



6 monthly report - January to June 2023

“The way to achieve your own success is to be willing to help somebody else get it first.” BIRTH-Fiji has continued to provide its services which empowers the vulnerable and benefits the communities. Completion of a borehole was seen this period at a very interior community where they had very limited access to water. BIRTH Fiji team as usual worked at innovative ways to support vulnerable girls and women especially in the interior communities where they suffered the negative impact of water scarcity. BIRTH Fiji continues to empower women through trainings that allows them to secure better jobs, as the team works harder to look out for more funding to maintain the trained personnel.

(A.) Counselling

i. 331 Counselling Sessions were conducted.(73 new clients and 258 ongoing sessions)

[Counselling sessions were for stress(Mental Health and Anxiety cases), domestic violence (abuse, relationship issues, socio economic issues etc.), child abuse/protection and Socio-economy/unemployment.]

- 18 EMDR (Eye Movement Desensitization and Reprocessing).
- 2 Family therapies and 2 couple therapies
- 37 home visits
- 16 clients with disability
- 42 food voucher
- 2 young single pregnant girls supported to safety and safe home.
- 1 single/separated women supported to move to a home.
- 3 move supported to continue education to have better access to economic empowerment.

MONTH	TOTAL CLIENT	NEW CLIENTS	ONGOIN CLIENTS	GIRLS&WOMEN			BOYS & MEN			L G B T Q	PEOPLE LIVING WITH DISABILITY		ETHNICITY		
				<18	18-60	>60	<18	18-60	>60		Women/ girls	Men/boys	FID	I-T	others
JAN	77	12	65	0	7	4	1	0	0		3	2	11	1	
FEB	66	15	51	0	6	2	1	5	1		2	1	11	4	
MAR	54	8	46	0	4	1	1	1	1		0	0	7	1	
APRIL	50	10	40	0	5	2	0	3	0		3	3	10	0	
MAY	33	11	22	0	8	1	0	2	0		0	1	11	0	
JUNE	51	17	34	0	13	1	1	2	0		3	0	15	2	



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(B.) Staffs Capacity Building

- One of our international volunteer Mr Isaac Bush conducted a in-house training on Schizophrenia on 24/01/23.



- we had an in-house refresher training on 22/02/23 on micro-skills such as rapport building and on intake of clients.



- Role play on macro skills 01/02/23.



- Team role on domestic violence and socio-economic case scenario on 29/02/23.



- Refresher training on 10/03/23 on “Grief and Loss”
- Had a role play on 08/05/23- domestic violence.
- Had a role play - stress client on 02/06/23.

(C.) Networking, Meetings and Workshops

- Mr. Brodrick gave us a courtesy visit on 31/01/2023 who is with Ministry of Youth.
- Meeting with Frank Hilton Organisation- Anaseini and Kirthi on 24/02/23.
- Close the gap workshop which was organized by Medical Service Pacific on 04/02/23 attended by Shristi and Sindhiya.



- Australia Volunteer International had organised a networking meeting on 28/02/23 at Capricorn Hotel Nadi with other stake holders, this meeting was attended by Kirthi and Nisha.



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- Fiji Cancer Society on 02/03/23 workshop at Tanoa Waterfront hotel.
- The "Increase the safety of individuals at risk of suicide" staff capacity building program was made available to BIRTH Fiji counsellors from APTC. It was conducted over Zoom for 2 days and in-person in Suva for the remaining 3 days, totaling a 5-day training (13-17 March 2023).



- On 23/02/23 we had a networking meeting with members of NGOs, stakeholders, and a special school for people with disabilities in Lautoka, this meeting was attended by Kirthi and Anaseini.



- A very informative workshop organized by Fiji Cancer Society and Women Fund Fiji.



- Attended the ATH Vodafone Foundation event honoring International Women's Day and took part in the plenary board discussion on 08/03/23. This was attended by Ashlyn and Shristi.



- Psychiatrist Dr. Allister Bush, who had traveled from New Zealand, led a session on mental health training that was held at BIRTH Fiji on 25/03/23 and was available to anyone with an interest in the subject.



- Nisha and our advisory counsellor Shakuntala attended a workshop on 27/03/23, which was organized by The Asia Foundation on Human Trafficking.





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- Clinical Supervision on zoom meeting with Dr Allister Bush on 29/03/23 Had a zoom meeting with Dr Allister Bush on 29/03/23.
- Nisha and Ashlyn had a meeting with Dr.Shah of MOH on 02/05/23.
- Meeting with UAFAP on 11/05/23
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- BIRTH Fiji was part of the working group to organize the “The Pacific Feminist Forum 2023” was held at Pearl Resort Navua. It was for 3 days from 7th till 9th May 2023. We nominated four candidates for the Third Pacific Feminist Forum in which 150 feminists convened for three days of discussion and document making to emphasize the concern of Pacific women and present them to higher ranking ministers and influential people.



- There was a networking meeting with staffs from Home Of Hopes on 16/05/23.



- It was so an honor to have Jyotsna, Krish, and Anna from Urgent Action Fund for a courtesy visit to our office on 17/05/23.



- Had a zoom meeting on 23/05/23 with Annie Crookes to further discussion on Mental Health Training and Strategies. It was attended by Kirti and Nisha.

- Also had a visit to Vaivai community for networking meeting for the water project which BIRTH Fiji is working on 24/05/23.



