



EMPOWER PACIFIC NEWS

CONSULTATION ON CHILD JUSTICE

Empower Pacific was part of a consultation in early March on child justice in Fiji.

The consultation held at the UNICEF Pacific office conference room in Suva on March 2 was attended by our counsellors Sisilia Radinamo and Ana Radrekusa.

Child Frontier, a consulting company that deals with programs for children and UNICEF's Child Protection Specialist conducted the consultations.

Apart from Empower Pacific, Save the Children Fiji and Medical Services Pacific representatives also participated in the meeting.

Social workers, clinical psychologists and lawyers from Child Frontier shared the work they have conducted in other parts of the world and their outcomes.

The aim of the meeting was to review access to justice, support roadmaps for strengthening systems and support child centred approaches.

Empower Pacific submitted that while the collaboration with government ministries was working well, more should happen in terms of getting feedback on referrals made to it.

The management of cases and how Empower Pacific engaged stakeholders and relevant support in providing the best for the child were also discussed.

Furthermore, our team deliberated on the process of providing psychosocial support and case management with the relevant government ministries, and the support families can provide for the child.

EMPOWER PACIFIC
NEWSLETTER

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IT IS A DAY SET ASIDE EVERY YEAR TO CELEBRATE THE LIFE OF ALL WOMEN IN THE WORLD.

LIKE OTHERS, EMPOWER PACIFIC STAFF ALSO CELEBRATED THE INTERNATIONAL WOMEN'S DAY ON MARCH 8.

THE THEME FOR THE DAY THIS YEAR WAS, "DIGITALL: INNOVATION AND TECHNOLOGY FOR GENDER EQUALITY".

ACCORDING TO UN WOMEN, THE UNITED NATIONS OBSERVANCE OF IWD RECOGNISES AND CELEBRATES THE WOMEN AND GIRLS WHO ARE CHAMPIONING THE ADVANCEMENT OF TRANSFORMATIVE TECHNOLOGY AND DIGITAL EDUCATION.



STAFF AT THE EMPOWER PACIFIC HEAD OFFICE IN LAUTOKA AND BRANCHES AROUND THE COUNTRY MARKED THE DAY IN THEIR RESPECTIVE OFFICES WITH A CAKE AND REFRESHMENTS.

MALE STAFF JOINED THEIR FEMALE COLLEAGUES IN CELEBRATING THE INTERNATIONAL WOMEN'S DAY, WITH SOME TALKING ON THE LIFE AND IMPORTANCE OF WOMEN IN THIS WORLD.



UNESCAP SHOWS INTEREST

The United Nations Economic and Social Commission for Asia and the Pacific (UNESCAP) has shown interest in working with Empower Pacific when they begin rolling out their projects in future.

Empower Pacific representatives with those from the Fiji Women's Fund, femLINKpacific and Women in Fisheries met with UNESCAP officials in Suva in February.

Discussions were entirely focused on gender issues in Fiji, with the UNESCAP team wishing to understand how gender works in the country.

They were focused on catalysing women's entrepreneurship programs and the available services that can be incorporated in their programs.

Also, discussions were held on the psychological impact of what most women experience in their The representatives from each organisation present at the meeting briefed the UNESCAP team on the services they offer in respective areas.

Fiji Women's Fund also expressed interest in the services offered by Empower Pacific and asked how they could assist with funding.

Referral pathways were also discussed should other stakeholders wish to engage the services of Empower Pacific in the future.

STUDENT SUPPORT SERVICES

A workshop was conducted by Empower Pacific in February for prefects at a primary school in Lautoka.

The Mentorship for School Prefects workshop was held at the Saint Thomas Primary School and facilitated by Empower Pacific counsellor Akene Lagilagi.

Fifty-five students including prefects who are in years 7 and 8 participated in the mentoring workshop.

All Year 7 students were included in the workshop to prepare them for next year and also motivated to support leadership this year.

Participants were engaged in question and answer sessions, and also in short activities during the session held by our counsellor.

Empower Pacific has been part of this leadership training program since we piloted the Student Support Services at the school.

The objectives of the workshop were to make the student participants understand the importance of their roles in assisting to maintain order in the school.

Another objective was to empower other students to achieve the main objectives of the school.

WORKSHOP FOR JUDICIAL STAFF

Empower Pacific was invited by the judicial department to conduct an awareness session at their divisional heads meeting in Lautoka in January.

Participants at the session were from different divisions in the country and departments of the judiciary.

Empower Pacific counsellors Ms Reshmi Singh from the head office and Ms Patricia Vilisoni from the Lautoka Hospital branch facilitated the awareness session.

The session started with introductions and a brief overview of Empower Pacific's services and assessing participants on their understanding of stress management.

Some of their responses were burnout, anxiety, low energy level and something beyond our control.

This was followed by the introduction of the objectives: -

- Understanding how stress works.
- Recognise negative stress and its symptoms.
- Identify and implement personal coping mechanisms.
- Balance work and family.

Furthermore, the participants were explained what stress is, its causes and signs, and how to deal with it.

They were also told about eustress, which is stress with a positive effect where the physical, mental or emotional strain produces positive emotions rather than the negative emotions usually associated with stress.

Awareness was also raised on the Environmental Relaxation Techniques such as finding a sanctuary, using tools like music, temporary escape and visualisation.

Participants were also made aware of the importance of balancing work and their family life.

Some of the key points were to set priorities, find a go to person, limit after work and after school involvement, finding time for yourself and for fun.

The participants were also provided with Empower Pacific contact numbers and encouraged to reach out for counselling support if they needed it.

THE SEARCH FOR CHILDREN ASSISTED DURING COVID-19 PANDEMIC

A stakeholders meeting was organised by the Frank Hilton Organization in February to find ways to identify children it had assisted during the COVID-19 pandemic.

During the pandemic, the organisation had identified some children and supported them with their nutrition, water, sanitation, hygiene and health.

The organisation is now trying to contact the families of these children so that it can support them with other services but many are unreachable.

According to the organisation, the purpose of the meeting was to collaborate and see if Empower Pacific and other civil society organisations could assist them in identifying these children.

The organisation will provide a list of the children in confidence for us to compare with our database.

Their main goal is to try and reach these children and their families to provide them with other services which they feel the children need.