



# Annual Review 2010

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### **About us**

*The Family Rehabilitation Centre (FRC) is a humanitarian, non-profit, non-governmental organization which was founded in August 1992. It is an independent organization with its own Memorandum and Articles of Association and has been incorporated under section 21 of the Companies Act No.17 of 1982.*

### **FRC's VISION**

*To be a professionally recognized and respected lead organization in Sri Lanka in promoting holistic health care to those affected by trauma.*

### **FRC's MISSION**

*To treat, rehabilitate and provide care in accordance with highest standards of professional ethics for those subjected to severe trauma, through competent and caring professionals, complementing the health services and offering support as appropriate to them and their immediate families.*

### **What We Do:**

*To assist persons affected by trauma such as differently abled, torture survivors and those suffering from physical and/or psychological distress, with medical attention, counseling, physiotherapy, and other relevant services.*

*Conduct training programmes for relevant persons in the management of trauma affected, basic counseling, befriending and empowerment.*

*Network with relevant governmental and non-governmental organizations, in order to obtain access to all available services for trauma affected.*

*Advocacy to prevent trauma through violence in society*

<b>Our Target Groups:</b>
Torture Survivors
Widows and Children with Trauma
Ex-Combatants
Displaced People
Family Members of Displaced People
Victims of Gender Based & Domestic Violence
Differently abled
Abused Children
Other Victims of Extreme Trauma

## Where we work

Locations	Address	Telephone	Fax	E-mail	Web
FRC Colombo	No. 73, Gregory's Road, Colombo 07	0112698441 0113091433	0112695885	<a href="mailto:frcsl@slt.lk">frcsl@slt.lk</a>	<a href="http://www.frcsl.org">www.frcsl.org</a>
FRC Anuradhapura	No. 623/20A, 2 <sup>nd</sup> Stage, BulamkulamaDisaMawatha, Anuradhapura	0252226810	0252226810	<a href="mailto:frcanu@sltnet.lk">frcanu@sltnet.lk</a>	
FRC Batticaloa	No. 128/7, Warnakulasingam Road, kalladi, Batticaloa	0652226496	0652226496	<a href="mailto:frcbatti@gmail.com">frcbatti@gmail.com</a>	
FRC Jaffna	No. 351, Temple Road, Jaffna.	0212226347	0212226649	<a href="mailto:frcjaffna@yahoo.com">frcjaffna@yahoo.com</a>	
FRC Ampara	RDA Road, Thambiluvil-1, Thirukkivil, Ampara	0672265354	0672265354	<a href="mailto:frcampara@sltnet.lk">frcampara@sltnet.lk</a>	
FRC Point Pedro	Ratnavel Vasa, Puloly South, Point Pedro	0213002530	0212263245	<a href="mailto:frcjaffna2@yahoo.com">frcjaffna2@yahoo.com</a>	
FRC Mannar	No. 57, Main Street, Mannar	0232223176	0232223176	<a href="mailto:mnfrc@yahoo.com">mnfrc@yahoo.com</a>	
FRC Trincomalee	No. 26, 4 <sup>th</sup> Lane, Orr's Hill, Trincomalee	0262225372	0262225365	<a href="mailto:frctrinco@sltnet.lk">frctrinco@sltnet.lk</a>	
FRC Vavuniya	Anbu Aham, Ukkilan Kulam, Vavuniya.	0242222835	0242222835	<a href="mailto:FRCvavuniya@yahoo.com">FRCvavuniya@yahoo.com</a>	

## BOARD OF DIRECTORS

### **Chairman:**

Dr. C. S. Nachinarkinian  
Health Co-ordinator  
International Relief & Development

### **Past Chairman:**

Mr. Desmond Fernando  
Former President of the International Bar Association

### **Company Secretaries to the Board:**

Corporate Affairs [Pvt] Ltd.

