

BEARR Trust Small Grants Scheme 2016: call for bids

'Support for vulnerable groups: institutions and alternatives' Report of the BEARR Trust Annual Conference 2015

'Facing the future in the factory town: what price welfare in Russia's single-industry cities?'

Project reports:

Combatting domestic violence in Central Asia
– Kazakhstan
– Tajikistan

Psychological support for displaced people in Ukraine

– Teaching resilience in Kyiv
– Youth Debate Centre, Donetsk

Conference on support for IDPs in Ukraine, Lviv, May 2016

BEARR News

– Tribute: Kyrill Dissanayake
– New Patrons
– New Trustees



Participants in a course on domestic violence in Tajikistan supported by the BEARR Trust receive their certificates and information packs (see page 10). Photo: Kosim Ismoilov

The BEARR Trust Small Grants Scheme 2016

The BEARR Trust is pleased to announce its Small Grants Scheme for 2016 and invites applications from NGOs and other organisations. Full details are given below. The deadline for applications is 1 March 2016.

The fields to be covered by the Scheme in 2016 are:

Section A: Projects designed to help vulnerable older people in Russia

Section B: Projects to support skills training for refugees and displaced people in other countries in BEARR's region: Ukraine, Belarus, Moldova, Georgia, Armenia, Azerbaijan, Uzbekistan, Tajikistan, Turkmenistan, Kazakhstan, Kyrgyzstan

The Trust may wish to support a number of initiatives through the scheme, so proposals for grants of up to £3000 are invited. Awards will be made on a matching basis, and not exceed 50% of the overall cost of a project. Applicants should present costings in pounds sterling, but grants may be paid in Sterling, US Dollars or Euros as best suits the recipient, who will bear the cost of conversion into local currency. Projects should normally be completed within six months of receipt of the funds. The BEARR Trust reserves the right to commission independent evaluation of any project funded.

What are the aims of the Scheme?

The 2016 Small Grants Scheme aims to support and encourage NGOs to

- share experience and learning among NGOs with relevant aims
- disseminate good practice more widely
- facilitate cooperation with and/or coordination among NGOs and other organisations working with relevant groups
- improve awareness of, or engage public institutions in addressing the relevant issues
- propose other, imaginative ways of achieving the Scheme's aims.

Who can apply for the grants?

The scheme is open to applications from NGOs and other organisations active in the areas covered by the Small Grants Scheme 2016 (Section A or Section B.)

How to apply

There is no standard application form. Please send the information outlined below in English (with a Russian translation if you wish) by email to info@bearr.org

before **1 March 2016**. You should put in the subject line: SGS 2016 – bid.

The application should be no more than 2 pages. It should include:

- The name of the NGO applying for a grant, its address, phone number and email address.
- The name and position of the person dealing with the grant application.
- A brief description of the organisation, its mission and objectives.
- Brief details of any partner organisation, its mission and objectives.
- Objectives, short and long term, of the project proposed, and a brief description of the activities to be supported.
- What is original or innovative about the proposed project.
- The hoped-for outcomes and the criteria by which you will judge whether or not they have been met.
- How this work fits in with your organisation's current activities and how it meets the aims of the Scheme.
- The proposed total project budget, showing separately the amount requested from BEARR and the contributions to be made by the applicant NGO and other partners.

- Indicate on your budget: the number of people employed on the project, how many are employees of the NGO, whether any are volunteers, the number of days the project will last, daily rates of pay. The budget must relate to the project activities described above and include salaries set at local levels.
- Applications of more than 2 pages will not be considered.

Criteria for selecting successful applications

Initial selection of applications will be done according to whether or not the application contains all the information asked for, the extent to which it furthers the aims of The BEARR Trust, and the evidence that good use will be made of the resources available.

The BEARR Trust does not give grants for equipment.

What happens after an application is received?

The Trust will acknowledge applications as they are received. A shortlist will be drawn up for further detailed consideration. The Trust will contact applicants for any further information or clarification it needs. Applicants who are not shortlisted will be informed by the beginning of April 2016. Trustees will review shortlisted proposals at their meeting in mid-April. The Trust will announce which proposals have been successful soon thereafter.

All applicants will receive by email: an acknowledgment of the receipt of the application, followed by notification of whether or not their application has been shortlisted. Those on the shortlist will be notified by email whether they have been awarded a grant or not.

The Small Grants Scheme 2015 is funded by donations from generous individuals, companies and foundations, to whom we extend our thanks.

The BEARR Trust Annual Conference. 20 November 2015

Support for Vulnerable Groups: Institutions and Alternatives

by **Lucy Buckland, BEARR volunteer**

The conference examined regional policy and practice in addressing the needs of vulnerable groups including the elderly, orphans, young offenders, and those with mental and physical disabilities. During the Soviet period, many such people were kept out of the public eye in institutions, where their quality of life was of secondary concern. Since then there has been a move towards more humane alternatives, with many institutions closing. In a series of panels, our eight speakers offered insights into their work in the region, evaluating the progress which has been made and the challenges which remain.

The Chairman of the BEARR Trust, Robert Brinkley, began the day by thanking the staff, volunteers and trustees who helped to make the conference possible, and the donors who enable the Trust to continue its work.

Session 1: Overviews

Dr Victoria Schmidt of Masaryk University's Institute for Research in Inclusive Education started proceedings by providing an outline of the process of residential care reform in the post-Soviet countries. Thus far, attempts to deinstitutionalise care in the region have resulted in failure, with the number of children in institutions having increased in the post-Soviet period. Dr Schmidt stressed the need for a more nuanced, community- and family-orientated approach to prevention, crisis intervention and after-crisis placement. At present, the needs of families are subordinated, and parents and guardians receive little support in their role as care-givers. This has resulted in a tendency to criminalise parental behaviour, often leading to the child being placed in an institution.



However, this process is frequently governed by a large degree of arbitrariness and a lack of transparency. There is an absence of checks and balances in place for scrutinising the decisions of

social services and special commissions, including limited access to legal aid or mediation for guardians. Once in institutions, children are isolated from community networks. Not only is volunteer involvement limited, but the children's abilities and needs are also not externally assessed. Despite this, NGOs must remain aware that the stigmatisation of institutions may result in greater stigmatisation of institutionalised children.

