



acción familiar

20
19
REPORT



©Acción Familiar

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*In order to speed up your reading, the terms masculine and feminine will not be used to refer to a boy/girl; grandfather/grandmother; son/daughter; volunteers etc., but generic terms instead (children, grandparents, kids, etc.).

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Letter from the President

In 2019 we have continued with our mission of **caring for families**, without discrimination of any type, especially supporting people in difficult circumstances who are often the most vulnerable. We remain committed to this cause, as the **value that the family brings** to our society is **irreplaceable and forms the basis of our progress and development**.

Our **Family Care Unit** continues to provide **psychological and legal aid with the help of qualified professionals**. It offers advice and support to anyone who finds themselves in a situation of conflict and disorder in the family unit, as well as helping to advise them in their socio-economic reintegration.

With our **Training Programmes** we offer the ability to develop educational skills and competencies to parents, educators and minors. Our **volunteers** also continue to interact and accompany both minors and the elderly with the aim of reducing their risk of social exclusion due to their situational circumstances.

The **Investigation and Research Unit** has worked on an analysis of the socio-economic situation of Spanish families, trying to find the cause of the problems that they face, and also working to provide solutions to improve their situations.

We are facing an uncertain and difficult future, a future in which **our work is going to become more necessary than ever**. Our team **will continue to work, with enthusiasm and dedication** so that the necessary help reaches more and more families.

Thank you to everyone who generously and selflessly **contribute** to our cause. Thank you to **those who help finance us** and also to those that collaborate with us. For the **trust and support** they provide we are eternally grateful. We rely on them to continue the work we do in **building a better world for everyone**.

Patricia Tena Gutiérrez
President

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What is Acción Familiar

Acción Familiar is a **non-governmental and non-profit organisation** that has been working for more than 40 years, helping, strengthening, and caring for the family.

We maintain a commitment to the **dignity of the individual person** and **support for the families, without discrimination**.

The organisation was declared a Public Utility in 1982 and has maintained the Special Advisory Status of the UN Economic and Social Council (ECOSOC) since 2004.

Mission

To help, care for and strengthen the family, as well as to promote the protection of all its members, especially the most vulnerable groups; women, children and infants.

Vision

To be a reference point in the area of family and childcare services, as well as in research of family related issues for policy makers, agents, social entities, the media and for the families themselves. From the rigor and excellence of its performance to the solidity and quality of the work it performs.

Values

- ▶ Dignity of the person.
- ▶ Commitment and solidarity
- ▶ No discrimination (inclusion)
- ▶ Consistency
- ▶ Professionality
- ▶ Rigor and efficiency
- ▶ Transparency, quality and ethicality
- ▶ Confidentiality
- ▶ Co-operation

Who we are



Board of Directors



Technical Team

Honorary President

Rosario de Gortázar e Ybarra

President

Patricia Tena Gutiérrez

Treasurer

Isabel Oraá Gortázar

Secretary

José María Llorente Gozalo

Members

Javier Carvajal García-Valdecasas

Pablo Díaz de Rábago Mazón

Javier García de Fuentes de Churruca

Ignacio Gil de Antuñano Vizcaíno

Iván Muñoz López de Carrizosa

Lucas Oriol López-Montenegro

José Luis Rodríguez Jiménez

Teresa Sáenz-Díez Rojas

Manager

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Research and Studies Unit

M^a Teresa López López

Viviana González Hincapié

Family Care Unit

Carmen Bustillo Fernández

Amanda Lanchas Ibañez

Vanessa Moreno Siñalín

Training and Programmes

Ana Villota Quibén

Eusebio Martínez Díaz (Murcia)