### **Prof. M. M. Ismail,**

Retired Dean of the Faculty of Medicine,  
University of Colombo [Left]

### **Dr. T. Gadambanathan,**

Psychiatrist,  
Teaching Hospital, Batticaloa

### **Dr. Deepika Udagama**

Head, Faculty of Law, University of Colombo

### **Ms. Shikanthini Varma Attanayake**

Company Director

### **Mr. Gunaratne Wanninayake**

President  
Colombo Magistrates Court Lawyers Association

### **Ms. Manouri Muttetuwegama**

Attorney-at-Law

### **Dr. Upul Ajith Kumara Tennakoon**

Consultant – JMO  
Institute of Legal Medicine and Toxicology

### **Ms. Dilkie Fernando**

Consultant

### **Ms. Sithie Subahaniya Tiruchelvam**

Senior Partner/ Attorney-at-Law  
Tiruchelvam Associates

### **Ms. Mano Ramanathan**

Member of Monetary Board,  
Central Bank of Sri Lanka [Left]

## STAFFS IN HEAD OFFICE

Mr. A. Sara Poovendran	- Chief Executive Officer
Mr. Dennis Mariasingham	- Accountant
Ms. Venuri Perera	-Clinical Psychologist
Mr. Imran Hasan	- Monitoring & Evaluation Officer
Ms. T. Vinitha	- Book Keeper
Ms. Hema Pallage	- Book Keeper
Mrs. Charmaine Kelaart	- Secretary
Mr. S. Michael	- Multi Duty Clerk
Mr. M. P. B. Sarathchandra	- Driver
Mr. K.A. Dharmadasa	- Care Taker
Ms. MeenaLogini	- Labourer

## STAFF IN THE DISTRICTS

### Anuradhapura

Ms. J. M. H. M. Jayasekara	- Psychosocial Worker
Ms. W. A. P. Thilakawardana	- Field Officer
Mr. U. A. sumanesena	-Field officer

### Batticaloa

Ms.A. Jayaseeli	- Psychosocial Worker
Ms. K. Queen Mary	- Field Officer
Mr.M. Suresh	- Field Officer

### Jaffna

Mr. V. Vinayagamoorthy	- Regional Coordinator
Ms. K. jenithaKandhasami	- Psychosocial Worker
Ms. A. SherielFamila	- Field Officer
Ms. K. Thambirajah	- Field Officer

### Kalmunai

Mr. M. Sangeethan	- Psychosocial Worker
Ms. S. Gnanamalar	- Psychosocial Worker
Mr. W. Chandrajith	- Field Officer
Ms. S. H. Premalatha	- Field Officer

### Mannar

Ms. S.Sebanayaki	- Psychosocial Worker
Ms.SurenthiniJesubalan	- Field Officer
Mr. R. M. R. Sara Vimal Raj	- Field Officer

### Point Pedro

Ms.YasothaRatnalingam	- Psychosocial Worker
Ms.AnushiyaKathirgamathan	- Field Officer
Mr. S. Jekathas	- Field Officer

**Trincomalee**

Mr. S. Sathieshkumar	- Regional Coordinator
Ms. Jeyanthiniponnusamy	- Psychosocial Worker
Mr. U. A. Sumanasena	- Psychosocial Worker
Mr. Manokaran Mathykarana	- Field Officer
Mr. A. J. M. Nawas	- Field Officer

**Vavuniya**

Ms. Ms. I. Arundhavechelvam	- Psychosocial Worker
Mr. Thevekumar	- Field Officer
Mr. I. Sudharshan	- Field Officer

## REDUCING INCIDENCES AND EFFECTS OF TRAUMA - RESIST

### Overview

FRC has continued phase II of its main psychosocial rehabilitation programme 'Reducing Incidences and Effects of Trauma' (RESIST) in the year 2010, with the constant financial support from the United States Agency for International Aid (USAID) and European Union (EU) that was channelled through The Asia Foundation (TAF), Sri Lanka. The total grant provided for the RESIST project in the year 2010 was 30 million Sri Lankan rupees. The overall primary objective of the RESIST project is to enable torture affected persons and communities to resume their roles within the family and community, and specifically the RESIST phase II focuses on *"Improve access to clinics and services"*

FRC achieve this through the following specific secondary objectives, which are:-

- Identification of victims of torture and their families
- Rendering of effective, systematic medical, psychosocial and Physiotherapy care
- Enhancement of community participation in their assistance and social reintegration

The RESIST project is a holistic programme that increases equal community access to essential psychosocial support for torture affected persons and their families. It is a programme comprising of needs assessment, delivery of psychosocial services, quality of assessment and referrals. The RESIST project is implemented in 7 geographically located FRC centres in 8 districts of the north and east regions of the country, that are fatally affected by the ongoing war which was come to an end last May in 2009.

