



# Report

March 2020

We thank and express our gratitude to Perspectives for Children on the Western Balkans e.V and everyone in Germany who has made a donation to support our work at the Rreze Dielli Center with vulnerable children as well as with families in rural areas affected by the earthquake in Albania. We are glad to share with you an update about our activities during January - March 2020.

## 1. Child friendly spaces and recreational program

After the earthquake Rreze Dielli Center is adapted into a child friendly space, so that children affected can come and participate in our program. In our social center one of the walls has been unfinished and temporarily closed with a shutter. Thanks to your support, we were able to adapted this space to a very welcome and warm environment where children have the opportunity to spend a qualitative time by playing and learning . We set a glass window that allows more light to enter. Children and the staff prepared handcrafts and glued flowers, birds and green figures on the windows, bringing more spring look inside.

Part of the therapy and counselling program are the children who are more affected by the earthquake trauma, especially them which houses are destroyed and actually



are living in tents with the family. 30 children of age 6-13 have participated in our recreational and psychosocial program. The major problem we noticed during the work with the children in the case of earthquake is anxiety, insecurity, fear. To alleviate these problems we have provided individual as well as group therapy. Our program has included music therapy, songs, drawing, emotional debriefing, relaxation techniques etc. We have also provided debriefing psychosocial support and counselling for women in the villages, especially them with little children, who are more affected by the post earthquake traumas.



Below we have the pleasure to share some of your children's experiences with you:

*"I was really scared by the earthquake. Our house and the schools were destroyed. It's the most beautiful thing for me to go to the Reze Dielli Center. It's a warm environment in there and I feel safe with the staff. We have lots of beautiful activities. I love the music program and crafts."*—Ansi, 8 years old.

*"The earthquake terrified me. All the time I felt like the earth and things would shake again. It was very difficult for me to sleep during the night, as I was really scared. Since after the earthquake me and my sister have been coming to the Reze Dielli Center. The counselling sessions we have received at the center have helped us to overcome our fears and insecurities. I feel much better now and hope this earthquake never comes again."*—Anxhela 13 years old.

## 2. Children with special needs

Children with special needs have frequently attended the therapy program. Each of them received free individual therapy according to an individual treatment plan. The November 26, 2019 earthquake caused major material damages to homes but has also impacted many children and adult's psychological state. These children have been emotionally affected by the earthquake.



Children are experiencing lots of fear and anxiety as they are home with parents and grandparents who constantly talk about the earthquake. During this quarter we have adapted the therapy program to help relieve the stress and fear that children have experienced from the earthquake. With children with Autism Spectrum Disorder and those with Down Syndrome, we have been working on the art and music therapy, so that anxiety and feelings of fear experienced by the earthquake can be overcome.

A mother of a child shares:

*"My son has Autism Spectrum Disorders attends free therapy at Reze Dielli for 4 years now. I am very happy with my son's progress. He is now more social, plays with his friends, speaks more words, learned to control his own personal needs and uses the toilet, tries to tell me words and actions for his needs and desires. Also as a mother, in the counseling sessions I take at the center, I have learned how to treat my son at home and how to do things that help my son's development. I'm so grateful for your work and I don't want to think about what my son would be like if he didn't get therapy. Lots of gratitude from me and my family."* —Merita

## 3. Families affected by the earthquake

160 families in the Peza and Ndroq areas whose houses have been severely damaged by the November 26, 2019 earthquake now live in tents they have put in the yard. They live in extremely difficult conditions. A whole family lives in one tent, with an average of 4-6 people. They have improvised toilets outside and this makes living and welfare of children and adults very difficult. To help these families we have provided emergency humanitarian aid with food, toilet paper, pampers





for babies, elderly and sick, dishwasher detergents, soap, shampoo, clothing for children and adults etc. We are providing debriefing and counselling to the families living in tents and basic medical care for the sick people.



This is what a family member shares with us:

*“The earthquake destroyed our house and we now live in the tent. We found ourself in an unexpected situation. We were not able to provide food for our children due to this situation. We are very thankful for your help. I put the stove with woods on the yard and now I can cook for my children. Thank you very much for the clothes and shoes. Children also are very happy with the toys. They keep them all the time and even sleep with them. You are really bringing hope in these difficult days we are experiencing. Thank you wholeheartedly”.—Nila, Ndroq village.*

Thank you for your support and solidarity!

Ada Hidri  
Project coordinator

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