Institutional and Voluntary Relations

Isabel de la Rica Ojinaga

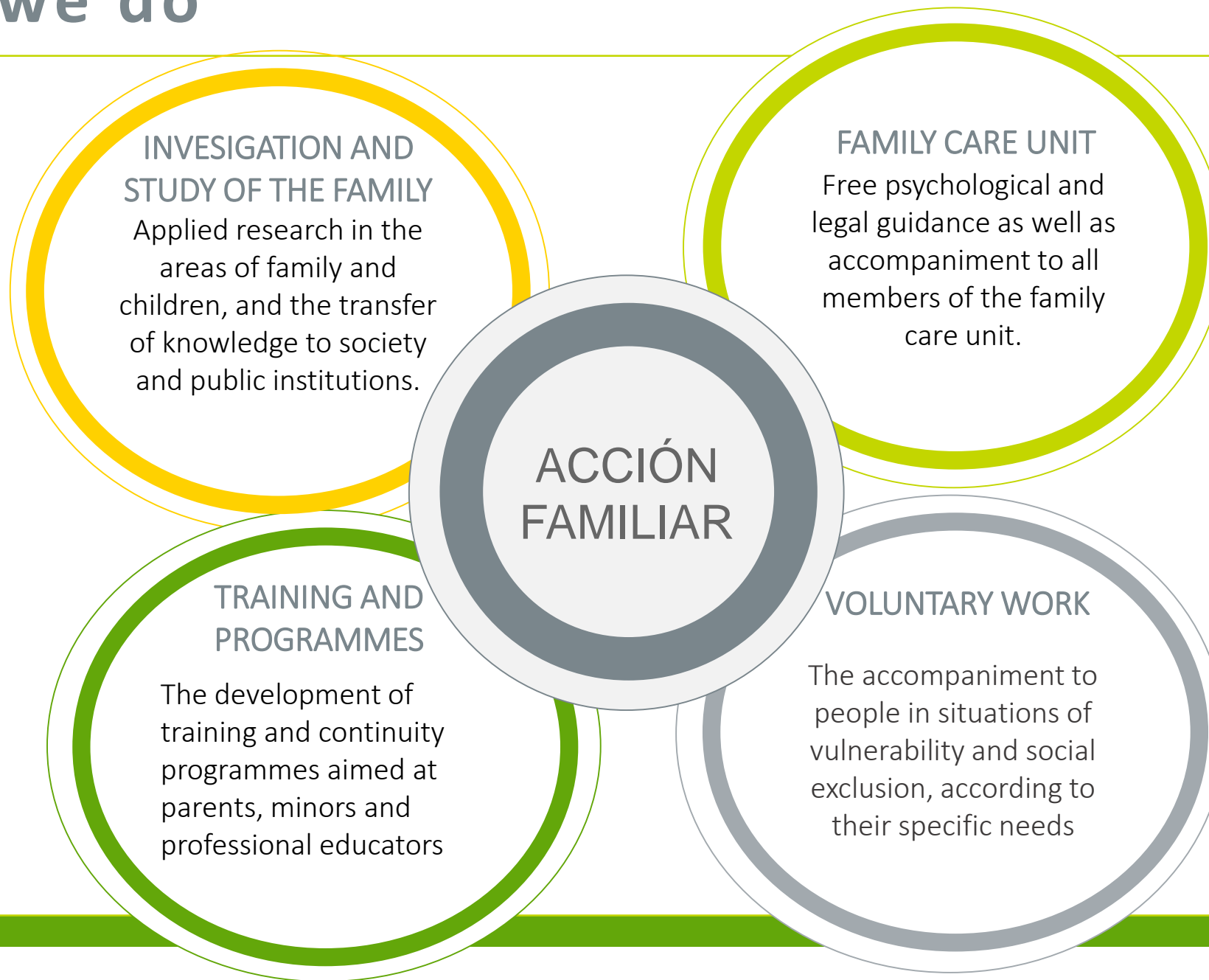
Administration

Nuria Lanuza Esparcia

Communication

Denise Delgado Rivero

What we do



Impact in 2019

13,032

directly benefitted from our actions



Research and Family Studies

3

publications

1

technical assistance project

8

conferences and seminars

13

articles and media interviews in the media



Family Care Unit

885

people have directly received free psychological and legal care support

638

women

247

men



Training and Programmes

11,614

parents, minors and adolescents have been trained in our workshops

87

workshops

15

monitored trainings

145

Virtual Classroom users



Voluntary Work

280

minors, seniors and accompanied immigrants

93

volunteers have carried out school reinforcement and accompaniment of people at risk of social exclusion

I. Research and Family Studies Unit

Our Objective

To provide knowledge to society and policy makers about family and children, and to enrich social debate and also the development of public policies.

How we achieve it

Applied research projects of an interdisciplinary nature, from a family perspective.

Transfer of knowledge: technical assistance to public bodies and other entities, participation in conferences, forums and seminars, as well as a strong media presence.

The Research Unit has **worked closely with the Family Policy Research Group of the Complutense University of Madrid** and with researchers from other universities, such as the **Pontifical University of Comillas**.

3
Publications

1
technical
assistance
project

8
conferences
and
participation
in fóruns
and seminars

13
articles and/or
media
interviews



Publications

- **Motherhood, paternity and work. A family perspective**
Chapter III of the work: Reconciliation and co-responsibility for work and family (2019). Dir Salomé Adroher. Pontifical University of Comillas and Ed. Wolters Kluwer ([See more](#))
- **Inequalities according to the capacities, composition and economy of Spanish households.**
Document 1.5 of the Foessa (Caritas) report. ([See more](#))
- **Determinants of Family Solidarity during the Great Crisis: The Spanish Case**
Published in the journal "Research on Aging and Social Policy". ([See more](#))



Technical assistance project

- **Motherhood Map in Spain 2018**
For the Red Madre Foundation



Presentation of the study on motherhood penalty at the Complutense Institute for International Studies, 13 February, Madrid.
Co-authors of the study: María Teresa López López (right.), Viviana González Hincapié and Antonio Jesús Sánchez.