The RESIST project has further strengthened by medical care, physical therapy, counselling and other psychosocial services to victims of torture and their families during this year. Victims of war and their families members, and other victims of severe trauma and their families members are treated by FRC's experienced Counsellors and Field Officers collectively with Doctors and Physiotherapists in the communities under very challenging and difficult circumstances in centres which are located in Anuradhapura, Batticaloa, Jaffna, Kalmunai, Point Pedro, Mannar, Vavuniya, Trincomalee., and has highlighted FRC as a valuable contributor to the psychosocial wellbeing of vulnerable communities and also being awarded **The Service Excellent Award** by Psychosocial Forum and Mental Health Unit of Vavuniya General Hospital. FRC is the leading organization in Sri Lanka dedicated basically to the care of torture survivors for the past 15 years.

The estimated target population of beneficiaries for the RESIST project was a total of 2210 clients for the year 2010. FRC's services are rendered to communities from 5 different identified villages based on a needs assessment survey in consultation with the Divisional Secretaries and Grama Niladhari in the respective districts. The Adult Counselling Intake Form (CIF) which was introduced in 2007 to obtain important information regarding beneficiaries' adaptation and distress level. As well as it can be used as therapeutic teaching tool for our psychosocial Workers in order to make counselling work easy and also it has been an excellent tool to assess



clients' overall psychosocial wellbeing, with indicators specifically focusing on determining a client's emotional and mental health. The Results of the Adult Counselling Intake Form assists in evaluating the client's progress or deterioration, which subsequently helps the Counsellor in his/her treatment of the client, given their socio-cultural-economic background.

### Service rendered villages under RESIST Project

Districts	D.S Divisions	Name of the Villages
<b>Kalmunai</b>	Thirukovil	Kayathri Village
		Palakuda
	Navithnveli	Central Camp 1, 2, 3, 4
	Dhamana	Mariyakantha
		Kumanagama
	Karaitheevu	Karaitheevu
<b>Anurathapura</b>	Velioya	Kiribanwewa
		Kalyanapura
	Mathavachiya	Poonawa
	Happittikollawa	Hanugahawawa
<b>Batticaloa</b>	Pattipalai	Pandariyaveli
		Arasaditheevu
		Kokkaddicholai
		Mahiladitheevu
		kuluvinamadu
	Vavunatheevu	Kanthi Nagar
		Pan chenai
<b>Jaffna</b>	Sandilipay	Mullanai
	Nallur	Kondavil North East
	Jaffna	Koddady
	Kopay	Irupalai South
		Kopay South
	Velanai	Mandaithivu
<b>Point-Pedro</b>	Point-Pedro	Alvai North & Centre
		Valvettithurai North & East
		Valvettithurai North & West
		Katkovalam
	Karaveddy	Karanavai West
		Imayanan West
<b>Mannar</b>	Nanattan	Madukkarai
	Mannar	Nadukuda
		Thalaimannar
		Olaithodowai
		Bastiyanpuram

Trincomalee	Thamplakamam	PuthukudyIrupu
		Pathinipuram
		9 <sup>th</sup> Coloney
		Barathipuram
		Potkerny
	Gomarangadawala	PulikandyKulam
		Kivulakadawala
		milawawa
	Morawawa	Namalwathta
Vavuniya	Vavuniya	maharambaikkulam
		Sriramapuram
		Poovarasamkulam
		Thalikkulam
		Kalnatinakulam

### Identification of New Clients

New clients are identified through the needs assessment survey conducted in the proposed villages in the districts FRC operates in. During the year 2010, a total number of 2210 new clients were identified for treatment and rehabilitation process, and the following table illustrates the distribution of the new clients' district centre-wise.

District Centres	Number of New Clients
Ampara	235
Anuradhapura	286
Batticaloa	301
Jaffna	284
Mannar	285
Point Pedro	304
Trincomalee	204
Vavuniya	311
<b>Total</b>	<b>2210</b>

Centers	Male	Female
Ampara	113	122
Anuradhadapura	108	178
Batticaloa	174	127
Jaffna	80	204
Mannar	77	208
Point Pedro	101	203
Trincomalee	66	138
Vavuniya	93	218
<b>Total</b>	<b>812</b>	<b>1398</b>

No of New Clients treated under each district centre



### Human Interest Story

*“A” is a 38 year old female living in a transit camp, with 6 children. Out of these 6 children only one of them is her own and the rest are her elder brother’s. Her brother and wife were killed when they were fleeing from their village of origin in the Vanni due to the conflict. Her husband is a labourer and four children are going to school.*

