



Quarterly Report: No.14 (April to June 2022)

BIRTH Fiji Team continues to share responsibility for delivering quality service to the community and now has a Clinical Skills Supervisor, Child Protection officer and a Social Worker. A new volunteer is being trained as an admin staff assisting with finance as well. Currently BIRTH Fiji has nine full time Volunteers which allows the share of work load to prevent burnout and maintenance of quality counselling sessions and work with clients. However, this quarter have been challenging due to the number of Volunteers who have moved on and the recruitment of new ones that needed to be trained to meet the Organisation needs.

Activities

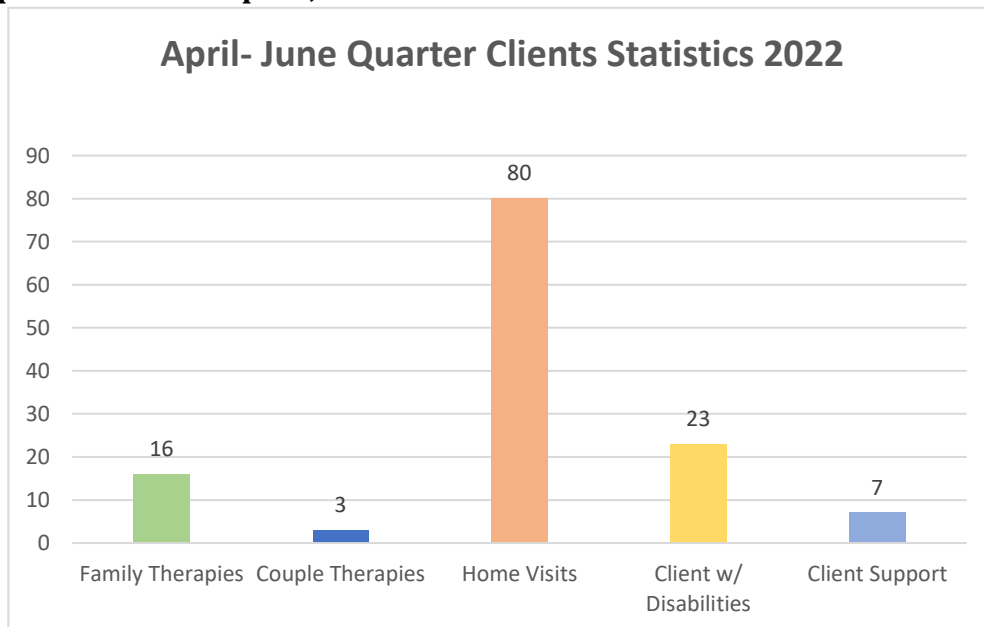
(A.) Counselling

- i. 470 **Counselling sessions were conducted.** (109 New client sessions 361 ongoing sessions).

There were a total number of 109 new clients whereas 361 were ongoing clients.

- stress case (Mental Health and Anxiety cases)
- domestic violence cases (abuse, relationship issues, socio economic issues etc.)
- child abuse/protection cases
- Socio-economy/unemployment

- ii. **16 Family Therapies**
- iii. **3 Couples Therapies**
- iv. **80 Home visits**
- v. **23 Clients with Disabilities**
- vi. **7 Client support visits to hospital, court house and Police**



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



(B.) Community Awareness Sessions

i. The team conducted 6 workshops on positive parenting & discipline. New facilitators were trained to be able to do presentations on positive parenting before they conducted the workshops.

- 8th and 9th of June 2022 – Workshops @ Koroipita by Kirthi and Anaseini.



Figure 2:(day 1) group discussion. presenting



Figure 3:(day2) kirthi presenting on positive parenting.



Figure 4:(day1) Ana and Kirti on positive parenting

- 13th and 14th of June 2022 – Workshops @ Lovu Hart and Lovu seaside by Anaseini and Makitalena.



Figure 5:(day 3) mothers and children of Lovu Hart.



Figure 6(day 4) group discussion.



Figure 7(day 4) group presentation.