Conferences, presentations and participation in forums and seminars

- ▶ **Presentation of the study “Is there a motherhood penalty? Women and the labour market in Spain from a family perspective”.** *Complutense Institute for International Studies – ICEI, Complutense University of Madrid, 13th February.*
- ▶ **Participation in the Bureau on “Family, Motherhood and Equality”.** *City Hall of Villanueva de la Cañada and Satellite Municipalities for the Family, Madrid, 25th February.*
- ▶ **Presentation of the study “Is there a motherhood penalty? Women and the labour market in Spain from a family perspective”.** *Panel organised by the Social Promotion Foundation as part of the celebration of Women’s Day for the 63rd United Nations Commission on the Status of Women (CSW63), Cervantes Institute, New York, 11th March.*
- ▶ **Research workshop on the investigation of motherhood penalty.** *Center for Andalusian Studies, Chamber of Commerce, Seville, 18th March.*
- ▶ **Presentation of the results of the motherhood penalty study.** *Seminar of the of the Observation of Conciliation and Co-responsibility of the University of Comillas, Madrid, 25th March.*
- ▶ **Senior citizens and intergenerational solidarity.** *Intervention at Day One of Good Intergenerational Practices 2019, organised by Integra, Botín Foundation, Madrid, 29th April.*
- ▶ **Inequality between men and women in the labour market. A family perspective.** *Seminar on Work, Family and Personal Life Reconciliation – Master’s Degree in Marriage and Family from the University of Navarra, Pamplona, June 6th.*
- ▶ **Participation in The Roundtable on Motherhood Penalty, in which the results of the study “Is there a maternity penalty?” by the Research and Family Studies Unit were discussed.** *Dialogues from the Observation of Women and Equality – OMEI, Social Promotion Foundation, Google Startups Campus, Madrid, July 16th.*





Impact in the media



Presentation of the study "Is there a maternity penalty?" as part of the celebration of Women's Day for the 63rd United Nations Commission on the Status of Women (CSW63), New York, March 11th.

- ▶ **"Motherhood, a political priority?"** *Opinion, ABC. February 2nd* [\[See more\]](#)
- ▶ **"Motherhood and the demographic challenge penalty"** *Online Print. January 9th* [\[See more\]](#)
- ▶ **"The majority of co-existence is due marriage, making up 85% of couples"** *ABC Digital. May 15th.* [\[See more\]](#)
- ▶ **"The loneliness that looms"** *Aceprensa, online edition. January 23rd [Available for subscribers].*
- ▶ **"Experts and studies conclude that motherhood "penalizes" women in the labour market"** *Europa Press Social, March 13th.* [\[See more\]](#)
- ▶ **"Motherhood penalizes women in the labour market, a study finds"** *El Diario, March 20th.* [\[See more\]](#)
- ▶ **"The labour market penalizes motherhood, especially 30-year olds"** *EFE Sociedad, July 16th* [\[See more\]](#)
- ▶ **The labour market penalizes motherhood, especially 30-year olds.** *Radio Nacional de España, 16th July* [\[See more\]](#)
- ▶ **Discriminated women, the dark side of motherhood.** *COPE. 17th July* [\[See more\]](#)
- ▶ **Does a penalty for motherhood exist?** *Radio Aragonesa, 16th July.* [\[See more\]](#)
- ▶ **On the motherhood penalty in the Spanish labour market.** *Radio Autónoma de canarias, 18th July.* [\[See more\]](#)
- ▶ **"The family is not in crisis"** *El Foro de la Familia. 19th July* [\[See more\]](#)
- ▶ **"The family is not in crisis, we must send a message of hope"** *Revista Mundo Cristiano, August - September 2019 (Available for subscribers)*

II. Family Care Unit

Our objective

To advise and accompany, both **psychologically and/or legally**, all members of the family unit who request it. We aim to **strengthen basic skills** and provide the knowledge necessary to help manage more complex situations (emotional disorders, relationship conflicts, harassment at work, unemployment, domestic violence, shared custody, immigration issues, bereavements ...).

How we achieve it

Through **individual and/or group** intervention in person, by phone, video call or email for anyone that requests it.

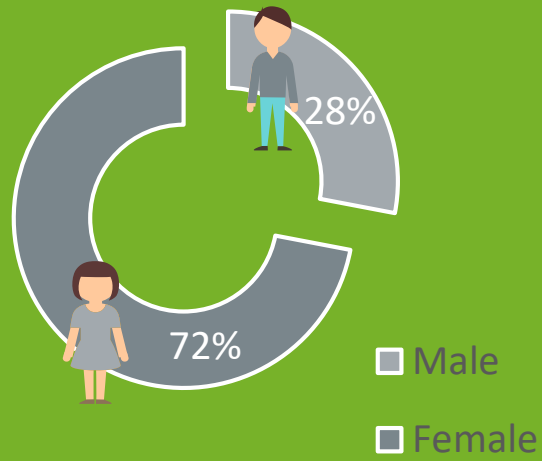
With trained and qualified professionals (psychologists, lawyers, educators...).