In developing alternatives to institutionalisation, the law must consider different levels of parental access. Although adoption is seen as positive, foster care is viewed by many as unnatural and not in line with the region's cultural traditions. In situations such as this, external input – including from NGOs – can be important in facilitating cooperation. Especially in the current political climate, small projects can be a valuable means of creating bottom-up change.

Lumos's Advocacy and Campaigns Manager **Nolan Quigley** agreed that NGOs can function well as incubators of innovation, often being best placed to change community mindsets.



Discussing his organisation's target of ending the institutionalisation of children by 2050, he cited the example of Moldova, which has seen a significant increase in foster care. There has been a parallel decrease in children in institutions from around 11,000 in 2007

to approximately 3,000 today. The country's commitment to reducing this number to zero has been driven by international developments and supported by NGOs such as Lumos.

Nonetheless, globally around eight million children remain in institutions, including an estimated 600,000 in Russia, up to 95% of whom have at least one living parent. This raises the crucial question, echoing the previous presentation, of what support families need in order to prevent children entering institutions. The role of parents and families is an important part of Lumos's multi-level work, which incorporates the international legal framework, governments and civil society, as well as those directly interacting with the children.

Annual conference

Regional NGOs can play a crucial part in linking each of these levels, combining top-down and bottom-up approaches. Through their commitment to the Sustainable Development Goals, they can lobby international organisations such as the EU, which will no longer use its Structural and Investment Funds for the renovation – and therefore maintenance – of institutions. Through partnerships and cooperation on the ground, NGOs can also provide opportunities for the direct participation of marginalised groups, allowing them to act as drivers of change.

The situation for NGOs both globally and in BEARR's region is undoubtedly challenging, with funding, national and international political trends, and sustainability requiring particularly innovative solutions. Nonetheless, Mr Quigley stressed that Lumos's goal of ending institutionalisation globally by 2050 is attainable.

Session 2: People with mental and physical disabilities

Dr Nino Makhashvili of the Global Initiative on Psychiatry spoke about the care available for people with mental health disorders in Georgia. She noted that the country lags far behind its European counterparts in mental healthcare, with 60 times fewer nurses. Only 2.8% of Georgia's health budget is spent on mental health; enough to fund just 30 beds per 100,000 people for psychiatric care. Even fewer are available for under-15s, and there is a profound lack of care for those of 15-18. The conduct and attention disorders often suffered by deinstitutionalised children are particularly prone to being overlooked.

Despite these obvious shortcomings, many patients say they would change nothing about their care, which Dr Makhashvili deemed a 'syndrome of learned helplessness'. However, it is clear that reform is required. Those with mental health



disorders remain stigmatised by society, resulting in a high rate of unemployment and isolation. More than 80% are effectively or actually institutionalised.

Those in institutions frequently suffer gross human rights violations, including cruel and inhuman treatments.

NGOs have a vital role to play in encouraging reform of the mental healthcare system, through lobbying, advocacy and implementing pilot schemes. There is a particular need to counter resistance to the introduction of a flexible pathway of community-based, user-oriented services. Offering insight into

the power struggle at the centre of the quest for reform, Dr Makhashvili noted that this comes not just from policymakers, but also from psychiatrists. However, overly critical reporting of the situation has the potential to damage the work of those organisations, such as Dr Makhashvili's, which are already active in the field of mental healthcare.

Joining us via Skype from Bishkek, **Seinep Dyikanbaeva** outlined the situation for Central Asian NGOs. The Association of Parents of Disabled Children (APDC), which has been active since 1995, implements social programmes designed to integrate disabled children into society, including through raising awareness and empowering parents. It relies on funding and support from a number of international foundations.

The APDC also provides medical, educational and cultural rehabilitation, notably through its family-orientated day centre which enrolls 20 children per year. Based on international best practice, the centre evaluates the needs of the child through early intervention and interdisciplinary care. It assists children in socialisation, communication and education, whilst also supporting parents who provide 24-hour care. The programme is also preparing three teenagers for mainstream schooling.

Inclusive education is in its nascent stages in Kyrgyzstan. Government-supported boarding schools employing assistive technology exist for children with visual or hearing impairments, and there are special classes for those with autism. However, there is a lack of special assistants. There are also courses available for young people who would like to go to university, although accessibility remains a widespread problem.

Ms Dyikanbaeva noted that the medical model of disability persists in Kyrgyzstan, as in much of the former Soviet Union. The APDC and other active civil society organisations are seeking to reconceptualise this in favour of a social, rights-based model centred on inclusion. The organisation's cooperation with the authorities has enabled the APDC to make direct recommendations on the improvement and application of legislation. Kyrgyzstan is one of the few countries in the region whose government actively engages in dialogue with NGOs.

Session 3: Older people and young offenders in Russia

Dr Eduard Kariukhin, founder of the Moscow-based organisation Dobroe Delo, presented his work as both a gerontologist and an activist for the rights of the elderly in Russia and the former Soviet Union.

Although the post-Soviet states exhibit considerable demographic variety, with those over 60 accounting for

one fifth of the population in Ukraine, Belarus and Russia, compared to 10% in the South Caucasus and just 5-7% in Central Asia, the elderly may be categorised as a vulnerable group throughout the region. The situation is particularly pressing in Central Asia, where older people may experience destitution, neglect and abuse.

Simultaneously, civil society has neither the capacity nor the funding to meet the needs of this group, with western foundations leaving Central Asia as well as Russia. And only 1% of all NGOs in the region work specifically with the elderly. The lack of capacity is exacerbated by labour migration, particularly in Tajikistan and Kyrgyzstan, up to 450,000 of whose populations have applied for Russian citizenship. This results in grandparents and children being left behind, often permanently.



Alla Pokras, Marcia Levy (chair), Eduard Kariukhin and Tatiana Mordvinova (interpreter)

Meanwhile 18,000 older people are waiting to be placed in care homes in Russia. To bridge this gap, businesses are being encouraged to build private facilities. Dr Kariukhin also referenced the effects of the demographic imbalance which sees women living longer than men, resulting in a 'feminisation' of the aging process and requiring extra medical and social provision.

