



# REPORT

# 2023



acción  
familiar

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# Letter from the president

*“We strive to understand and alleviate the difficulties of the people most in need from different areas of action”*

*For more than 45 years, Acción Familiar has supported the most vulnerable families and offered help so they can face new challenges, both economically and emotionally. For this reason, we strive to understand and alleviate the difficulties of the most needy people from different areas of action: providing psychological and legal support, publishing socio-educational guides and giving workshops on positive parenting, mobilizing committed volunteers, and disseminating research articles on reality of Spanish homes.*

*Through specific programs, we work to mitigate daily adversities, offering essential resources and support spaces. In difficult times, solidarity allows us to offer support and overcome challenges, and as we look to the future, we reaffirm our commitment to continue being a pillar that accompanies the families most in need.*

*None of this would have been possible without your help, and that is why I reiterate for yet another year, on behalf of Acción Familiar, our gratitude to those who make it possible for us to continue working tirelessly to build a more hopeful future.*

**Patricia Tena Gutiérrez**

President Family Action

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# Our team

## Board of Directors

### **Honorary President:**

Rosario de Gortázar and 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-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 Fernandez

### **Institutional Relations and Voluntary work:**

Isabel de la Rica Ojinaga

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

In collaboration with the Complutense University of Madrid

### **Coordination:**

Nuria Lanuza Esparcia

### **Communication:**

Aurora Mandelbli

# Our NGO



## **Mission**

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

## **Vision**

To be a recognized institution that supports families and people in all their complexity, promoting citizen participation with volunteering, training, psychological care and research actions.

## **Values**



Defense of the  
dignity of  
people



Promotion of  
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 UN Economic and Social Council (ECOSOC) since 2004 (renewed until 2024).



Acción Familiar has the EFR Certification, from the Másfamilia Foundation, which recognizes good practices in reconciling work and family life.

# Our social impact

In 2023, thanks to our direct action,

We have reached a total of **15.889** people.



## FAMILY CARE UNIT

### PROJECT:

**Psychological and legal support**

- Support for the autonomy, growth and well-being of the most vulnerable people
- Network collaboration to offer comprehensive support

**715**

**people have received free support**

465

group care

250

individual attention



## TRAINING AND PROGRAMS

### PROJECT:

**Socio-educational awareness-raising and direct action workshops**

- Training in education and emotional intelligence
- Strengthening emotional ties based on emotions, feelings and needs

**14.671**

**beneficiaries**

756

workshops completed

186

visits to the virtual classroom



## VOLUNTARY WORK

### PROJECT:

#### Accompaniment to people in vulnerable situations

- To minors under guardianship in residential care
- To people in a situation of loneliness and end-of-life process
- To migrants



## RESEARCH AND FAMILY STUDIES

### PROJECT:

#### Studies and research articles, from a family perspective

- Preparation and dissemination of content to inform about family issues
- Alliance with the Complutense University of Madrid (UCM)

**317**

**beneficiaries**

221

accompanied  
people

96

volunteers

**4.581**

**visits to contents**

1.097

downloads

16

publications

# Family Care Unit

We provide multidimensional support (psychological, legal, educational, social and work) to individuals and families, in close collaboration with other entities and support networks, to promote the growth and well-being of the most vulnerable people throughout their entire life cycle.

We work through psychological and legal support sessions for people and families at risk of exclusion (in person, by video call or telephone), both individually and in groups. We help them enhance their personal, psychosocial, educational and work skills in order to strengthen them and facilitate the management of conflict situations.

We collaborate with other associations and entities of the Third Sector, generating social support networks to prevent unwanted loneliness and promote the search for resources and aid according to the needs raised.