By collaborating with a network of entities that specialize in the areas like the health & vocational training of young people, socio-integration of immigrants, support for those in long-term unemployment, accompaniment socially excluded groups i.e. elderly citizens living alone and/or young families on the poverty threshold.

885
people

have received free psychological and legal support in our Family Care Unit.

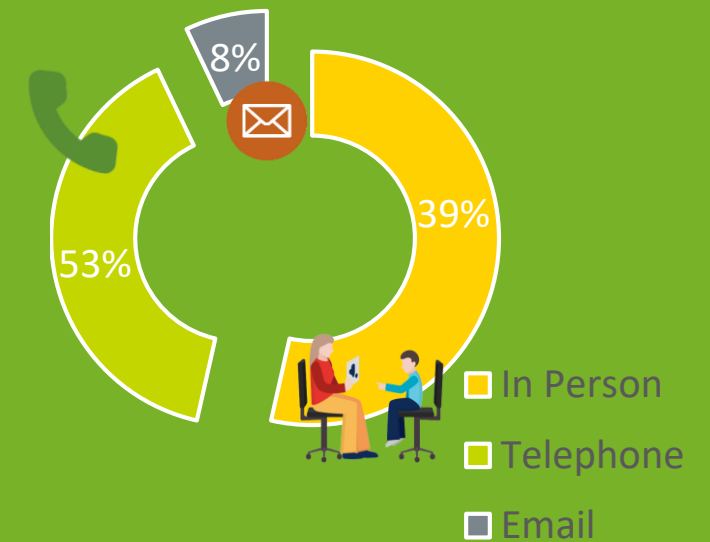
Gender



Reasons for Consultations



Types of Assistance





Individual Support



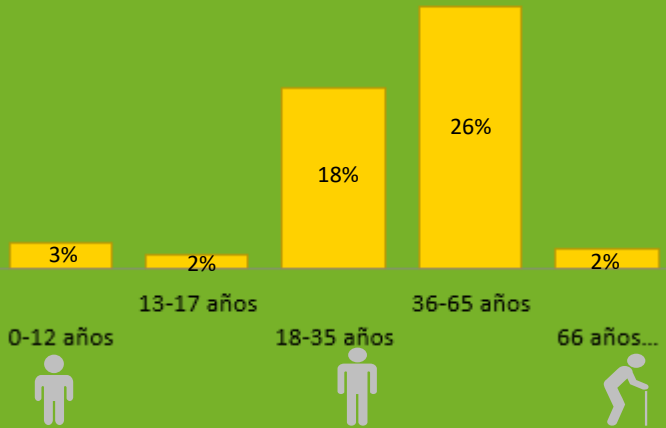
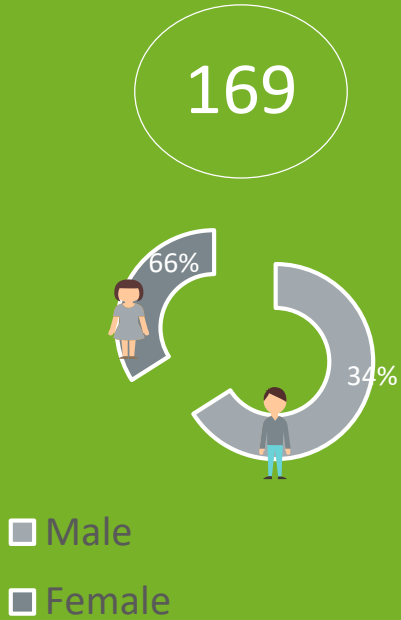
attended face-to-face



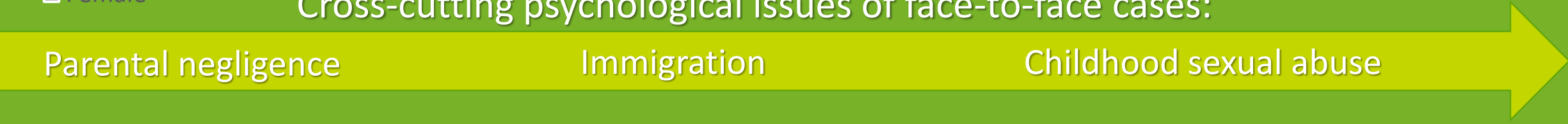
Group Support



- Social skills for job searching
- Emotional management
- Self-awareness and the theory of attachment
- Gender based violence



Cross-cutting psychological issues of face-to-face cases:



What we do

Reasons for Psychological Consultations

Family issues

- ▶ Conflicting relationships between parents and children.
- ▶ Difficulties with the spout or partner.
- ▶ Relationship issues between siblings.
- ▶ Separation or divorce.
- ▶ Issues related to unplanned pregnancies.
- ▶ Grief for a family member.

