



**MUTUAL SHARE FOR WOMEN CARE**  
***EXCHANGE OF GOOD PRACTICES***  
**Training Activitiors 1 - Latiano (Br) – 20/25 January 2020**





## Index

<b>1. Social Cooperative “Siderea”</b> .....	<b>3</b>
1.1 <i>Type of Users</i>	
1.2 <i>Type of Structure</i>	
1.3 <i>Typical day in “Casa Flora”</i>	
1.4 <i>Specific objectives</i>	
<b>2. The principles of family mediation</b> .....	<b>6</b>
2.1 <i>Expected results</i>	
<b>3. “Io Donna” Association</b> .....	<b>7</b>
<b>4. “Kibele” Refuge House for Women Victims of Violence</b> .....	<b>8</b>
<b>5. Emotional Experience Lab</b> .....	<b>9</b>



## 1. Social Cooperative “Siderea”

The Social Cooperative «Siderea» welcomes pregnant women, single mothers with children and offering them a residential solution.

Aims to offer to users and their children, the possibility to share with other users and operators a period of their existence in a welcoming atmosphere, designed to promote awareness of one's parental role. The gradual adaptation of the nucleus to the community and social life contributes to the achievement of the primary objective: pursuing the best interest for minor guests.

The psycho-physical wellbeing is guaranteed by the housing structure care and the organisation of the relational context.

### 1.1 Types of Users

- Mothers with children victims of mistreatment or for contingent reasons related to socio-environmental issues
- Mothers with children, be it Italian or foreign, in a state of discomfort, violence and maltreatment
- Pregnant mothers with children.
- Mothers that are already out of uncomfortable situations and are in need of a brief period of accommodation between the structure and autonomous life.
- Mothers and children in need of protection especially for the children and support for the mothers. (pedagogical/psychological) with attention to parental assessment and mother-child relationship.

Prompt reception as regulated by current regulations.

### 1.2 Type of structure

The structure of the cooperative is of course in compliance with regional regulations.

- Levels:
  - ✓ First floor
  - ✓ Ground floor
- Entrances: pedestrian entrance
- Locali:
  - 1 entrance
  - 1 recreation room



1 dining room

1 kitchen

5 guest bedrooms

4 bathrooms, of which 1 for disable

1 office for workers

1 laundry

1 veranda

1 small external garden

A telephone accesible for the guests

A dimissions and resignation of the guests are been articulated following a specific planing through a mutual agreement between social services and inviting entities.

The Coordinator, through a preliminary interview with the inviting entities or social services will acquire basic informations about the case.

The psycho-educational team will evaluates the possibility of insertion considering the tools of its competence according to the specificity of the case.

Insertion will be personally followed by the manager or by atleast one member of the educational team followed by the social service of competence.

At the time of reception, the internal regulation will be read and delivered to guests, if necessary explained.

The resignation of users or guests is been agreed with social services and the reference institutions.

For the inviting entities we provide the following facilities:

- Meetings/periodic verification meetings with the reference operator
- Predisposition, in agreement with the inviting entities for an individualized educational project.
- Evaluation and support of parenting skills
- Psychological assesment of women on request
- Possibility of observation and recording of protected meetings with the adultincharge of the minor(father,grandparents,uncles etc)
- Preparation of psycho-socio educational reports
- Family mediation service

For the guests we offer:



- Accompaniment and educational support aimed at strengthening individual resources, parenting skills, improving the mother-child relationship as well as daily management
- Weekly individual meetings
- Support to mothers and their children during the school placement phase and activation of interventions aimed at partial or complete reunification of the nucleus
- Caring for minors when the mother is absent
- Orientation in job searching paths Psychological support.
- Fortnightly group meetings with guests
- Activation of support groups for reintegration in the territory.
- Health care.
- Residence permit for foreigners
- Room and board