- 15th & 17th June 2022 workshops @ BIRTH-Fiji Office and in Narewa Village by Ana and Makitalena



Figure 8:(day 5) group discussion.



Figure 9:(day 6) mothers of Narewa Village.



Figure 10:(day 6) group presentation.



(C.) Staff Capacity Building

- i. 13th to 17th of June 2022 – a 5 days’ workshop was held at Raddison Hotel, conducted by UNWomen and FWCC on Survivor centred approach to GBV Counselling.
Basic Gender Based Violence Counsellor Training Manual using the survivor centered approach.



Figure 11: Nisha and Kirti with Taina of FWCC at the workshop



Figure 12: Group discussion

- ii. 3rd to 6th of May 2022 - 5 days finance training was held at Upraising Resort in Navua, organised by FWF(Fiji Women Fund).



Figure 13: Group Discussion



Figure 14: Group Presentation



Figure 15: Group activity

- iii. 6th July 333 Food Voucher purchased with donations received from individuals for BIRTH Fiji clients who needed food assistance. Distribution started from 6th July. - Volunteers worked weekends to do the voucher distribution.
- iv. 16 Case consultation group meetings.
- v. 29th April Clinical Supervision with Jenny Monson. BIRTH Fiji staff had 2 case studies discussed.
- vi. 29th June Clinical Supervision with MaryAnn Stevens of EMDR Institute NZ attended by Nisha.



17th May Floriculture Group training on Mushroom farming by Agriculture at LeqaLeqa Research Station.



Figure 16



figure 17:



figure 18

In-house training for Women of Floriculture cultivating Mushroom.



Figure19: Group Activity – Mushroom Cultivation



Figure20: mushroom production

(D.)The care-giver support project

The project focused on providing critical support to women who were bedridden and women caregivers for bedridden clients. The hired caregiver for the project, Bineeta Devi was supervised by the project officer and together with the team of counsellors they put in a lot of effort and passion with each client and their case.

The families assisted were provided with care-giving, support accessing wheel chairs for clients who were in dire need, urinal bottles, adult diapers, food vouchers, skills training for caregiving, exercise supervision for bedridden, some toiletry items, medications and some even with cleaning and maintaining their household where needed for client comfort and caregiver wellness. While counsellors provided psychological support, the caregiver supported families with everyday tasks through home visitations, phone calls, care-giving, facilitation and accompaniment of hospital visits, accompaniment to take bedridden out of the house to the park, requesting for social work and other needs support passionately and with confidentiality maintaining client dignity.

There were many challenges, such as, lack of transportation to unstable roads, inaccessibility to families due to flooding in those areas while some were even hesitant to accept assistance in fear of being judged and were really appreciative after receiving the support that was empathic and caring. For some we were unable to provide with certain needs such as ambulatory aids.



During the project the caregiver was mentored and support to complete trainings in: Grief and Loss; Person-centered Suicide Risk Assessment; Psychological First Aid; Working with Trauma; Motivational Interviewing techniques; Trauma and Addiction and other capacity building trainings organized for the counsellors so that she could provide quality of care.

NUMBER OF CLIENTS ATTENDED-6MONTHS	TOTAL
Total Clients	58
No . of Female Clients (Care Givers 31 females and 1 male)	32
No.of Male Clients (Female Care Givers 24 females)	26
1. Home visits	93
2. Diapers	236 pkts
3. Food pack	35
4. Medicine	10
5. Toiletries	2
6. Wheelchair	7
7. Dressing pads	12
8. Urinal bottles	6

