



MARY MACKILLOP
today

Evaluation Report: Evaluation of the BIRTH Fiji Community Strengthening Program

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Project Code: MMT-CSP

Evaluator: Wati Kanawale



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A special acknowledgement to BIRTH Fiji project team and the assistant evaluator. They played an exceptional role in bringing together the required actors in the communities that participated in this evaluation process.

The evaluation benefited from the inputs of many other stakeholders, including government officers, non-government organisations and the private sector. Their contributions were critical to the team's work and are deeply appreciated.



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Acronyms & Abbreviations

1. **3Rs** – Reduce, Reuse & Recycle
2. **BIRTH Fiji** – Building Innate Resilience Through Hearts Fiji
3. **CSP** – Community Strengthening Program
4. **MMT** – Mary MacKillop Today
5. **M&E** – Monitoring and Evaluation



1. Introduction

1.1 Purpose of the Evaluation

- a) This is the final evaluation of the project ‘**BIRTH Fiji Community Strengthening Program**’.
- b) The evaluation assesses program implementation and whether the workshops has delivered the intended outputs and achieved its expected outcomes considering content relevance and effectiveness, workshop delivery, participant engagement and overall project effectiveness and impact on target groups; and
- c) The final evaluation outcome will also draw lessons learned from the implementation process to help provide specific and actionable recommendations for BIRTH Fiji.

1.2 Intended Users

The intended users of this evaluation report are BIRTH Fiji team and project staff and Mary MacKillop Today (MMT) as the donor funding this project.

1.3 Scope and Objective of Evaluation

- a) The final evaluation assessed the whole project implementation from 01 July 2024 to 30 June 2025. The evaluation covered the five project objectives and its nine outputs (as detailed in the logical framework under the project design document). It assessed the content relevance and effectiveness, workshop delivery, participant engagement, and the assessment of the overall project impact and its benefits to the project recipients. Aligning to the assessment of the overall project effectiveness, the evaluation also focused on the review of the project design phase, examining the processes followed leading up to the implementation of activities and highlight the outcome and impact on the two communities.
- b) The objective of the evaluation is two-fold as follows:
 - Impact of the delivery of project activities on the mental health well-being of participants and if they have been able to hone new skills and increased knowledge on topics covered during the workshop; and



- Assess the relevance of the workshop topics and evaluate workshop delivery and engagement.
- c) The final evaluation outcome will also draw lessons learned from the implementation process to help provide specific and actionable recommendations for BIRTH Fiji

1.4 Methodology

- a) The evaluation adopted a consultative and transparent approach with internal stakeholders throughout the process. Triangulation of evidence was used to validate the findings, and analysis used to support the conclusions and recommendations.
- b) It also provided a synthesis of the project's results, taking into account the different perspectives of the various stakeholders. A review of the project design and processes followed during the inception stage and into the implementation phase provided an insight into how well the outcomes were achieved. The evaluation also highlighted implementation challenges and other contextual factors that negatively affected outcomes.
- c) The evaluation process kickstarted with a desk review of project reports, other documents and knowledge materials, including the mid-term report before an inception meeting with the project management team and the donors was carried out. In this meeting a further request for more documentation was made and a review of the evaluation framework and data collection plan was undertaken and discussed with the BIRTH Team and the donor representatives.
- d) The following data collection tools were used to gather information during the field visit:
 - Surveys were undertaken in the two communities providing useful background and information on the effectiveness of the delivery of workshops in the two communities and also provided an overview of participants opinions on the overall effectiveness of the activities delivered by the project and its impact on their lives.
 - A one-on-one interview with a list of specifically hand-picked (represented by all ethnic and age groups) participants from both communities was also carried out with



the intention of gathering a more in-depth knowledge on the impact of the workshops on their individual lives.

- Interview undertaken with workshop facilitators and external stakeholders provided a glimpse on the processes followed in the delivery of workshops in the community and also understand the common goal which links the project objectives to the overall efforts taken by the community in dealing with the impact of social problems in their communities.
- In addition to these interviews and focus group discussions, the evaluation also conducted a desk review of project documents, policies and other relevant national policies and relevant literatures that set the foundation of this evaluation. The findings of the desk review were then used to assess the performance of the project and its delivery in the two pilot communities.