In Agreement with territorial social service, The structure also provides **SEMI AUTONOMY PROJECTS** activation of individual accompaniment and home support courses during the reintegration phase in the territory, aimed at facilitating the integration of the nucleus into the local community and to encourage the achievement of complete or partial autonomy

### *1.3 Typical day in "Casa Flora"*

The typical day is divided into the following activities and times:

- Before 8,15 AM: waking up, breakfast and accompanying children to school.
- Before 10,00 AM: cleaning of individual and common spaces.
- It is expected in the morning working activities or activities based on educational projects.
- 11,30-12,30AM: preparation of lunch.
- 13,00: lunch time.
- After lunch: reorder kitchen and common spaces.
- 14,00-15,00PM: siesta time.
- 15,00-18,00PM: afterschool activities
- 18,00-19,00PM: personal hygiene care and dinner preparation.
- 19,30 PM: Dinner.
- After dinner reorder kitchen and common spaces.
- 21,00: mothers accompany their children to bed.

The Siderea social cooperative works with respect for the person, his dignity, freedom and self determination, we aim to improve the quality of life of each guest, stimulating their autonomy, well-being, psycho-physical development

From this experience, the Siderea Social Cooperative has invested in a new project, an **anti-violence desk**.



#### 1.4 Specific objectives

**Specific objective** of the project are:

- Offer a space for listening and welcoming;
- Offer psychological, legal, pedagogical advice;
- Offer information on local opportunities and the world of work;
- Favor the formation of a support network between women and families of all nationalities and backgrounds;
- Offer a psycho-social counseling service to support women in the areas of psycho-physical health, sexuality and motherhood;
- Favour the creation of moments of aggregation, comparison and support for women (e.g. self-help groups).

The territory of the Municipality of Latiano expresses a female condition linked to a rural world and, if compared with other realities of Puglia (in particular from Lecce and Bari), of little involvement in the various levels of social life.

The employment of women on site, both Italian and foreign, is mainly concentrated in the agriculture sector, the care of the elderly, or cleaning.

A demographic analysis also shows that the age group between 40 and 49 is, albeit slightly, the most populated; while the incidence of foreign women is around four percent.

This is precisely the most "fragile" band in the life of the adult woman: a fragility due to changes in the body, to the greater incidence of forms of neoplasms, to the non-return from any breaking points, such as loss of work or divorce

The counter operates with front office and back office activities.

The listening and consulting desk project deals with the following activities:

- FAMILY MEDIATION;
- SOCIAL INTERVIEWS;
- LEGAL GUIDELINES;
- PSYCHOLOGICAL CONSULTING;

## 2. The principles of family mediation

The family mediator is a third party who is impartial to the couple who has the goal of supporting the couple during the separation and divorce phase.

Within this neutral space, the family mediator therefore proposes itself



as a specific resource - an alternative to the judicial system - aimed at promoting the negotiation of all those matters relating to separation or divorce.

general social assistance, home, health care, school, socio-cultural orientation etc;

- Psychological counseling;
- advice on legal problems;
- information on job opportunities for those who urgently need to find a job or who want to improve working conditions;
- information on training opportunities
- job search support
- creation or revision of Curriculum vitae, cover letter, job interview, job search methods;
- moments of discussion on issues related to orientation on the labor market, opportunities for female entrepreneurship, social cooperatives, social promotion associations, ways of working insertion for citizens and citizens of the new EU countries, etc .;
- information on associations and opportunities for discussion with other women;
- psychological counseling to process the emotional problems arising from the experience of social unease (violence, loneliness, disorientation, frustration, desire to communicate and express oneself, etc.);
- playful and educational and school activities for children of women with difficulties

## 2.1 Expected results

The **expected results** are:

1. carried out about 140 psychological interviews and 30 legal and psychological consultations in one year;
2. favored job placement of 40 women in one year;
3. help 40 women victims of physical and psychological violence;
4. offered concrete support tools in situations of particular difficulty and hardship, to women who have undergone separations, divorces or mistreatment within the home;
5. created a greater awareness of women of their femininity in body and mind;
6. encouraged the spirit of initiative such as to make women protagonists active in the dynamics of family life;
7. favored the evolution and growth of personal skills in the family and professional sphere.

