

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

QUATERLY REPORT

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April 2020 – June 2020

The Organisation continued to provide services with **two qualified counsellors** only working full time providing free “Counselling and Social Work Support” 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. A group of four other qualified counsellors and social worker joined in to assist with community awareness sessions and workshops.

Activities:

1. **84** counselling sessions conducted. (19 new clients plus 65 ongoing cases)

19 new clients as follows:

- 2 stress case (Mental Health due to DV)
- 7 domestic violence cases
- 6 others (relationship issues, socio economic issues etc.)
- 1 child abuse/protection cases
- 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.

2. **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.

3. **Staff Capacity Building**

1. Attended three CSO meetings organised by DCOSS
2. 6 group supervision conducted.
3. 10 case consultations meetings conducted

4. Makitalena continues with her study in Professional Counselling
5. Presentation on “Eye Movement Desensitization Reprocessing Therapy” by Nisha
6. Supervision session with Dr. Tom Flewett of NZ.
7. A “Self Care” Zoom Session conducted by International Sai Organisation

Stakeholder Networking

1. Attended to DCOSS meets
2. FRIENDS provided a Commode that was delivered to a client in RakiRaki
3. Visit to VSHC – Discussions on activities
4. Visit to St. Jiles Hospital – for a client and to establish networking

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. Office closed down during Covid-19 lockdown – services provided over the phone and through referrals.
4. Struggle to get food rations to some of our clients especially mothers with children in the house, in the peak of Covid-19 Restrictions.

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. Toys for children to make the environment more child friendly

Good Stories

We were able to acquire and deliver a commode to a client in RakiRaki. We also managed to network with local groups to provide home visitation support for her to enhance her social network as she was isolated and bedridden. Another client was accompanied to Suva for mental health support. All these were done at the volunteers own costs.

Some of our clients stepped up during Covid-19 restrictions to provide to those families that did not receive any food rations. Veseisei Sai Health Centre included the rest of our clients for food ration distribution.