

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

QUATERLY REPORT

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Jul 2020 – Sep 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. In August another qualified counsellor with more than 20yrs of experience joined in full time relieving the team leader to focus on admin work.

**Activities:**

**1. 66** counselling sessions conducted. (**26** new clients plus **40** ongoing cases)

26 new clients as follows:

- 4 stress case (Mental Health due to DV)
- 5 domestic violence cases
- 13 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 Work and Awareness Sessions**

1. Social Welfare referral for child abuse case.
2. Home visit with Mental Health Nurse to provide Mental Health Support
3. Two home visits were done to attend to clients and provide family therapy sessions in Lovu Sea Side settlement and Natabua.
4. An evening awareness session on Domestic Abuse with Aradhna Women’s Group in Ba
5. Nisha facilitated 3 workshops on “ Improving Women’s Access To Justice” with VSHC facilitators in Lomolomo, Market Venders’ and Lovu Seaside areas.

### **3. Staff Capacity Building**

1. Attended one CSO meeting organised by DCOSS
2. 6 group supervision conducted.
3. 8 case consultations meetings conducted
4. Makitalena continues with her study in Professional Counselling
5. Group discussion on Mental Health – a refresher

### **6. Stakeholder Networking**

1. Attended to DCOSS meets
2. Referral of a client (whose house burnt down) to “Purple Rose Group” was promised building material to rebuild after their assessments.
3. Visit to VSHC to attend to clients referred by them
4. Weekly Visits to Hope Centre to attend to clients referred by the Mental Health Nurse
5. VSHC included our clients for food distributions
6. Nisha facilitated 3 workshops on “Improving Women’s Access To Justice” with VSHC facilitators

### **7. 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 to our services.
3. Our clients had opportunity to attend to “Improving Women’s Access to Justice” workshops.

### **8. 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.

### **9. 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**

Food rations to our clients were distributed by the Veseisei Sai Health Centre. One of the clients who had mental illness and lived alone in a house was encouraged to get medical assistance after a home visit and accompaniment to the hospital. One of the clients who had recovered from anxiety disorder came back to thank the team and donated fifty dollars towards the organisation. This cash was receipted and added to the volunteer support funds.