



AMURTEL
GREECE

ANNUAL REPORT 2017

FINANCIAL & ACTIVITY REPORT

#AMURTELGR #AMURTELGREECE

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VISITS FROM WOMEN FOR DIRECT CARE
SERVICES IN 2017

2074

FROM 40 DIFFERENT COUNTRIES
MOSTLY FROM AFGHANISTAN,
SYRIA AND NIGERIA

PREPARED AND DESIGNED BY:

AIRINIE H AZHAR
FINANCE & IT OFFICER

INTRODUCTION



Emergencies affect
men and women
differently

So can our
humanitarian
response

UNFPA

AMURTEL Greece offers services based on the deep conviction that pregnancy and infancy are two of the most vulnerable periods in the lives of human beings and thus mothers and babies, especially in times of upheaval and crisis, need a particular type of woman-to-woman support. We at AMURTEL Greece strive to give that kind of support.

Since 2015, we have seen refugee women struggling to maintain and thrive in living situations that range from nominally adequate to abysmal. We have seen mothers concerned for the welfare of their children the way any mothers anywhere would be and we have seen them call on a strength and stamina that many of them did not even know they had. We aim to support them in the uncertainties of their new life by letting a safe and comforting space evolve, one that we hope, over time, will truly become the space of the mothers themselves and used in the most informative, practical, culturally appropriate, supportive and caring ways.

Our work is a drop in the ocean and yet that drop has, through the sheer kindness of our local and international supporters, managed to reach several thousand mothers and babies. Our hope and our commitment is to see this work grow, to see more mothers and babies thrive despite what their circumstances are and to continue to work together with all of you for many years to come.

Many thanks from Didi and the AMURTEL team!

ABOUT AMURTEL GREECE



WHY WE ARE HERE

From amongst the millions of displaced people world-wide, Greece received 173,447 asylum seekers in 2016 and 35,200 in 2017 (UNHCR). Though nearly all of them intended to transit through Greece on their way to northern European countries, the situation of border closures forced approximately 50,000-60,000 to remain in Greece. Of this number, more than 15,000 were women of reproductive age with an estimated 2,452 of them being pregnant (UNFPA).

The staggering influx of asylum seekers, far more than any since WWII, motivated AMURTEL volunteers to begin offering midwifery care and lactation support in September 2015 for pregnant women and mothers with infants in local refugee camps in the greater Athens area. In September 2016, AMURTEL withdrew from full-time presence in the camps and opened a Mother-Infant Centre in a central Athens location accessible to those in camps, urban accommodation, and the local community. It is the only all-woman maternal-infant centre in Athens specialized in pregnancy and infant care.

2017 has been a very full year for AMURTEL Greece. The year started out with a comprehensive outreach programme, in addition to our midwifery care and infant feeding consultations. The Centre moved to our current location in May 2017, and we ended the year with new team members in place with new policies, a dynamic and essential Hospital Accompaniment Program, and an event that had all of our supporters and friends over at our Centre for food and drinks in time for Christmas!

THE CRISIS OF MOTHER-INFANT CARE FOR REFUGEES IN GREECE

Proper obstetrical care and lactation/infant feeding support is often not accessible to refugees and migrants due primarily to linguistic, cultural and social limitations.

- Most public hospitals do not employ interpreters or cultural mediators – as a result, most refugee women cannot communicate with the medical and administrative personnel properly - nor can the hospital staff and personnel communicate with the women.
- They often do not receive the psychological or culturally specific support they need, which in turn discourages them from going back and thus miss important antenatal tests, examinations and treatment.
- Caesarean sections account for 56.8% of births in Greece, according to the World Health Organisation. The number is almost double the EU average, which stands at 30 per cent, still much higher than what the WHO considers normal.
- Mothers of newborns are all too often not encouraged or supported for breastfeeding, either in the hospital or after discharge. At least 80% of mothers who have come to AMURTEL believe that their breastmilk is not sufficient or is not good quality because of the stressful lives they lead. Furthermore, It is not uncommon for infants to be given formula in the hospital nursery and for mothers to be given formula to take home, thus encouraging mothers to formula feed rather than breastfeed.
- Refugee women often lack the means to readily access sufficient amounts of formula or be conversant with the protocols for safe and hygienic formula preparation. This frequently results in babies with depleted immunity and respiratory and gastrointestinal problems.

MIDWIFERY CARE

AMURTEL Greece provides antenatal and postnatal pregnancy care to our pregnant and postpartum women. Other services we provide include pregnancy tests, family planning and contraceptive advice. The midwives also provide additional help by answering questions, explaining hospital tests and allaying the women's fears. Our midwives are highly trained professionals and aim to provide a human touch along with individual attention as the hallmark of the care that AMURTEL strives for.

An infographic with a dark grey background on the left and a photograph on the right. The photograph shows a midwife with long curly hair, wearing a white lab coat, performing an ultrasound on a pregnant woman lying on a bed. A monitor in the background displays the ultrasound image. The text '1235' is written in large orange numbers on the grey background.

1235

MIDWIFERY CARE VISITS

INFANT FEEDING CONSULTATIONS

AMURTEL provides infant feeding consultations, encouraging new mothers to breastfeed their babies. We also aim to ensure that mothers who choose to or have to give formula rather than breastfeed do so safely and hygienically.

Help on how to introduce solid foods to infants is also provided once the baby reaches 6 months of age. In addition, our lactation consultants help mothers with weaning, teething and other aspects of infant care.

