



Help & Shelter

QUARTERLY NEWSLETTER

January to April 2025

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.

Volunteers Activities

Help & Shelter's Volunteer Corps has been strengthened with the successful orientation and training of eight new volunteers. The volunteers participated in introductory sessions covering key areas such as domestic and gender-based violence, child abuse awareness, Help & Shelter's Child Protection Policy, and Sensitivity and Confidentiality Guidelines. These sessions were designed to equip our new volunteers with the knowledge, skills, and values necessary to provide effective and compassionate support to survivors and vulnerable individuals. We warmly welcome them to the team and commend their commitment to making a difference.

International Internship in Progress

Help & Shelter is pleased to host a volunteer from Brigham Young University, Idaho, who is currently completing her internship with us. This valuable engagement, which began earlier this year, provides practical experience in the field of social services and advocacy. The internship will culminate in July 2025, and we are grateful for the intern's contributions to our ongoing work in supporting survivors and promoting human rights.

Empowering Survivors, Strengthening Communities

OUR MISSION

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

SUMMARY OF SERVICES

 **Face-to-face counselling** - 32 new clients and 32 repeat clients were engaged.

 **Court support** - 5 clients benefitted from court support.

 **Referrals** - 10 referrals were given for follow-up services.

 **Public Education** – Over 222 persons were engaged.

 **Hotline** – 24 - including 7 bilingual – callers received services.

 **Facebook** – 8 new persons were engaged

OUR SERVICES

Put this with the rest of the write up on the following page

Help & Shelter/UNTF Project 2024–2028 *Advancing Women through Education and Skills Enhancement*

The implementation of activities under the UNTF/Help & Shelter Project 2024–2028 has officially commenced in Regions 5 and 6. This project focuses on violence prevention and the promotion of women's rights, with targeted strategies aimed at empowering women through education and skill development.

The project's initial phase began with the biannual meeting of staff and volunteers, setting a strong foundation for coordinated action. This was followed by community visits and the successful completion of a baseline survey, marking the start of field-level engagement.

These early activities created vital opportunities for collaboration with community leaders, religious leaders and state officials, who were provided with detailed briefings on the project's objectives, anticipated outcomes, and implementation approach. Their support and insight will be instrumental as the project advances through subsequent phases.

Photos from Berbice Visit



Enhancing Counselling Services in New Amsterdam, Berbice

Monitoring Visit Report – April 2, 2025

On April 2, 2025, former chairperson Denise Dias and consultant Pamela Nauth undertook a monitoring and support visit to two of Help & Shelter's counselling sites in Region 6 (Berbice):

- Goed Bananen Land Health Centre, Canje
- Smythfield, New Amsterdam

The primary objectives of the visit were to:

- Provide direct support to on-site staff
- Evaluate performance and adherence to best practices
- Monitor data accuracy and quality of service delivery
- Ensure compliance with Help & Shelter's Standard Operating Procedures (SOPs)

Using a participatory approach, the team facilitated discussions with staff to assess operational strengths, celebrate achievements, and identify areas for improvement. The findings and feedback gathered will guide future planning, capacity-building efforts, and service enhancements.

The visit also included strategic stakeholder engagement meetings with key partners, including:

- The Neighbourhood Democratic Council
- The Resident Prosecutor
- The Corporal from Reliance Police Station

These discussions focused on strengthening inter-agency coordination and building sustainable partnerships to better support survivors of gender-based violence in the region.

This initiative reflects Help & Shelter's ongoing commitment to maintaining high-quality services, fostering collaborative networks, and expanding access to critical support for vulnerable populations in Region 6.

OUR SERVICES (contd)

Help & Shelter/UNTF Project Action 2025 *Advancing Women through Education and Skill Enhancement*

To date, approximately 397 individuals have been engaged, with women and girls representing 98% of participants underscoring the project's focus on gender-responsive outreach.

Photos from Pub Ed Sessions



In alignment with the project's theory of change and commitment to strong operational management, the project management team participated in a capacity-building workshop in São Paulo. This training significantly enhanced team competencies in strategic planning, monitoring and evaluation, and effective implementation of project activities.

Planned activities for the remainder of the first year include:

- Stakeholder training workshops to build support and alignment around project goals.
- Engagement sessions with essential service workers to improve coordinated responses to gender-based violence.
- Skills training sessions for beneficiaries, equipping women and girls with practical tools for economic and social empowerment.
- Dissemination of awareness materials (posters, flyers, brochures) to support community mobilization and the promotion of women's rights.
- Self-care initiatives to promote mental health and resilience among participants and staff.
- Monitoring and Evaluation sampling to assess the effectiveness and reach of project activities.
- Community-based partnerships focusing on vulnerable and marginalized women, with alignment to the Sustainable Development Goals (SDGs).
- Psychosocial support services for survivors of violence.
- Hotline portal management to ensure emergency support and remote access to services for women.
- Strengthening referral pathways to ensure timely and effective connections to supporting agencies.

This project remains committed to advancing the empowerment of women and girls through education, skills enhancement and violence prevention initiatives, contributing to broader efforts to uphold women's rights and dignity in the targeted regions.

Shelter

During the period January to March 2025, Help & Shelter provided a safe haven for 22 women and 33 children at our shelter. These figures reflect our unwavering commitment to protecting and empowering survivors of domestic and gender-based violence.

Our dedicated team ensures that each resident receives not only safety and stability but also emotional support, counselling services and practical assistance to help rebuild their lives.

In collaboration with the Ministry of Human Services and Social Security (MOHSSS), we also facilitate access to training opportunities and encourage women to pursue employment—equipping them with the tools to lead independent and successful lives.

Thank You for Your Support

We extend our heartfelt thanks to everyone who has contributed to our work, whether through cash donations or gifts in kind. Your generosity plays a vital role in helping us provide critical services to survivors of domestic and gender-based violence.

Every contribution, no matter the size, makes a meaningful difference. We are deeply grateful for your continued support and partnership in our mission to create a safer, more compassionate society.

Upcoming Activities

Help & Shelter remains committed to growth, outreach, and strengthening our internal capacity. Here are some key activities on our upcoming agenda:

- **Public Education Outreaches**

Community engagement sessions aimed at raising awareness of domestic and gender-based violence, child protection, and available support services.

- **Capacity Building for Project Staff**

In-house training sessions focused on enhancing the knowledge, skills and effectiveness of our dedicated team members.

- **Staff Health & Safety Engagement with the Guyana Fire Service (GFS)**

A collaborative initiative to ensure our staff are equipped with essential safety knowledge and emergency preparedness.

- **New Project Launch**

We are excited to introduce a new initiative that will expand our reach and impact—more details to be shared soon!