

REPORT 2022

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Príncipe de Vergara, 128

Esc. dcha. - Entrepanta

28002 Madrid

www.accionfamiliar.org

accionfamiliar@accionfamiliar.org

91 446 10 11



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SECRETARÍA DE ESTADO DE DERECHOS SOCIALES

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LETTER FROM OUR PRESIDENT



During the year 2022, after two years of pandemic, society tries to return to normality. The situation we have lived through has particularly affected the most vulnerable families and at Acción Familiar we are very aware of this situation, which is why we have made a great effort to continue with our activity and thus continue to be close to all those people who place their trust in us every day.

We are committed to continue offering direct help to parents, educators, young people and the elderly, providing them with the necessary tools so that they can be educated, as we believe that education is a fundamental pillar for the development of society.

So in 2022 we have continued our training programmes through trained and specialised professionals. Our team of volunteers has gradually resumed, in person work, to carry out school reinforcement tasks with children and has accompanied elderly people in a situation of loneliness. Our family care unit has continued to support, with free psychological and legal care, all those who have requested our help, many of them in situations of extreme vulnerability. Our research and studies unit continues to work to analyse the socio-economic situation of families at the present time and the challenges and problems they face, in order to provide rigorous information to help society. And our communications team continues to accurately report on all our activities, so that they reach as many people as possible.

We continue to face an uncertain and difficult future, as a result of the current geopolitical instability, and for this reason I would like to thank the entire team and all the people and institutions that support us so that we can continue working with enthusiasm and dedication to ensure that the necessary aid reaches more and more families.

We count on your support to continue this work and to build a better world together.

Patricia Tena Gutiérrez

OUR TEAM

BOARD OF DIRECTORS

Honorary President	Rosario de Gortázar e Ybarra
President	Patricia Tena Gutiérrez
Treasure	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

EQUIPO TÉCNICO

Director	Áurea García Muñoz
Family Care Unit	Carmen Bustillo Fernández Elena Muñoz Alfaro
Training and Programs	Lidia Blasco Fernández
Institutions and Volunteering	Isabel de la Rica Ojinaga
Research and Study Unit	En colaboración con el <i>Grupo de Investigación en Políticas de Familia</i> de la Universidad Complutense de Madrid
Coordination	Nuria Lanuza Esparcia
Comunication	Aurora Mandelbli

WHO ARE WE AND WHAT DO WE DO?

Acción Familiar is an NGO declared of Public Utility in 1982 and with Special Consultative Status with the UN Economic and Social Council (ECOSOC) since 2004 (renewed until 2024).

Mission

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

Vision

To be a recognised institution that supports families and people in all their complexity, encouraging citizen participation through voluntary work, training, psychological care and research.

Values

- | | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Defending
Human Dignity | Promoting
Social Inclusion | Solidarity and
active listening | Co-operation
and social work | Transparency and
Confidentiality | Rigour and
Efficiency |



HOW DO WE HELP FAMILIES?

FAMILY CARE UNIT

We offer counselling sessions and psychological and/or legal support to individuals and families in vulnerable situations, both individually and in groups, to strengthen them and help them to face situations that generate vital, family, social, educational and work-related crises.

TRAINING AND PROGRAMMES

We carry out workshops for families and educators, providing them with the necessary tools to improve the quality of education and promote shared time between family members, teaching them social skills and fostering their emotional intelligence.

VOLUNTARY WORK

Our team of volunteers supports us with a strong commitment to our mission, accompanying vulnerable groups with the aim of improving their quality of life.