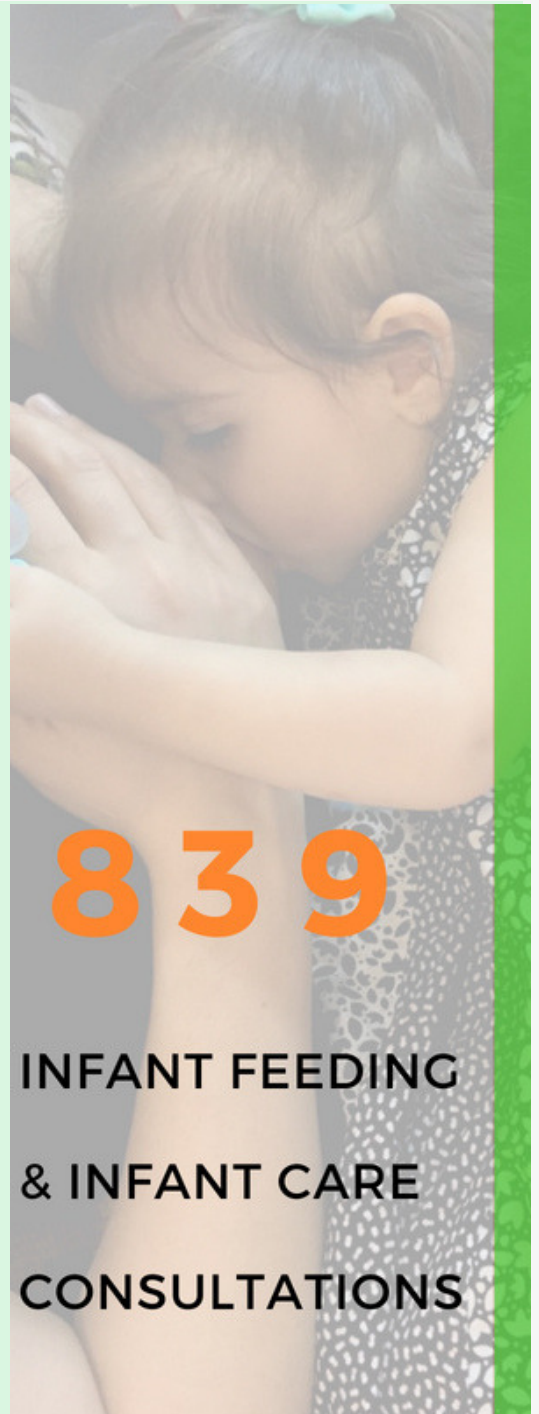
THE SIGNIFICANCE OF BREASTFEEDING IN TIMES OF EMERGENCY

Breastfeeding has long been acknowledged by the WHO, UNICEF and many other infant feeding specialists world-wide to be one of the most major factors in infant protection, nutrition, and overall development of the child and yet, it remains one of the most seriously overlooked gaps in humanitarian aid in times of crises. AMURTEL is strongly committed to reaching as many refugee and migrant mothers as possible, both through our center and through other NGO's and camps, to dispel the widespread myths and misinformation causing mothers to abandon breastfeeding, decrease breastfeeding and supplement with formula or not even begin breastfeeding at all. Both mother and baby suffer in such situations.

Breast milk is always available even during the direst of circumstances. Breast milk is also known as liquid gold - it contains at least 34 important nutrients for optimum growth and development not found in infant formula. Also, breast milk especially contains antibodies that fight infection. Breastfeeding releases hormones that lower stress and anxiety in both babies and mothers.

AMURTEL's experience is that supporting mothers is crucial in their ability to breastfeed fully.

The safest, easiest, most practical and by far and away the most beneficial food food for a baby in an emergency situation is the mother's own milk!



MOTHER & BABY AREA + CHILDREN'S PLAYROOM



Besides coming for exams, AMURTEL received nearly 7400 visits from women needing information, distribution items, referral to other community services and so on. Many of these women took advantage of our Mother-Baby area, a space set aside just for mothers and infants. Here the mothers relaxed, attended group sessions, waited for their consultations or just mingled with other mothers.

Additionally, each mother generally came with several children of all ages, her husband, friends or relatives, all of whom totalled a whopping number of 9572 extra visitors. The children's playroom cum waiting area for fathers provided the children a fun place to play and the fathers a respite from the urban activity outside our doors.





HOSPITAL ACCOMPANIMENT PROGRAM

IN COOPERATION WITH CARE GREECE

Many asylum seekers do not get adequate care in the public hospital system due to major language and cultural barriers. Funded by CARE Greece, AMURTEL initiated a 6 month Hospital Accompaniment Program (HAP). Beginning in October 2017, a social worker booked hospital appointments for our pregnant women and also accompanied them to their hospital visit together with an interpreter in the appropriate language.

On-site at the hospital, Christina acted as an advocate for the refugee/migrant women making sure that their needs were met as much as possible as well as following up on further appointments and treatment plans. With the help of the HAP team, the pregnant women were able to understand both the need for and the outcome of the exams as well as acquaint themselves with the hospital environment in preparation for giving birth.

The HAP team consisted of Christina, our social worker, and Hala and Maria, our Arabic and Farsi/Kurdish interpreters respectively.

Most of the appointments made and accompanied in the 2 months from October until December were for antenatal care (43 visits), lab tests (33 visits) and ultrasound appointments (25 visits) with an assortment of other visits to various specialized departments such as cardiology and endocrinology.



From October to December 2017, our HAP team assisted **68** women for 119 hospital or physician visits.

216
APPOINTMENTS
MADE

119
ACCOMPANIED
VISITS



OUTREACH

AMURTEL Greece conducted outreach visits to refugees sheltered in squats and NGO sponsored urban accommodation. Pregnant women and mothers with infants were visited at their living quarters, assessed for their needs, examined and provided with appropriate health care information, acquainted with the services the Centre offers and encouraged to visit the Centre for more comprehensive care.

In collaboration with two local Greek NGO's, Caritas Greece and Solidarity Now, AMURTEL also facilitated women's support groups in refugee shelters on topics such as reproductive health and preparation for birth in a Greek hospital.

