

HESTIA HELLAS COMMUNITY APPEAL

Hestia Hellas provides psychosocial support (PSS) and livelihoods training to vulnerable populations in Greece. Sustainability, integration and community building are our core values, therefore when news broke of the devastating forest fires in Mati, we felt very impassioned and ready to do all that we could to offer our support. In the face of such tragedy the nation has once again rallied in a massive show of solidarity. In July 2018, the resort village of Mati witnessed Greece's worst ever forest fires. The death toll reached 100, over 200 people injured, and over 700 evacuated from their homes. When you take into consideration the many who are suffering from PTSD and other psychological after-effects from the tragedy, this number is significantly higher.



Our psychologists Kate Cooper and Ourania Kirka volunteered their time and skills to create an entire workshop to present to support workers in Mati. They were taught what symptoms the victims may experience; how to identify them; strategies and coping mechanisms they can offer to victims; and ways in which people can rebuild their lives and cope with the after-effects that will undoubtedly stay with them for years to come. We continue to support them with supervision, feedback and any other needs that may arise.

Hestia's goals have been the same since our inception; to help our beneficiaries prosper and achieve a more dignified life through the critical support and self-sustaining skills we provide. Our holistic approach comprises all of our services from our Child-Friendly Space (CFS) to our food distribution services. On average we serve 300 people per day and a total of 6,000 beneficiaries per month in our 480 square meter community center located in central Athens.

Mental Health and Livelihoods Support is an ongoing and growing need within the refugee and Greek communities, with a demand higher than the supply. Hestia fills this gap by providing tailored and adaptable services for Children, Adolescents and Adults. Recent developments in Greece show that support for refugees is decreasing and international NGOs are leaving Greece for crises elsewhere. Support for Greeks is also dire with the increasingly strained public section and high taxes. Within a short timeframe, multiple organizations providing PSS and warm meals have closed due to limited funding. Thus, Hestia Hellas is receiving an increase in referrals and is expecting a larger demand for our services. With natural disasters, like the fires in Mati and the current economic depression, there will always be more areas that we can help both the native Greek populations and those fleeing war and persecution. In addition, we emphasis cooperation with other actors and providing relevant referrals to other NGOs and the Public or Private Sector. We also

collaborate internally between PSS, CFS and Livelihoods services to create a holistic support system for our beneficiaries.

Psycho-social support team and roles

The majority of the clients we see are coping with depression, anxiety disorders, PTSD, OCD and Personality Disorders. Cases are evaluated on a case-by-case basis with subsequent referral to external specialists as appropriate. We welcome individuals regardless of their residency status or accommodation arrangements, and welcome both self-referrals and agency referrals. Our core Interpreting staff include Arabic, Farsi, French, Turkish, Urdu, Somali and Sorani. We are always seeking other ways to help, the devastating recent wildfires in Mati is one example. With the help of the Anglican Church, we can continue to provide much-needed, specialized support for survivors of the Mati fires through our workshops, trainings and experienced Greek staff. Our hope is to help them lead normal lives again, while rebuilding their homes.



The Greeks, who were recent refugees themselves, know what it's like to be forced from their homes. They have a special word in their culture, Filoxenia, which the literal translation mean "friend to the foreigner". Greeks, like the many refugees and migrants we see today need our help to regain parts of themselves that they've lost through devastating experiences. With the continued support of the Anglican Church, and their generosity, we can serve the Greek and refugee populations side by side.