Addictions

- ▶ Substance addictions (alcohol, cannabis...).
- ▶ Addictions without substance (videogames, social networks...).

Abuse and mistreatment

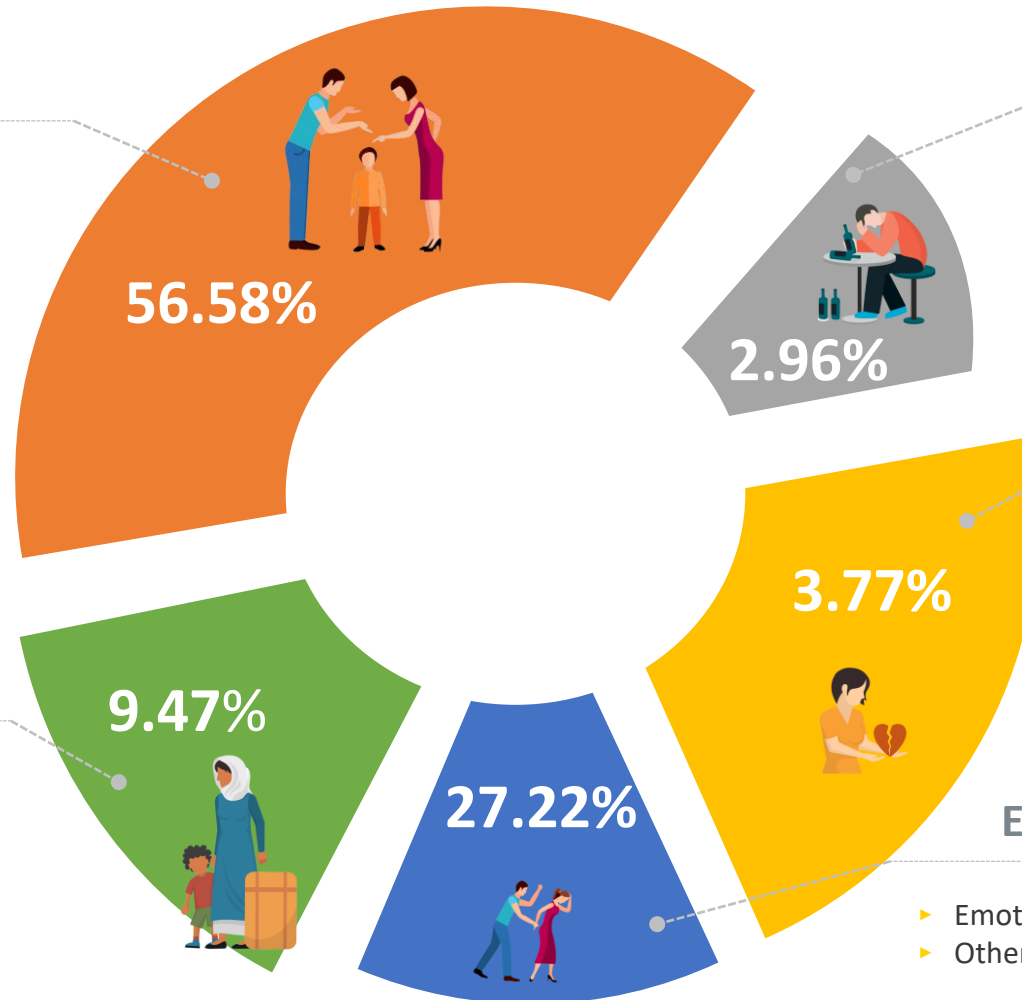
- ▶ Sexual abuse.
- ▶ Gender-based violence.
- ▶ Child/adult abuse and neglect.

Emotional upset and trauma

- ▶ Emotional disorder (depression, anxiety...).
- ▶ Other personal cases of psychological trauma.

Other psychological circumstances

- ▶ Difficulty of acculturation.
- ▶ Struggle with the immigration process.
- ▶ Employment issues.
- ▶ Other psychological circumstances.



III. Training and Programmes

Our
objective

How we
achieve it

Where we
are

To provide families with educational skills and competencias from participatory meeting platforms. We offer parents, educators, professionals, minors and adolescents the tools to achieve “emotional education”.

Through a **network of trained professionals** (psychologists, educators, social educators...) **with an extensive experience in social intervention**, who teach our programmes both in person and through our **Virtual Classroom**, accessible for free.