There are hopes that a National Strategy for the elderly will be formulated by the end of the year, incorporating these issues alongside a care strategy for those with dementia. This should also assist in facilitating open dialogue between NGOs and the authorities, which has been for the most part lacking. An exception to this was the discussion in Russia following Dr Kariukhin's presentation to the UN criticising the situation of the elderly in his country.

Alla Pokras drew on her experience with Penal Reform International to highlight Russia's treatment of young offenders: children who are vulnerable both before and after committing a crime.

Although the number of juveniles in detention has fallen from around 13,000 in 2005 to 1,700 today, this does not necessarily correlate to a reduction in crime. Explanatory factors include the falling birth rate, the lowering of the upper age limit for juvenile detention, and changes to government policy. In fact, the frequency of young repeat offenders is now higher. Of those juveniles in prison, approximately 15-17% grew up in children's homes, although the figure for those receiving conditional discharges is substantially higher. The number of juvenile prisons has almost halved to 32 over the past decade, creating travel problems in a country as vast as Russia.

Nonetheless, Ms Pokras characterised the conditions for detained juveniles as good, suggesting that more opportunities exist for young people in prisons than outside through a mixture of education, professional training and leisure activities. While the juvenile justice system requires improvement, the 2012 strategy on young people advocated the implementation of international standards. The role of NGOs is particularly important in this regard, with a number providing training to officials to work in a restorative capacity. Those NGOs which have access to juvenile detention centres – such as the Krasnoyarsk Human Rights Committee – were commended for their positive influence.

Session 4: Vulnerable children

Dr Halyna Postoliuk presented the work of Hope and Homes for Children in campaigning for the reform of the child protection system in Ukraine. There has been much progress in reducing the number of street children in recent years, now down to 2-3000. The number of babies abandoned annually has dropped to around 600, and fostering has dramatically increased. However, the problem of institutionalisation remains. A 2012 poll revealed that 50% of the population consider it an acceptable option.

Attempts at reforming the system have so far been fragmented, resulting in mainly cosmetic changes. Funding from sources such as the World Bank has been used for the renovation as opposed to abolition of institutions. Policy U-turns have also been made, with the 12,000 community social workers who were introduced in 2012 being abolished two years later. Some



Annual conference

1,000 now remain in their posts as regional authorities have recognised the value of their input.

Hope and Homes for Children launched a pilot project in December 2014, focused on preventing the separation of children from their families. By involving the authorities in the programme, the organisers have sought to create a sense of responsibility and ownership. This in turn helps to counter resistance to international NGOs. The project has seen positive results, including a marked drop in institutionalisation through improvements in the decision-making process and the implementation of an early intervention service.

The current decentralisation process in Ukraine presents both challenges and opportunities. Child protection is not currently on the political agenda, a situation which Hope and Homes for Children seeks to change. Following the success of their pilot project, the development of a common strategy on a regional and national level is vital to planning the deinstitutionalisation process. This requires networking and partnerships between NGOs and the authorities. Although the government has voiced its approval, a nationwide roll-out of Hope and Homes for Children's pilot scheme remains some way in the future.

The necessity of sustained political will for successful implementation was also emphasised by **Dr Chrissie Gale** of Strathclyde University, who gave an overview of her findings based on twenty years of research and experience in Central and Eastern Europe and the CIS region. She cautioned against unrealistic expectations, noting that building a robust child protection system can take a decade or more. This requires both long-term donor support and investment in people, including the provision of support to carers, in order to generate sustainability.

Dr Gale also emphasised the need for a multidisciplinary approach tailored to the context. By contrast, some CIS child protection acts are almost verbatim copies of the UK legislation. Those working to support marginalised groups should work closely with national governments to create dialogue and ultimately change. Moldova, for example, has now committed to spending 2% of its education budget on inclusive education.



There also needs to be a greater focus on the reasons for children being taken into care, as at present those most in need of protection are still not identified. In Central and Eastern Europe, social reasons including poverty are the main

cause of institutionalisation. In seeking to change this, the prevention of family separation through community-based support services should take precedence. Failing that, more efforts need to be made to reunite children with parents or extended families. Whilst foster care is by no means negative, it is becoming a long-term solution, leaving the child with no legal status and no permanent family.

Dr Gale raised the problematic nature of quota systems, which focus too closely on removing children from institutions whilst neglecting to prevent others from entering the system. Over-reliance on inexact data should also be avoided. A more child-centred approach is preferable, ensuring that the process of gatekeeping – returning children to permanent families whilst ensuring others do not take their place in institutions – is completed. At the same time, however, it must be emphasised that for some children, small residential provision may in fact be of most benefit. At its core, therefore, successful child protection requires listening to the child.

In her concluding remarks, BEARR Trustee **Nicola Ramsden** drew together the day's key themes. Although there is considerable variability within the region, progress on policymaking supports the trend of moving away from institutionalisation. However, the systemic nature of the care structure in countries throughout the region places constraints on the development of alternatives. In the meantime, those working to end institutionalisation must remain mindful of their huge responsibility, as criticism of institutions may result in the stigmatisation of their residents.

Despite these ongoing challenges, there are good reasons to be optimistic. This is particularly true of the work of NGOs, which have exhibited extraordinary resilience in the face of often extensive obstacles to their activities. Their advocacy has had success at the highest levels, shaping the policies of international institutions such as the EU. They have become more adept at working with and influencing governments. And in a change to previous years, they have also begun to develop closer cooperation with one another, building stronger alliances for the continued pursuit of an end to institutionalisation.

For speakers' slide presentations see <http://www.bearr.org/the-bearr-trust-2015-annual-conference-20-november-2015/>.

For more of Anna Lukanina-Morgan's photos see the back page and https://www.facebook.com/BearrTrust/photos_stream

Facing the future in the factory town: what price welfare in Russia's single-industry cities?