1.5 Limitations

- a) The availability of targeted participants and external stakeholders to undertake the survey and interviews was the main challenge encountered during the data collection period and it prolonged the process. Extended timelines were given to participants and also external stakeholders to ensure sufficient data were gathered for analysis.

1.6 Structure of Report

The layout of this report will include the following:

Background and Context of the Project

Evaluation Findings; and

Conclusions and Recommendations for the project.

The evaluation findings will provide a detailed coverage of the scope of the evaluation including the details of the outcome of the field visit that was undertaken in the two communities.



Background and Context of the Project

Fiji is a small island country located in Oceania in the South Pacific Ocean and comprises of more than 332 islands. It is located about two-thirds of the way from Hawaii to New Zealand, and its immediate neighbours include Vanuatu, Tonga, and Samoa.

The largest race in Fiji are the indigenous Fijians known as the “I taukeis” making up 57 percent of the population, followed by Indo Fijians also known as “Indian Fijian” at 38 percent and other races making up the remaining 5 percent. In terms of Fiji’s population, 55.9 percent reside in urban centres whilst the remaining 44.1 percent are concentrated in rural communities around the country. Overall, 50.9 percent of the Fijian population are male, and 49.1 percent are female.

Fiji faces several social challenges which contributes to social instability impacting on the safety and wellbeing of a community including poverty, inequality, ethnic tensions, gender-based violence and vulnerability to climate change. Additionally, issues like youth unemployment, substance abuse, and limited access to quality education and healthcare services contribute to social instability.

The term social problem is usually taken to refer to social conditions that affect a significant number of people within society in a negative way. Social problems are not just individual troubles; they are also seen as being disruptive or damaging to society. Common examples include poverty, unemployment, discrimination (racial, gender, etc.), inadequate housing, crime, substance abuse, and inadequate access to healthcare (counselling, services for mental health well-being and so on).

(Qaloewai, 2024), stated that *“Fiji faces a critical mental health crisis, with rising drug abuse cases being one of several contributing factors”* He also highlighted that *“Social and economic challenges, along with limited access to mental health services, are also believed to play a significant role”*. Furthermore, in a 2013 report by the Fiji Women’s Crisis Centre, it was found that 64 percent of women aged 18-49 have been in an intimate relationship experienced physical or sexual violence or both by husband and intimate partner in their lifetime.



The Deputy Prime Minister in Fiji – Bill Gavoka in an interview with (FBC News, 2025) called for an urgent national action in tackling the rise in substance abuse and stressed that a unified approach is needed from all sectors of the economy to tackle this problem. He also highlighted the disturbing rise in violence against women, citing the tragic death of a civil servant earlier this year as a stark reminder of the risks faced by many in our community. This was a call to all stakeholders working in this space to rise up and be the beacon of light and support to the vulnerable groups in society.

BIRTH Fiji is one of those NGOs that work closely with impoverished informal and rural communities in the Western Division of Fiji providing counselling and mental health support services to vulnerable community members in these communities. In 2024, BIRTH Fiji through the **Community Strengthening Program** funded by Mary MacKillop Today was able to take a proactive approach in addressing key social problems through capacity building programs in two communities in Lautoka.

The **Community Strengthening Program** had a budget of FJD75,000 and was implemented as a 12-month pilot project from 01 July 2024 to 30 June 2025 with the aim to demonstrate evidence that would support project design for further delivery of capacity building programmes in the area of mental health well-being for the vulnerable groups in low socio-economic settlements in Fiji.

The project initiation involved a scoping exercise to identify the two pilot communities. This was followed by a social needs assessment to establish a baseline against which this project's effectiveness would be measured. A sampling technique was used to gather information from a group of individuals in both communities. The outcome of this analysis was then used to identify key social problems and issues affecting the two communities and subsequently helped in the development of the capacity development program. In consultation with leaders from the two communities, the final approved capacity development program included the delivery of the following workshops in the two communities:

- a) Tomuka Community – Gender Based Violence, Environment Management & Sustainability, Substance Abuse, and Positive Parenting



- b) Koroipita Community – Promoting Gender Awareness and Inclusivity, Leadership, Environment Management & Sustainability and Positive Parenting.

