



Help & Shelter Inc

QUARTERLY NEWSLETTER

July to September 2024

Empowering Survivors, Strengthening Communities

Welcome to Our Quarterly Newsletter!

At Help & Shelter we believe in empowering individuals and fostering safe, healthy communities. Each quarter, we're dedicated to sharing the latest news, updates, and stories of resilience, highlighting our services, and offering ways for you to get involved in making a difference.

Success Story: A Survivor's Journey to Healing

Meet Lina (name changed for privacy), a courageous woman who sought refuge at Help & Shelter after enduring years of abuse. During her stay, Lina received counselling and support from our team. Despite her challenges, she continued attending the Government Technical Institute and successfully completed her course. Lina soon secured a job and, with newfound strength, was able to move on from her abusive relationship. Today, she is rebuilding her life. Her journey is a powerful reminder that with the right support, every survivor has the potential to thrive.



Drawing done by a resident

OUR MISSION

Help & Shelter's mission is focused on the elimination of violence from our society by the transformation of attitudes towards the use of violence.

SUMMARY OF SERVICES

Face-to-face counselling –

53 new clients and 50 repeat clients were engaged

Court support - 14 clients

benefitted from court support

Referrals - 28 referrals were

given for follow-up services

Shelter – the shelter

accommodated 10 women and 17 children

Public Education – over 287

persons were engaged

Hotline – 34 callers received

services

Facebook – 9 new persons were

engaged

OUR SERVICES

PUBLIC EDUCATION

During this period the Public Education team focused on conducting training and awareness sessions at health centers in Regions 4 and 5. They also led and participated in workshops in Regions 4 and 9 and completed a GBV (gender-based violence) survey in Region 2.

Main activities conducted include:

- Training for essential service providers at Bushlot, Experiment, Dundee, Woodley Park, Cotton Tree, Rosignol, Ithaca, No.7 and Trafalgar health centres.
- Awareness sessions at the Beterverwagting health centre.
- Two workshops with Conservation International at their Georgetown and Lethem offices.
- Participation UNFPA workshop focused on Minimum Initial Service Package (MISP) training in emergency response.
- GBV semi-structured survey at Lima Sands, Essequibo.

Results

- 25 persons engaged during surveys
- 35 people participated in workshops
- 36 persons engaged at health centres
- 191 10-day workers reached

Support Our Mission

How You Can Help:

1. **Donate:** Every contribution goes directly to supporting survivors and expanding our services.
2. **Volunteer:** Give your time, skills, and passion to help make a difference.
3. **Advocate:** Raise awareness about domestic violence and its impact. Share our message within your community.



Participants at CI's workshop, Region 9



Participants at CI's workshop, Region 4



Public education session with 10-day workers at Ithaca Health Centre, Region 5

Shelter Repairs and Enhancement

After nearly 30 years of continuous use, the wear and tear on our shelter has taken a noticeable toll on both the interior and exterior. We are now focusing on addressing several critical issues.

Enhancement

- **New Water System:** A newly installed filtered water system has improved access to clean water.
- **New Sanitary Block:** We have constructed new sanitary blocks, which include two bathrooms, two showers, and designated changing areas
- **Child-Friendly Space Upgrade:** Our child-friendly area has expanded to accommodate more children, offering teaching materials and a relaxation zone. An AC unit is to be installed to ensure the children's comfort.

Academic Success Among Resident Children

We are proud to report that most of the children staying at the shelter attended school regularly, showing great dedication. Their academic performance has been exceptional, reflecting their hard work and the supportive environment we've created for them.

Empowering Through Skills and Employment

We continue to link our clients with skills training programs and employment opportunities. These initiatives are vital in helping them move towards financial independence and rebuilding their lives.

Welcoming New Staff

We are pleased to welcome our new resident counsellor, whose expertise has already proven invaluable in supporting the emotional well-being of our clients. Additionally, we have welcomed a new weekend relief supervisor, further enhancing the care and support we offer to our residents.

Poem: Help & Shelter

*When I wasn't doing my best,
Help and Shelter gave me rest.
Help and Shelter not my home,
But being here motivates me to have my own.*

*Never returning to my stress,
Coming out, I've been made bless.
I am strong, and I am free,
Now I'm out, I'll be help for people like me.*

*And all the women in the boat like me,
we rood to shore and make free.
And for all the others that will come after me,
Let Help and Shelter make you the best you can be.*

Poem done by resident.

Thank You to our Donors, Partners and Volunteers

We want to take a moment to express our deepest gratitude for your unwavering support and commitment. Whether through generous donations or the invaluable gift of your time and energy, you have played a vital role in helping us make steps towards achieving our mission.

Because of your dedication, we have been able to make a meaningful impact on the lives of so many, and together, we are fostering positive change in our communities. Your contributions, both big and small, remind us that we are all part of something greater, and we are incredibly fortunate to have you on this journey with us.

Thank you for believing in our cause, for standing with us and for making a difference.

Our sincerest appreciation as we acknowledged the monetary donation received from Mr. Joey King.

Together, we are building a world free from violence and fear, and we look forward to continuing this important work with you.

Donation Received from KFC

We are deeply grateful to KFC Guyana (Kentucky Fried Chicken) for their generous donation of \$3,000,000 to support the ongoing capital expenditures at our shelter. This substantial contribution will empower us to make much-needed improvements to our facilities, in addition to this financial contribution, KFC has also donated two refrigerators and two transformers. These critical pieces of equipment will help us maintain a reliable and comfortable space for the individuals and families we serve, improving our ability to provide for their basic needs and ensuring uninterrupted operations at the shelter.



KFC's unwavering commitment to social responsibility is reflected in this meaningful act of support. Their generosity will play a pivotal role in sustaining our operations, allowing us to not only maintain the quality of care we offer but also expand our capacity to reach even more individuals who need our help. This partnership reinforces the positive impact businesses can have on local communities, and we are immensely thankful for KFC's dedication to helping us broaden our mission and deepen our impact.

With this donation, KFC has made a lasting difference in the lives of those we serve, and we are truly appreciative of their continued commitment to supporting Help & Shelter.

Continued Support from Garden City Rotary Club

We are also deeply appreciative of the continued support from the Garden City Rotary Club in planting and maintaining the garden at our shelter. Their ongoing efforts have transformed the outdoor space into a peaceful and nurturing environment, providing a sense of tranquility and healing for the individuals and families we serve.

Through their regular involvement in maintaining the garden, the Garden City Rotary has not only helped us create a beautiful, green space but also contributed to fostering a sense of community and well-being for our residents. The garden serves as a therapeutic area where those seeking refuge can find peace, reflect, and reconnect with nature.

We are incredibly grateful to the Garden City Rotary for their dedication and hard work in supporting this initiative. Their commitment to enhancing the quality of life at our shelter demonstrates the powerful impact of community collaboration, and we look forward to continuing this wonderful partnership in the future.