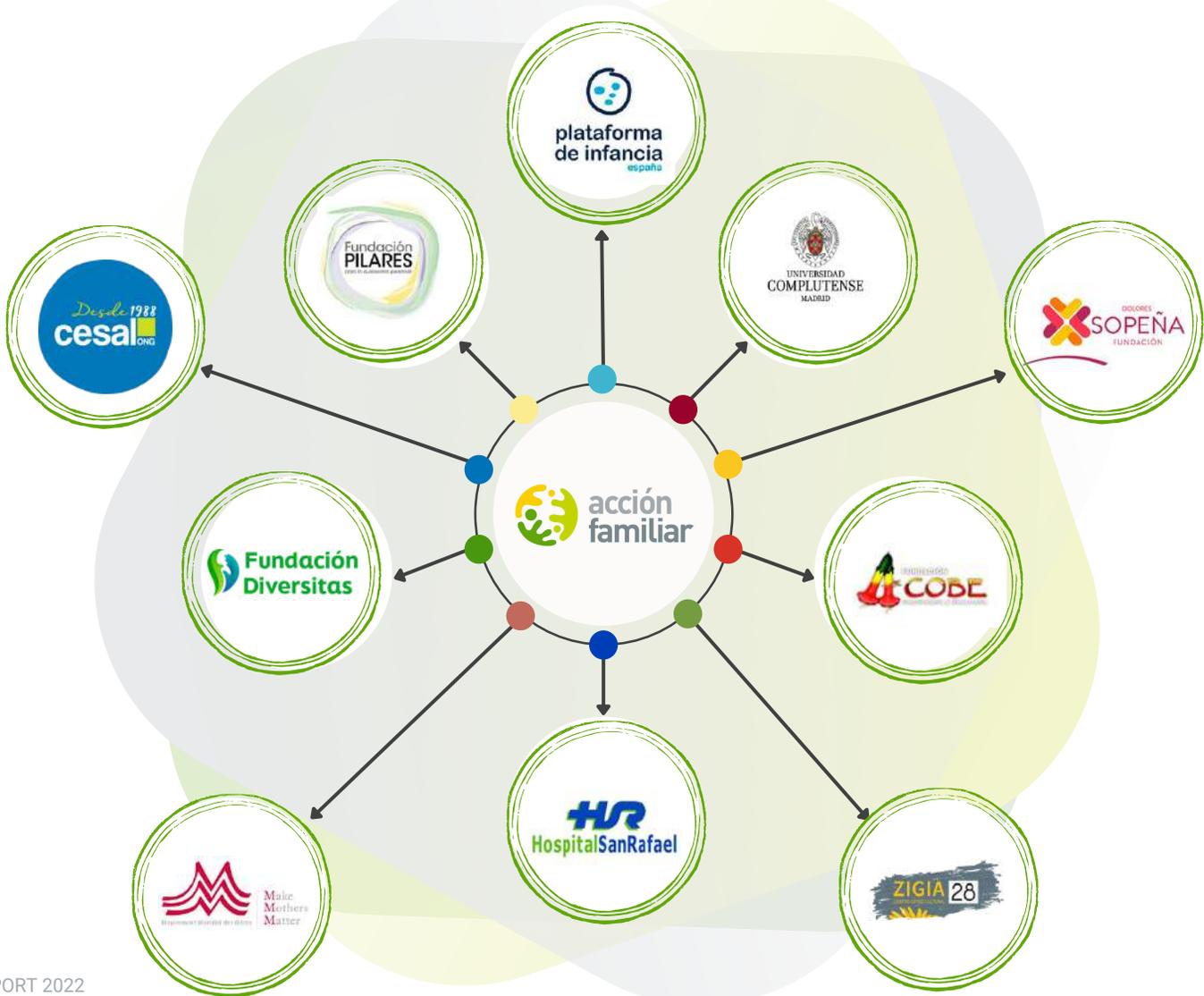
By encouraging citizen participation, we seek to reduce the inequalities that remain prevalent in our society.

RESEARCH AND FAMILY STUDIES

We provide expertise, raising awareness in society on issues related to families, through the preparation and dissemination of studies and articles.

The main objective is to develop effective public policies that help families to improve their social well-being.

WE WORK TOGETHER TO MAKE OURSELVES STRONGER



OUR SOCIAL FOOTPRINT IN 2022

Family Care Unit

775

People have received free support:

731 **44**
psychological legal

Training and Programs

14.224

Fathers, mothers, minors, and Young adults trained

510 **198**
Workshops Visits to the
completed virtual classroom
16
instructors

15.508

Beneficiaries of our actions

Voluntary Works

200

Minors, elderly and accompanied immigrants

111 **8**
volunteers Minors in residence

Research and Family studies

2.769

Website visits

14

Publications

1.266

document downloads

FAMILY CARE UNIT

"We help by promoting the development of personal and family skills"

We use a multidimensional approach (psychological, legal, educational, social and employment) to support individuals and families in close collaboration with other organisations and support networks, in order to promote the growth and well-being of the most vulnerable people throughout their life cycle.