Evaluation Findings

Content Relevance and Effectiveness

A total of six workshop topics were delivered in a span of two months (April to May 2025) across the two project communities – Tomuka and Koroipita. The workshop topics are as follows:

1. Gender Based Violence.
2. Environment Management & Sustainability.
3. Substance Abuse;
4. Positive Parenting.
5. Leadership; and
6. Promoting Gender Awareness and Inclusivity

The choice of topics to be delivered to the communities were based on the outcomes of the social needs analysis and the concurrence of the donor and community leaders in the two communities.

Chart 1: Social Needs Analysis of Koroipita Model Village

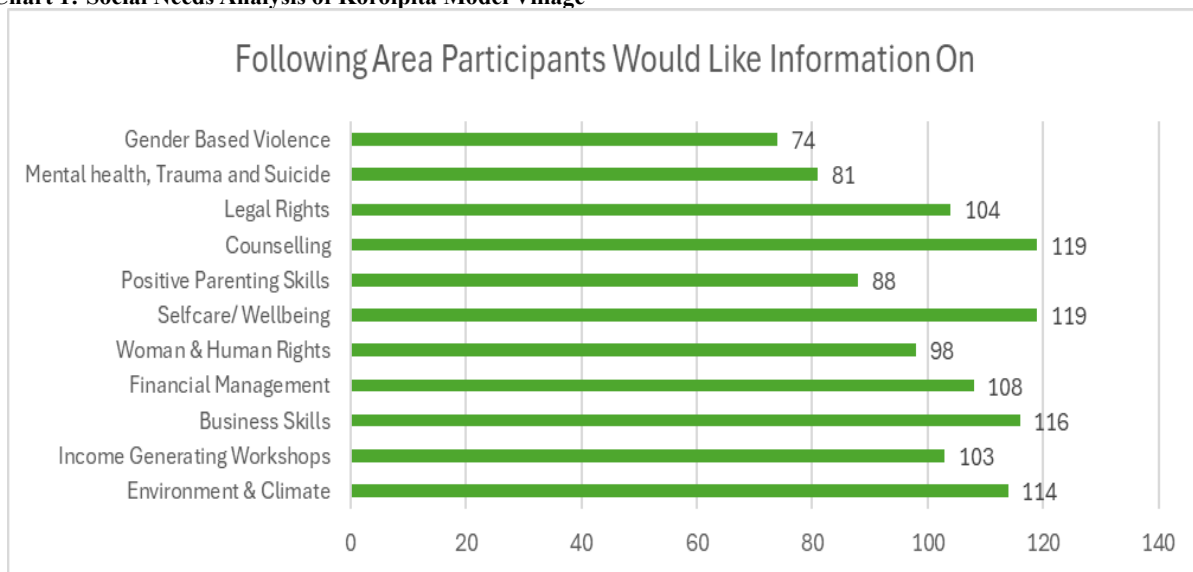
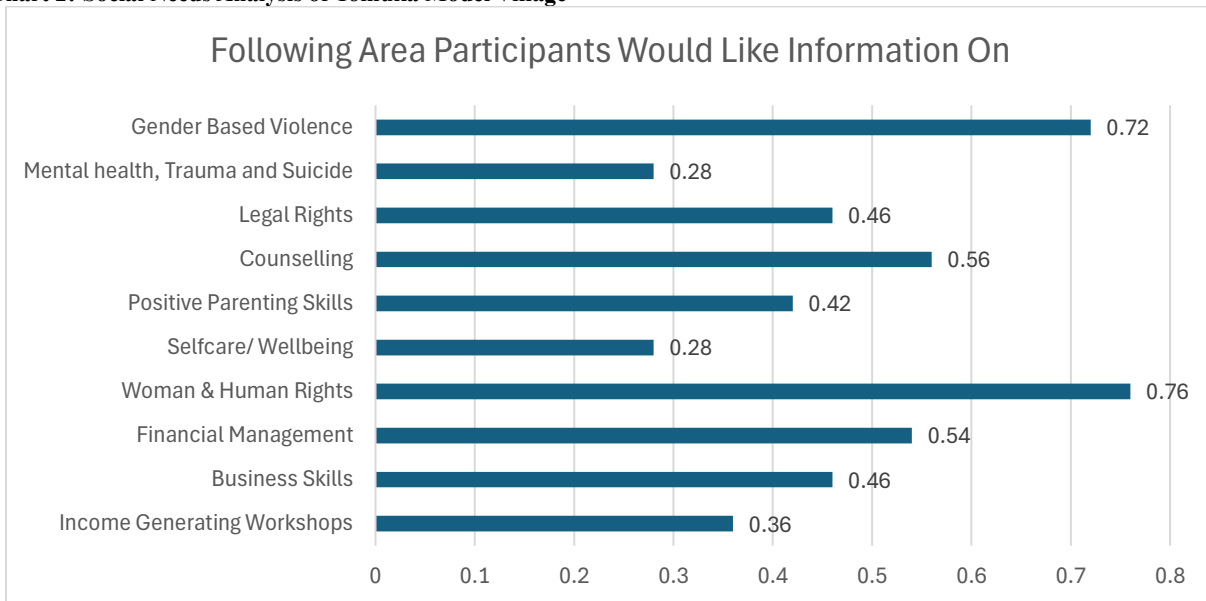




