

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

QUATERLY REPORT

January 2020 – March 2020

The Organisation continued to provide services despite the constraints of being a volunteer organisation providing free services. During this period only three qualified counsellors were available to provide the services. Many clients had to be referred to suitable services nearer to them. All those who came to the office in person were attended to.

Activities

127 counselling sessions conducted. (34 new clients plus 93 ongoing cases)

34 new clients as follows:

- 1 stress case
- 5 domestic violence cases
- 16 others (relationship issues, socio economic issues etc.)
- 6 child abuse/protection cases
- 3 phone counselling (domestic violence)
- 3 male clients (Stress/Panic Disorder)

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

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 – single mums
- Advocacy child support – education needs (including provision of school material)
- Mentoring – child education (2 children during school break)
- Family therapy sessions
- Collaborating with community health workers, medical services, social welfare, police and court house.

Community Awareness Sessions

1. Lovu Hart Home – communication skills workshop for selected residents
2. Group therapy session for students at Saweni Madarsa – safety, seeking help, coping and learning effectively
3. Awareness in Nadi – Matavolivoli Women’s Group-GBV and Gender
4. Awareness in Ba – Abraham Church Women’s group – GBV and DV
5. Group therapy session with a group of selected women on Financial Management.
6. Two home visits were done to attend to clients and provide family therapy sessions.

Staff Capacity Building

1. CPR workshop attended by all volunteers organised by DCOSS
2. 6 group supervision conducted.

3. 12 case consultations meetings conducted
4. Makitalena continues with her study in Professional Counselling via APTC and volunteers during her study leave
5. Nisha-the team leader attend a training on “Eye Movement Desensitization Reprocessing Therapy” (EMDR) by EMDR Institute in New Zealand.
6. A group session on “Thought Focussed Therapy”.

Stakeholder Networking

1. Attended the launch of “Lupas Foundation”.
2. Attended to DCOSS meets
3. Visited Fatima Girls Home, MOW – Head Office, MOH- head office, St. Jiles hospital and People with disabilities office.

Achievements So Far

1. We have maintained and continue to use the office space with improved setup to suit our client needs, using confidential rooms for counselling services. A business has offered us the use of an office which is confidential and safe to use when needed.
2. Clients are giving very good feedback and refer other clients for our services.

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. Travel restrictions during Covid-19. The volunteers provide phone counselling and social work assistance but could not keep records as they couldn't have been able to do so without breaching confidentiality.

Future Plans is to continue to:

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

Good Stories

Two children were given personal coaching and supervision during the holidays to encourage them to continue education. This included raising self esteem, skills training, a bit of speech therapy to enhance communication and EMDR therapy. Both these students are now in school.