During 2019, the workshops have been held in the Community of Aragon, Castilla La Mancha, Castilla y León, Extremadura, Galicia, The Region of Murcia, Madrid and Valencia.

Results 2019

III. Training and Programmes

11,759
direct beneficiaries

480 hours
imparted in
different
thematic
form

34.37%

32.29%

27.29%

4.79%

1.25%

New Challenge

Family Education

Family's Emotional
Improvement

Improving
coexistence

Elderly Educators



Programmes organised in

- ▶ Aragón
- ▶ Castilla y León
- ▶ Castilla La Mancha
- ▶ Extremadura
- ▶ Galicia
- ▶ Madrid
- ▶ Valencia



Virtual Classroom

- ▶ Basic concepts in the prevention of violence.
- ▶ Support aimed at developing self esteem.
- ▶ Controlling how to set limits and the consequences of doing so.
- ▶ Communication: the key to understanding and respecting one another.
- ▶ Joint responsibility within the family.
- ▶ Family and the acquisition of healthy habits.

145 new users

Programmes in the Region of Murcia

- ▶ Youth addiction prevention workshops.
- ▶ Family training workshops.
- ▶ Reinforcement activities and free time.



IV. Voluntary Work

Our
objective

To reduce the risk of social exclusion of minors, the elderly and immigrants by providing them with the necessary support and accompaniment, according to their specific needs.

How we
achieve it

We carry out a process of selecting and monitoring our volunteers, offering them the chance to participate according to their profile, their motivation and their availability. We also provide them with the necessary training to help contribute to the improvement of the quality of life for the beneficiaries.

Where we
are

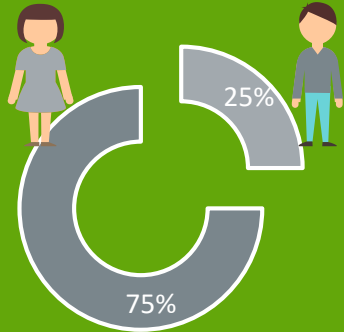
Our volunteers have collaborated on:

- **8 children's residences across Madrid** (Chamberí, Isabel de Castilla, Las Rosas, Leganés, Móstoles, Rosa, Vallehermoso y Villa Paz).
- **The elderly residence** “Nuestra Señora de Montserrat” in Madrid.
- And the **Dolores Sopeña Foundation** in Vallecas (Madrid).

93
volunteers



collaborate with us in our activities with minors,
immigrants and adults



■ Male
■ Female

- ▶ Volunteering with senior citizens
- ▶ Literacy aid for immigrants
- ▶ Volunteering with minors





280



minors, senior citizens and immigrants were accompanied by volunteers in 2019

14 Enero 2020

- Hola

- soy Ahmed soy un chico de Targem i y estoy en

- España; viviendo en una residencia de los comunitarios de

- Madrid del sur.

- Desde el mes de noviembre viene los miércoles por

- la Tarde 2 horas Adolfo un voluntario que me

- enseña a hablar español, y me enseña palabras y letras

- y a veces rotulamos a date una vez a la semana me enseñan.