Chart 2: Social Needs Analysis of Tomuka Model Village



Charts 1 and 2 above provide a depiction of the following areas that participants wanted more information on. The inclusion of the positive parenting workshop, leadership and environment management & sustainability workshops were not part of the top three choices of preferred topics for coverage by participants but were chosen by the BIRTH Fiji team in consultation with the donor and the community leaders. This ensures alignment to the area of focus by the organisation and as part of its commitment under the project to sustaining the environment.

To analyse the content relevance and effectiveness of all workshop topics delivered in the two communities – a survey was conducted with women as the main target participants attending the workshops. A one-on-one interview was also undertaken with a list of handpicked participants¹ from both communities. More data was also gathered through interview and focus group discussions held with external stakeholders to the project. The six workshop topics were delivered by two training facilitators identified and contracted by BIRTH Fiji. The analysis of the findings are as follows:

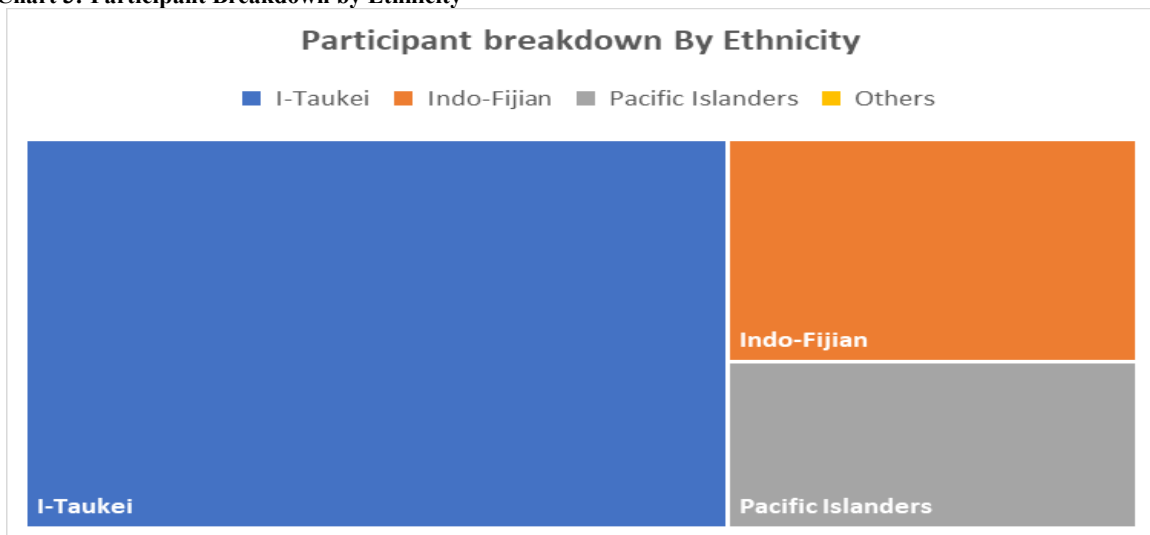
¹ Participants chosen for interview were made ensuring a balance in the information supplied and covers the views of all ethnic background represented in the community. It also considered age group and both men and women present during the workshop.



