is an opportunity for parents to shift their attention from the personal aspects of separation to the needs of their children.

Learn skills to DISENGAGE
BUILD CLOSER BONDS
PROTECT YOUR CHILD

FAMSA Family matters

Our FACE of FAMSA Families for 2019 were revealed at our AGM, which took place on the 20th of September 2018. FACE of FAMSA Families each received a professional photoshoot by well-known wedding and lifestyle photographer, Laurika van Straaten, a cd with a collection of the photos, as well as some printouts. Families are featured in our Annual Report Calendar. FACE of FAMSA project was sponsored by FAMSA Bloemfontein, in partnership with Laurika van Straaten.
**FAMSA Trainings OCT/NOV 2018**

**Meet your FACILITATORS & CO-FACILITATORS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Fee</th>
<th>CPD Points</th>
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<tbody>
<tr>
<td>18 OCT 2018</td>
<td>Everything you need to know about CPD</td>
<td>R 550</td>
<td>2 CPD POINTS</td>
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<td>Everything every Social Worker or Social Auxiliary Worker need to know about CPD.</td>
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<td>BONUS: Complete your own POE as part of the training.</td>
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<td>10-11 OCT 2018</td>
<td>Divorce Counselling</td>
<td>R 850</td>
<td>6 CPD POINTS</td>
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<td>Understand the psychology of divorce, the structure, principles and 7 stages of Divorce Counselling.</td>
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<td>Learn practical intervention skills based on the guidelines of a structured Divorce Counseling process.</td>
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<td>24-25 OCT 2018</td>
<td>SFBT with Couples, Individuals and Families</td>
<td>R 850</td>
<td>7 CPD POINTS</td>
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<td>or alternatively 14-15 NOV 2018</td>
<td>Understand the use of Solution Focused Brief Therapy, basic assumptions, techniques, questions, client types and goals, session structure for the 1st session and beyond, 101 SFBT questions to use.</td>
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<td>8 NOVEMBER 2018</td>
<td>Campaigning for Impact</td>
<td>R 550</td>
<td>4 CPD POINTS</td>
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<td>Where do you start when you have to do Awareness Campaigns? Gain knowledge to plan a Campaign, step-by-step, focusing on targets, scope, length, slogans, key message and goal. Participants will have opportunity to plan an Awareness campaign to implement at their organisations by means of a campaign action tool.</td>
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<td>21 NOVEMBER 2018</td>
<td>The Use of Art Therapy in Social Work Intervention</td>
<td>R 650</td>
<td>3 CPD POINTS</td>
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<td>Understand Elements and Art Materials to use, Qualities of Art Therapy, Uses of Art Therapy, The difference between directive and non-directive art therapy techniques, Art and Trauma intervention.</td>
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*all training workshops include lunch and refreshments*
FAMILY FUN DAY
24 SEPTEMBER 2018

Event planning is an adventure, to say the least. A lot of planning and effort went into our FAMILY FUNDAY. Locking down the venue, getting people involved, promoting it, arranging the fun run, sorting the sound, entertainment, artists, working out the logistics... the list goes on and on. Before you know it, the day arrives. A story, however, isn’t very satisfying without the ending.

We need to share the results of our first FAMILY FUNDAY with you! Many of you were with us for the beginning and the middle of this fundraising event, and we appreciate your support!

We would like to express our sincere gratitude to our organisers, volunteers, sponsors, exhibitors, singers/voice artists, attendees contributing to the overall value of our event. YOU made our event possible!

A special word of thanks to:
- Marie-Louise Smith - Contact her to grow your business Luv4Marketing / 0832878845 / ml@luv4marketing.com
- Al Clutch & Brake for the sponsorship
- Johan & Freda Coosen - venue Goose Hill wedding & guest farm Bloemfontein
- Danie Jacobs - Young Entrepreneurs
- Johan Coetzee from Virtual Tech, who sponsored the sound. Give Johan a call on 083 289 3235 to discuss sound services and artists for your event.
- Jacobus Silwer and All the way from Bloem artists - Miki Vox - The Voice Trainer, In The Pocket Band(Justin Coetzee), Nicola Laubscher and Belinda van Zee (Zwijndrecht) for the live performances.
- All the vendors on the day who ensured loads of stalls, craft, beer and liquor and delicious foods.
- Everyone who attended and enjoyed the day with us!

WHAT WORKED, WHAT DIDN’T, AND WHY?

Every event has positives and negatives – especially given that events are an experience. For FAMSA, attendee feedback is crucial to evaluating and improving our events. What was best about our event? What could we have done better? We received many positive reviews:
- “Congratulations FAMSA, this was a very nice event with a great vibe! Lots of stalls and a place for kids to play, great artists, so much local talent ... Even the donkeys are here!”
- “Jacobus Silwer ... Awesome voice! ... What an artist, just listen to the guitar! Hope FAMSA does it again! Lovely music, beautiful view, great vibe!”
- “It was a pleasure performing at your event! Looking forward to the next one!”

However, public attendance of the function was not as desired. We anticipated greater support from the community. We took the observations from this year and identified actions that will bring more success next time.
THE SECRET TO SUSTAINABILITY FOR NON-PROFIT ORGANIZATIONS

We focus this month a great article by Ann Latham

“Most non-profits walk a fine line between hope and despair. These NPOs are almost always doing amazing things, but too often they are strapped and constrained by resources. The staff is overworked and underpaid.”

Financial limitations, and the insecurity that creates, lead to way too much focus on money, brainstorming new schemes to attract more. That money, and your considerable efforts to acquire it, control how you use your limited resources.

Typical consequences of chasing money include:
- You run in too many directions at once.
- You have endless debates about priorities.
- You try to be all things to all people.
- You jump through too many hoops in pursuit of unpredictable government and foundation funding.
- You don’t dare stop doing anything.

Perpetually insufficient resources also lead to a scarcity mentality. You are afraid to spend and afraid to take risks. Unfortunately, you will never reap sustainable success with small thinking and cost cutting. You must shift your focus away from money and capacity and focus on value!

If you want to be truly successful, you must start with value.
- What impact do you want to have?
- How will the world be better off if you succeed?
- Who will benefit directly and immediately?
- Who will benefit indirectly or over time?
- How will you measure real success?

Once you have a clear, focused sense of the impact you want to have, you need to figure out who cares. This is where the money comes from.

What corporations, foundations, and individuals are a natural fit for your cause and/or your beneficiaries? How can you get them involved so they want to contribute their time, money, stature, and connections? Partnerships can dramatically increase your ability to have the impact you desire.

ARE YOU 1 OF THE 100’S WHO ARE GETTING YOUR FRAGRANCES FROM FAMSA?

or have you been missing out?

30 ML
OIL-BASED
R50
WIDE VARIETY

ELAINE info@famsabfn.co.za

AND THAT’S IT.....UNTIL NEXT TIME!! REGARDS, FAMSA BLOEMFONTEIN

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