(C.) Networking

- i. Zoom meeting on 20th May 2022 for the virtual launch of the Irish Aid funded Livelihoods Project for Single Mothers that will be implemented by FRIEND. The aim is to provide social assistance through enabling technical and livelihood options for women who have been economically disadvantaged during the course of the COVID-19 pandemic or have lost their livelihoods due to unemployment.
- ii. Online workshop organised by Rainbow Pride Foundation with the Human Rights Measurement Initiative on Human Rights In Fiji.
- iii. 19th April, 2022 Nisha attended Feminist Tok Tok program which was organised by Urgent Action Fund Asia Pacific, which was in a space of no judgement, with abundant food to share and stories of ourselves to inspire and dream on. It was about rediscovering feminist solidarity gift to each other laughter and joy and remind ourselves about collective care and well-being and plot new dreams to support our feminist journeys.
- iv. Networking meeting with Susan, Leba and Jerusha from Koroipita settlement on 20th June 2022. Case discussions, update reports, accredited qualifications and good relationship - Work in Community Service to serve our women and children.
- v. Networking meeting on 29 June at VSHC with Prof Rajat, Mr Nitin Punja, Prem Singh and Moshim. This meeting was between BIRTH Fiji, VSHC/Sai Organisation, Punja's Welfare and Mending Minds

(F.) Challenges

- i. Finances - to provide basic needs to clients in need of assistance. Birth Fiji was not able to assist all clients as we had limited funds and resources thus, we had to screen out clients who were in



most needy conditions. It was a challenge to attend to all the clients who reach out to us for assistance. We referred as many as we could.

- ii. With the lack of staff there were only a limited number of clients we could handle
- iii. Couldn't pay staff appropriately in comparison to the hard-work the staff has done.
- iv. Staff training was also limited due to workload including the participation into the caregiver project which ended during
- v. Had to reduce home visits by the end of this period due to limited funds left.
- vi. "Wantok Grant" duration ended in June and BIRTH Fiji is privileged and appreciative of a one-month extension to provide the service to bedridden clients.

(G.) How did we cope:

- i. Provided phone counselling where home visits or client visit to office was a challenge.
- ii. Visited only the most urgent face to face, couple therapy and family therapy cases.
- iii. Regular weekly meetings for counsellors and when necessary, during the week.
- iv. Case debriefing/consultations and staff training.
- v. Group therapy sessions and family counselling to engage support and safety
- vi. Fiji women's funds helped in maintaining the Volunteers, Wantok Fund (Urgent Action Grant Fund) provided funds for the Caregiver Project, AVI Volunteering Hub provided funds for the development of the Child Protection Safeguarding Policy and Procedures. It also provided funds to facilitate Positive Parenting Workshops and printing of handouts.
- vii. HLB Consultants provided Financial Auditing at a reduced cost.

(H.) Good Stories

A Suicidal Client

The 30yr old lady walked in looking very stressed. In counselling, she was very disturbed, emotional and stressed. She shared she had no reason or will to live anymore. There were times when she looked blank as if nothing was being registered in her mind. She could not easily register everything we talked about so we had to go at her pace using therapies to bring her back to the present.

She seemed very stuck and after more than an hour in the session she was still very high on risk of suicide scale. She refused to be referred to the hospital and it was a concern to let her go in this state of mind. After another hour of attending to her, she finally agreed to be accompanied to the nearby health center to see Dr. Keshni, whom we had already contacted. After Dr. Keshni's assessment she was recommended for admission but again she refused. Even though she was sent home with preparation and agreement to keep herself safe, we kept in touch with her and took her to see the Mental Health Doctor at the Hope Centre the next day.



Again, she refused admission but agreed to take medication. Her mother was engaged as a support person and she was provided with continued psychological support through phone.

Ten days later when she was seen at the office again, she had a smile on her face, she was focused when spoken to. Her problems remain but she has learnt ways to cope without feeling suicidal. She shared she was ready to handle her issues and look at options available to her, including focusing on building on her relationship with her children.

She is now committed to attend therapy to learn and manage her emotions until confident so that she can manage difficult situation better.

APPRECIATION: BIRTH Fiji is grateful to:

1. Women's Fund Fiji
2. Fiji Women's Rights Movement
3. Urgent Action Fund
4. AVI – Child Safeguarding Volunteering Hub
5. Sai Organisation – Client support
6. Individuals - Food voucher support
7. Model Towns Charitable Trust – Transport support
8. Golden Age Home – Pickup and drop off of counsellors from GAH

For their support towards the various activities done and achieved by BIRTH Fiji. Without this support we would not have achieved the above.

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