Koroipita – Survey Summary

A total of 30 participants attended the four workshops (14,16, 22 and 23rd April 2025) delivered in the Koroipita community. The survey targeted responses from all 30 participants that attended the workshop, however only 19 were available during the field visit and provided their responses to the data collection team. 18 of those that participated in this survey were women and 1 transgender man. Looking at the ethnicity breakdown, I-Taukeis made up 63% whilst Indo-Fijians made up 21% and the remaining 16% were other Pacific Islanders.

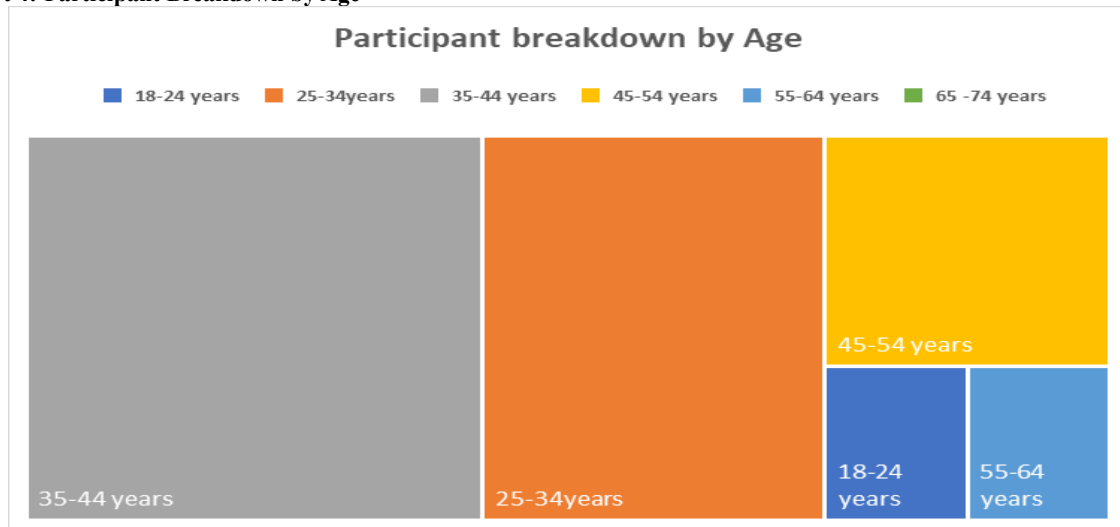
Chart 3: Participant Breakdown by Ethnicity



The age group by participant in chart 4 below shows that 95% fell within the ages from 18 years old to 54 years old.



Chart 4: Participant Breakdown by Age



Over 80% of participants are married and live with their family. The survey aimed at gathering the participants views and also their opinions on the relevance of the workshop content and effectiveness to their lives.