MASOUMA & YOUSEF

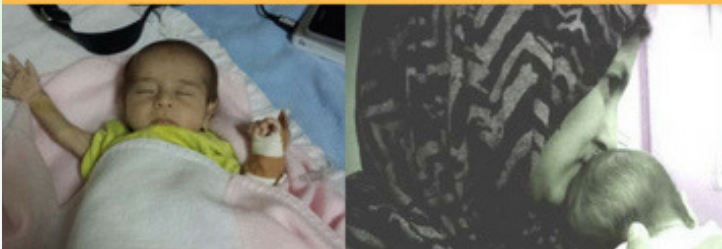
In January and February of 2017, AMURTEL staff was involved in a rather memorable outreach care moment, involving a refugee mother, Masouma, and her baby, Yousef.

Masouma came to the Centre after having recently given birth to Yousef for a postpartum and infant feeding consultation. Our Infant Feeding Consultant was concerned with Yousef's condition and asked Masouma to bring him again in a few days for a follow-up visit. When they returned several days later, his condition had deteriorated drastically and the AMURTEL staff immediately accompanied the mother and child to the hospital. For the next six weeks, staff and volunteers stayed on rotation at the hospital to support and help Masouma and Yousef to recovery.

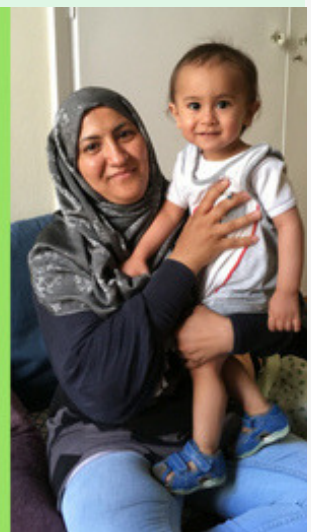
After a long road of hardship and overcoming obstacles, Yousef is now a healthy boy, smiling and full of vibrant life and Masouma is a relieved and happy mother.

MASOUMA & YOUSEF

IN JANUARY 2017



NOW



PROJECT FOOD

COMPLEMENTARY NUTRITION AND SUPPLEMENTS PROGRAM



Pregnant and lactating mothers have increased nutrient requirements and are especially vulnerable to malnutrition in emergencies due to difficulties in accessing foods offering adequate amounts of required nutrients. Micronutrient deficiencies may negatively affect both mother and fetus. Besides the obvious need for a requisite nutritional diet, there is some evidence pointing to the beneficial use of nutritional supplements during pregnancy and lactation if the mother is even mild to moderately undernourished.

While AMURTEL does not aim to fill all the nutritional requirements of our mothers, we hope that the supplemental food and vitamins we provide will be of value not only in combatting poor nutritional intake but also in strengthening the message that we are concerned about how she takes care of herself, that indeed “mothering begins with mothering the mother.”

In 2017 our pregnant and lactating mothers received food packages every month. Each package contained several nutritious staples like rice, beans, lentils, dates, roasted chickpeas, raisins, dried figs, walnuts and almonds. Additionally, pregnancy vitamins and supplements were supplied and breastfeeding multiple vitamins were distributed to those in need.



PROJECT NEWBORN BABY

AMURTEL GREECE PROVIDES EVERY NEW MOTHER WITH A BABY KIT CONTAINING ESSENTIAL ITEMS FOR HER NEWBORN BABY. BABY KITS INCLUDE NEWBORN DIAPERS, BABY CLOTHES, HATS AND BOOTIES, BABY BLANKETS, CLEANING WIPES, AND A SOFT TOY AS WELL AS SANITARY PADS FOR THE MOTHER.

337
BABY KITS
DISTRIBUTED



ADDITIONALLY, WE ALSO DISTRIBUTE BABY CARRIERS TO MOTHERS WHO WOULD LIKE THEM. BABY CARRIERS ARE SOCIALLY NOT THE NORM IN MANY OF THE MOTHERS' NATIVE COUNTRIES AND WOMEN PERIODICALLY FIND USING THEM AWKWARD AND UNCOMFORTABLE. OUR TEAM DEMONSTRATES AND ASSISTS WITH THE FITTING OF THE CARRIER AND MANY MOTHERS GIVE IT A GO, EVENTUALLY DISCOVERING HOW USEFUL AND PRACTICAL THEY CAN BE.



300
BABY CARRIERS
DISTRIBUTED

PROJECT UNDERWEAR

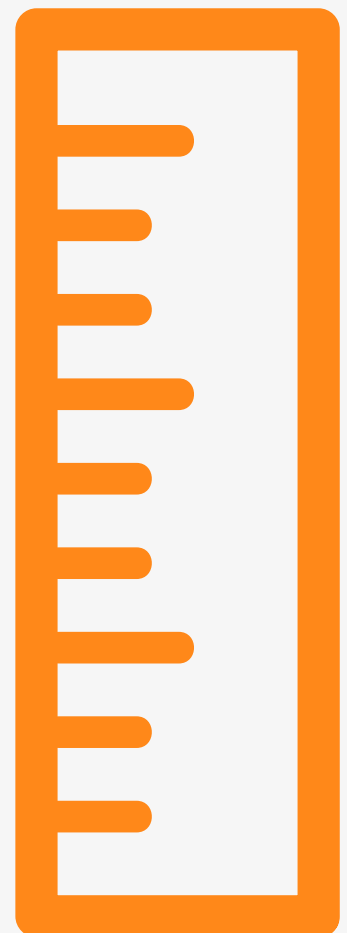
THE AIM OF PROJECT UNDERWEAR IS TO ENABLE PREGNANT WOMEN AND NEW MOTHERS TO HAVE AN ADEQUATE SUPPLY OF APPROPRIATE UNDERWEAR FOR DAILY USE IN ADDITION TO MATERNITY AND NURSING UNDERWEAR WHENEVER POSSIBLE.

