

Families Together Project Newsletter

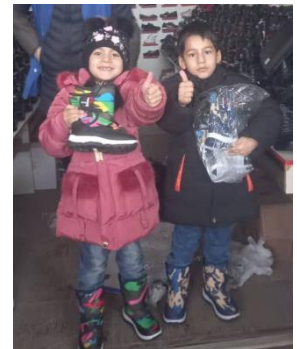
Winter 2023



We work with Hayot Dar Oila (Life in the Family) a Tajik organisation specialising in early intervention and social protection. We support families experiencing poverty and difficult life circumstances in Tajikistan to keep their children at home rather than place them in institutional care. Reunite children with their families and find alternative care solutions when needed.

Your support goes a long way!

Between December 2022 and November 2023, the project spent £2035 and supported 80 children from 69 families! The support we provide enables HDO to help families in small but significant ways e.g. funds to get documents, school uniforms, winter clothes and food. The HDO team do not charge for the time they put into the project and find it so helpful to have funds that they can access and use in a flexible way to support immediate pressing needs.



Twins Jon and Ami are now winter ready and have new school uniforms

It is Not Easy

Brothers Max (10) and Abu (1) live in a hostel in one room that they share with their Mum Li and their Grandmother. The children are often left in the care of their violent grandmother who abuses alcohol. Li is a talented Tajik dancer and makes money performing at weddings and festivals. This means she often works antisocial hours. Li loves her children and wants to give them a better life but it is not easy. She is 'unofficially married' and the boy's Dad doesn't help her. The project has supported the family to get official documents and helped get Abu into kindergarten at the family support centre. Li has attended a self-help and violence reduction group which has supported her parenting and improved her self-esteem and mental



Li and Abu

health. The project continues to provide support and is helping Li think through alternative work and accommodation options.

Transformation and change for young children with disabilities and their families

Did you know that Tajikistan has the youngest and fastest growing population in the Europe and Central Asia region? Around 250,000 children are born every year and one in every five people are under six years of age (World Bank 2020). Pre-school provision for young children is inadequate to meet the growing need and only around 12% children aged 3-6 are enrolled! With most young children at home there is a growing need to support parents and extended families.



Twins Ani and Mun were supported to return home from institutional care. Here they are with their sister Zul. The project has kept the family together and supported them with school uniform, winter clothes and food.

Children with disabilities require particular support and access to early childhood development services. Due to lack of early help and stigma they are the most at risk of being placed in institutional care. Child separation and institutionalisation has life-long consequences for children's development and wellbeing. Sadly, children with disabilities are also particularly vulnerable to violence, neglect, and abuse.



A training at the Children's Home - Detsky Dom

We are at the stage of building relationship with the director and staff Yesterday we started the first day of training and it went well. – Umeda

A new focus

Over recent years, the Hayot Dar Oila (HDO) team who run the Families Together Project have had a very successful focus on ending institutional care for very young children (0-7) supporting the closure and transformation of Baby Homes. They are now turning their attention to focus on other young children in institutional care.

Umeda shares;

“ With some left over funds we have started a little 6-month project in the Preschool Detsky Dom in Dushanbe. The main goal is capacity building for staff working with children aged 4 to 7 living in Detsky Dom, including children with disabilities. We`re planning to deliver training and coaching for staff, and a Mellow Parenting group for mothers who take children home on weekends and have difficulties with relationships with their children. We hope that some children will be able to return home”.

The total cost of the project will be around £9000 and there is a current **shortfall of £1200** to meet the budget. We are hope that the Families Together Project will be able to contribute to this budget and in particularly support the team to provide support to parents and extended families.

Happy Christmas and New Year from the HDO Team

On behalf of PO “Hayot Dar Oila” team and families and children in Tajikistan we would like to express our gratitude to each supporter for their thoughts about those in need and for the donations made that support families and children impacted by poverty and difficult life circumstances in Tajikistan. Thank you very much for giving opportunities for children to live in a safe and loving family environment.



We congratulate you and your loved ones with upcoming Christmas and New Year holidays and wish you all peace, love and happiness. Thank you, Best wishes, Umeda and team

If you would like to support the Families Together Project please contact Rachel Tainsh rachel@tainsh.net . Donations can be made to Friends of Kishti, Sort Code: 80-22-60, a/c 15038269