*One of her daughters, aged 22, was kept in a camp for 9 months in Vavuniya. Then they sent her to Colombo saying they will provide job opportunities for her. “A” has not heard from her for the past two months. “A” has suffered injuries on a hand and a leg due to a shell attack, which is the primary reason that she came to FRC to get treatment. FRC is providing her with medical and counselling services. She said that the FRC staff came and did awareness of the services they provided and the CV met her and informally informed her about the services as well. She came to FRC Mannar branch along with the CV. One of her sons’ seven year old boy is also getting treatments from FRC.*

*She says “I feel better after accessing the services.” The pain has reduced after the medication. The doctor spends more time with her and listens. This is the first time that she is receiving counselling, which is very helpful in reducing her distress. FRC also referred her family to Valwuthayam NGO to get school books for three children.*

## Treatment and Rehabilitation provided for Clients admitted during 2010

During 2010 FRC was able to provide its bona fide services to the clients whom have been identified for services of Medical, Counselling and Physiotherapy according to their prolong needs. Below table clearly illustrates the services provided by district centres.

District Centres	Medical Sessions	Counselling Sessions	Physiotherapy Sessions
Kalmunai	888	357	418
Anuradhapura	942	296	184
Batticaloa	1100	546	475
Jaffna	1327	390	521
Mannar	1171	784	452
Point Pedro	1366	629	231
Trincomalee	1016	281	277
Vavuniya	1310	569	737
<b>TOTAL</b>	<b>9120</b>	<b>3852</b>	<b>3295</b>

Table3. Number of Consultations Provided

### Therapeutic Clinics held

#### Office Clinic

Medical Clinic consists of medical, counseling and physiotherapy at the center with the representation of a Medical Doctor, Counselor and Physiotherapist. The Medical doctor treats the clients who are in need of medication for physical injuries and fractions. The Counselor conducts counseling sessions to the ongoing clients and new clients. Physiotherapist does his sessions as needed.

#### Mobile Clinic:

A Mobile Clinic, which comprises of the Medical Doctor, Counselor and Physiotherapist, is organized in a village where identified clients find difficult in accessing to proper transport and health care. The similar services were carried out at the time mobile clinics held in the villages. Below table illustrate in detail about therapeutic clinics held during 2010.



Centers	Office Clinics	Mobile Clinics
Ampara	12	36
Anuradhapura	22	26
Batticaloa	41	07
Mannar	48	00
Jaffna	48	00
Point Pedro	48	00
Trincomalee	11	36
Vavuniya	48	00
<b>Total</b>	<b>278</b>	<b>105</b>

Table4. Therapeutic Clinics Held

**Referral:**

The FRC Field Staff maintains very close contacts with local agencies, NGO's, INGO's and other community based organizations in the field. They refer clients while they are receiving services and/or upon termination of their services with FRC to other organization as seen necessary and appropriate for further support, with regards to further medical check-ups, livelihoods, vocational training, legal support and educational support, social and spiritual needs and other basic needs. Following table 5 illustrates the detailed information of referral made in 2010.

Centers	No of Clients	Where	Reason
Ampara	12	Ampara General Hospital	For the surgical clinic.
		Base Hospital in Kalmunai	Further medical treatment and blood check up
		Handicap International	To fix the artificial limp
Anuradhapura	08	General Hospital	ENT clinic, EYE clinic, Skin clinic, VOG clinic, and Surgical clinic eye clinic.
		Teaching Hospital	surgical clinic and neurological clinic
Batticaloa	04	Batticaloa Teaching Hospital	For surgical clinic, ENT clinic, minor surgery, Gin, and Orthopedic clinics, eye clinic and for further treatment
Mannar	27	General Hospital	For further treatment
		Valwuthayam	To get a wheel chair
Jaffna	09	Jaffna Teaching Hospital	Surgical Clinic, One client was referred to Orthopedic clinic, Others for further treatment.
		Lions club	To have spectacles
		CHA	For legal support
Point-Pedro	15	Manthikai Hospital	X-ray, E.C.G, Psychiatric Treatment, Blood Test, Urine Test & Following ENT.
Trincomalee	10	General Hospital	Skin clinic, X-ray, general clinic, and for further treatment.
		Handicap International in Batticaloa	To fix the artificial limp and Handicap International has given one day walking training and took measurement of both clients.
		Kandy General Hospital	orthopedic clinic
		Thampalakamam	For BP clinic
Vavuniya	18	General Hospital Vavuniya	X-ray, E.C.G, Urine test & ENT clinic, EYN clinic, FBS testing, UFR testing, Eye clinic, Surgical clinic, IHD testing
		ZOA	For the educational support

## Field and Follow up Visits

Field visits and follow-ups are the crucial part of the project as the services are offered to victims of war. During the project period a considerable number of visits have been made to the respective selected project villages. Psychosocial Workers, Field Officers and Community Volunteer Workers had jointly made 816 field visits and 1936 follow-up visits to the working villages to identify new clients, to monitor the client's improvement and assess further actions that are to be taken for the improvement of clients.

