



# REPORT 2024



acción  
familiar

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# Letter from the President

*In 2024, the Spanish socioeconomic situation has affected the daily lives of many families.*

*High inflation, caused in part by rising costs of essential goods, and the difficulties young people face in purchasing and renting homes, have left many families' already limited resources insufficient to cover their most basic needs. This has hampered their stability and exacerbated the vulnerability of many people.*

*At Acción Familiar, we continue our commitment to supporting all those who need it, offering psychological and legal support in difficult situations and practical resources to address coexistence issues through the development of our socio-educational guides. We also offer workshops that allow families to adapt to new situations, and through our volunteer network, we collaborate in child protection and support for the elderly. We also strive to contribute knowledge to society by conducting studies and research projects to analyze the problems these situations entail and how they affect families and children, thus enriching social debate and facilitating the development of public policies.*

*Once again this year, we want to thank all those who generously collaborate with us for their contributions, aware that, in times of uncertainty, solidarity is a beacon of hope that allows us to move forward and improve as a society.*

**Patricia Tena Gutiérrez**

President of Acción Familiar

# Team

## Board of Directors

### **Honorary President:**

Rosario de Gortázar and Ybarra

### **President:**

Patricia Tena Gutiérrez

### **Treasurer:**

Isabel Oraá Gortázar

### **Secretary:**

Jose Maria Llorente Gozalo

### **Members:**

Javier Carvajal García-Valdecasas

Pablo Díaz de Rábago Mazón

Javier García de Fuentes de Churruca

Ignacio Gil-Antuñano Vizcaíno

Iván Muñoz López de Carrizosa

Lucas Oriol López-Montenegro

José Luis Rodríguez Jiménez

Teresa Sáenz- Díez Rojas

## Technical Team

### **Director:**

Áurea García Muñoz

### **Family Care Unit:**

Carmen Bustillo Fernández

Elena Muñoz Alfaro

### **Training and Programs:**

Lidia Blasco Fernández

### **Institutional Relations and Volunteering:**

Isabel de la Rica Ojinaga

### **Research and Family Studies:**

In collaboration with the UCM

### **Coordination:**

Nuria Lanuza Esparcia

### **Communication:**

Aurora Mandelbli





# Acción Familiar



## Mission

Accompany and support families, providing them with tools and knowledge that enable their personal autonomy, and empowering the most vulnerable: minors, the elderly, women, and migrants.

## Vision

To be a recognized institution supporting families and individuals in all their complexities, promoting citizen participation through volunteering, training, psychological care, and research.

## Values



Defense of the  
dignity of  
people



Promoting  
social  
inclusion



Solidarity and  
active listening



Cooperation  
and  
networking



Transparency  
and  
confidentiality



Rigor and  
efficiency



Acción Familiar is an NGO declared of Public Utility in 1982 and with Special Consultative Status of the Economic and Social Council of the UN (ECOSOC) since 2004 (renewed until 2028).



Acción Familiar has the EFR Certification from the Másfamilia Foundation, which recognizes good practices in work-life balance.

# Social impact

In **2024**, thanks to our direct action, we have reached

## FAMILY CARE UNIT

**PROJECT:**  
**Psychological and legal support**

- Support for the acquisition and development of skills in vulnerable people
- Networking for the global growth of families

**659**

**people have received free support**

319 group care  
340 individual attention

## TRAINING AND PROGRAMS

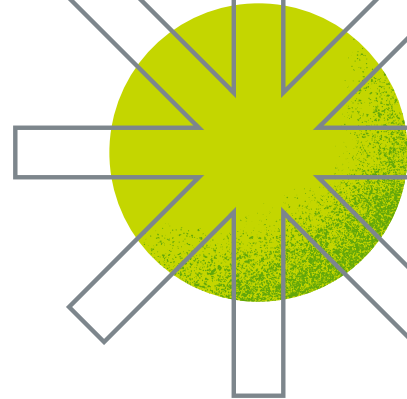
**PROJECT:**  
**Socio-educational workshops and direct action**

- Training in education and emotional intelligence to strengthen emotional bonds
- Educational support for positive parenting and early prevention of risky behaviors

**1.955**

**beneficiaries**

191 workshop hours  
289 new visitors to the virtual classroom



a total of **3,220 people**.

