



## Annual Report 2014

## Preface

Dear Readers,

we bring You the 21<sup>st</sup> annual report summarizing the most important things that happened in the course of the last year. Let us begin with the essence of our mission.

5 children were born thanks to the work of the Counselling Center and the Home for Children's Lives and thus they joined the 131 children that were born in the Home for Children's Lives during the last 18 years. We are grateful for each of these 136 children. 13 mothers and 4 older children found temporary shelter in the Home during the last year.

223 women sought the advice and help of the Counselling Center Na počátku. This was 16 % more than in the previous year.

Our information stand was present at 6 promotional events, another two were organized in the Counselling Center. The most important event of the year was a charitable concert marking the 20<sup>th</sup> anniversary of our work for unborn lives.

The workers of the Counselling Center organized 6 educational workshops for secondary school students and for people visiting outreach youth clubs.

We acquired the Stamp of Public Benefit Corporation Reliability awarded by the Reliability Evaluation Committee to those institutions able to prove that „they handle the entrusted assets responsibly and that they use them to fulfill their declared missions in an adequate and transparent way“.

We would like to thank all our present and former employees, members and volunteers because it is thanks to their responsible and reliable work that we can be a „reliable institution“.

Our thanks also go to all of You who selflessly help us with our efforts.

Wishing You many peaceful days full of light, goodness and hope,

Eva Vondráková  
Managing Director

## **Our Mission**

Na počátku, o. p. s. is striving to protect and develop human life.

Na počátku has chosen to carry out this mission by protecting unborn children whose lives are endangered by artificial abortions, and by supporting and educating parents responsible for caring for and bringing up these children.

Our institution helps to protect and develop lives by:

- 1) running shelter houses with social programs for pregnant women in distress who want to give birth to their children but whose natural environment does not provide suitable conditions to do so (such houses are supposed to be places protecting threatened lives and providing environment supportive of personal development);
- 2) counselling women who find themselves in critical situations caused by their pregnancy and their motherhood;
- 3) educating women and supporting their personal development with emphasis on finding and awakening their womanhood and strengthening their motherly identities;
- 4) informing the broad public about the matters of respect for human life (i.e. about the development of a human being before birth, about the mission of a woman and a man, abortion, its consequences and about contraception);
- 5) including volunteers in the projects of our institution and supporting their development

The joint mission of the founders of our organization is to try effectively to develop their personalities, i.e. fulfilling the basic mission of being a woman or being a man.

## Step by Step through the year of 2014

### January

The first month is usually marked by the settlement of endowments from public budgets and by closing the books and this year was no different. We sent gift confirmations to our donors.

We also launched a trial version of our new web site.

### February

We managed to finish the construction of an outer stairway at the Flats Na počátku and thanks to that we also managed to build a children's club called Živá fantazie (Living Fantasy) on the upper floor.

The managing director Eva Vondráková participated in the „Home composting in practice“ course which earned the counselling Center Na počátku a composting device at a discount price from the city of Brno. Now we can compost leftovers from our kitchen as well as from our garden in a much more efficient way.

### March

During the second half of March, Na počátku celebrated the 20<sup>th</sup> anniversary of its founding.

We had our information stand at Jarmark neziskovek (the Fair of Nonprofit Organizations) at the Faculty of Social Studies of the Masaryk University. Katolický týdeník (Catholics Weekly) published a four page long article about Na počátku.

## April

Our Managing Director, Eva Vondráková, took part in a regional meeting of Motherhood centers in Břeclav where she presented our projects and the ways we help mothers in distress.

We accepted a deed of gift from the Diplomatic Spouses Association (an organization of spouses of diplomatic mission representatives in the Czech Republic) during a ceremony at the Romanian embassy in Praha. We acquired 100 000 crowns for room equipment of the shelter house and for various equipment needed by the mothers and their children.

## May

We organized a charitable concert in the church of St. Augustin at Kraví Hora. The concert was a celebration of the 20<sup>th</sup> anniversary of the founding of Na počátku. A number of interpreters performed for free including Musica Animata, a chorus from Třebíč,

Small String orchestra of ZUŠ (primary art school) Třebíč with guests and their artistic director Vilém Coufal. Karel Tomek was the conductor of the concert.

Traditionally, our information stand was present at the NGOmarket in Prague, the biggest exhibition of non-profit organizations in the Czech Republic.

## June

Our institution was one of the three that received the profit from a charitable concert that took place in Telč. We received 7300 crowns for buying equipment needed for our courses. The concert was called the Heart of Telč and we would like to thank Ms. Jiřina Šimková for inviting us.