By Ross Gill

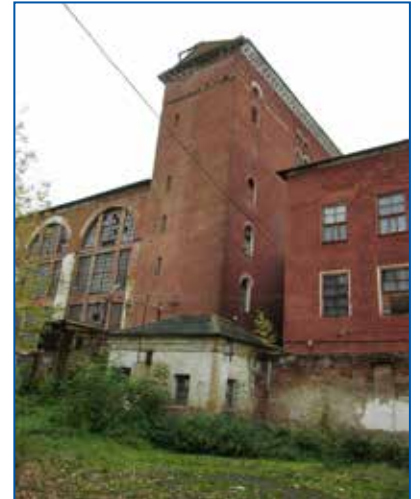
Soviet industrialisation left a network of towns dominated by single factories, where enterprises played a major role in welfare and city-building, as well as production. Today, firms have lost much of their welfare function. But industrial subsidy remains a price the government pays to support social stability.

340 km northeast of Moscow, Vichuga was once a key part of the Russian textiles industry. Dating back to the opening of the railway, the Naginskaya mill that dominates the town expanded for over a century, with major investment continuing into the late 1980s. Over time, the textile mill was joined by an expanding construction machinery plant. By the time the town centre was fully built in the 1960s, Vichuga had a population of over 53,000, with employment concentrated in the two main enterprises.

Never regarded as a strategic sector in Soviet days, and highly vulnerable to cheap, good quality competition, Russia's textiles industry collapsed in the 1990s. Today, the Naginskaya mill is largely ruined and by the 2010 census, the town's population had fallen to 37,000.

The decline of industrial employment is a familiar story across Europe and North America. But its effects in Russia have been strongly influenced by the legacy of Soviet planning. Industry – especially heavy industry – was at the heart of the Soviet system's identity. Industrial development generally had primacy over other forms of development and was largely centrally driven through sector-based industry ministries. This meant that decisions relating to housing, education and welfare provision were often geared to the needs of the dominant industry and responsibility for provision frequently rested with the main enterprise, rather than with the city or regional authorities. So enterprises often controlled housing stock, leisure facilities, pre-school services and sometimes public transport infrastructure. Crucially, they also often provided heating, via combined heat and power plants integrated with industrial use. This led to a large number of single industry towns ('monogorod') dominated by one or two 'town-forming enterprises'. It also led to a symbiotic relationship between the enterprise and the town, in which the enterprise was vital not just for employment, but for basic utilities and infrastructure. Keeping the lights on meant keeping the industry.

For some communities, the lights went out. By the 2002 census, over 13,000 settlements were defined as 'without population', mostly small frontier communities in the Far North and Siberia. Yet in most places, the physical industrial and urban structure survived. Today, between 300 and 400 towns and cities might be described as economically dependent



Vichuga – former textile mill

on single industries: like Vichuga, most of these are located in the manufacturing heartlands of central Russia, the Urals and Western Siberia. During the 1990s, many industrial enterprises continued to operate through barter arrangements and the accumulation of tax and wage arrears; employment remained nominally high, if frequently unremunerated; and power continued to be generated. Established relationships and 'work-arounds' helped local economies to muddle through on the ground before rouble devaluation in 1998 and rising commodity prices after 2000 supported economic growth.

Recession in 2008/09 led to a sharper focus on the challenges facing Russia's single industry towns. With the core industries on which many of them depended – such as metallurgy, machinery manufacturing and chemicals – vulnerable to changes in global demand, the World Bank referred to a growing 'monotown crisis', threatening employment, public services and the local tax base.

In 2009, the 'monotown crisis' threatened to become a political crisis as well. At Pikalevo, a town of around 22,000 east of St Petersburg, the closure of the unprofitable aluminium and cement industries forced a shutdown of electricity generation. A failure of negotiation between the companies involved led to a long-threatened blockade of the main highway into the town by residents and workers. Two days later, the then prime minister Putin arrived in Pikalevo signing, in a televised display of assertiveness, a deal on pricing and the re-starting of production. To some, the potential for significant unrest in

Facing the future in the factory town



Vichuga – View of the main VMZ factory still in production

Russia's industrial towns seemed high: recalling a famous Khrushchev-era miners' strike, one commentator referred to the risk of a 'new Novochoerkassk'.

In the event, industrial towns did not turn out to be the centres of unrest that many in government might have feared. But the Pikalevo incident highlighted the state's willingness to intervene to maintain industrial production to ensure employment and social stability, even where the economic viability of the core industry was doubtful. Subsequently, the government allocated around \$920 million in a support programme for single-industry towns, much of which appears to have been channelled into maintaining employment and avoiding mass lay-offs.

Economists Clifford Gaddy and Barry Ickes have referred to the government's stance as a 'lights on' strategy, through which otherwise unprofitable production in the manufacturing sector is subsidised, either explicitly through development bank loans and grants, or via cheap oil and gas supplies and guaranteed orders. In short, inefficient industries are maintained passively by resource transfers from the hydrocarbons sector.

This has not stopped a steady decline in the population of Russia's single industry towns, even where industries have been regarded as of greater strategic importance. In Pavlovo, a more favourably-located city west of Nizhnii Novgorod dominated by a vast automotive factory and smaller defence-related activities, the town's population has still fallen by around 15% in the past 25 years. Nor has it stemmed the relative shrinking of industrial employment, which has fallen substantially.

Defining an alternative strategy is challenging. Inter-regional labour mobility in Russia is low, driven by distance and housing market constraints. And developing alternative forms of economic activity at scale is no easy task. In Vichuga, the city administration has identified land for new industrial development, but demand is weak in a relatively poorly-

connected location, while workforce skills geared to the demands of the historically dominant industry are not always easily transferable. These challenges will of course be very familiar to those with experience of restructuring and regeneration in Europe and North America. In Russia, they are reinforced by the government's need to maintain political and social stability (therefore avoiding local employment shocks), the perception that provincial industrial Russia provides a bedrock of support for the regime, and the residual role of the enterprise as a source of welfare support, albeit with a diminished role.

Yet with falling commodity prices and increased budgetary pressures, the government faces a dilemma. Can transfers continue to be made to inefficient

industries to maintain employment if the pressure is to generate economic growth overall? While Russia's single-industry towns will not be the only places where this dilemma plays out, their limited alternative economic prospects make the challenge for them especially acute. At some point, will the cost of maintaining the Russian *monogorod* become too great?