Centers	Field Visits	Follow up Visits
Ampara	61	274
Anuradhapura	51	275
Batticaloa	70	231
Mannar	60	128
Jaffna	329	411
Point Pedro	96	229
Trincomalee	61	245
Vavuniya	88	141

Table6. Field and Follow up Visits Made

## Community Awareness Programme:

As a prelude to the implementation of the project in selected villages, Community Awareness Programmes (CAP) were generally organized for the community that FRC operates in order to make the community members aware of our activities and also make them feel how important the services that we are providing. Perhaps more importantly, CAP helps erect strong and solid ties with the communities. It also fosters trust between staffs and community members, which is an essential requirement to provide qualitative services to the community.

Participants for this programme are invited from different discipline of the community ranging from GramaNiladhari (GN), religious leaders, leaders of the grass root/district level community based agencies, recognised community leaders and so on. Below tables shows brief detail of carried out CAP during the year.



### Carried out Community Awareness Programme in 2010

Centre	Village	Key participants	Conducted by
<b>Anuradhapura</b>	Kalyanapura	GramaNildhari (GN), president of Agriculture society, president and secretary of funeral society & Villagers	Field Officer
	Mahakongaskada	GN, pre-school teacher, president and secretary of funeral society & Villagers	Field Officer
	kiriibbanwewa	GS, president and secretary of funeral society	Field Officer
	kanugahawewa	GS, president of milk society, villages	Psychosocial Worker
	Ikkirikollawa	GS, welfare centre members, mosque leader, villagers, Social Service officer	Field Officer
<b>Batticaloa</b>	Paddipalai DS Devision	DS, SO, admin Officer, social service officer,	Psychosocial Worker and Field Officer
<b>Trincomalee</b>	Mullipotthana-east	GS, WRD member, RDS member, 27 villagers	Regional Coordinator and Psychosocial Worker
	Palampoottaru	35 villagers, WRD member, RDS member	Psychosocial Worker and Field Officer
<b>Ampara</b>	Navithanveli DS Office	Divisional Secretary, Additional DS, Samurdi Development Officer, GS & 44 participants	Regional Coordinator



The government of Sri Lanka has launched the awareness on prevention of dengue spread. FRC also contributed in implementing the awareness programme among the community about Dengue mosquito. Each FRC Office in the East region had a “Shramadana” to clean the office premises. For this activity staffs and CVs’ participated. Following the Shramadana activity at Office level then had discussion with Medical Officer Health and Divisional Secretaries with the intention of organizing community based awareness programme. Accordingly a community based awareness programme was held on 21<sup>st</sup> Sep 2010 at Kuluvinamadu in Vellaveli DS division, Batticaloa district. There were 60 participants including school students, teachers, community leaders, and villagers.



#### RECOGNITION OF SERVICE:



Counselor from FRC Ampara receives the award

In September, 2010, Counsellor Gnamamalar and Field Officer Premalatha from Ampara, were awarded the prestigious titles Deshamanya and Deshakeerthi respectively. These two staffs have been with FRC since 1993, and their tireless efforts serving the community were recognized and rewarded by the Sri Lankan government. FRC is truly honored to have such hardworking and inspiring staff members and congratulate them wholeheartedly.



### Human Interest Story

*"X" is a 48 year old male. His native place is Vinayagapuram, Thirukkivil DS division in Ampara District. He is married and a father of three. Due to the conflict in 1990 he had fled to Mullaitheevu with the family and lived there for 19 years without any trouble. During the final stages of the war in Vanni, he got injured and underwent surgery but has not fully recovered from the injury.*

*"X" was sent to the IDP camp from the hospital where his family members were not allowed to see him as he was kept separately. After 6 months he was able to join his family. He approached the IDP campmanagers and talked to them and returned to his original place of residence in Ampara district.*

*FRC community volunteer had approached him and referred him to the FRC office. Our PSW had registered him at FRC and provided counselling for him and his family to recover from the grief of a lost child. He was also referred to medical and physiotherapy clinics. Later he was referred to Handicap international and was provided with thick heels. Through the network, FRC facilitated his son to get a job in a software company. "X" and his family have been able to return to their normal life.*



## Staff Capacity Building:

### Training programme for Field Officers:

RC/East has organized one day capacity building programme for all Field Office – Admin from FRC east region on 12th march 2010. This programme was held at FRC Batticaloa office. 4 FO admin were participated for this programme. The programme's main focus was on to improve the quality of book keeping. An external resource person Mr.Muhilan, Accountant, Irrigation Batticaloa, was invited to have session on "Methods of maintaining cash book".