- Access to justice consultation meet by FWRM on 24/05/23 which was held at Tappoo city Lautoka. BIRTH FIJI team and other organizations were also involved like DECOS and FEMLINK.



- A one day workshop was organised by United Nations Development Programme in Suva on 01/06/23 which was attended by Nisha and Shristi.



- Staffs from Australia Volunteer International gave BIRTH Fiji a courtesy visit on 06/06/23.





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- It was an honor to have Dr Annie Crookes to visit our office on 16/06/23.
- Robyn gave us a courtesy visit to our office on 30/06/23.



(D.) Online Zoom Meetings

- Nisha had a zoom meeting with Lillian Delana regarding National Feminist Forum on 23/03/23.
- had a zoom meeting with Empower Pacific on Counselling and Psychology support Cluster Meeting on 25/01/23.
- Nisha had a zoom interview with Isireli and Tokasa from Australia Volunteers on 29/03/23.
- We had a online board zoom meeting on 05/04/23.
- Nisha had zoom meeting with Cathy McConkey on 14/04/23.
- Nisha had her EMDR supervision session with MaryAnn on 17/04/23.
- Had in country interview with Karalaini Buiniu Noalau on 18/04/23.
- Nisha had a zoom meeting with Tom Flewett on 24/04/23.
- Had another zoom meeting with Tom Flewett on 27/04/23.
- Had a online zoom meeting on 11/05/23 with Urgent Action Fund to discuss on strategic review interview.
- Had a CBA proposal discussion via zoom meet with Losana on 17/05/23 who is from UNDP.
- Had a very productive meeting with Dr Annie Crookes on 23/05/23 which Nisha and Kirthi had attended.
- Had a meeting via zoom with Amita Jhoti on 25/05/23.
- Had a Board Meeting via zoom with board members on 31/05/23.
- Had a meeting with Tessa Henwood Mitchell on 21/06/23 which was attended by Nisha and Ashlyn.

(E.) WATER PROJECT

The Water Project offers assistance and service to places in need of dependable access to clean water and decent sanitation. Families in the neighborhood as well as those living in the Vaivai village did not have access to drinkable water. People of different ages, including old people and mostly women, carry water to their homes every day from the creek. Due to water scarcity the vulnerable mostly women, children and people with disability suffered most.





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(F.) Achievements

- ❖ Managed to get funding for two for two volunteers to do Diploma in counselling programme at USP.
- ❖ We have been having better access for home.
- ❖ New I Itaukei speaking counselor.
- ❖ Volunteer part time finance officer who works solely on Saturday.
- ❖ Mary Mackillop Today extended their services to our organization after we had applied for a grant. Although the grant didn't go through, they saw our potential and offered to help capacity build our organization in areas we require.
- ❖ One out of six water projects done.
- ❖ Birth Fiji was so grateful to get donations of office furniture from Home of Hopes.

(G.) Good Story 1

Case one: 19 year old girl who had access our services 2 years ago as a teenage client called sounding very stressed and tensed. According to her, she had been trying to reach us but had lost our number.

She was assisted to calm down and then later the client shared that she had conceived and was once again in a very difficult situation. It seemed like she was trapped in a situation where her new partner had also left when she got already 5 months in her pregnancy and had moved in with her friend. She needed a safe home to deliver her baby and give it up for adoption.

The client was assisted to gain enough self confidence to talk to her mother and finally moved back to her parents home for immediate safety. Client and her mother wanted the client to move to a safe place for her delivery, since client was feeling stressed about her relatives finding out as they all live next to each other. Her family also very scared to have her father find out about her pregnancy. Since her parents were very poor, she wish to give her child up for adoption after delivery.

She had not done her booking out of fear that people might see and recognize her. We were able to find a safe home for the client to move to till her delivery where she was safe, provided for support with health and able to connect with new people. She also had opportunity to go through few life skills trainings supported to book herself for clinic to monitor for her and her baby's health.



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Case two A 19-year-old client tried to reach to us through message as she could not make it to the office or talk on phone because of the violent partner. Client had her first teenage pregnancy at the age of 17 and conceived second time at the age of 19. She was supported through phone until she was confident to come in for support.

Client came in looked very stressed and while exploring it was noted client was having suicidal thoughts. She was feeling very scared about her family knowing about her second pregnancy.

She had a teenage pregnancy and was in a domestic violent/ toxic relationship. Client managed to escape domestic relationship and was very scared about her parents sending her back to the partner and was thinking to abort the baby. Clients did not have any financial support.

Interventions: Counsellors worked with this client by empowering her through psycho education and awareness on her rights to safety, assisted raise her hope to live thus reducing her suicide risk, provided material support to move her to a safe home so she could deliver her baby in a safe supportive environment, assisted with transportation and her immediate needs, provided with psychological support to reduced suicidal, improve self-confidence and hope to live while they networked with other stakeholders to provide skill trainings, further support and a safe home. She also understood the risks of abortion which was illegal and also a risk to her health and her life.

(H.) 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. Fiji Womens Fund
6. Commonwealth foundation
7. Vesiesie Sai Health Centre - Client Referral.
8. Modal town charitable trust- Client Referral.
9. Golden Age Home.
10. UNDP (United Nations Development Program)
11. WANTOK Fund.

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