The answer to this might come in three parts. In the first place, some locations may be subsidised, even if the subsidies go to people and places, rather than to firms. In systems with extensive benefit payments, this happens automatically, although whether benefit transfers are socially better than employment subsidies is debatable.

Second, not all of Russia's single industry towns are isolated and peripheral, and wider economic change does bring new opportunities. In Pavlovo, the giant PAZ bus factory and neoclassical palace of culture have been joined by a new indoor shopping mall and cinema and a riverside restaurant overlooking the Oka, while a new incubator centre for small businesses opened in 2012 with support from the federal *monogorod* programme. Reasonably well-connected to the major metropolitan centre of Nizhnii Novgorod, there is



Vichuga City Hall, which has been maintained with obvious pride despite the widespread dereliction elsewhere in the town

potential for growth in services and small-scale production. However, success in realising this will obviously depend on developing a climate suitable for small business growth, which may be at odds with the protection of large-scale industry. Perhaps there may be some market in public opinion for this: a recent series of focus groups in provincial industrial towns led by Russia's Centre for Social Research suggested diminished appetite for redistribution, but stronger support for pragmatic, locally-led solutions to support welfare provision and business growth.

Finally, while the process of industrial contraction in single industry towns has been slow, it has nevertheless been more or less consistent. The last remaining significant enterprise in Vichuga – the VMZ construction equipment plant – employs around 1,400 people (still significant, but a 50% reduction since the 1990s) and the town is now substantially de-industrialised. Responses to this have been tough: anecdotally, long-distance

commuting is common, the ten hour bus ride to Moscow substituting for relocation; falling budgets and an ageing population impact on the scale and nature of welfare provision. It seems likely that if subsidy reduced the pace of change, it did not affect the basic economic facts.

Nevertheless, major enterprises remain important to the identity of many Russian single-industry towns. How far firms maintain – and are expected to maintain – a paternalistic role in the life of the town and how far they influence subsidy flows and the local climate for growth and development is the focus of my current research.

Ross Gill is a new BEARR Trustee (see page 15). He is currently engaged in PhD research at Birkbeck, University of London, focused on the relationship between dominant firms, local government and civil society in Russian single industry towns.

Photos are by the author.

BEARR Small Grants Scheme 2015 project reports

Be aware! Be safe!

Grantee: Kazakhstan Foundation for Cultural, Social and Educational Development

Violence against women in marriage continues to persist as one of the most heinous and systematic human rights abuses in the world. It is a threat to all women, and an obstacle to development, peace, and gender equality in all societies.

Due to its hidden nature, domestic violence is very difficult to measure with absolute precision. Typically, in Kazakhstan, many women prefer not to report incidents of domestic violence for a variety of reasons. One of the main reasons, besides fear of the abuser, is a lack of knowledge of how to behave in conflict situations. In addition, young Kazakhstani women from disadvantaged communities are likely to get married at an early age and are prone to the risk of family conflict.

The Kazakhstan Foundation for Cultural, Social and Educational Development (KFCSED) was concerned about such issues and therefore proposed several actions to tackle these problems. KFCSED believes that Kazakhstan's civil society can be strengthened by making women the main actors in their own development and examples for their

communities, engaging them in constructive social initiatives that address issues with a positive approach.

With the 'Be aware! Be safe!' project, KFCSED decided to address the question of domestic violence in the region by teaching women about women's rights, conflict resolution, and the regulations on domestic violence.

Throughout the project, KFCSED provided psychological assistance and training courses for women who are potentially at risk to raise awareness on women's rights issues and to develop their self-sufficiency.



Photo: Nazgul Abdullayeva

Training sessions took place at six public technical schools for sixteen and seventeen-year-old girls; most of these are likely to get married at an early age and are exposed to domestic violence.

As a result, 576 young girls from rural areas participated in two seminars: a) Marriage dynamics: human

psychology, relationships, relationship between newly-married couples, conflict resolution skills and work to avoid domestic violence; b) Women's rights and developing self-confidence and leadership.

KFCSED was pleasantly surprised at how girls who were at first particularly shy gained confidence during the seminar, acquired an openness to sharing their own experiences, and got actively involved in the seminar process. KFCSED's expert in psychology managed to touch on sensitive subjects such as violence in the home and the risks of early marriage.

All the participants agreed to share their experience with other young girls and pass on the knowledge that they had acquired during the training courses.

In addition, KFCSED elaborated and disseminated some awareness materials such as information brochures and posters for schools, to raise the visibility of issues such as domestic violence.

The project served as a platform for women to know about women's rights and the importance of self-sufficiency, as we believe that women who are well educated in that sphere stand a better chance of managing socio-cultural challenges.

Hopefully the young women who participated in the seminars will work on their own resilience and be able to rely on their own strength and knowledge.

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16 Days of Activism against Gender Violence

Grantee: NGO 'Najoti kudakon', Kulob, Tajikistan

Project: To inform the population of Kulob region, and especially teenage school-leavers, that violence against women is a social problem which needs to be fought collectively.

'Najoti kudakon' has since 2012 been actively involved in an annual campaign called '16 Days of Activism against Gender Violence' as part of the UN's campaign to end violence against women and girls. Each year, over 16 days, we hold meetings in the communities, tell the stories of women who were not afraid and managed to save themselves, and provide information about Tajik and international laws to protect the rights of women and girls. We also offer services in our shelter and crisis centres. Usually there is an increase in women's approaches to our centres after those activities.

'Najoti kudakon' works with the public in two ways: by providing information (through short lectures, interactive discussions, information materials such as leaflets, posters and booklets) and receiving information about the problems of the community. Based on this experience, it was decided that this

year's campaign, part-funded by the BEARR grant and OSCE, would target the most vulnerable young people, those aged 16-17 graduating from secondary schools. The chief doctor at the regional maternity hospital approved this decision, as girls subjected to early marriage mutilate themselves and can be disabled through abortion and complications during childbirth; it was alarming that girls knew nothing about the laws protecting their rights. Kulob State University asked to be included, as "Currently, first year students at KSU do not know anything about their physiology, or about the laws against violence".