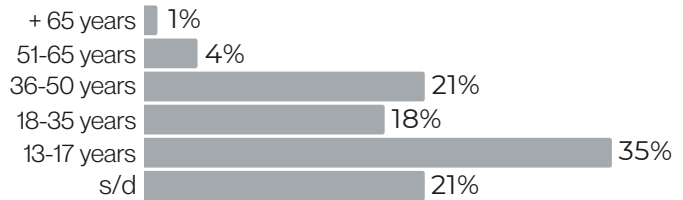




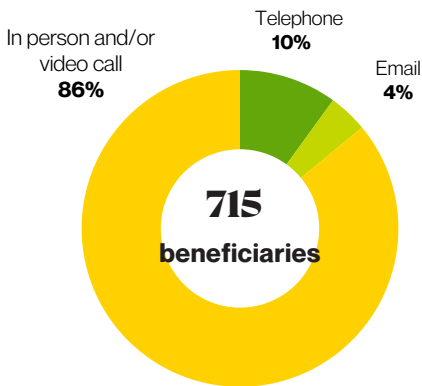
## People:



## Age range:

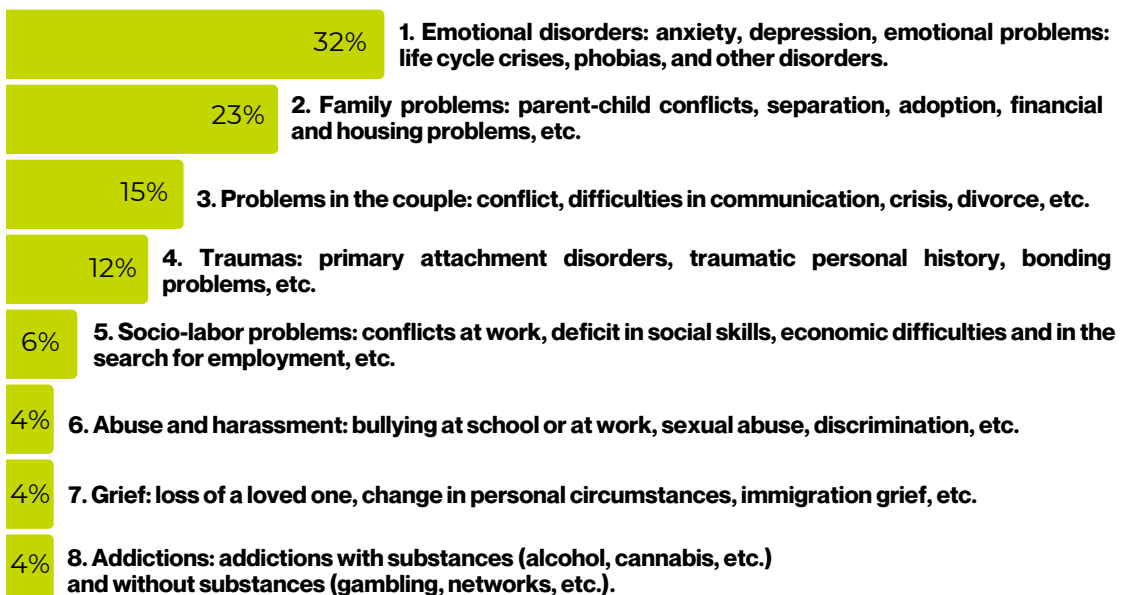


## Type of assistance:



**79% of the people served are in a precarious employment situation: unemployed, on sick leave or studying to improve their employment situation.**

## Main consultation topics:



# Training and programs

We provide comprehensive training support with awareness-raising, health promotion and prevention actions that improve people's autonomy.

We offer families, young people, minors and professionals the necessary tools to achieve 'emotional education' and improve ties within the family and community system, promoting positive non-violent relationships as one of the main protective factors against possible behaviors. risky.