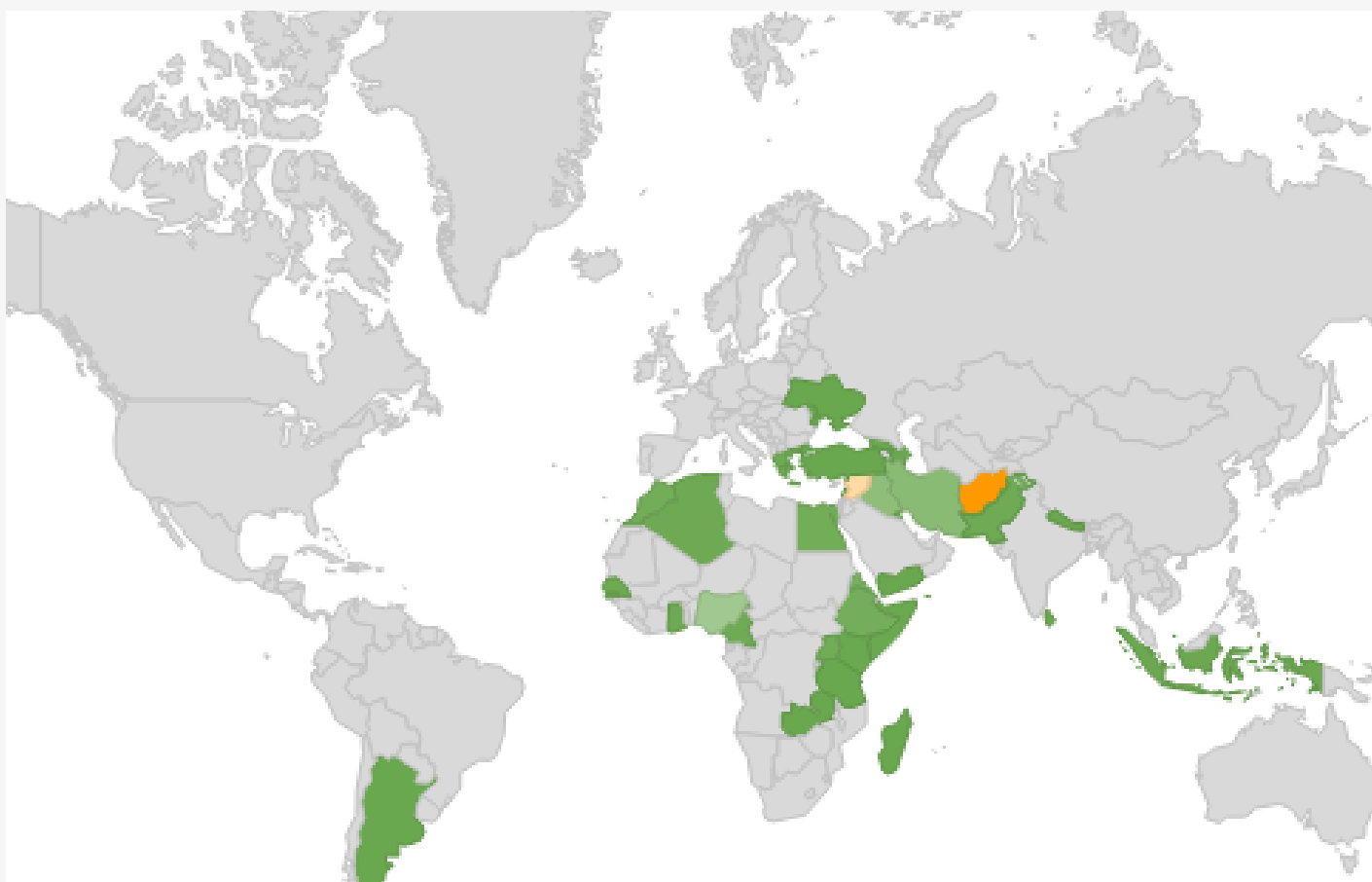


1453

**SETS OF UNDERWEAR
DISTRIBUTED**

While working in the Pireaus refugee camp in 2016, AMURTEL started distributing underwear alongside other mother-infant supplies. Because refugee and migrant women in Athens must feed, clothe and take care of their family on the limited financial support offered to them, they are often not able to spend money to purchase personal health and hygiene items. Thus, the underwear program has continued at the Centre in Athens where we provide underwear to each woman registered in our system.