## VOLUNTEERING

**PROJECT:**  
**Support for people in  
vulnerable situations**

- To children and adolescents under guardianship in residential care
- To migrants
- For people experiencing loneliness and at the end of life, in collaboration with the San Rafael Hospital

**317**

**beneficiaries**

204  
accompanied  
people

113  
volunteers

## RESEARCH AND FAMILY STUDIES

**PROJECT:**  
**Specific content from a family  
perspective**

- Alliance with the research group "Public Policies: Applied Economic Analysis" at the Complutense University of Madrid
- Development and dissemination of own content on family issues

**5.887**

**visits to research contents**

696  
downloads

16  
Publications

# Family Care Unit

We offer comprehensive support to individuals and families in vulnerable situations, encompassing psychological, legal, educational, social, and employment-related aspects. We work closely with various organizations and support networks to promote the growth and well-being of these individuals throughout their life cycle. This multidimensional and collaborative approach is essential to addressing the multiple facets of social exclusion and facilitating effective inclusion processes.

We offer psychological and legal support sessions for individuals and families, whether in person, via video call, or by phone, both individually and in groups. Our goal is to help them enhance their personal, psychosocial, educational, and work skills, strengthening their ability to manage conflict situations. We also collaborate with other associations and organizations in the Third Sector, creating social support networks to prevent crises and facilitate the search for resources and assistance tailored to their needs.

**659**

Accompanied people

**593**

Psychological  
attention

**66**

Legal advice

**167**

Single and  
continue

**107**

Advice  
(telephone,  
email...)

**319**

Group

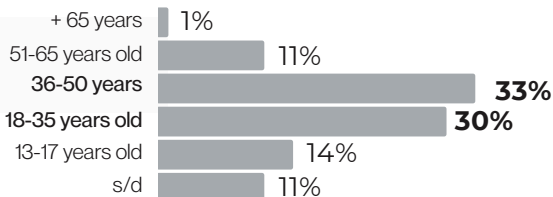


## People:

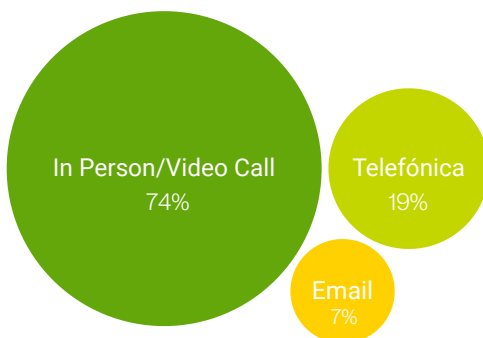


63% of the people served are women and 57% are migrants.

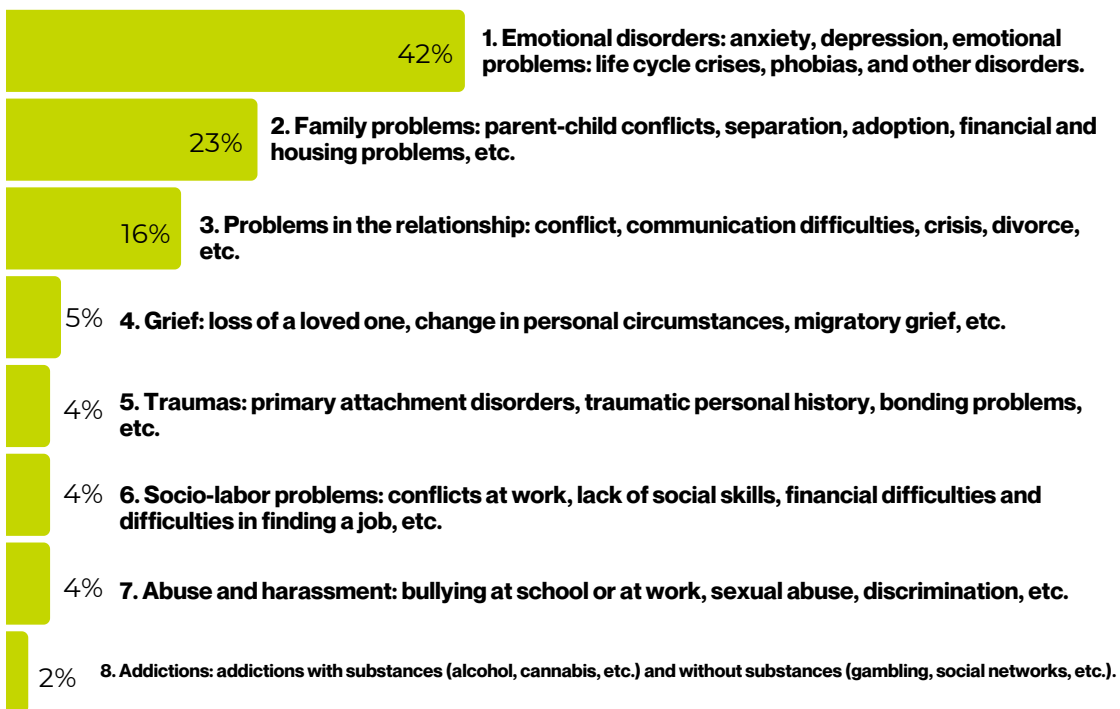
## Age range:



## Mode:



## Main topics of consultation:



# Training and programs

We offer comprehensive training support through awareness-raising, health promotion, and prevention activities, with the goal of improving people's autonomy.