From 25 November to 10 December 2015, daily meetings were held in Kulob secondary schools. 1095 people participated (including 504 girls, 501 boys and 75 teachers). Active members of the Women's Council, including a lawyer and a psychologist from the Department of

Women's and Family Affairs, participated in the meetings. All followed the same programme:

- A lawyer gave detailed information about Tajikistan's law 'On the Prevention of Domestic Violence'
- A psychologist from 'Najoti kudakon' explained the consequences of violence.
- Women talked about their experiences.
- Free discussion and questions.

At the end, the participants were asked the following questions: 1. What is violence? 2. What is the law 'On the Prevention of Domestic Violence'? and 3. What ways do you think exist to prevent violence?

The young people responded to the questions in different ways. 35% showed no real interest (they were not concerned, did not believe in the effectiveness of law); 23% responded

that Sharia law is above everything – the husband owns the woman, her place is at home, her task is to give birth; 38% were active during the discussions, showed interest in learning something new about the law and about the structure and objectives of the UN and OSCE, asked questions and gave feedback.

On 10 December 2015, representatives from the Department of Education, Kulob City Administration, medical institutions, law enforcement bodies and the service for the prevention of domestic violence attended a Round Table on the theme 'My choice: a life without violence'. Reports and speeches were devoted to the problems of implementing the law on domestic violence in the region. An open discussion took place on youth problems, early marriage, young people's access to information on legislation and international conventions and the possibility of practical services in crisis situations.

The Round Table participants adopted a resolution which will be presented to the local authorities of Kulob city. In addition, participants received answers to questions and informational materials were distributed, together with calendars of children's drawings on the theme 'Happy family – family without violence'.

The conclusions were that we must

- promote a wider range of activities for young people:
- give them training on legal issues, on the true fundamentals of Islam and on being a Muslim
- provide forums on protection of the rights of women and girls
- run training programmes to increase the knowledge and skills of young people involved in these debates, to help them lobby for their interests



Ismoilov Kosim

- ensure young people participate in the development of mechanisms for the implementation of the law 'On the Prevention of Domestic Violence' .

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'Tutors of Resilience' Helping displaced children overcome their trauma

BICE and its partners – the Women's Consortium of Ukraine and the Catholic University of Milan – trained 'Tutors of Resilience' in Ukraine to help children displaced by the conflict to overcome their trauma by enhancing their resilience. The BEARR grant was used to fund training in Kyiv for 13 psychologists and social workers who learned support methods and tools specific to encouraging resilience.

In Ukraine, children suffer as conflict continues.

"There were two holes in our house and women were crying. I was scared and I nestled up to my mother. And my mother said, our dad is strong and nothing bad will happen to us. Then we

went to another town and lived with my grandparents. Now I live in Kyiv. I want to go to dancing, drawing and English lessons, as I used to do in Luhansk. And I want all of my friends to go to the kindergarten too. And I wish our house did not have any holes."

So says Sofiya, who had to leave Luhansk with her parents after the start of fighting and who was helped by the Women's Consortium of Ukraine and East SOS to settle in Kyiv.

Since 2014, the armed conflict between Ukrainian armed forces and the insurgent separatists has caused more than 8000 deaths and 17,000 wounded (source: UN). The conflict has also provoked the internal displacement of

more than a million people across the country and at least 12.6% of these are children (source: UNHCR and Internal Displacement Monitoring Centre).

The people who have been displaced within Ukraine and in particular the families with children face extreme difficulty: housing problems, lack of financial aid to fulfil basic necessities, difficulty in putting children through school.

As in all displacement situations, children are particularly affected by these concrete issues as well as psychological problems. If emergency psychological assistance exists, very little of this assistance is available for the long term. Moreover, educators and social workers

Psychological support for displaced people in Ukraine

in direct daily contact with these children often do not have the expertise and tools necessary to help the children to overcome their trauma and rebuild psychologically.

The concept of resilience

“When a grain of sand slips inside an oyster, attacking it, the animal reacts by producing nacre which is deposited around the grain of sand and transforms it into a tiny pearl. The rough grain is shaped into the new form of a precious pearl.” (Cyrulnik, 1999)

Cyrulnik uses this metaphor to begin to explain the concept of resilience: in the face of adverse or potentially traumatic experiences, certain individuals develop abilities which were unknown or latent up until that moment, which enable them to deal with this experience and come out on top.

The introduction of this concept to psychology has made it possible to overcome restrictive approaches according to which the harder and more difficult an experience, the more negative its effect on the individual, without any chance of avoiding these effects.

Resilience can be defined as a multi-dimensional construct which is the result of a state of balance between risk factors and protective factors in stressful and/or

traumatic situations. It is not a constant condition which can be defined once and for all: it can develop differently according to the stages of psychological development, of the development cycle, and of the context and circumstances of the trauma. Thus, latent resources can be activated spontaneously by the individual or can be helped along with psychological support or by educative intervention aimed at developing the inner resources of the child as well as of those surrounding him or her. It follows that children should be helped by specially trained ‘Tutors’ to develop their resilience and overcome traumatic experiences. (Source: ‘Tutori di Resilienza. Guida Orientativa per Interventi Psico-Educativi’ by C. Castelli, Milano, 2013).

‘Tutors of resilience’ to help and accompany displaced children

Drawing on its experience with resilience on both a theoretical and practical level (recent support for child victims of the conflict in Syria), BICE and two of its partner organisations, Women’s Consortium of Ukraine and the Catholic University of Milan, have put into place the first steps to give childhood professionals methods and tools specifically designed to encourage resilience in children weakened by conflict.

Within this framework, training for trainers was organised in Kyiv in September, at which 13 psychologists and social workers from Kyiv, Odessa, Sumy, Khmelnytskyi, Donetsk, Kharkiv, Rivne, Dnipropetrovsk and Kherson Oblasts participated.

Through practical exercises, the participants broadened their knowledge of the psychological particularities of refugee children, the way they express their emotions and how to support and develop resilience in the children.

Participants also received ‘Tutori di Resilienza. Guida Orientativa per Interventi Psico-Educativi’ by C. Castelli (Milano, 2013) translated into Russian. The guide provides practical exercises and theoretical reminders about resilience and will serve as a pedagogical basis for local training.