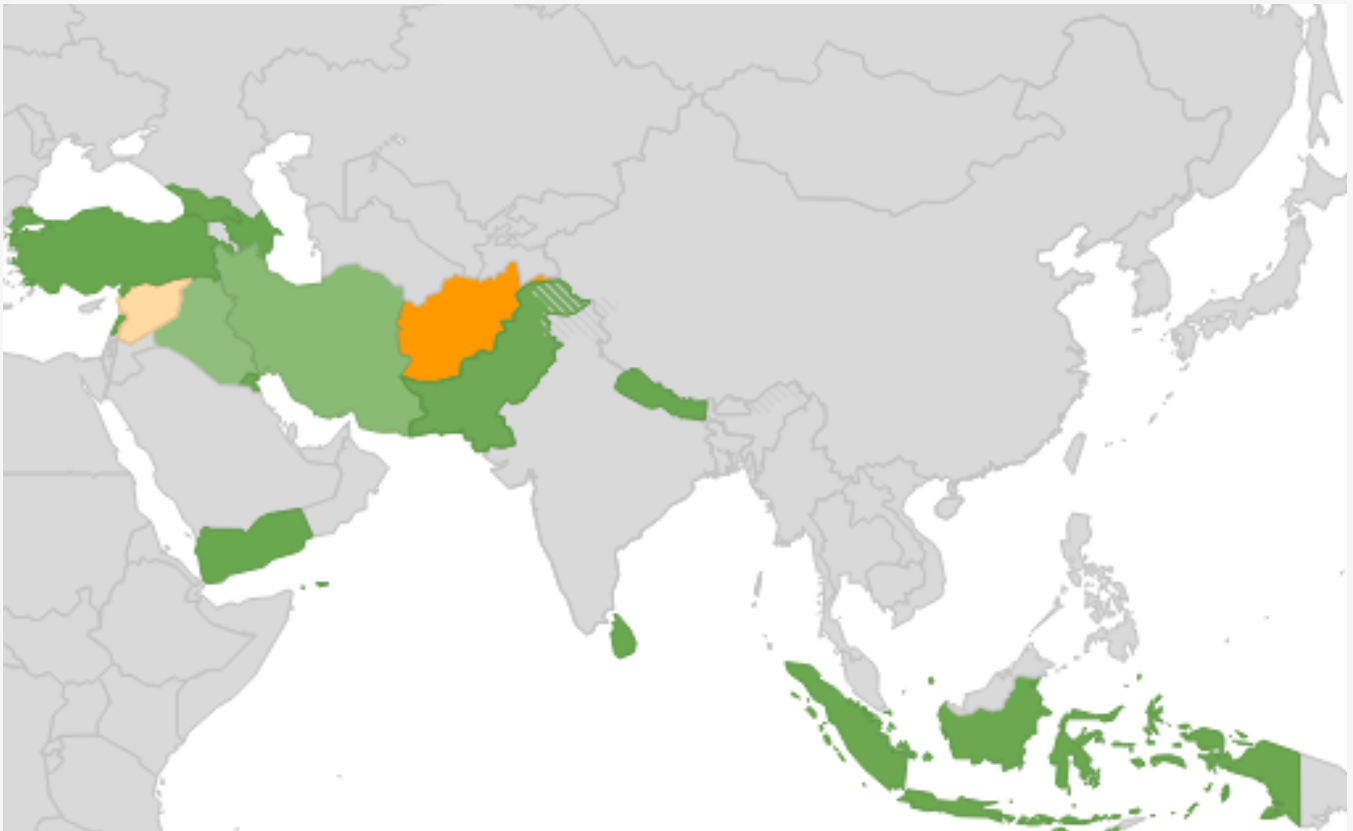
THE MOTHERS

Women from around the world came to AMURTEL Greece in the year 2017. The map above shows their countries of origins

COUNTRIES

AFGHANISTAN
 SYRIA
 NIGERIA
 IRAQ
 IRAN
 CONGO (DRC)
 ERITREA
 ETHIOPIA
 EGYPT
 MOROCCO
 UGANDA
 CAMEROON
 PAKISTAN
 ALGERIA
 GHANA
 GREECE
 OTHERS





A MAJORITY OF THE WOMEN ARE FROM AFGHANISTAN (39%) AND SYRIA (27%)



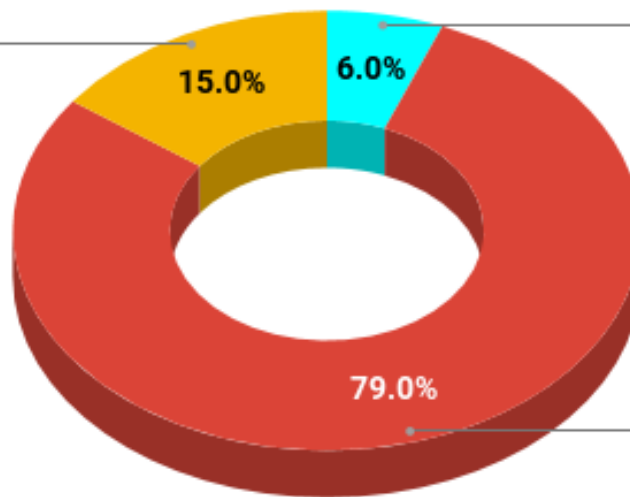
A MAJORITY OF THE WOMEN FROM THE AFRICAN CONTINENT ARE FROM NIGERIA (7.4%) AND THE DEMOCRATIC REPUBLIC OF CONGO (3.6%)

HOW OLD ARE THE MOTHERS?

% OF WOMEN IN AGE RANGES

36+ YEARS OLD
15.0%

15-19 YEARS OLD
6.0%

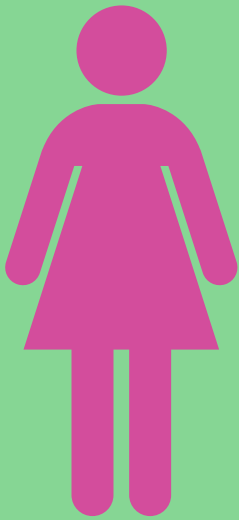


20-35 YEARS OLD
79.0%

79% OF THE PREGNANT WOMEN OR MOTHERS WITH INFANTS WHO CAME TO AMURTEL GREECE IN 2017 WERE BETWEEN THE AGES OF 20 TO 35, AND 6% OF THE WOMEN WERE BETWEEN THE AGES OF 15 TO 19.

