

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

**QUATERLY REPORT NO 2**

**APRIL 2019-JUNE 2019**

The organisation is now registered under the umbrella of the Fiji Council of Social Services. Clients are referred by words of mouth and also by referrals from our existing clients. One counsellor is abroad and will be back soon while another has taken her place while on her studying break. Other counsellors and members are working as a team to play their roles and keep the Centre open. M/s Asenaca Vakacequ from AusAID Support Facility paid another visit showing her appreciation of the work done by the group and encouraged the staff to apply for August funding.

**Counselling and Community Work**

Some of the activities for this quarter apart from providing counselling services and client support were as follows:

- Moral support to women to attend court and filling of the forms.
- Home visitation to some of the clients especially in Koroipita and Lovu Sea Side area.
- Referrals to other services such Social Welfare, hart home, police and Health Services.
- Therapy sessions with four families including one in Rakiraki.
- Working on partnership with Medical Services, Social Services, Police and Court House.

**Community Awareness Programs**

1. Presentation on good and bad touches/secrets with Lautoka Muslim Kindergarten (Parents, teachers and children).
2. GBV awareness in Lomolomo village with the Women's group by Nisha, Makitalena and Mereoni.
3. An awareness on positive parenting and children's rights and responsibilities in Koroipita Model Home with parents of children with behaviour issues
4. While at the same time a workshop was conducted for the children of these parents on their challenges as children.
5. Awareness on Metal Health with the Lautoka Active Women's group in Lautoka City Mall.
6. Counsellor Mereoni presentation on Gender with Women's group in Nasarea in Namaka.

**By end of June 2019, BIRTH Fiji had seen 63 cases of which were:**

- 21 stress cases
- 8 domestic violence cases
- 20 others (relationship issues, socio economic issues etc.)
- 2 child abuse cases
- 1 child Protection
- 5 phone counselling (domestic violence)
- 6 male clients (Stress/Panic Disorder)

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

**Staff movement and Staff Capacity Building**

1. Attended the horticulture meeting with Lautoka Flee market Association.
2. Nisha elected president of Cluster meeting with Ministry of Agriculture.
3. Alumita still abroad.

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4. Nisha and Mereoni went with the Sai Medical Team to Natalau village for community awareness and counselling support.
5. The number of seasoned professional Counsellors that have joined BIRTH Fiji to provide support on a volunteer basis has increased to ten.
6. Out of these ten counsellors there are three that regularly attend to the office and two are paid a weekly travel expense of thirty dollars each as they travel from Nadi and Ba daily.

#### **Achievements So Far**

1. Continue to use office and other facilities which came in as donations.
2. Continuation of counselling services provided to clients with an increase in client numbers.
3. Saturday mentoring classes for young kids from vulnerable families conducted and work in progress to develop a mentoring/life skills development program for these children.
4. Home visitation and moral support continued for clients.
5. Professional development in the form of Debriefing and group supervision for counsellors
6. Increase in the number of volunteers especially professional counsellors.
7. Very positive feedback from clients received and outcomes from counselling sessions are encouraging especially from clients who came in for stress or panic disorder cases.
8. A children's corner created with story books and few toys. (more toys needed)

#### **Challenges**

1. Finances – to provide for expenses for volunteers especially while attending to clients
2. Volunteers spending out of pockets can get exhausting and loss of interest in work
3. Transport for home visits and family therapy.
4. The office space donated by the Khan family is very much appreciated but is also very hot during the daytime. There is a need for a proper office in the future.

#### **Future Plans**

1. Continue to review and develop policies and procedures manuals
2. Financial manual to be adapted and set up
3. Work at proposals 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
7. Group registration with Ministry of Women to be done in the next quarter.

#### **GOOD STORY**

1. A single mum with three children struggling with trying to place her children in school was assisted with the children's admission. Initially the school has refused admission but the counsellor's advocating for her managed to secure a place, networked with other organisations and individuals to meet the children's school needs and engaged support for the mum to enable her to pick and drop her children to and from school. The counsellors continue to engage with stakeholders and the mother, to continue to support this family.
2. Clients who had be provided with counselling support in previous years of work by the volunteer counsellors are seeking them out and spreading news of their availability at BIRTH Fiji. This has provided a constant flow of clients to be attended to by the group.