PSW from FRC Anuradhapura has participated one day training programme on Psychosexual Issues in Sexual Dysfunctions conducted by Family planning Association in Colombo.

### Peer Support:

#### North Region:

A peer support meeting for all the PSWs in the North region was held on 3<sup>rd</sup> March 2010 at the FRC Office in Jaffna. Along with the PSWs RESIST, PSW DRC Jaffna, RC North and DRC RC participated in some sessions. The main objective of the meeting was to improve the knowledge in maintaining client files and ensure uniformity and improving the quality of counseling services by sharing experiences and practices of the PSWs and internal checking of files. This was very important for all the PSWs concerned and the objectives of the meeting were fulfilled.

#### East Region:

FRC East has conducted one peer support meeting for FRC Psycho Social Workers on 31<sup>st</sup> Sep to 1<sup>st</sup> Oct 2010, at FRC Batticaloa. 4 Psychosocial Workers participated and RC/East has facilitated this meeting. Through this programme each participant shared their strengths and weaknesses on CIF (Client Intake Form) and identified the areas for further improvement. An area that identified was the treatment plan for clients. RC/East has explained the importance of the treatment plan and given some examples, also an introduction was given on psychosocial such as psychosocial well-being, causes, issues and treatments in the community. Through this programme the participants had better understanding of the psychosocial concept.



Part of this meeting PSWs visited the Butterfly Peace Garden (BPG is an NGO based in Batticaloa, specially working for war affected children), had a discussion with the coordinator on how and what are the activities most suitable for war affected children and children of war victims (TF). End of the day PSWs have visited the Gayathri temple and have relaxed.

## Orientation programme for Community Volunteer:

### FRC Mannar

One day orientation programme for CV was held at FRC Mannar on 9<sup>th</sup> March 2010. PSW, two FOs and three CVs participated in this meeting. The CV's experience of medical clinics were shared and it was pointed out that more chairs need to be purchased for clients for the clinics. One Field Officer will act as a CV in one village as there are only three CVs. They were advised to participate in village meetings and note down daily activities. The next clinic dates were decided.

**FRC Batticaloa** One programme for newly selected CV was organized at **FRC Batticaloa** on 26<sup>th</sup> March 2010. 4 volunteers were participated for this programme. It was discussed about the services FRC provide and the expected role of CV was clearly explained.

### FRC Anuradhapura

FRC Anuradhapura also has organized a one day orientation programme for newly selected CV. This was held on 06<sup>th</sup> March 2010 at FRC office. 4 volunteers were participated.

### FRC Ampara

On, 19.03.2010, 2 volunteers participated. Through these programme the volunteers were given an orientation about FRC, and the role and function of the community volunteers.

## NISD counseling course:

Currently 8 FRC staffs are following the Diploma in Counseling run by the National Institute of Social Development. They are as follows.

### Staff Details

No	Name	District
01	N.Sebanayaki (PSW)	Mannar
02	R.Surenthini (FO)	Mannar
03	I.Arunthavachelvam (PSW)	Vavuniya
04	N.Ravinthiran – DRC Project	Vavuniya
05	S.Gopynarth (RC)	Vavuniya
06	P.Jeyanthini (PSW)	Trincomalee
07	Sabitha – DRC Project	Trincomalee
08	Heenmenike (PSW)	Anuradhapura



## TRAINING PROGRAM FOR MANAGERS:

FRC Head Office organized one day training programme for the Senior Management Committee and Regional Coordinators to enhance the skill and knowledge on Logical frame analysis and project proposal writing. The training programme was held at FRC head office on 13<sup>th</sup> of May 2010. The programme was conducted by Mr. Marseliene .