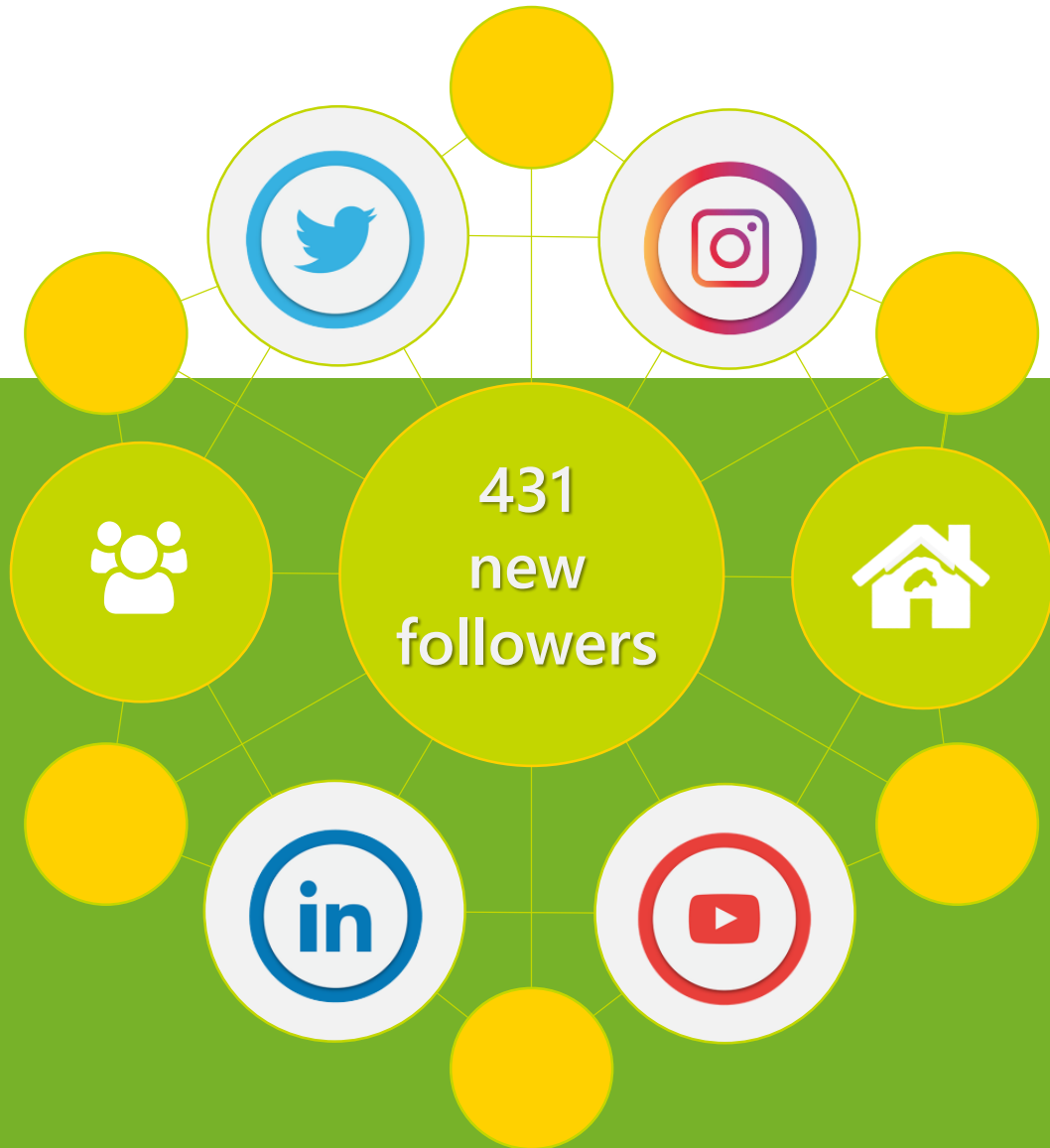
El siempre viene con una sonrisa; Elas juegan y trabajan

muchos pero siempre tiene tiempo para estar

comigo.



Communication



669 Twitter followers



165 Instagram followers



282 LinkedIn followers



409 newsletter subscribers



43,522 visits
to the website

Collaborations



Collaboration agreement with the **Pontifical University of Comillas**, for the development of research projects and the conduct of knowledge transfer activities.



Collaboration with the **Dolores Sopena Foundation**, who helped our psychologists with the training and interview process for the job placement of young people.



Integration into state-owned platforms – such as the **Platforma de Infancia**.



Collaboration with the **NGO Cesal** for the acquisition of social skills in the search for employment for Young people at risk of social exclusion



Collaboration with the **Pílares Foundation**, supporting and psychologically accompanying the elderly.



Collaboration with the **Complutense University of Madrid (UCM)** through the Family Policy Research Group for the conduct of studies and research



“Connecting generations”, the project initiated by the **INTEGRA+ group**, thanks to the Solidarity Talent Challenge programme from the **Botín Foundation**.



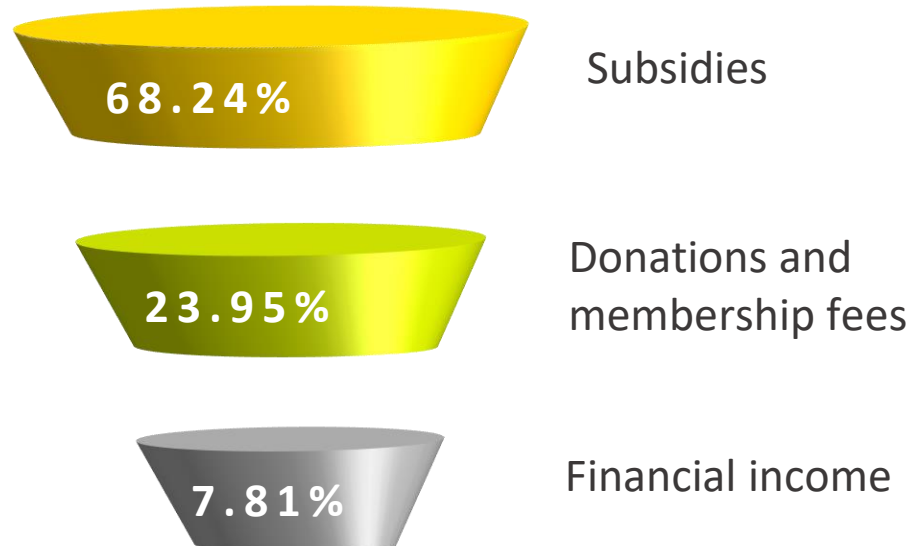
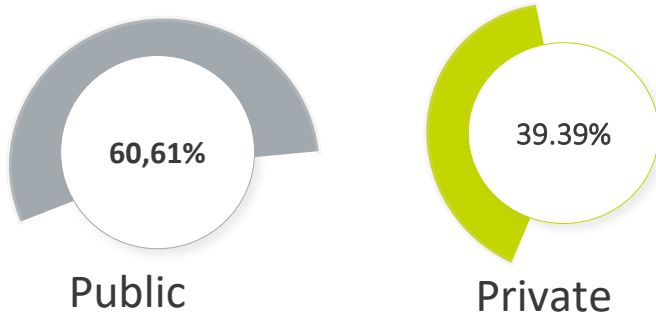
Collaboration with the **Diversitas Foundation** that helped perform psychological accompaniment and offered tools of labour in insertion for the whole population.