How do we do this?

- **From different specialist fields: professional psychologists, pedagogues and lawyers**, in person, by telephone, video call or mail, accompany individuals and families to improve their skills, manage conflicts and connect with unresolved needs that enable them to grow in personal, work, educational or psychosocial competences.
- **Together with other associations and entities from the Third Sector**, Social Services and Primary Care Social Workers, we generate community social support networks to prevent situations of unwanted loneliness, conciliation, search for resources in accordance with the needs raised and aid management.

775

people have received free support



731

psychologically
accompanied people

470

group care

261

individual attention

128

Advice
(phone, email...)

133

Accompaniment
staff

44

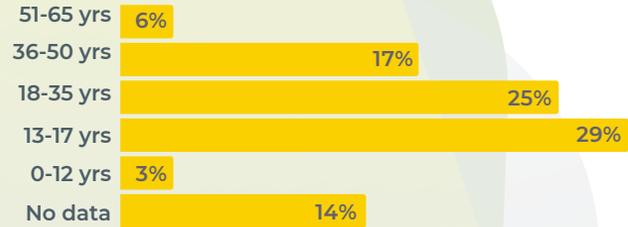
legally assisted
persons

FAMILY CARE UNIT

People



Age Range



Type of assistance:



75% of the people assisted are in a difficult employment situation:
unemployed, on sick leave or studying to improve their employment situation.



43% is from the migrant population



- 1. Emotional disorders:** Anxiety, depression, emotional problems: life cycle crises, phobias and other disorders
- 2. Family problems:** Paternal-filial conflicts, separation, adoption, financial and housing problems...
- 3. Relationship problems:** Conflict, communication difficulties, crisis, divorce
- 4. Socio-occupational problems:** Conflicts at work, social skills deficits, economic and job searching difficulties
- 5. Traumas:** Primary attachment disorders, traumatic personal history, attachment problems
- 6. Grief:** Loss of a loved one, change of personal circumstances, migratory bereavement
- 7. Abuse and Bullying:** Bullying at school or at work, sexual abuse, discrimination
- 8. Addictions:** Substance additions (Alcohol, cannabis...) and non-substance additions (gambling, social networking)...

TRAINING AND PROGRAMS

" We aim to provide comprehensive training support with awareness-raising and prevention actions to improve the personal autonomy of the people attending"

We are developing socio-educational projects for families, youths, minors, and educators, carrying out activities and workshops that help them to develop their emotional intelligence and their capacity for interrelations with families. In order to achieve this, we hold meetings in which moments of reflection are included and participation is encouraged in order to share experiences and concerns that are useful to the whole group.

- New Guides 2022 -



Ideas for spending leisure time with your family

Aimed at any family with children under the age of 18.



