



# Quarterly Report: No.15

## (July to September 2022)

BIRTH-Fiji has continued to provide counselling and social services to its new and ongoing clients, even through the limited funding and staff available. BIRTH-Fiji continues to promote women empowerment, gender equality, mental health and overall well-being, through advocacy, workshops and in-house training. During this quarter of the year BIRTH-Fiji has achieved many goals and started on new projects regarding community development. We have managed to get international volunteers to assist with a variety of different responsibilities such as drafting financial strategic plans, annual report and collecting successful stories, and are in plans for more.

### Activities

#### (A.) Counselling

- i. **170 *Counselling sessions were conducted.*** (48 *New client sessions* 122 *ongoing sessions*).

There were a total number of 48 new clients whereas 212 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. **4 Family Therapies**
- iii. **8 Couple Therapies**
- iv. **21 Home visits**
- v. **3 Clients with Disabilities**



## (B.) Staff Capacity Building

- BIRTH-Fiji coordinator; Nisha Khan was respectfully invited to a 3 day workshop conducted by FWRM at the Mercure Hotel in Nadi, focusing on the access to justice.
- BIRTH-Fiji staff attended a one day workshop held by FWRM at Novotel Hotel, Nadi.
- A two days workshop was held at Anchorage Hotel which was attended by BIRTH-Fiji staff as well as a board member. The workshop was facilitated by Iris Low, focusing on the child protection safeguarding policy.



Figure 1 : workshop day 1



figure 2: during the workshop



Figure 2: workshop day 2

- Dr Swaran had also facilitated an in-house training on 5<sup>th</sup> august for the BIRTH-Fiji staffs and discussed on menopause and other sexual reproductive health.



- 9<sup>th</sup> august, had a staff meeting with Susan, Jerusha and Leba.

## (C.) Community Awareness and Sessions

- i. 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.



Figure 11:



figure 12:

- ii. 5 days finance training was held at Uprising Resort in Navua. This was organised by FWF(Fiji Women Fund).



Figure 15:



figure 16:



figure17:

- iii. 16 Case consultation group meetings.
- iv. Had a video conference meeting with Jenny Monson on 29<sup>th</sup> april- with BIRTH-Fiji staffs, and had discussed on 2 cases.
- v. Attended zoom meeting on 29 June with MaryAnn Stevens who is an EMDRNZ therapist and case consultant.
- vi. A floriculture member attended Votualevu Agriculture office, lagalaga research station for Mushroom farming workshop.

Women of Flouriculture and BIRTH- Fiji staffs are cultivating mushroom.



Figure19:



figure20:



figure21:

### ( C.) Networking

- i. Attended zoom meeting on 20<sup>th</sup> 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 provided workshop on Human Rights In Fiji.
- iii. Via Zoom attended Feminist Won - Tok program which organised by Urgent Action Fund Asia Pacific, which was about 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 dream to support our feminist journeys.
- iv. Networking meeting with Susan, Leba and Jerusha from Koroipita settlement on 20<sup>th</sup> 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.

### (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 sus out clients who were in urgent need. It was a challenge to attend to all the people 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. Not to mention the little pay in comparison to how hard the staff worked.
- iv. Staff training was also limited
- v. Less home visits 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 health support where possible due to limited resources for home visit.
- 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 programs

### **(H. ) Good Stories**

#### Case Presentation – Suicidal Client

The 30yr old FID 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 here and now.

She seemed very stuck and after more than an hour in the session she was still very high on risk of suicide. She refused to be referred to the hospital and it was a concern to let her go in this state of mind.

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.

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 on 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.



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**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 for the various activities done by BIRTH Fiji. Without this support we would not have achieved the above.

**Report by: BIRTH-Fiji Team**

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