## July

Almost the whole team of Na počátku participated in the course “Managing aggression during a contact with a client ” that took place in the Home for Children’s Lives.

We gathered for a two day long strategy planning session. We agreed on the priorities of our development in the coming years and we confirmed the main principles of our work. We created an action plan for 2015 and 2016. During these two years, major changes in the financing of social services will come into effect.

## August

Our collection for supporting parental competencies of mothers in the Home for Children's Lives ended on the last day of August. The collection took form of a number of charitable auctions - a project of the Světýlko institution (Little Light). 10 000 crowns were collected in the course of 3 months. We would like to thank all those selling, buying and organizing this collection. For further information see [www.charitativniakuce.cz](http://www.charitativniakuce.cz).

## September

During the first day of fall, we accepted the Stamp of Public Benefit Corporation Reliability awarded by the Reliability Evaluation Committee (AVPO ČR):



*The evaluation was carried out as a part of a project of the Association of Public Benefit Corporations of the Czech Republic called „The Way to increasing trustworthiness of non-profit organizations in the Czech Republic“. This project was financially supported by the Operation Program Human Resources and Employment.*



## October

During the Day of Social Services, we prepared an open door day in the Counselling Center. It was our fourth open doors day and it could be seen at the number of people that visited us. We had the pleasure of welcoming more than 20 experts from various

fields. Most of them came from other social services such as law centers, outreach youth facilities, and social departments of municipal authorities.

### November

We did not miss the Brno Non-Profit Organization Fair at the Faculty of Social Studies of the Masaryk University. We had a big success with cloth bags made by the mothers from The Flats Na počátku. We used all the profit for our public collection.

### December

During the time of Advent, we organized our first pre-Christmas selling of things made by the mothers from the Home for Children's Lives and the Flats Na počátku. It was possible to buy e.g. decorative flowerpots, cloth bags, cups and greeting cards.

Children from the kindergarten in Modřice and their parents organized a Christmas collection for the mothers from the Home for Children's Lives and the Flats Na počátku. We would like to thank Ms. Moni-

ka Čechovská, the kindergarten teacher, for organizing this collection and for her initiative. We would also like to extend our thanks to all the parents and their children for all the gifts.

One of our patrons entered our institution in the charitable event organized by IKEA called „Together with You – For the most important people in the world“. We were among the final five projects in the competency of the Brno mall. When customer finished voting, we ended up second and the IKEA company donated equipment worth 15 000 crowns to us. We used the gifts to improve our play room and our meeting room in the Home.

The Delikomat company organized a pre-Christmas collection among its employees. During their charitable Christmas party, they managed to collect 156 500 crowns and donated 90 000 to us for supporting individual work with the women in the Home for Children's Lives and in the Flats Na počátku and preventive and educational work with youth. We thank the Delikomat company and its employees.

## The Counselling Center Na počátku

*Registered social service Specialized social counselling, registration number 4472865.*

The moment when a woman finds out that she's pregnant is not always connected with happy expectations. Pregnancy can be a life changing event that has come too soon, unexpectedly, in wrong circumstances. It can be connected with the feelings of powerlessness and anger; it can be accompanied by big worries about the future. It can be a cause of partnership and family conflicts if it is not accepted by those who are the closest. This is a situation when it is a good idea to approach the Counseling Centre Na Počátku.

### **What does the Counselling Center Na počátku offer?**

- help with looking for a place to live and with keeping the present place of residence
- help with solving problems in relationships with close people (violence from the partner, communication difficulties and family relationship difficulties)
- money management counselling including advice on how to save money and provide for self and the coming child
- counselling regarding financial help from the state
- mediating social and public services (civic and law centers, services for domestic abuse victims, marital and family counselling, family and motherhood centers, doctors, etc.)
- providing shelter house contacts



- accompaniment to public and social service centers
- providing basic information about pregnancy and motherhood
- providing space for strengthening confidence in self as a woman and a mother

**Services we offer to women considering an abortion as a solution of their situation:**

- providing space for thinking over the reasons why some of the women consider solving their situations by having artificial abortion - we always respect their final choice
- providing information about health consequences of an abortion and the risk of the post-interruption syndrome
- help and support when women decide to carry a baby to term
- providing information about abortion alternatives (adoption, foster care)
- follow up help during motherhood

## Year 2014 in the Counselling Center

<b>Overall number of women</b>	<b>223</b>
<b>Year on year increase</b>	<b>16 %</b>
From this:	
Domestic violence victims	<b>12</b>
underage	<b>9</b>
<b>Contacts</b>	<b>215</b>
<b>Interventions</b>	<b>449</b>

**January:** we commenced cooperation with the HoSt – Home-start organization and with Klokánek Brno (Little Kangaroo) where Jitka Mozorová, the directing manager of the Counselling center, was at an educational trip.