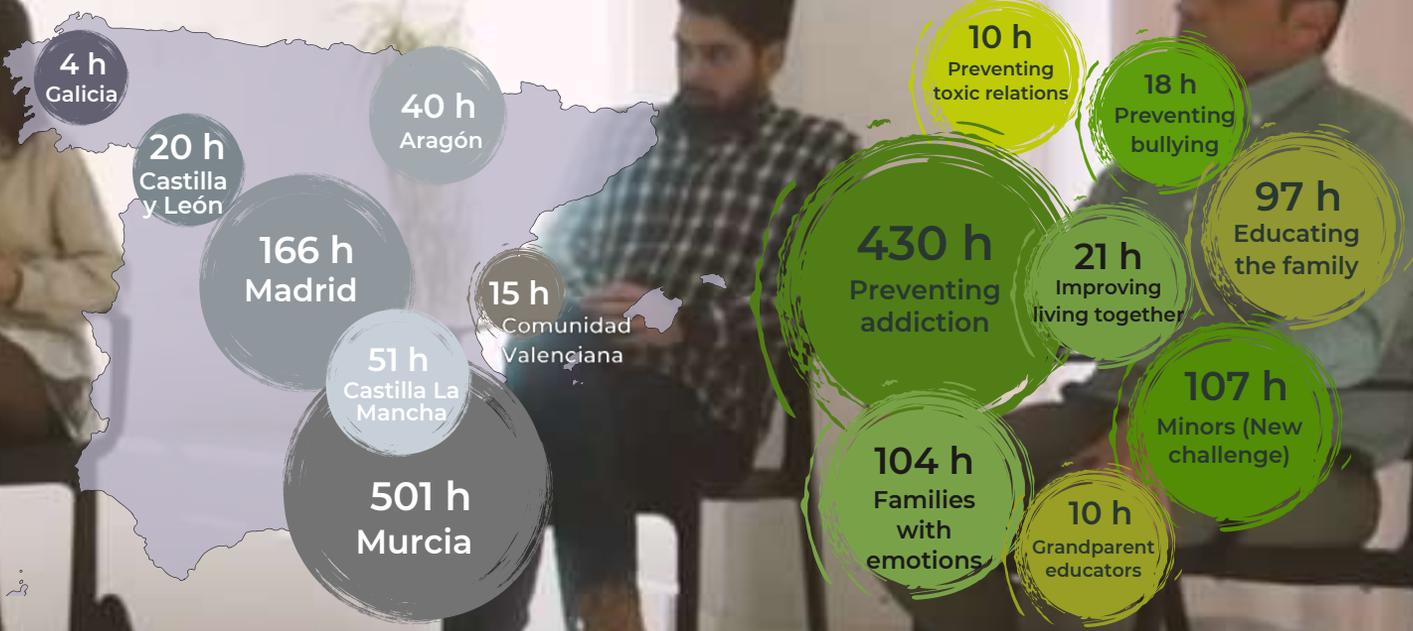
Improving living together as a family

Aimed at families with adolescent sons and daughters.



14.224
beneficiaries

→ **510** workshop completed
2.065 adults | 12.159 minors



In Aragón, Castilla y León, Castilla-La Mancha, Galicia, Comunidad de Madrid, Comunidad Valenciana
A total of 2,192 people have benefitted from our workshops.

In Murcia, a total of 12,032 people have benefitted form our workshops.

VOLUNTARY WORKS

"You have not lived until you have done something for someone who can never repay you" - John Bunyan.

We continue to make every effort to achieve the Goals and targets of the 2030 Agenda through the social participation of people who want to volunteer as part of our Volunteering Programme, helping to reduce inequalities and build a better future for all.

How do we do this?

With the great commitment and empathy of our 111 volunteers, who offer personal attention to three population groups, in their daily lives according to their specific needs.

- **Minors in residential care** (CAM protection system), distributed in 8 residences where we collaborate in school support, accompaniment, sports activities and leisure outings. It is the largest group in terms of volunteer numbers and information requests.
- **Elderly people in lonely situations and the end-of-life process.** The volunteer team accompanies and gives emotional support, in order to alleviate the suffering in which these people find themselves.
- **Immigrants.** In collaboration with the Dolores Sopeña Foundation, we give Spanish classes, accompaniment, and psychological support.

200

Minors, elderly and accompanied immigrants

111

volunteers

8

minors in residence

400 information requests

42 interviews conducted

30 new volunteers

VOLUNTARY WORKS

Volunteers



Middle Age



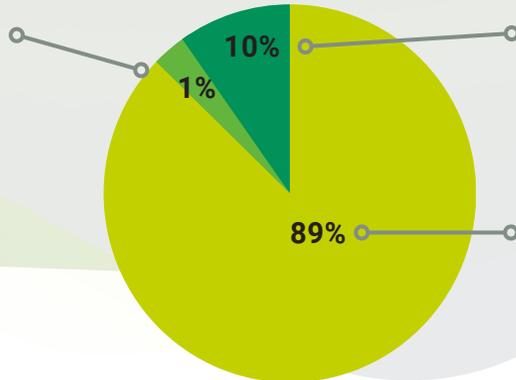
98% of the volunteering team considers that their experience is positive and that the expectations that motivated them to start their volunteering activity have been fulfilled



100% of the residences want to continue their collaboration.

