

**BIRTH, FIJI**  
**(Building Innate Resilience Through Hearts)**  
*Empowering With Love*

<p><b>QUATERLY REPORT NO 1</b> <b>December 2018 – March 2019</b></p>
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The Organisation started with a group of 7 women with the same passion and beliefs. Knowing they have the integrity and experience to voluntarily give to the community. We started with a few consultative meetings to elect Board members and a structure to work on. The organisation is functioning solely on the donations and the staff's own financial contributions.

**Counselling and Community Work**

Since its inception, the group got together to clean up an apartment that was donated to them to use as an office and started to put in place a systematic flow of work for the services to be provided. Which included setting up two confidential counselling rooms, preparation of documents and document flow, confidential filing and recording systems, data base preparation, policy and procedures implementation, financial management systems, staff supervision and trainings and basically everything that was required for an office that provides counselling, social work and advocacy services.

No public promotion or awareness has been done so far, but through word of mouth a stream of clients started to seek our services. The five professional counsellors namely S. Nisha Khan, Alumita Tuikenatabua, Mereoni Deku, Makitalena and Naina Rokocama who volunteered with the team started to provide counselling while they juggled with the other group members trying to complete setting up of the organisation needs. This slowed down our efforts to get the organisation registered as the client's needs and proper recording were prioritised.

With donations from one or two supporters and the group members, the group was able to purchase lockable filing cabinets, some stationary and equipment, acquire second hand computers and furniture.

**By end of March 2019, BIRTH Fiji had seen 45 new cases of which were:**

- 13 stress cases
- 8 domestic violence cases
- 12 others (relationship issues, socio economic issues etc.)
- 5 child abuse cases
- 2 child support cases (medical/ accommodation)
- 3 phone counselling (domestic violence)
- 2 male clients (Stress/Panic Disorder)

All the above cases have been provided with ongoing counselling and social work/advocacy support.

### **Activities**

1. Attending to these above cases involved:
  - Counselling
  - Moral support to women to attend court and filling in of court forms
  - Referrals to other services eg. Social Welfare, Salvation Home, Model homes, Police and Health services
  - Advocating to get accommodation to the family whose house burnt down
  - Advocating for the child who needs urgent medical assistance overseas
  - Two family therapy sessions
  - Hospital visitation to provide support to the women with terminal illness and social work/child protection support for her children
  - Collaborating with community health workers, medical services, social welfare, police and court house.
2. Two Community based awareness sessions conducted by Mereoni for church youth groups in Namaka.
3. Asenaca Vakacegu of “Fiji Program Support Facility” paid a curtsey visit to BIRTH Fiji office
4. Some community members also made curtsey visits to the office.
5. Some shelves in the office were done free of charge from one of the local carpenters.
6. An office fan was donated by a local businessman
7. Application to register with DCOSS – District Counsel of Social Services

### **Staff Capacity Building**

1. 6 case consultation meetings and group supervision conducted.
2. Makitalena continues with her study in Professional Counselling via APTC and volunteers during her study leave
3. Nisha attended the one week TOT training in conducting workshops on “Women’s Access to Justice” conducted by the Fiji Women’s Rights Movement.
4. Alumita and Mereoni attended the “Women’s Access To Justice” workshop conducted by the Veseisei Sai Health Centre
5. Nisha and Mereoni had the opportunity to be part of focus group discussions on “Women’s Access to Justice” by FWRM.
6. Nisha also had opportunity to gain field experience working with Dr. Allister Bush a Psychiatric from New Zealand observing and learning a few new therapeutic techniques.
7. The team had firsthand experience working on writing a funding proposal and worked with Dr. Swaran Naidu, Professor Gyaneshwar Rajat and Allister Bush – a Psychologist from New Zealand.

### **Achievements So Far**

1. Two confidential rooms are now being used for counselling services
2. Provision for mums with children/babies made with setting up a bed and an extra mattress to sit or play on
3. A small kitchen area to provide for staff tea and if needed for clients refreshments

4. A bench and reading area for waiting clients.
5. Confidential filing system in place for client files and other office files
6. Manual recording systems setup, including attendance register, phone records, contact lists, client registers, productivity sheets,
7. Bank account opened and FIRCA registration done

### **Challenges**

1. Attending to clients while setting up office. The board members especially Zarina Hanif, Ishrat Hussein and Nikhat Nisha have been of great help here.
2. Finances – to provide for expenses for volunteers especially while attending to clients
3. Volunteers spending out of pockets can get exhausting and loss of interest in work

### **Future Plans**

1. Policies and procedures to be developed
2. Financial manual to be adapted and set up
3. Proposals to be made for funding to sustain the services
4. Programs to be developed to provide for community awareness
5. Promotion of services once the setup is satisfactorily completed
6. Toys for children to make the environment more child friendly

### **Good Stories**

A couple with five children lost their home in a fire and had nowhere to go. BIRTH Fiji was able to network with stakeholders and get them to safe housing immediately. The children's school needs were met to enable them to go back to school within a weeks' time. Veseisei Sai Health Centre and International Sai Medical team were engaged to review the health status of their eldest son. Long term accommodation was approved by Koro-pita Model Homes thus the family moved there with supplies and donations to meet their needs from Purple Rose Group, Soroptimist International-Nadi and individuals in the community.