We provide families, youth, minors, and professionals with the necessary tools to develop an "emotional education" that strengthens ties within the family and community, promoting positive, nonviolent relationships as a key protection factor against potential risky behaviors.

We promote an active and participatory methodology through workshops that foster dialogue and dynamism among attendees, utilizing a practical, two-way learning approach between participants and professionals.

**1.955**  
Beneficiaries

**573**

Adults

**1.382**

Kids

**62.370**

Visits to socio-educational guides

**9.781**

Downloaded guides

**191**

Workshop hours



## Main contents taught:

New challenge: Teenagers	63 h
Educate as a Family	46 h
Family with Emotions	44 h
Various themes	24 h
Grandparents as educators	8 h
Addiction Prevention	4 h
Improving Coexistence	2 h

## New 2024 Guide:

### Healthy families. Educating through nutrition and physical activity.

Eating is much more than just eating and exercising; it's much more than playing a sport.

In today's society, where lifestyles associated with haste and immediacy, processed foods, and a sedentary lifestyle are taking root, we believe it's essential to remember the importance of sharing family mealtimes around a table in a pleasant, relaxed, device-free atmosphere. This is a privileged context for discussing, getting to know one another, and sharing our daily lives while also practicing healthy, age-appropriate nutrition.

## Addressed to:

Families and educational community.

## Contents:

- Block I. Food as a place for communication
- Block II. Healthy eating habits
- Block III. Physical activity and sports as a family
- Block IV. Key ideas and complementary resources

## Distribution of hours:



Community of Madrid: 165h

Aragon: 38h

Murcia: 16h

Valencian Community: 10h





# Volunteering

At Acción Familiar, we have a team of volunteers highly committed to our mission of supporting vulnerable groups. Our goal is to improve their quality of life, foster their independence, and strengthen their self-esteem through supportive action and support.

One of our fundamental pillars is raising awareness and promoting volunteerism, encouraging the active participation of more people who wish to join our cause.

Our volunteer team provides support and guidance to three population groups, adapting to their specific needs:

- **Minors in residential care:** we support children and adolescents under the guardianship of the Community of Madrid, providing them with comprehensive care. Our services include academic support, leisure activities, and therapy support, with the goal of helping them have a childhood as similar as possible to that of other children their age.
- **Migrants:** we facilitate their integration process through literacy and Spanish language training, promoting their autonomy and participation in society.
- **People experiencing loneliness and at the end of life:** in collaboration with San Rafael Hospital, we make personal visits to people who are alone or have very limited family support.

## 204

Accompanied people:  
kids, adolescents, older  
people and migrants





68% of volunteers are women.

The average duration of collaboration is 5 years.

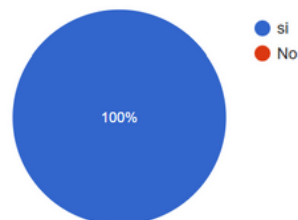
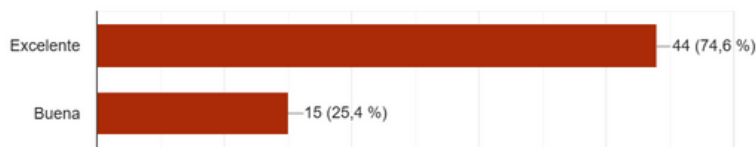
# 113

## Volunteers

Throughout 2024, we strengthened the Volunteer Outing Group, a fundamental initiative to offer children in residential care the opportunity to enjoy leisure activities outside their residences. For many of them, weekends can be especially difficult, as they don't have the opportunity to go out with anyone. Thanks to the GVE, these children and adolescents have been able to participate in recreational outings that not only allow them to disconnect from their routines but also foster their personal, social, and emotional development.



100% of the volunteer team would recommend participating in this project,  
**and more than 70% rate their experience as “excellent.”**





# Research and family studies

In collaboration with the **Complutense University of Madrid (UCM)**, we conduct **studies and articles** that help us better understand the needs and challenges facing families in our country, with a special focus on those in the most vulnerable situations.