We target 3 main population groups:

Elderly people in lonely situations or at the end-of-life process.



Immigrants
For alphabetization

Minors
In residence

Memories from our volunteers...



Aladdin Musical



Playful work
"Wizard of Oz"

Very good!



San Juan Swamp



Group excursion

Thank you!



Group Excursion to
Fauria - marsh



Summer activities

We never stop!



Reyes Magos' Parties
Soci t  G n rale



Volunteer meeting



Excursion to the
Museum

Learning in group...

RESEARCH AND FAMILY STUDIES

"Our goal is to enrich the social debate and support the creation of new family-friendly public policies."

We strive to improve the perception of families in society through our collaboration with the Complutense University of Madrid. Together, we produce and disseminate content and research on families, approaching the subject from an interdisciplinary perspective.

How do we do this?

We work together with the UCM Family Policy Research Group (ICEI), and we disseminate information on our Blog "Family Secrets" and on our social networks on two main topics:

- **Family Observatory:** we offer 7 volumes on relevant data on families in Spain and 4 periodic analyses of the Economically Active Population Survey (EPA), always focused from a family perspective.
- **Articles written by different authors on a variety of topics**

RESEARCH AND FAMILY STUDIES

2.769

Visits to our research content

1.086

Visits to our blog
"Family Secrets"



1.266

Document downloads

14

Blog posts



901

views

RESEARCH AND FAMILY STUDIES

Blog posts: "Family Secrets"

- Family Observatory -



Labour force surveys (LFS), as seen from a family perspective. 4 Studies



Family Observatory. 7 volumes



- Articles by various authors on various topics -



Access to social protection systems [...] Our 2030 Agenda



Elderly people in the general state budgets



How will the war in Ukraine impact Spanish families?



COMMUNICATION

75.118

Visits to the website:
www.accionfamiliar.org

12.951

Content
downloads

2.209
followers



362
news



865
followers

@accion_familiar



772
followers

@accionfamiliar



502
followers

@accionfamiliar



70
followers

@AccionFamiliar



673
suscribers
to the
newsletter



Suscribe!

WE'RE ACCOUNTABLE*

SOURCE OF FUNDS:

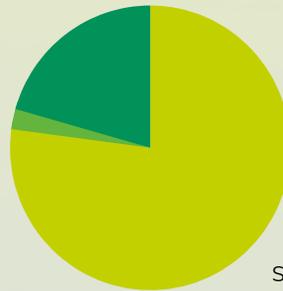


Donations and membership fees

20.6%

Financial Income

2.3%



Subsidies

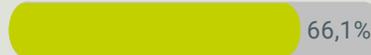
77.1%

2022 INCOME:

436.586,62 €

WHERE DO FUNDS GO?:

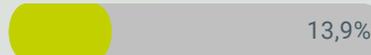
Training and Programs



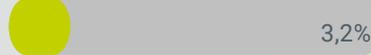
Family Care Unit



Voluntary Work



Research



2022 EXPENSES:

484.692,98 €

*Our accounts are audited annually

FINANCERS AND PARTNERS

PUBLIC



PRIVATE



PARTNERS



One of our major milestones of 2022: Our first charity concert!



Watch the video summary:



WE NEED YOU!

ONE LAST THING BEFORE YOU GO...

Become a partner!

**For only €10 per quarter,
You help a family that needs
you!**



☎ 91 446 10 11

✉ accionfamiliar@accionfamiliar.org

🌐 accionfamiliar.org



JOIN WITH A DONATION

Transfer via Bizum 00478
or via Paypal with your chosen amount:



¡BECOME A VOLUNTEER!

We're waiting for you...

☎ 91 446 10 11 (extensión 3)

✉ voluntariado@accionfamiliar.org





acción
familiar

Príncipe de Vergara, 128
Esc. Dcha - Entreplanta
28002 Madrid

www.accionfamiliar.org
accionfamiliar@accionfamiliar.org
91 446 10 11