

# COMMUNITY EMPOWERMENT CREATIVE THERAPIE

INFORMATION	
Campus Site	Stenden South Africa
Department	Internship Community Office
Target Groups	Students of 'Creative Therapie'
Minor coordinator South Africa	Mzamele Dikeni mzamele.dikeni@stenden.com
Entry level and Conditions	(Conditional) Positive Study Advice
Availability	Module 1,2,3 and 4 / Unlimited applicants

## INTRODUCTION "WHAT IS COMMUNITY DEVELOPMENT?"

In community development you help communities:

- Help themselves
- Become more responsible
- Organize and plan together
- Develop long-term programs
- Strengthen community capacity to increase their quality of life
- Improve health, education, economic development, jobs and safety
- Create long-term community health, resilience and sustainability
- Empower themselves
- Reduce poverty
- Create employment and economic opportunities
- Achieve social, economic, cultural and environment goals

## BATHURST COMMUNITY CENTRE

The community centre functions as the major NGO in the area. It is home to a crèche, after school care for children from the primary school, computer laboratory, old age day care, home based care, HIV/AIDS support group, single parent support group, large play ground and a vegetable garden.

As an intern you will be involved in the daily activities of the after school care, in addition you will be involved in the home based care service. During your work for the home based care service you provide home visits and assist people where needed. They provide counselling, assist people to the clinic, crisis intervention, educational support, assisting people in dealing with governmental institutions regarding applications for grants, birth certificates, ID's etc. For the afternoons you will develop and implement an activity program for the local scholars who go to the after school care. You will execute a play/sport program, an English class, and teaching life skills developed by the current interns. Every week you will have meetings to discuss the plan of action with the coordinator and the volunteers. In addition, you will assist in computer classes, home work and providing food for the children.

Challenges for Bathurst Community Centre:

- Getting students involved in all the facilities of the organisation
- Expanding the organisation itself, it can become a multifunctional centre offering services to all aspects of the community
- Students getting more involved in the managerial aspects of the organisation
- Create more stability in the group of volunteers, currently the group is changing too often; people are not fully committed and come and leave as they please, not motivated
- Set up a manual for volunteers; employ volunteers, what is expected, rules, etc.
- Assist Boniwe with applications for governmental funding as well as fundraising activities
- Maintain and develop the HIV/AIDS support group and Single parent support group
- Provide counselling to the HIV/AIDS support group and Single parent support group
- Get involved in fundraising events



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## REHAB CENTRE BATHURST

The rehab centre in Bathurst is an alcohol and drug rehabilitation centre offering alcohol and drug abuse treatment. The centre offers accommodation for a group of men aged between 25 and 65 years at this stage. The centre is currently recovering from re-organisation of management after the previous manager, who was managing the centre mainly on her own, passed away. New management has been put in place and the centre is being re-organised and structured.

Challenges for the rehab centre:

- Establish the rehab centre in terms of a treatment program
- Establish individual client treatment plans
- Establish a program for re-integration in society
- Establish a education program, skill training

## MARJORIE PARRISH SANTA HOSPITAL

The Marjorie Parrish hospital fights the scourge of Tuberculosis (TB) and strives to cure those who are already infected with the disease. There used to be a children's ward at the TB hospital, but since the patients with multiple drug resistance (MDR) and extreme drug resistance (XDR) were admitted to the hospital there was no longer space for the children. Children remain in their home situation and are treated accordingly. As an intern you can offer creative therapy workshops to the patients at the TB hospital. The current intern chose palliative and supportive therapy since the aim of the patients is not to heal the problem (TB) but to learn to live with the various issues surrounding it.

Challenges for Marjorie Parrish Santa Hospital:

- Establish a creative therapy program for the patients
- Establish a program for re-integration in society
- Documentation on the group dynamics and the process involved during the therapy sessions

## WILDERNESS THERAPY PROJECT

Wilderness Therapy Project is coordinated by Steven de Kiewit. As an intern you will have wilderness classes with Steven where they get taught theories in psychology as well as trying to apply these theories into the preparation of organizing a camp for children. You will concentrate more on the theoretical aspect of the Wilderness Project for instance psychology theories such as Freud, Jung, Assagioli and systems theory as well as counselling techniques. You can prepare a weekend away with children in which you will be able to transform the theory and ideas into practice.

Challenges of the Wilderness Therapy Project:

- Organise and implement a camp; the purpose of the camp, awareness of the wider context, implementation, theories transformed into practice, etc.

## STATION HILL YOUTH (SHY)

Station Hill Youth (SHY) is a project in the coloured township, Station Hill. It is a small, very closed community with circa 2000 inhabitants. SHY is part of the Station Hill Development Trust, which aims to ensure cooperation between various local stakeholders such as sports, school, churches and bursaries. SHY was developed to offer the youth of Station Hill leisure activities and in return for these activities, the children are involved in their community. The goal is to develop the community and to teach the SHY kids how to be responsible. At the moment, the group consists of fourteen children between the ages of thirteen and sixteen years. One creative therapy student is involved in doing drama lessons with the children in order to build up trust, create awareness about various topics, create self-esteem amongst the children, and empower them.