## 3. “Io Donna” Association

It is a laic and democratic voluntary association, founded by women in 1995, based in Brindisi; registered in the regional register of Voluntary Associations of Puglia.

The priority objectives are: **to combat, prevent, eliminate male violence against women; promote self-determination and respect of women’s rights.**



The association manages an anti-violence center that **offers listening, support and guidance to Italian and foreign women through private conversations, legal and psychological advice, contacts with other services and institutions and group paths.**

It intervenes in **cases of domestic violence, violence and sexual harassment also in the workplace, persecutory acts and witnessed violence. The relationship between women is the practice that enhances and reinforces the resources and potential of the single woman. The service is free, it guarantees secrecy and anonymity.**

The anti-violence center promotes, through projects and targeted actions, the overcoming of gender stereotypes and discrimination, and the change in the balance of power in intimate and social relations.

The anti-violence center operates in collaboration with other similar associations in Puglia and with the national association "Donne in rete contro la violenza" (D.i.Re) to which 80 women's associations belong.

#### **4. "Kibele" Refuge House for Women Victims of Violence**

The House welcomes women victims of violence alone or with children.

The refuge house is a safe house protected and represents a temporary housing solution which provides adequate professional support of a psycho-socio educational type linked to accompaniment in the judicial process and psychosocial recovery of women and children oriented to define a project that aims to promote a new path of social inclusion. When a woman moves away from a dangerous situation most often with her children, the refuge house with a secret address represents protection on hold that protective measures are activated by the judiciary to protect the victims, the waiting period are not brief sometimes.

The service therefore aims to offer an opportunity to find serenity after a difficult period. It is a place to receive adequate emotional and psychological support and above all it represents a concrete housing solution for women who live in situation of temporary or hardship and difficulties due to violence. Inside the house we try to recreate a serene emotional climate where the rhythms and times are marked by daily commitments and house care.

The house meets the standards set by the Puglia Region pursuant to the L.R. n 19/06, art.80.

##### *4.1 Functions and objectives of the Refuge House*

The refuge house performs the function of guaranteeing in collaboration with social services and institutions in charge of a limited period of protection in order to activate legal protection measures for the woman and her children and a socio professional reintegration path.

The **objectives** are:

- Remove the woman or Mother and children from dangerous situations.
- Stop violence situation and the intergenerational transmission violence.
- Activate necessary legal and protection procedures to exit situation of mistreatment





- Identify a project with the woman and with the services and prepare a concrete protection solution
- To support housing work and social reintegration.
- Assess the psycho-physical state of the woman and minors and possibly activate appropriate care and support interventions.
- Favor an improvement of psycho-social well-being.

## 5. Emotional Experience Lab

The emotional experiences lab was held on January 24, 2020 in Latiano from 9 AM to 2 PM in a free and protected space and in an atmosphere of mutual respect. The lab was led by Maristella Mastrogiovanni, expert in non-verbal communication and group management for team work.

The first experience was aimed to create knowledge among the people who participated in the workshop through the motivation of their name and why they were called so by their parents. The goal was to make their history known.

The second experience was aimed to create Empathy, wellness and love among the people who participated in the workshop through eye contact, hand contact and body contact with an hug, in several stages until physical removal for the management of emotional detachment.

The third experience was aimed to create observation of body language to determine how a person really feels in an extreme situation like wearing a mask in the center of a room while everyone is watching. The purpose was to explain how feelings manifest even when we hide its.

The forth, and last experience was aimed to draw themselves in order to determine how we perceive ourselves in relation to others.

All experiences are part of the self mutual help group, which aims to create strong friendship, affection and empathy in the working groups, strengthening the esteem and teamwork, avoiding contrasts and any kind of prejudice between people who cooperate together.