

BIRTH, FIJI

(Building Innate Resilience Through Hearts)

QUATERLY REPORT

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Oct 2020 – Dec 2020

The Organisation continued to provide services with **three qualified counsellors** working on full time voluntarily bases providing free “Counselling and Social Work Support” services. Many clients had to be referred to suitable agencies according to their needs nearer to them. All those who came to the office in person were attended to. **Three other qualified volunteer** counsellors joined the team. These counsellors are now being trained under the experienced counsellors to meet the needs of our clients. The team by the end of this period has a total of six professional counsellors.

Activities:

1. 131 counselling sessions conducted. (59 new clients 72 plus ongoing cases)

59 new clients as follows:

- 5 stress case (Mental Health due to DV)
- 19 domestic violence cases
- 30 others (abuse, relationship issues, socio economic issues etc.)
- 2 child abuse/protection cases
- 3 male clients (Anxiety/Relationship issues))

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

2. Home visits – 23 homes were visited during these sessions.

3. Family Therapy sessions conducted during homes visits.

4. Staffs Debrief session conducted for Koropita Workforce.

5. Floriculture group meeting with women earning through selling of pot plants

6. Distribution of donated clothes, sanitary pads and diapers to needy clients.

7. Distribution of food packs to those clients in urgent need

8. Networking with Other organisations:

1. Social Welfare referral for child abuse case.
2. Visits to Golden Age Home, Viseisei Sai Health Centre and Koroipita Home to attend to referrals from them.
3. Meeting with Ghandi Bhawan Primary School head teacher regarding child abuse case.
4. Case consultation meets with Social Welfare, School head and School Counsellor.
5. Meetings with Koroipita and Golden Age Home.
6. Connecting our clients with Alman Hope Center for self development training.
7. Meeting at VSHC – re client referral and followups
8. Meeting at centre with Youth Prime Minister of Rotuma, Music Artist, Social worker and counsellor Ana .
9. Attended to UNHR open day in Nadi
10. Received donations from Veinanumi Project club maternity pads and saitary pads.
11. Worked with Koropita and Salvation Home to provide accommodation to needy clients.
12. Alman Hope Center enrolled some of our clients into their trainings programs to empower women.
13. FRIENDS, Fiji provided two wheelchairs for our clients (1 for our staff) during this period.

9. Staff Capacity Building

1. Zoom meeting with Fiji Women's Fund for funding guidelines.
2. Meeting at VSHC – re client referral and follow ups
3. 12 group supervision conducted.
4. Nisha had two clinical supervision sessions with Dr. Tom Flewett.
5. Team consultation meetings – weekly case discussions.
6. Attended (NCOP) - National Counsel of Older People consultation.
7. Play therapy session conducted by a psychologist Sue for the staff with a donation of play therapy equipment.
8. Two staff attended to a GBV training conducted by Shamima of FWCC
9. Attended Stakeholder meetings with FRIENDS on Covid Response
10. Staff attended Human Rights training conducted at FRIENDS by the UNHR
11. Staff attended UNHR open day in Nadi.

10. Board of Directors

1. Annual General Meeting held.

11. Achievements So Far

1. Started seeing clients at Golden Age in Natabua Lautoka
2. Induction of two new staffs to assist with counselling and administration work.
3. We have maintained and continue to use the office space with improved setup to suit our client needs, using confidential rooms for counselling services.
4. A business has offered us the use of an office which is confidential and safe to use when needed.
5. Clients are giving very good feedback and refer other clients to our services.
6. Our clients had opportunity to attend to Almana Hope Centre “workshops on empowering women”.

12. Challenges

1. One of the senior counsellors not able to work with us due to long-term illness.
2. Finances – to provide for expenses for volunteers especially while attending to clients
3. All counsellors/staff are working on volunteer basis
4. Not able to expand our wings to assist more clients out there due to lack of staff since not able to provide them a secure wage plan.
5. Occupational risk of flooding adds extra load on staff during raining season. All important things have to be moved to higher level.

13. Future Plans is to continue to:

1. Planning to recruit and train few more counsellors.
2. Proposals to be made for funding to sustain the services
3. to provide more community awareness and workshops
4. More supportive n presentable place for our clients.
5. Find ways to conduct programs for the elderly and the disabled (home bound)

Good Stories

A single mum who was initially assisted with accommodation at one of the homes, moved out to stay on rent, due to promises to be taken care of by her boyfriend. Even though she was given information on the risks of the choices she was making, she believed in him as he was her childhood school mate. A year later she was devastated when she found out that the man was having multiple relationships. Through our continued support she was once again able to collect herself together and restart her life. She realised that she was

providing everything from food, rent, housework and a physical relationship while he controlled her living. She was able to break off the relationship and is now much more independent, able to take care of herself and her child in her rented flat. This woman had long term life plans in place and is now working towards achieving them. She calls in whenever she feels she is in need of support. The trust and rapport built with her when she had first come to the centre for support has empowered her to return whenever there is a need.

A Challenging Case of Child Abuse

A 16year old girl was brought to the centre by her aunt. The child was shivering in fear and pain. She had injuries all over her body. She reported her mother had beaten her with a wire and lemon tree stick (stick had thorns on it) while her brother had held her down. She had been hiding in the neighbouring aunt's house but could not stay there anymore as the family were searching for her. This child was assisted with social welfare & police reporting, medical check-up, basic necessities and safe accommodation. Case consultation meets were done with the School counsellor, Social Welfare and School Head Teacher. We as counsellors recognised the need for moral support and ongoing therapeutic need of the child for her to overcome the trauma of what she had been subjected to over the years in her life. This child never had a normal life. She had been denied most of the rights of being a child. This would consequently show in her attitude and behaviour patterns in life, in her ability to bond with people and to study. Unfortunately it was collectively agreed that the child be sent to the father in another town. BIRTH Fiji requested that continued counselling support be provided to this child in the district she moved to. Social Welfare reassured that she would be best taken care of at the fathers place and she would be able to continue schooling. One month later, on a phone follow-up, it was found that the father had passed away. This child was left in the care of her elder sister who is only a couple of years elder then her. BIRTH Fiji was once again reassured by Social Welfare that this was the best placement for the child even though BIRTH Fiji was willing to take on responsibility of hostel stay, continued therapeutic work and study support for her. A few months later when BIRTH Fiji counsellors were able to make a trip to the district, they found that the child had not gone to school at all. The Sister was having trouble managing this child and the family were happy that she had started to find odd jobs to support her smoking habit and all-night out lifestyle instead of doing anything wrong to earn money. This child will be 18 soon. Intervention and support at the critical time in life could have made lifetime changes for this child.