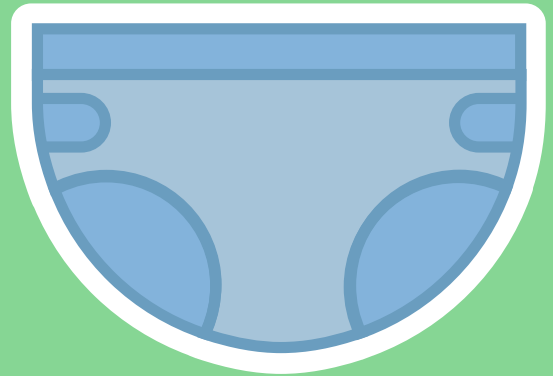


POWER IN NUMBERS



7389

VISITS



36120

DIAPERS



1453

**UNDERWEAR
SETS**



1914

**FOOD
PACKAGES**



337

**BABY
KITS**

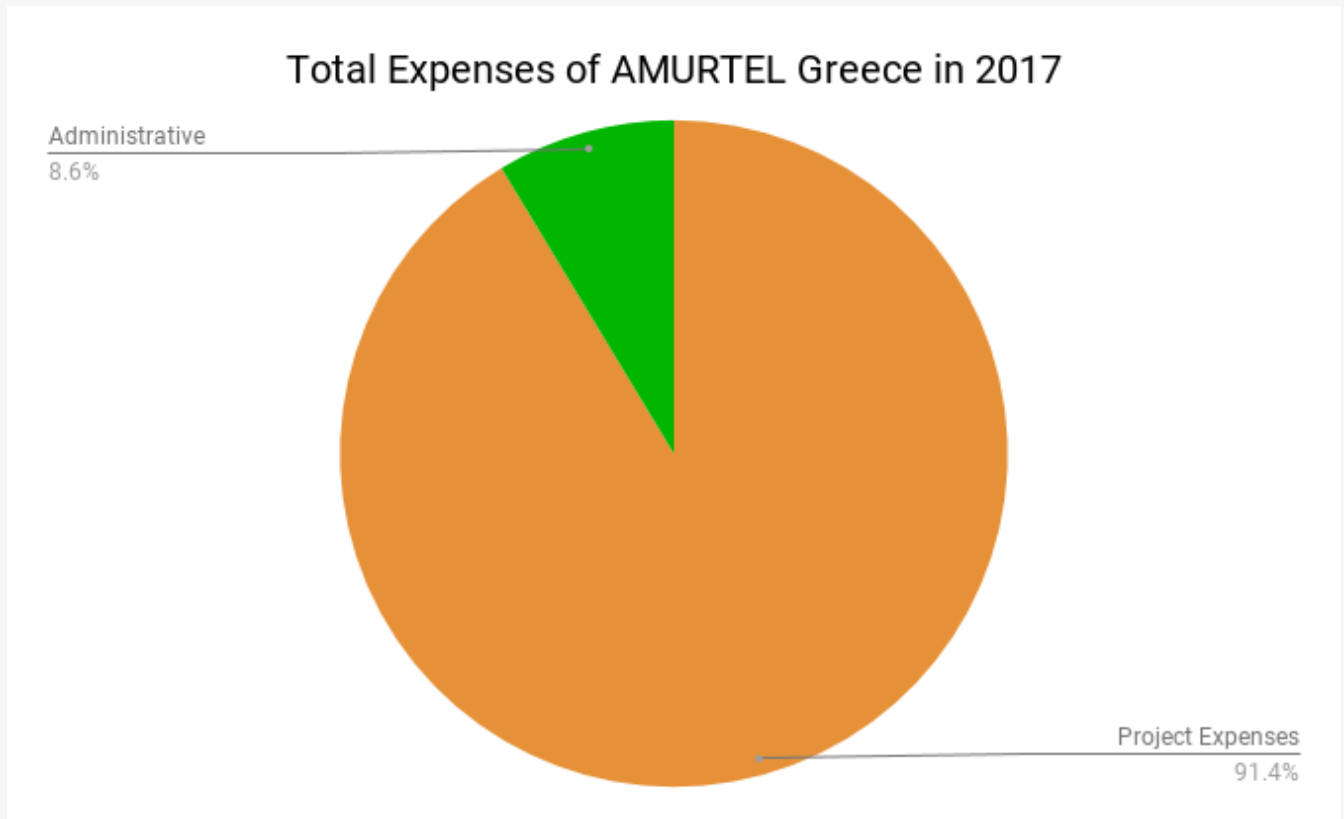


300

**BABY
CARRIERS**

WHERE YOUR GIVING GOES

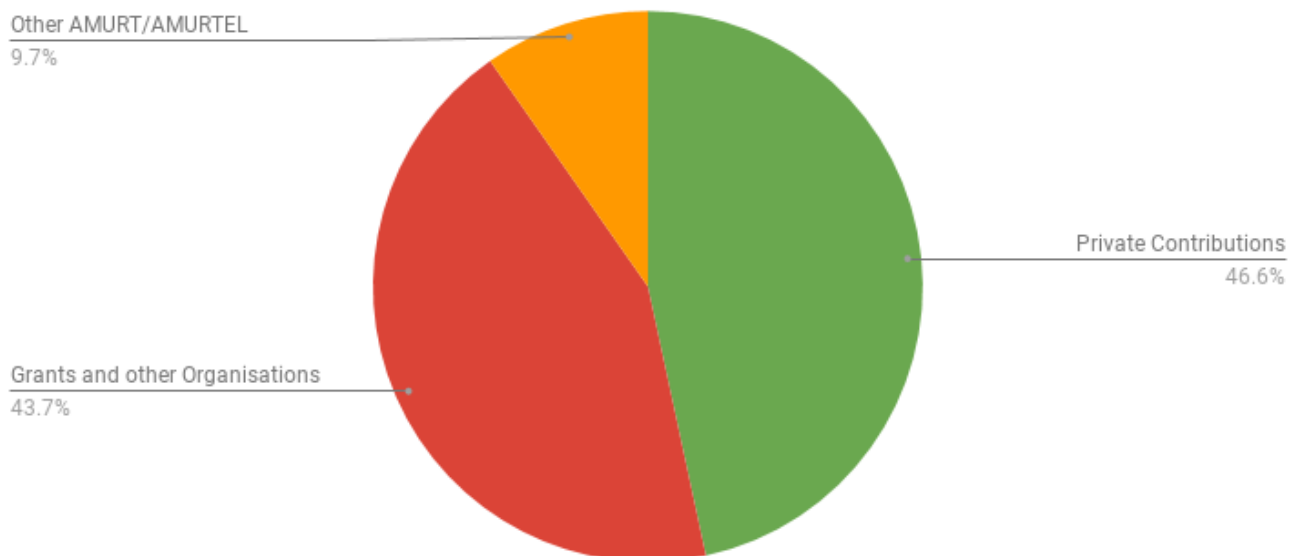
**ALL IN-KIND DONATIONS GO DIRECTLY TO OUR BENEFICIARIES.
MONETARY CONTRIBUTIONS ARE ALLOCATED AS BELOW**