**February:** Jitka led 2 relaxation dance sessions in the Home for Children’s Lives.

**March:** 2 workshops „Expect a Conception“ took place in an outreach center and a children’s home. The lecturers were Jitka and Eva.

**April:** Jitka Mozorová presented our activities at the „To have or not to have a child?“ conference held by the Complex Care Center Dobřichovice in cooperation with the Živá radost (Living Happiness) center.

**May:** The volunteer Sabina prepared a teambuilding atretherapeutic program for the Counselling Center team. We participated in lectures held during the Week of Respect for Childbirth in Brno and we started cooperating with birth assistants and the Human Rights League.

**June:** Eva Blechová led 2 workshops „Expect a Conception“ in outreach centers.

**July:** We started cooperating with the Brno-sever Social Department.

**August:** Jitka Mozorová managed to negotiate cooperation with the Studánka (Natural Spring) family center in Tišnov.

**September:** Jitka Mozorová successfully finished the „Prevention of unplanned pregnancies“ course, prepared by the National Life Initiative.

**October:** Jitka Mozorová presented her contribution at the „The Smallest of Us“ conference held by a likely named organization in Brno and at the Solo Parenting conference held by Aperio.

**November:** The Counselling Center successfully passed a control of the quality of the provided social service performed by specialized lawyers appointed by the South Moravian Region.

**Prosinec:** We presented the activities of the Counselling center and the possibilities of helping unexpectedly pregnant women at the meeting of doctors of the birth center at Obilní trh in Brno.

*Are You pregnant and in a difficult life situation? Call 548 221 405 či 774 440 821 or write to [poradna@napocatku.cz](mailto:poradna@napocatku.cz).*

## Home for Children's lives

*Registered social service, Shelter houses for mothers with children, registration number 3165111.*

The Home for Children's Lives provides shelter accommodation and a social program to pregnant women in distress who wish to give birth to their babies and do not have suitable conditions to do so in their natural environment. The help provided to these women depends on their individual needs. The help is provided in such a way that the women are directed towards actively solving their situations, developing skills for an independent live and integrating themselves back in their natural communities. The address of the Home is not official to ensure the safety of our clients..

### **Capacity**

The Home for Children's Lives can house 7 mothers and 10 children. Each mother has her own room and

there are sanitary facilities and a kitchen on each floor.

### **What does this service include?**

- accommodation in a shelter house with a garden and a non-public address in a calm environment
- basic social counselling
- individual planning focused on solving particular situations
- individual creation of economic plans and training for their realization
- practicing communication skills for dealing with the authorities or accompaniment while dealing with the authorities
- trips
- activities belonging to the „Support of parental skills project“ – therapeutic, developmental and educational

## Year 2014 in the Home

Overall number of women	13
Overall number of children	9
From this:	
Children born during a stay in the Home	5
Interventions	4039
Bed-days	3301

**January:** At the beginning of the year, we prepared a big New Year lunch for the work team and the mothers with their children. A few days after that, we were visited by the Three Wise Men. During the second half of the month, one of the workers, Monika, organized a „Clothes Market“ for the mothers.

**February:** Jitka from the Counselling Center organized a dance movement therapy session for the

mothers. Monika prepared a „Crafting Marzipan“ activity.

**March:** We gave the mothers food gifts from Dobrotety (Aunts of Good Will) from Brno. Lenka organized the „Colors that fit“ activity. Then the mothers together with Bára sowed seeds into flowerpots and prepared the garden for the new season, mainly the flowerbeds.

**April:** The mothers together with Marie baked gingerbread men, together with Lucie they decorated Easter eggs and together with Monika they baked sausages on fire. They also had their hair cut thanks to a contribution from Dobrotety.

**May:** Monika organized another „Clothes Market“ and also showed the mothers how to make decorative flowers from old nylons. Lucie showed them how to tie a scarf to carry a baby in it and how to make their own soap. They all went picking dead nettles and then they dried them.