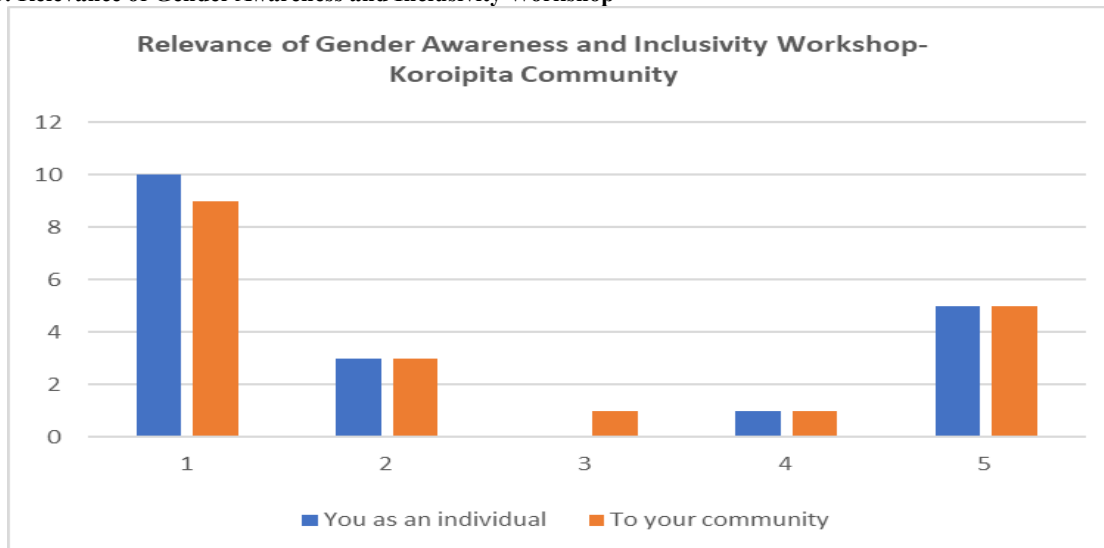
The conclusion of the survey findings on each of the workshops delivered are provided below:

1. Promoting Gender Awareness and Inclusivity

Of the 19 participants that attended to the survey, 10 (53%) gave a rating of 1 (the highest rating) on the relevance of the workshop content to their lives and 9 (47%) gave a rating of 1 (the highest rating) on the relevance of the workshop content to the community as a whole. Noting from chart 5 below, 5 participants (26%) gave a rating of 5 (the lowest rating) on the relevance of the workshop content on their lives and also to the community. 95 percent of the participants confirmed that their knowledge on the topic of gender awareness and inclusivity increased significantly.



Chart 5: Relevance of Gender Awareness and Inclusivity Workshop



The overall participant survey response in Chart 6 below showed that most have attended or have been exposed in the past to awareness and/or workshops on gender which were either delivered to the community by other NGOs and they may have been exposed to it outside of the Koroipita community.

Chart 6: Change in Knowledge after attending workshop





The workshop brought hope and affirmation to young mothers and bolstered that feeling of inclusion and raised awareness on how to identify and deal with gender based violence.

Most participants were excited to report that learning about gender inclusiveness, gender based violence and human behaviours added value to the little knowledge that they had on this topic. It is interesting to note that participants mentioned the importance of including men in this workshop stating that they also need to learn about gender based violence and inclusivity.

Overall the delivery of this workshop was successful and a source of reflection for participants on their own lives and that of their families enabling them to appreciate new knowledge.