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



We have 16 training people nationwide

**14.671**

Beneficiaries

**756**

Workshops completed

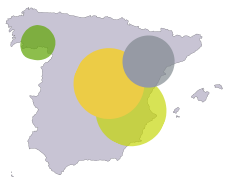
**1.876**

Adults

**12.795**

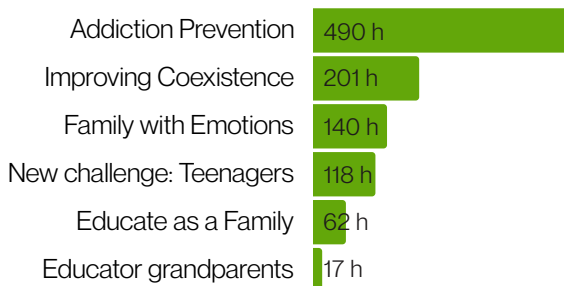
Kids

## Distribution of beneficiaries:



In Aragón, Castilla-La Mancha, Galicia, Community of Madrid, and Valencian Community, workshops have been given to 2,526 beneficiaries. In the Region of Murcia, a total of 12,145 beneficiaries.

## Main topics taught (hours):



## Free socio-educational guides:

Prepared with experts from different universities.

**6.174** ↙  
Visits

**4.095** ↙  
Downloads

## New guides 2023:



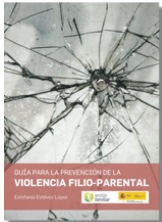
### Guide for the prevention of bullying and cyberbullying

Block I. Bullying in the school context  
Block II. Bullying in the digital context  
Block III. Resources to learn more



### The new challenge – Risky behaviors in adolescence

Block I. Bullying in the school context  
Block II. Bullying in the digital context  
Block III. Resources to learn more



### Guide for the Prevention of Child-Parental Violence

Block I. The family with adolescent children  
Block II. Child-to-parent violence (FPV)  
Block III. Key Ideas and Complementary Resources



## European Project “We Learn Everywhere”

“We Learn Everywhere” is a biannual project co-financed by the European Union within the framework of the ERASMUS+ program. Among its objectives are:

**Provide fundamental insight into children's mental health and well-being.**

**Help fathers, mothers and caregivers acquire skills and competencies through pedagogical and didactic activities at home and in everyday life.**

**Develop free digital tools that are easy to use and access for adults involved in education.**



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# Voluntary work

We have a team of volunteers highly committed to our mission, which supports different groups in vulnerable situations, with the aim of improving their quality of life, promoting their autonomy and developing their self-esteem.

We are committed to raising awareness, promoting and encouraging the participation of people so that they join our cause, which is the constant search for a more equitable and just society.

We provide support and accompaniment through our volunteer team to three population groups, according to their specific needs:

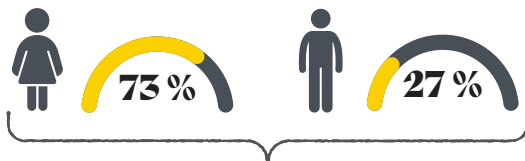
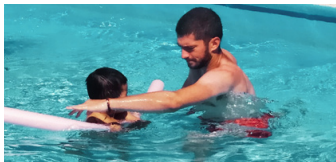
- **Minors**, in residential care, under the guardianship of the Community of Madrid, offering them comprehensive care, through school support activities, leisure activities, and therapy accompaniment, so that they have a life as similar to that of other boys and girls. and adolescents his age.
- **Migrants**, helping them in their literacy and learning of Spanish.
- **People in situations of loneliness and end of life**, offering them company and listening, in collaboration with the hospital order of San Juan de Dios Hospital San Rafael.



221 ↙

Accompanied people:  
kids, adolescents, older people  
and migrants





- Average age of volunteers: 47 years

**96**   
Volunteers

### Characteristics of our volunteering:

- **Personalized:** volunteers go through an individual selection process that allows them to be assigned volunteer work adapted to their abilities and required needs.
- **Continued and committed by the people involved,** so that the results of the support are optimal.
- **Stable,** with an average duration of 5 years. We take maximum care of our volunteers, since they constitute our soul, strength and capacity for action.

**In short, for Acción Familiar the contribution of volunteers is vital, due to their dedication, availability and commitment.**



More than 98% of the volunteer team considers their experience to be positive

# Research and family studies

Together with the Complutense University of Madrid (UCM), we prepare studies and articles that contribute to a better understanding of the needs and challenges faced by families in our country, especially the most vulnerable.