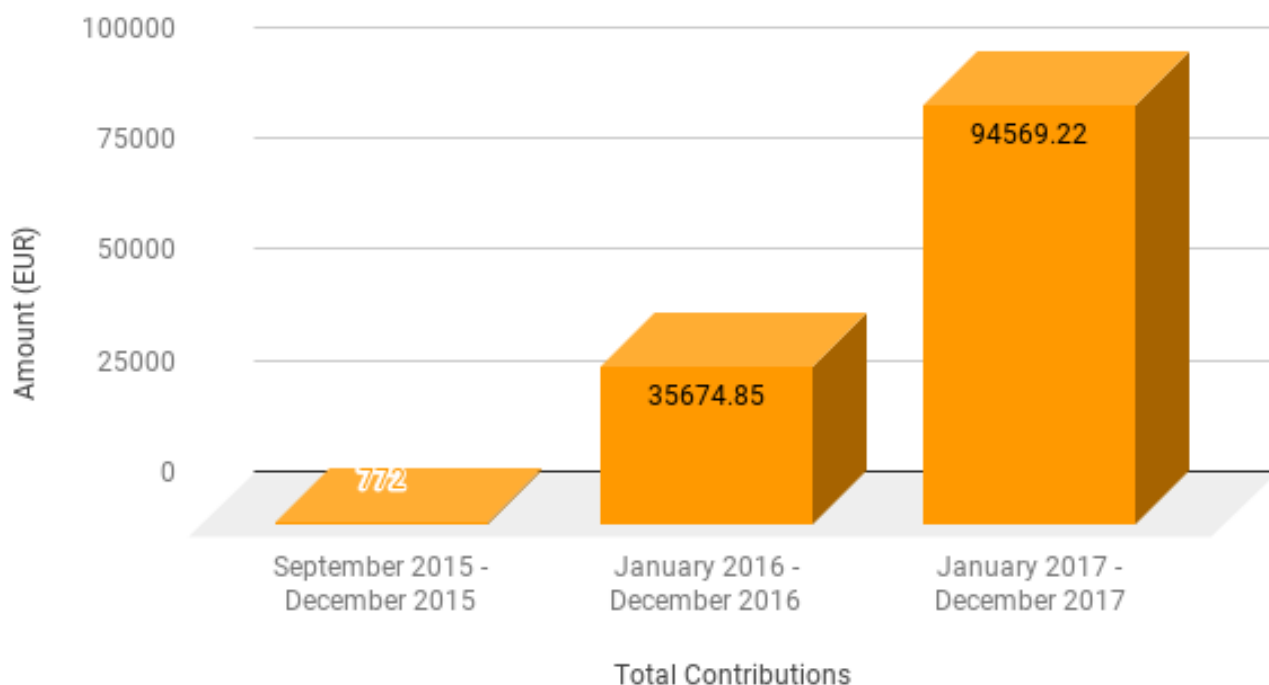
IN-KIND DONATIONS THAT AMURTEL GREECE HAS RECEIVED ARE DIAPERS, BABY CLOTHES, BABY CARRIERS, NEWBORN BABY PACKS WITH BABY BASKETS, INFANT TOYS, NURSING MOTHERS' ITEMS LIKE BREASTPADS AND BREAST PUMPS, UNDERWEAR, HYGIENE ITEMS, CONDOMS, FOOD AND OTHERS.

HOW OUR WORK IS FUNDED

Total Amount of Monetary Contributions to AMURTEL Greece in 2017



AMURTEL Greece: Total Monetary Contributions since 2015





FINANCIAL REPORT

OPERATING INCOME AND EXPENSES

INCOME	2016	2017
PRIVATE CONTRIBUTIONS	23874.85	44081.54
GRANTS & OTHER ORGANISATIONS	1300	41288.33
OTHER AMURT/AMURTEL	10500	9199.35
TOTAL INCOME	35674.85	94569.22

EXPENSES	2016	2017
PROJECT EXPENDITURE	24229.78	60799.12
ADMINISTRATIVE EXPENDITURE	2454.14	5747.36
TOTAL EXPENSES	26683.92	66546.48

STATEMENT OF FINANCIAL POSITION

FOR THE YEAR ENDING 2017

ASSETS	EUR (€)	EUR (€)
CURRENT ASSETS		
CASH AND CASH EQUIVALENTS	27766.67	
INVENTORY	6471	
GRANTS RECEIVABLE	4187.54	
TOTAL CURRENT ASSETS		38425.21
FIXED ASSETS (AT RESIDUAL VALUE)		
EQUIPMENT	2000	
FURNITURE & FITTINGS	1000	
COMPUTERS	400	
TOTAL FIXED ASSETS		3400
		<u>41825.21</u>

LIABILITIES & NET ASSETS	EUR (€)	EUR (€)
NET ASSETS		
TEMPORARILY RESTRICTED	29465.06	
UNRESTRICTED	12360.15	
		<u>41825.21</u>



AMURT-AMURTEL HELLAS AMKE
AMOYPT - AMOYPTΕΛ ΕΛΛΑΣ AMKE



WE ARE GRATEFUL TO OUR GENEROUS SUPPORTERS!