**June:** Two of the children were baptized with Monika as their godmother. The next day, two of the mothers organized a baptism celebration. One of the volunteers, Sabina, organized arte therapeutic activities for the mothers. They also went on a trip to a pond with Lucie and learned about the encaustic painting techniques with Mirka.

**July:** In July, we prepared a small above-ground pool for the children in the garden of the Home. The mothers together with Monika made marigold ointment.

**August:** The second holiday month was marked by trips, there were four altogether. The most popular destination was the ZOO in Jhlava. Thanks to the donation from the Diplomatic Spouses Association, we were able to replace old and unsuitable equipment of the Home including furniture and room equipment.

**September:** In September the third „Clothes Market‘ of this year took place.

**October:** Two of the supporters of the team. Marie and Monika, successfully finished the „Application of Psychology in Social Services“ course.

**November:** During the penultimate month of the year, the mothers together with Monika made little bells from pedig, and together with Lucie they made toys from gloves and buttons. At the end of the month, they prepared for the time of Advent by creating traditional garlands with the help of a new member of the work team, Eva. We also passed a social service quality control performed by the South Moravian region authority.

**December:** During the Christmas Eve, the mothers dined with Eva. During the last day of the year, they prepared a festive meal as a part of the cooking course supervised by Mirka and they spent the New Year’s Eve with Marie.

## Flats Na počátku

*Registered social service, social rehabilitation – long stay form, registration number 5720237.*

**January:** We prepared a first aid course for the mothers. We read about the ideas of Yvonna Lucká and Luboš Koblíček about the needs according to the Pessó Boyden therapy and about the need for limits, space and certainty. This activity was a part of OS-MA (Organizational Meeting of Mothers).

**February:** We finished and modified a number of work processes such as working with very vulnerable victims of crimes and together with the mothers we evaluated reaching the goals of the work processes and the quality of our services in 2013.

**March:** We proposed a work process for individual planning with a woman coming in critical state after being subjected to domestic violence. We also de-

finied possible development goals for women subjected to domestic violence.

**April:** One of the volunteers, Hanka, organized Easter crafting for the mothers and their children. One of the workers, Nikola, finished a seminar dealing with domestic violence organized by the Intervention Center.

**May:** We set out on a trip around the surrounding areas. Nikola participated in a meeting of the Probation and mediation service in the Intervention Center in Jihlava.

**June:** We organized a teambuilding meeting to strengthen our work relationships. Nikola participated in a seminar called „Accessible and stable housing: legislative in preparation and example of good conduct” held at the Regional authority building in Jihlava.

**July:** We organized a „Clothes Market” for the mothers and their children. We finished painting the front of the house where two of our flats are situated.

**August:** We created rules of communication with our clients for the purpose of taking care of official matters.

**September:** We created work instructions for effectively providing feedback during communication.

**October:** Another „Clothes Market” took place and we improved our big club as well as the small club for children.

**November:** Together with our mothers we made cloth bags for our Advent market. We also prepared a project of spring garden improvement for the front garden of one of the houses.

**December:** In December, the mothers and their children were visited by St. Nicholas who brought gifts including ingredients for Christmas baking and potatoes for potato salad and also for the coming year. During the Christmas Eve, we all sat together and sang Christmas carols.

## **Project „How not to be out of options right at the beginning or What pregnant women in crisis need and what we can offer to them“**

The goal of the project is to educate current as well as future professionals in the field of pregnant women and mothers with children in unfavorable situations, it is therefore meant for workers of departments of social and legal child protection, employment offices, other related social services and also for students of social and medical secondary schools, universities and colleges.

The aim of the project is to acquire the ability to appropriately deal with situations of pregnant wom-

en searching the support of social workers in their uneasy situation.

### **Workshops „Expect a Conception“**

Another important activity included in this project are educational workshops in youth outreach centers or children's homes. In 2014, 6 such workshops took place.



## Acknowledgements



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**Jihomoravský kraj** We thank the South Moravian Region for financially supporting the Half-Way Flats. ([www.kr-jihomoravsky.cz](http://www.kr-jihomoravsky.cz))



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We thank the Diplomatic Spouses Association ([www.DSAPrague.org](http://www.DSAPrague.org)) for providing us with a financial donation for renewing the equipment of The Home for Children's Lives and supporting the clients of the Home for Children's Lives.



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**Many donors** for other financial and material donations, **and all people** who help us in any other way to execute our mission.

The graphic design of this annual report was done by Filip Čejka. All the people (or their legal guardians) pictured in the photos throughout this report agree with being pictured therein.