Creating support networks helps us strengthen the necessary strategies and tools needed to help support families. Knowing this, we seek partnerships and rely on both public and private entities to help provide families and each of their members with the best resources at all times and according to their specific situations.

Our accounts

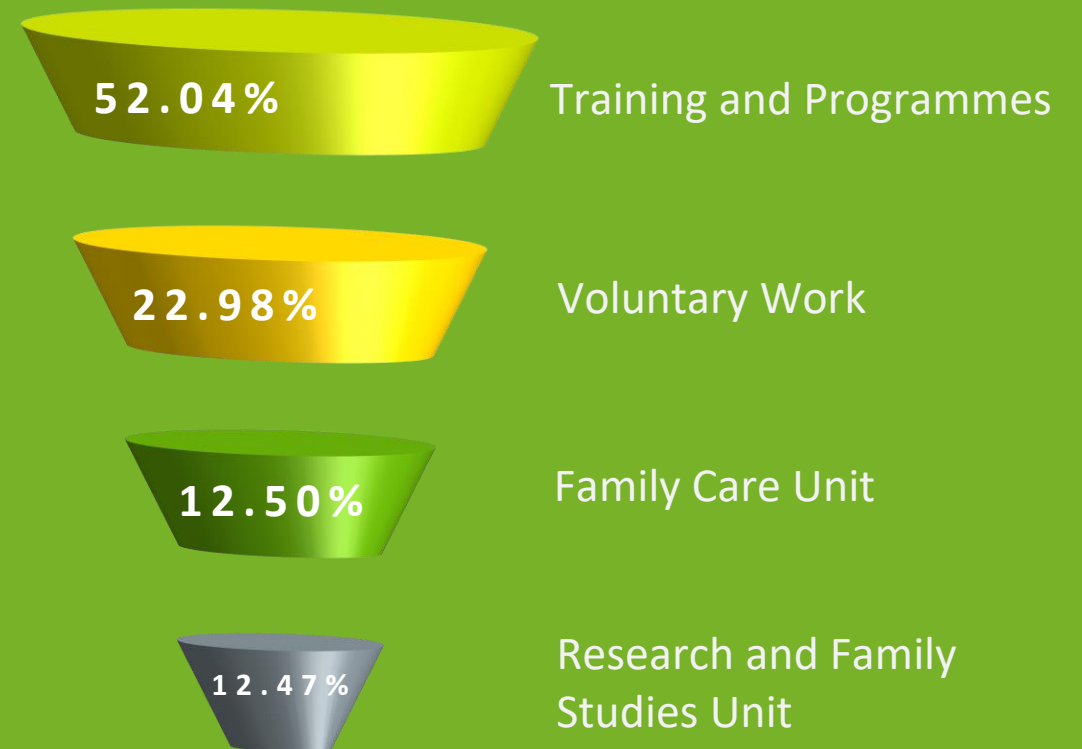
Origin of the funds

Income 2019: €464,903



Destination of the funds

Expenditure 2019: €490,127



Funders and entities

Public funders



Ministry of Health, Consumption and Social Welfare



Government Delegation for the National Drug Plan



Social Policy and Family Counselling



Region of Murcia
Family Council and Equal Opportunity



City Council of Cartagena
Council of Social Services



City Council of Madrid



Cartagena of Cartagena: Council of Social Services

Private funders



The Botín Foundation



The Deloitte Foundation



Google for Non-profits



La Caixa's Social Works



The Bank of Sabadell Urquijo



The Enrique Esteve Balet Foundation



Société Générale



The Montemadrid Foundation



Bankia

Collaborators and contributors



Committed to the SDGs: (Sustainable Development Objectives)



The end of poverty



Health and well being



Quality education



Gender equality



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28002, Madrid
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40 años

1978-2018