AMURTEL Greece would like to thank the many organizations that have helped in the past year.

- Allied Aid
- AMURTEL USA, AMURT UK & AMURT Italy with thanks to AMURT Lebanon for technical support
- Ananda Marga River School
- Ananda Marga Canary Islands, Italy and the Netherlands
- Because We Carry
- CARE Greece with CARE Germany & CARE Luxembourg
- Carry The Future
- Desmos
- The Church of Jesus Christ of Latter-day Saints
- Hamsa School of Dance
- IKEA Foundation
- La Leche League
- Medico International Schweiz
- Needslist
- Pamperaiki
- Project Safe Haven
- Refugee Relief
- Salvation Army
- Sklavenitis
- Supreme Master Ching Hai International
- Unity Initiative
- University of Applied Sciences St Gallen (Bibliotech FSH)
- The Unmentionables
- Welcome Foundation

We have so many individual and private donors from all around the world - too many to list! We appreciate your abundance of kindness and big-hearted generosity.

Thank you to our many independent volunteers who came from far and wide to volunteer with us at the Centre. Your dedication to AMURTEL and our cause is admirable, and we are eternally grateful.

Also, to the community of Athens and the people of Victoria Square, we thank you for the support and acceptance of what we are trying to achieve at here at AMURTEL.



SUPPORT OUR WORK



YOU CAN DONATE TO US VIA PAYPAL AT:
amurtel.gr.donations@amurtel.org

THROUGH BANK TRANSFER:
IBAN: GR25 0260 3410 0001 8020 0663 141
BIC/SWIFT: ERBKGRAA

ON OUR TOTALGIVING CROWDFUNDING PAGE:
<https://www.totalgiving.co.uk/appeal/greece-amurtel>



FOR IN-KIND DONATIONS, PLEASE EMAIL US AT:
amurtel.gr.donations@amurtel.org

OR GO TO AMURTEL GREECE'S NEEDSLIST PAGE:
<https://needslist.co/amurtel>

Needslist is an innovative platform that allows AMURTEL to inform the giving public of what our urgent needs are whether it be supplies, time or money. We currently have open fundraising campaigns for food and vitamins running on Needslist.



RAISE MONEY FOR US! FIND OUT MORE ABOUT
DIY FUNDRAISING WITH AMURTEL GREECE AT:

<http://greece.amurtel.org/index.php/diy-fundraising>

VOLUNTEER WITH US

VOLUNTEER PROFILE: HASTI VOSSOUGH

Salam.

My name is Hasti and I'm an Iranian-American gal living in sunny California. I was born in Iran and moved to Southern California at the age of 3 with my parents. Although I was raised in America I still identified strongly with Persian culture and made an effort to keep in touch with my homeland roots. For this reason I felt a strong desire to come to Athens, Greece and help out at AMURTEL, assisting with care for women and babies coming from war-torn countries seeking love, care and refuge.

My 2-month experience here working 5 days a week as a Farsi/English interpreter and cultural mediator had been deeply rewarding. As an interpreter you can't help but empathize with hearing women's struggles - of their journeys to Greece, their less-than ideal birth stories in an unknown country and the everyday emotional resilience needed to keep moving towards a better future. The circle of women I'm surrounded with, helping each other, is a great and empowering feeling, and it is definitely felt when you enter the Centre and for that I'm very fortunate.

**READ ABOUT HASTI'S
EXPERIENCE VOLUNTEERING
WITH US HERE AT AMURTEL
GREECE**



**YOU CAN READ MORE ABOUT HOW TO VOLUNTEER WITH US
ON OUR WEBSITE AT:**

<http://greece.amurtel.org/index.php/support-our-work/as-a-volunteer/>

WRITE TO US VIA EMAIL OR ON FACEBOOK!

MEET AND EAT CHRISTMAS EVENT

JUST IN TIME FOR CHRISTMAS IN DECEMBER 2017 AMURTEL GREECE STAFF AND VOLUNTEERS ORGANIZED A FOOD EVENT AND INVITED PEOPLE FROM FAR AND WIDE TO FEAST TOGETHER ON HOMECOOKED FOOD!



After weeks of planning and preparation, this multicultural event was all (and more!) than we could have hoped for! The Christmas Meet & Eat was AMURTEL's most anticipated event of the year. It was an opportunity for our long-term friends, supporters, volunteers, staff and donors to meet up and enjoy each other's company.

The food on offer was all handmade and come from a variety of countries - like Nasi Lemak, which is a Malaysian dish of jasmine rice cooked in coconut milk; and Kookoo Sabzi, a Persian herb quiche made of coriander, parsley and walnuts.

See more pictures from the event on our Facebook page here: <http://bit.ly/xmasmeeteat>

**THE CHRISTMAS MEET & EAT
POT-LUCK EVENT WAS A
PART OF OUR YEAR-END &
NEW YEAR 2018
FUNDRAISING CAMPAIGN
THAT WAS LAUNCHED ON
ULULE.**





FUTURE ENDEAVOURS



WHAT AMURTEL GREECE AIMS TO ACHIEVE IN 2018



PEER-TO-PEER COUNSELING COURSE



PSYCHO-SOCIAL SUPPORT



OUTREACH TO CAMPS, SQUATS AND URBAN SHELTERS



MOTHER'S SUPPORT GROUPS



AMURTEL

ANANDA MARGA
UNIVERSAL
RELIEF TEAM
LADIES

AMURTEL GREECE

How to get in touch with us

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facebook.com/AmurtelHellasforRefugeeMothersandBabies



[@amurtel_greece](https://twitter.com/amurtel_greece)



[@amurtel.gr](https://www.instagram.com/amurtel.gr)



<http://greece.amurtel.org>



amurtel.gr@amurtel.org