The contents developed by the research team are related to two main and complementary axes:

- On the one hand, the **“Family Observatory”**, which includes reports on the situation of families in Spain and quarterly analyzes of the Active Population Survey (EPA), from a family and gender perspective.
- On the other hand, **current articles** written by different authors on topics of their specialty, providing valuable data and information about the current situation of households in Spain.



4.581



visits to research content

16

publications

1.097

downloads

1.931

direct visits to publications

1.515

visits to the blog "Family Secrets"



Presentation of the study “Determining factors of the maternity gap in Spain” (ICEI)



First day of the Birth Promotion Plan (Madrid City Council)

# Publications 2023:



## Current articles:

*Having children in Spain: an unfulfilled wish?  
Fertility as a variable to address the demographic challenge*



*Back to the individual and social benefits caused by early childhood education.*



*The 2030 Agenda and the differentiated challenges that families face depending on the environment - rural or urban - where they live.*



*Suicides, an extreme manifestation of growing mental health problems in families.*



*The motherhood variable, an essential intangible element in the analysis of our socioeconomic reality.*



## Observatory - Families in Spain. An analysis of its social and economic reality:



## Labour Force Survey, seen from a family perspective:



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# Communication

**172.895** ↙

visits to the website  
www.accionfamiliar.org

**16.519** ↙

content downloads



**2.468**

followers



Follow us!

**693**

newsletter  
subscribers



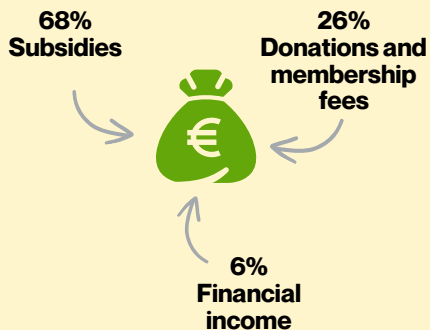
Subscribe!

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# Accounts (audited annually)

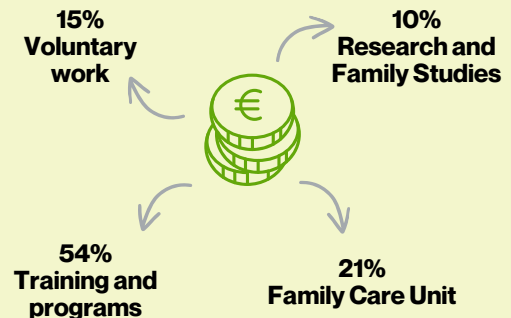
**INCOME: 360,471.98€**

**Source of funds:**



**EXPENSES: 445,481.86€**

**Destination of funds:**





# Networking

## Public Funders



## Private Financiers



## Partners



# WE NEED YOU!

## COLLABORATE WITH A TIMELY DONATION

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



## BECOME A MEMBER!

And support us on a recurring basis with the amount you want



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

**From the first €250**  
you deduct the:

**80 %**

Donuts €40 --> It only costs you: €8  
Donuts €100 --> It only costs you: €20  
Donuts €150 --> It only costs you: €30

**Additionally, from €250**  
you deduct the:

**40 %**

You donate €300 --> It only costs you:  
€80

Donations will be deductible up to 45% when an amount equal to or greater has been donated to the same entity in the fiscal year and in the previous 2 years.  
For tax relief for legal entities and more information: BOE, ref. BOE-A-2002-25039



**BECOME A VOLUNTEER!**  
We are waiting for you...

☎ 91 446 10 11 (extension 3)  
✉ [voluntariado@accionfamiliar.org](mailto:voluntariado@accionfamiliar.org)

**With minors**, offering them school support, leisure, and therapy accompaniment.

**Migrants**, helping them in their literacy and learning of Spanish.

**People in situations of loneliness and end of life**, offering them company and listening.



acciónfamiliar



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