Over one year, the 13 participants will then train their colleagues. In total, more than 300 childhood professionals in different regions of the Ukraine will be trained in the resilience approach and will be able to offer psychological support to child victims of conflict and internal displacement. Thanks to this initial project, more than 6000 children can benefit from suitable psychological support.

Further training of supervisors to underpin knowledge of the resilience concept in Ukraine is planned for 2016.



Sofiya and her Dad

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Children of Conflict – the road to recovery

Grantee: Donetsk Youth Debate Centre, Ukraine

Project: To train school psychologists to provide psychological care in the Zaporizhya and Donetsk regions

Ukraine's Internally displaced people (IDPs) have been obliged to leave their homes in eastern Ukraine in order to save their lives, to start new lives by finding work and accommodation and places in schools for their children. These are difficult psychological experiences for adults, harder still for children. For children it amounts to severe psychological trauma – abandoning their homes, losing their friends, relations and normal contacts, even more so when they have witnessed the death of parents, friends, or neighbours. Such children are in great need of psychological support from specialists. Ukraine has lived in peace since World War II and has had no experience of caring for children with post-conflict syndrome or post-traumatic stress disorder (PTSD).

The Donetsk Youth Debate Centre has lived and worked in Donetsk since 1997, but had to leave the city because of the armed conflict. So its members more than anyone understand how badly child IDPs need psychological support. There were no Ukrainian psychologists in the state system, including schools, who were trained in the relevant methodology, so the NGO decided to find individual specialists who had worked in Eastern Ukraine and had relevant experience who could train school counsellors to help rehabilitate children suffering from PTSD. This provided the idea for the project. We are very grateful to The BEARR Trust for their support for our initiative. Under our project 'Providing psychological support to children suffering as a result of armed conflict' we trained 25 school psychologists from six regions of Ukraine to work with such children, helping them

to recover. During the training sessions many terrible stories were told about the children and the conflict in the east, and this convinced us that we should not stop at this small project but must continue the work.



One of the psychologists said to us "When we arrived at the school in September 2014, this small school had 80 child IDPs. To be honest, I did not know what to do with them. I tried to talk to them and draw them into class and school activities, but I sensed that I did not have enough knowledge of how to work with such children. That is why I want to stress the importance of this project, because you saved my life and that of those 80 children in our school".

At the end of the course, we kept in touch with the participants, because we wanted to know how their lives, and those of the children they worked with, had changed. We were very surprised to get back five or six accounts of how very successful and effective the training had been in informing participants

about the psychology and behaviour of children with PTSD. Many of them were able to draw the children into the life of their class and school, with most of them becoming almost fully integrated. One of the trainees, Alina Tolmacheva from Lozovaya in Kharkiv region, wrote to us to say that the course had been "firstly, rehabilitation for me myself, and secondly, a unique experience which I am able to use. Previously I did not know how to approach a child who had seen her grandmother torn apart and dying in front of her eyes. Today it is still very hard to deal with, but using various games and stories I have begun to make friends with this little girl and with other children like her. I want to say thank you for providing me with such skills so that I can help children in such great need."

The Donetsk Youth Debate Centre considers the project to have been very successful, because such training is needed by hundreds or even thousands of teachers and children. That is why we are looking for funding to be able to continue this important work.

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Conference in Lviv, Ukraine, on 13-14 May 2016

The BEARR Trust is planning a conference for NGOs supporting people displaced by conflict in Ukraine, to be held at the Ukrainian Catholic University (UCU) in Lviv on 13 and 14 May 2016.

The aim is for NGOs to share experience, learn from international experience and build networks. About 60 NGO representatives will be invited, including those awarded small grants by the BEARR Trust in 2015 for psychological support to people displaced by the conflict in Ukraine, and others who submitted good proposals but did not receive grants. Grant-givers and skill-providers will also be invited.

The United Nations Development Programme (UNDP), which has a major programme of support for displaced people in Ukraine, has agreed to support the conference.

The only Catholic university on the territory of the former Soviet Union, the Ukrainian Catholic University has an

Institute of Leadership and Management which supports the development of NGOs. The Institute is the BEARR Trust's partner in organising the conference.



UCU campus at Khutorivka Street, Lviv, where the conference will be held.

Kyrill Dissanayake

BEARR's Trustees and colleagues were very sad to learn of the untimely death of Kyrill Dissanayake, who was BEARR's Programme Development Officer from 1998 to 2001. Kyrill worked for BEARR during a significant period of the charity's development, and he is still remembered by his former colleagues for his intellect and his ability to handle any kind of task.

Kyrill joined BEARR as a recent graduate on a short-term contract, but was rapidly engaged as the permanent Programme Development Officer. With a degree in Classics and Modern Languages, Kyrill's linguistic skills and organisational abilities were soon employed in designing and implementing some of BEARR's most important NGO development projects.

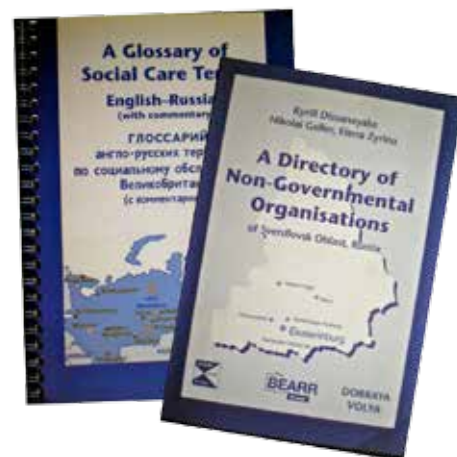


Kyrill at an old people's home in Ekaterinburg

Kyrill arrived at BEARR shortly after the Know-how Fund had awarded BEARR a grant of over £150,000 to forge working partnerships between Russian NGOs, local authorities and commerce in the Urals and mid-Volga regions. He made a major contribution to the project, which included two intensive NGO-leader training courses, and a study visit to Birmingham. According to DFID's evaluator, the project met its objective of enabling Russian NGOs to become more self-sufficient.

Kyrill also helped to design and secure funding for other projects, including grants from the National Lottery to improve services for vulnerable older people in Moscow, and from the Know-how Fund for a distance-learning pack to spread the work of OZON, Russia's first child protection agency.

