

## Director's Report, 2016-17

As we complete two and a half years, **SHB Social Foundation** would like to thank you all, our well-wishers, donors, volunteers and partners for your support over these past years.

During the year 2016-17, we continued our efforts of translating our vision of creating Social Wellness space for communities into a reality, working on three core themes: **Compassion, Gender and Life Skills**.

**Listening Post**, our first community reach-out, completed 3 years in February 2017 and we are happy (*not so happy that so many had to walk-in*) to say that we have had over 100 walk-ins. We are grateful that our community has reposed its trust and faith in SHB and our volunteers have truly extended themselves in reaching out to individuals who have (*at that point of time*) needed a soothing ear.

We launched 4 new support programmes during the year 2016-17 to address the needs of the community. These programmes run from our Centre in Aundh are FREE of charge to the community.

1. Our **Smart Phone Assistance programme for Senior Citizens**, started in May 2016 is very popular amongst senior citizens and helps them learn to handle their phones, iPads or tabs better, to help them connect with families, use the internet for financial transactions, shopping or conveyance and in general, cope with the digital revolution. Weekly sessions have helped us reach over 100 senior citizens over the last one year.

2. The **Caregiver's Group** helps care-givers get the support they need while caring for someone they love, which can sometimes be unfamiliar/ intimidating or overwhelming. Caring for caregivers is a critical endeavour to nourish our souls. We reached 19 individuals through this programme over the year and are looking to revamp this programme to increase the reach.

3. The **PMIL Support (Persons with Mental Illness) Programme** is a support group for people affected by mental health issues or for their families in helping to deal with it. Eleven individuals have reached out to us through this programme and have benefited from the advice of our expert.

4. The **LGBT Group** is an initiative to raise awareness and provide guidance for gender

and sexuality issues that young people are facing. This is a group support programme for those who are going through turmoil of identifying their orientation correctly. We reached 22 individuals over the year through this program.

In addition, we have conducted Saturday morning workshops on different topics such as **Online Banking for Seniors, Awareness on Laws for Indian Women**, etc.

The idea is to help us learn newer, exciting skills that help us flourish in a world of everyday challenges. We also chaired a talk for scientists at HEMRL on Women's Day on 8th March, 2017 on gender equality.

### A summary of our reach during the year 2016-17:

We have a strong volunteer team and our volunteers are drawn from all walks of life: students, teachers and young entrepreneurs have been volunteering with us for the last couple of years and have brought energy and enthusiasm to all our programs. They are trained and mentored to deliver these services professionally, but with a personal touch. We are indeed blessed and we hope that our volunteer work-force will increase as we move along. We hope to add professional paid social workers to work with the larger community as we grow.

During the year 2017-18, we plan to new programmes for adolescents/ teenagers and women.

These include a hang-out space for adolescents where they can creatively express themselves through Art, Music, Poetry or dance. To empower women, we plan to start a legal cell and a financial cell, where they can get their legal queries on separation, inheritance and custody as well as financial investments addressed.

We look forward to the continued support of our volunteers, well-wishers and donors in the coming years

Janaki Visvanath

Director

SHB Social Foundation