## Training Program for Field Officer

A two day workshop was organised for the FRC Field Officers in Jaffna on the 2<sup>nd</sup> and 3<sup>rd</sup> of August, 2010. The participants included field and admin Field Officers from Jaffna, Pointpedro, Vavuniya, Anuradhapura, Trincomalee, Batticaloa, Ampara. Only the Admin field officer from Mannar was absent. The resource person for the first day was Imran Hasan, Monitoring and Evaluation Officer, FRC. On the second day, Dr. Sivathas from Vavuniya, Shiromi Lenard and Rajendren from Shanitham Jaffna, and Physiotherapist, Jaffna were resource persons. The entire program was conducted mainly in Tamil, with translations in Sinhalese where necessary. The overall aim of this workshop was to enhance, strengthen and develop the skills of the Field Officers. Topic covered were community participation, stakeholder analysis, and concept of development, basic counseling skill, and basic counseling techniques, empathy.



## **Work Shop on Project Cycle Management & Monitoring**

A four day training programme was organized by European Commission from 24<sup>th</sup> to 27<sup>th</sup> August 2010 at Cinnamon Lakeside Hotel Colombo. Training programme was prepared on **Project Cycle Management and Monitoring using the Logical Framework Approach** which was conducted by ITAD. A freelance consultant attached to ITAD Mr. Kim from U.K was the Trainer. 24 participants were present from different non-governmental organization for the training programme. M&E officer and Accountant represented FRC. Topics covered were LFA overview and integration with PCM, Stakeholder analysis, Problem analysis, Logframe matrix development, Log frame matrix development –indicators and sources of information, Project implementation and management arrangements (Activity and Resource Schedules), Principles of monitoring and evaluation, Participatory approaches.

### **Workshop on Monitoring & Report Writing:**

2 days workshop on Monitoring & reporting was held on 24<sup>th</sup> and 25<sup>th</sup> October 2010 in Kandy. The workshop was organized by EU and conducted by the NUCLUIS foundation. RC from North and East had participated for this workshop. The workshop was mainly focusing on Monitoring tools and the challenges on monitoring and report writing. At the same time knowledge sharing of this workshop to FOs and CVs was conducted by RC/East on 10<sup>th</sup> November 2010 at FRC Batticaloa. 13 participants were participated including 7 field officers and 6 community volunteers.

Agenda for the program and the summary report also attached in the annexure

### **Physiotherapy Training:**

Three sessions were held on 11<sup>th</sup>, 25<sup>th</sup> November and 2<sup>nd</sup> December at FRC Vavuniya Office and the participants were PSW, both FOs and CVs. Our Physiotherapist took the sessions and the topics discussed were

1. Common complains of our clients
2. Hip Pain and Reason for that & the therapy
3. Neck Pain & Therapy
4. Other common Pains & Therapy
5. Importance of follow-up of Therapy.

### **First Aid Training:**

After the visit of the director and SMC it has been identified the needs of the first aid in the villages and recommended to conduct first aid training for the volunteers and provide first aid kits. Based on the needs Anuradhapura and Trincomalee have been identified as a potential location to provide first aid training and the kits to the volunteers. One day first aid training was conducted by the Field Officer of FRC Anuradhapura on 09<sup>th</sup> November 2010. 3 volunteers from FRC Anuradhapura and 2 volunteers from FRC Trincomalee have participated for the training programme and received first aid kits with worth of Rs 2000.00 each.

## Regional Progress Review Workshop

Two days regional progress review meeting was held from 28<sup>th</sup> to 29<sup>th</sup> Sep 2010 at Sarvodaya district centre Anuradhapura. All staffs from FRC East region were participated. Following area was able to cover throughout the workshop.

1. Review the progress of last three quarters
2. Draw up the Work Break Structure for the year 2011
3. To improve staff capacity on presentation skills
4. To analyze progress of activities and shared lessons learn.
5. To provide an opportunity to staff meet each other's and exposure

Each district has done presentation on implemented activities; challenges faced and encountered problems, recommendation suggested, decision made and action taken. After the presentation had a brief group discussion and found what are the lesson learnt. RC/East took session on improving presentation skills, and PSW Anuradhapura took the session on SWOT analysis. And also final stage of the workshop it was started drawing up district wise action plan for 2011. Monitoring & Evaluation Office and One director from Board were also presented to the workshop and addressed the staffs about current and future plan of the organization.



And also members of technical committee of the FRC Anuradhapura, Dr.UppulMunasinghe and Mr.Methanantha/Physiotherapist visited and shared their experience with staff.