Kyrill was closely associated with two landmark publications in 1999: the Directory of Non-governmental Organisations of Sverdlovsk Oblast, and an English-Russian Glossary of Social Care Terms. A review of the latter by a



social work consultant said that it was "... an essential part of the toolkit of anyone working in the social care field in a Russian-speaking country."

Kyrill helped to organise BEARR's 10th anniversary celebrations in February 2001, and then went on to the next stage of his career with an interesting and challenging job in the Russian Section of the BBC Monitoring Service, where he was working when he died tragically in October 2015. Kyrill always remained a Friend of BEARR, in keeping with the loyalty and tireless work in support of BEARR's aims that he displayed when working for us.

Nicola Ramsden

New BEARR Trustees

The Trustees were impressed by the number and calibre of applicants for the role of Trustee, and are delighted to welcome three new Trustees. Their appointment will considerably improve the Trustees' range of expertise and experience.

Andrea Bennett

Andrea graduated in Russian and History from Sheffield University, and spent five years in Moscow as a translator. She has worked as a Russian language specialist in the FCO and managed projects for DfID, some in Eastern Europe and Central Asia with a focus on good governance and third-sector development. In 1998, as a trustee of the Wessex Children's Heart Circle, she went on an exchange to Moscow, acting as trustee, mother of a child with a heart condition, and interpreter.



Andrea then moved into local government in Kent, managing a variety of community and cultural programmes, before becoming manager of 4us2, a charity that supports disabled children and their families, which she has built up from a one-man band to an organisation with 8 staff providing a wide range of

services. Andrea is currently working on her second novel. Her first, 'Galina Petrovna's Three-Legged Dog Story', is set in Russia.

Clare Reilly

Clare has been working in the UK and Russian NGO sectors for over seven years. Clare spent three years at the Royal Society of Arts, including as Deputy Head of Fellowships, and worked later at the Russian Donors Forum, organising the first global forum for emerging market philanthropists, in St Petersburg. Until 2014 Clare was Director of Development for a Moscow-based NGO working with orphaned children, 'To Children with Love', and is now Corporate Relations Manager for Citizens Advice. Clare has a first degree from UCL (SSEES) and an MSc from Oxford University in Russian and East European Studies.



Ross Gill

Ross has worked in economic development and regeneration in the UK for the past sixteen years and has extensive experience of setting up and managing grant schemes and in securing external funding from a variety of sources. He has also worked with a number of voluntary and community organisations, is a trustee of a local council for voluntary service in North Kent and is a regional director with Samaritans.



Ross has had a deep interest in Russia and Eastern Europe for years, having first studied Russian and travelled in Russia and Ukraine in the 1990s. He is currently working part-time towards a PhD at Birkbeck focused on the challenges facing smaller single industry towns in Russia (see pages 7-9).

New Patrons for BEARR

BEARR's Trustees are delighted to have gained two distinguished new Patrons, and look forward to benefiting from their experience and wisdom.

Dr Robert van Voren, PhD, FRCPsych (Hon)

Dr van Voren initially applied to be a Trustee, but in view of the fact that he lives in Holland and travels a great deal, it was agreed that he could support BEARR equally well as a Patron.



Dr van Voren has been involved in NGOs dealing with mental health in the former Soviet Union for 38 years. For 35 of those years he has been working with 'Human Rights in Mental Health – FGIP', formerly the Global Initiative on Psychiatry, of

which he is now Chief Executive. He is also Vice-President of the World Federation for Mental Health.

Dr van Voren likes to work both at the grassroots level and with governments, attaching equal importance to both. He is a strong proponent of empowerment, partnership, and respect for local cultures and possibilities, and has a fundamental dislike of exposing abuses without offering any solutions or help to amend the situation.

By education he is a Sovietologist, and currently also gives lectures on Soviet and Post-Soviet Studies in Kaunas, Tbilisi and occasionally Kyiv.

Mike Simmonds

Mike is not new to BEARR, far from it, having been a Trustee for many years. He is former CEO of Q'straint, a firm which makes restraints for wheelchair users, and both he and the firm have given generous support to BEARR's Small Grants Scheme. He is now very active in the Mobility Network Group.

Mike travels a great deal and felt unable to contribute to BEARR's regular schedule of events and meetings. He has however agreed to continue to support BEARR as a Patron.



Conference photos by Anna Lukanina-Morgan

About the BEARR Trust

Patrons: The Duchess of Abercorn, Vladimir Ashkenazy, Elena Bashkirova Barenboim, Lady Ellen Dahrendorf, Myra Green OBE, Professor Geoffrey Hosking, Sir Roderic Lyne KBE CMG, Sir Jonathan Miller CBE, Mike Simmonds, Rair Simonyan, Dr Robert van Voren, PHD, FRCPSYCH (HON), Sir Andrew Wood GCMG

The BEARR Trust is a British registered charity. It was formed in 1991 to act as a bridge between the welfare and health sectors of Britain and the former Soviet republics. Its mission now is to help children and other vulnerable and disadvantaged groups in Russia, Eastern Europe, Central Asia and the South Caucasus. We believe the best way to do this is to help small NGOs working in health and social welfare to build knowledge, know-how, skills and contacts including with those doing similar work in the UK.

We pursue our aims by:

- supporting organisations committed to reform in the health and social sectors
- facilitating networking and exchange of information
- encouraging sharing of experience and learning
- helping organisations working in the region to identify potential partners
- providing seed funding to assist selected organisations to launch or extend partnerships.

Trustees: Andrea Bennett, Robert Brinkley (Chairman), Megan Bick, Ross Gill, Janet Gunn, Marcia Levy, Ann Lewis, Nicola Ramsden, Michael Rasell, Clare Reilly, Robert Scallon

Hon Treasurer: Carolyn Davis

Information Officer: Anna Lukanina-Morgan

Moscow Rep: Igor Timoshin

Volunteers: Mary Brinkley, Lucy Buckland, Kate Gardiner, Laura Gozzi, Neil Hailey, Antony Lewis, Philip Michaelson, Zoryana Mishchiy, Tatiana Mordvinova, Malcolm Mowat

Newsletter: Editor: Ann Lewis; layout: Leila Carlyle