The research team develops content around two main and complementary axes:

- On the one hand, the "**Family Observatory**," which includes reports on the reality of families in Spain, as well as quarterly analyses of the Active Population Survey (EPA) from a family and gender perspective.
- On the other hand, **current articles**, written by various specialists, provide data and information on the current situation of households in Spain.

## 5.887

visits to research  
content



## 17

publications

## 696

downloads

## 3.108

visits to  
publications

## 1.805

blog visits

# Publications 2024:

**Observatory.  
Families in Spain.  
An analysis of its social and  
economic reality.**



7 volumes



Observatorio 2024. Volumen V:  
**Comportamientos sociales:  
Indicadores demográficos básicos.**

Antonio Jesús Sánchez Fuentes  
--- Noviembre 2024



**Active Population Surveys (EPA)  
From a family perspective.**



4 studies



Ismael Sanz  
--- Marzo 2024



**Current articles**



5 articles



✓ EPA 1ER TRIMESTRE 2024

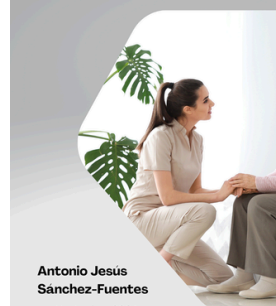
**ENCUESTA DE  
POBLACIÓN ACTIVA  
desde una perspectiva familiar**

ANTONIO JESÚS SÁNCHEZ FUENTES

Observatorio 2024.  
Situaciones de especial vulnerabilidad.  
Personas y hogares según presencia de discapacidad.  
Antonio Jesús Sánchez Fuentes  
--- Diciembre 2024



¿Cómo cuidar de quien cuida  
de las personas dependientes?



Antonio Jesús  
Sánchez-Fuentes

--- Noviembre 2024



✓ EPA 2DO TRIMESTRE 2024

**ENCUESTA DE  
POBLACIÓN ACTIVA  
desde una perspectiva familiar**

ANTONIO JESÚS SÁNCHEZ FUENTES



**LAS FAMILIAS EN ESPAÑA:  
UN ANÁLISIS DE SU REALIDAD SOCIAL  
Y ECONOMICA**



Observatorio 2024.  
Indicadores socioeconómicos de la familia.  
Nivel de renta y consumo. Composición de la familia.  
Antonio Jesús Sánchez Fuentes  
--- Noviembre 2024



# Communication

**603.321**  +70%

visits to the website  
www.accionfamiliar.org

**27.354**  +40%

content  
downloads

**2.678**

followers



Follow us!


**699**

newsletter subscribers



Subscribe!

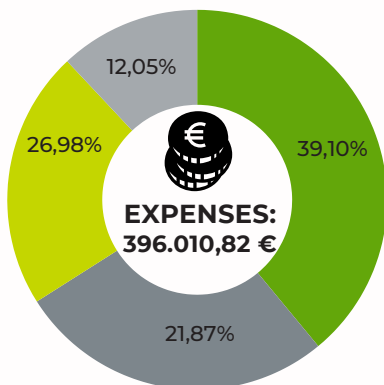
# Accounts (audited annually)

 Training and Programs

 Volunteering

 Family Care Unit

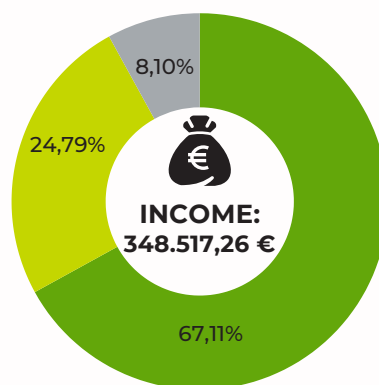
 Investigation



 Grants

 Donations and partners

 Financial Income



# Networking

## Public Funders



## Private Financiers



## Partners





# WE NEED YOU!

## COLLABORATE WITH A ONE-TIME DONATION

By transfer, Bizum 00478 or Paypal and with the amount you want



## BECOME A MEMBER!

And support us on a recurring basis with any amount you want.



**Did you know that donating will cost you LITTLE and will help A LOT?**

Of the first €250 you can deduct:

80 %

And from €250, you also get a tax deduction for:

40 %



## BECOME A VOLUNTEER!



Phone: 91 446 10 11

Web: [accionfamiliar.org](http://accionfamiliar.org)

- Volunteering with children, with academic support and leisure outings
- Volunteering with migrants, helping them learn Spanish.
- Volunteer with lonely older adults, visiting them and creating a warm space.



accionfamiliar

Christmas Volunteer Meeting 2024



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