## Care for Care Givers Program:

The FRC field staff work throughout the year, facing many hardships, listening to horrifying stories and working hard to improve the quality of life for a large number of people. Psychosocial work is mentally as well as physically exhausting. Thus it is imperative to have an occasion to enjoy, relax and recuperate. Also the staff work in 8 districts and an occasion for everyone to come together, and meet as a happy family was seen as a need. Thus, the above program was organized for the RESIST and DRC staff by the Head Office. The program was held on the 10<sup>th</sup> and 11<sup>th</sup> May, 2010 at the Pelwehera Resort in Dambulla which was chosen for its central location. The first day consisted of a cricket match and various other teambuilding, entertaining games which were followed by the buffet dinner and cultural program in the evening. The second morning, everyone climbed Sigiriya rock, many for the first time. The entire staff enjoyed and appreciated this program.





Cultural night



Play Activity in progress

### Human Interest Story

*"A" is a 29 year old male. He was arrested on suspicion by the state force in 2007 and detained for 3½ years. While under custody, he was severely tortured both physically and psychologically. In September 2010 he was released in bail by the high court.*

*In October 2010, he was identified by an FRC community volunteer as a client during their home visits and referred to the FRC office. Initially the PSW interviewed him and took the history of his problems and started the counseling. Later on he was referred to Medical Officer and the physiotherapist for treatment.*

*When he first came to FRC he was perceived as having deep fear of society. He was very sad, shy to speak with the counselor and no confidence about his future. The counselor brought this case to the discussion at the technical committee for further treatment. The technical committee has decided to continue the treatment in different ways.*

*After 2 months treatment the client is showing a good improvement as he is freely moving with others, he builds up the relationship with societies and his self-confidence about the future has been improving. Still the treatment is continuing for him for the physical problems. FRC is also trying to get the legal assistance through the legal aid organization to get compensation as he was a government employee before arrest.*





## Monitoring and Supervisory Visits:

The Monitoring and Evaluation Officer and Psychologist went on monitoring and supervisory visits to the centers in the East and North Central Regions, covering Batticaloa and Akkaraipattu in February, for Trincomalee and Auradhapura in March, for Jaffna and Point-Pedro in August and for Vavuniya and Mannar in November 2010.

The purpose of this visit was to ascertain the post war scenario, to monitor and evaluate the quality of the work being carried out in respective FRC centers, identify the challenges they are facing and outline further actions to be taken for current project year. Generally two days were spent in each district and detailed discussions were expected to have with the Regional Coordinators, Field Officers, Psychosocial Worker, clients, Action committee members and respective government and non-governmental official in the district.





### Monitoring visits made by RCs:

It is expected to have a monthly monitoring visit to regional centres by Regional Coordinators as well. The main purpose of this visit is to facilitate staffs to smooth running of the centre and as well as the services and also to attend to timely emerging challenges and problems in the district centre. Following table shows the visit they have made during the year 2010.



### Networking:

FRC Anuradhapura and Community Based Rehabilitation District Committee of Anuradhapura have conducted a training programme for the volunteers who are willing to support to the disabled persons in the district. **They are disabled people in general.** This one day was held on 18<sup>th</sup> December 2010 at Nuwaragampalath, Divisional Secretariat, Anuradhapura. 39 participants including Social services officers and community volunteers participated. Also Government Agent, Additional Government, District Social service officer and Regional Coordinator, Director, Mrs.ShikanthaniAttanayake, SMC member from head office and staff from FRC Anuradhapura participated in the inauguration ceremony. PSW explained about FRC the services provided in the district since 1993, and also explained about counseling services which we are providing for the victims of the armed conflict.



In the Government Agent speech he mentioned that the CBR programme started many years ago but unable to continue well because lack of support received. Now that FRC come has forward and supporting the training part of the volunteers this work can continue. CBR district committee has provided the training for the selected volunteers on how to identify the disable persons and treatment methods in the community.

### Other Activities:

FRC Ampara had done child friendly space programme at Vinayagapuram (one of target village) in Ampara district. This programme was conducting in the evenings on weekends at Pre-school building. Nearly 40 children (both IDPs and local) are expected to participate for this programme. Basically children get together and involving creative activities such as storytelling and playing using available tools and toys. Two volunteer (FRC Community volunteers) are facilitating the programme. Children are happily involving these activities since they have been resettled from the camp. On 18<sup>th</sup> September 2010, Regional Coordinator/East has visited to the centre in order to make brief discussion about the activities which are being carried out by our staffs.