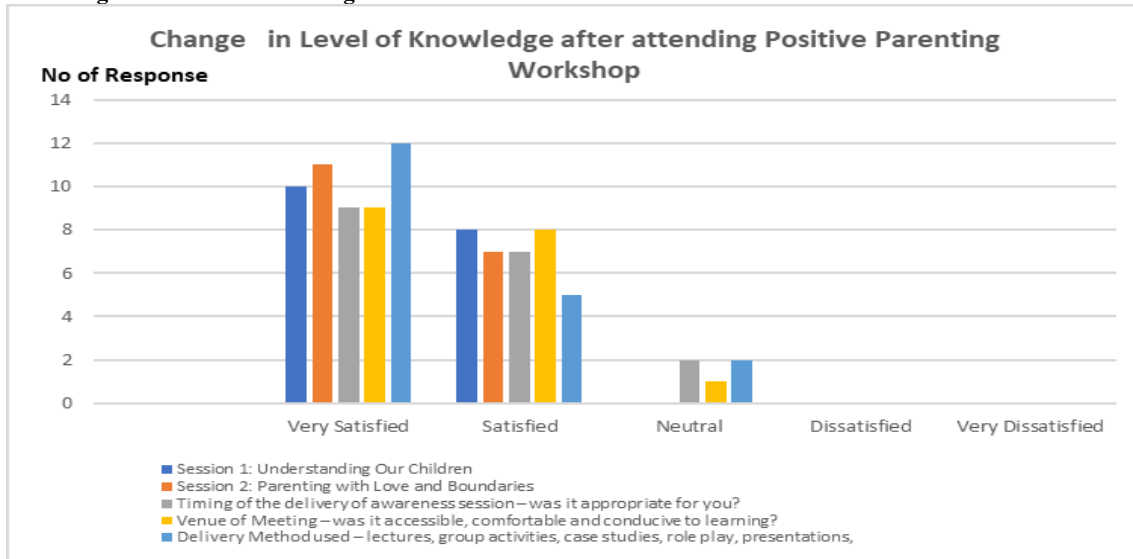
2. Positive Parenting

The workshop was approved to be delivered to the two communities as a result of the need from the two communities and the decision made by the organisation in consultation with the donor and the leaders of the two communities. The survey results noted that 99% of the participants found the workshop relevant and added value to their parenting skills.

Most attendees were young mothers and middle-aged women with teenage to young adult children who still live with them. 75% of the participants were very satisfied with the different topics covered in this presentation as depicted in chart 7 below. They also confirmed that the knowledge gained from this workshop helped supplement their parenting skills.

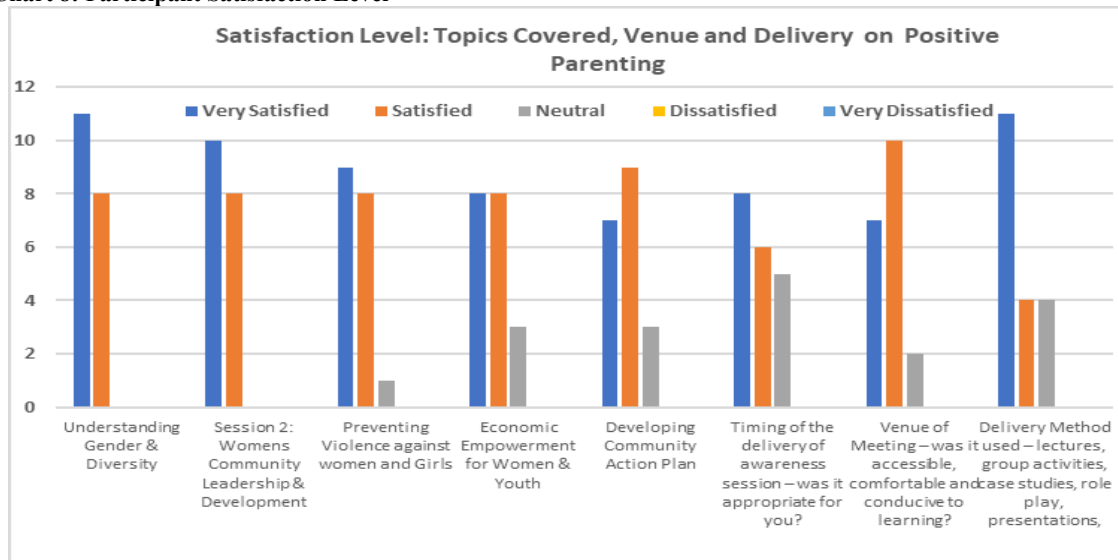


Chart 7: Change in Level of Knowledge



Majority of the participants were very satisfied with the topics covered during the workshop as depicted in chart 8 below. It is also important to note that some participants were dissatisfied with the timing of workshop delivery, methods used and venue of the workshop.

Chart 8: Participant Satisfaction Level



(E.Kalaivani, 2019) stated that “women are the indispensable part of society, and their education is key to influencing and developing the future generation”. As shared by most of the participants, the topics covered in this workshop have helped them re-shape their parenting styles and have enlightened most on the importance of inclusive parenting i.e. also allowing



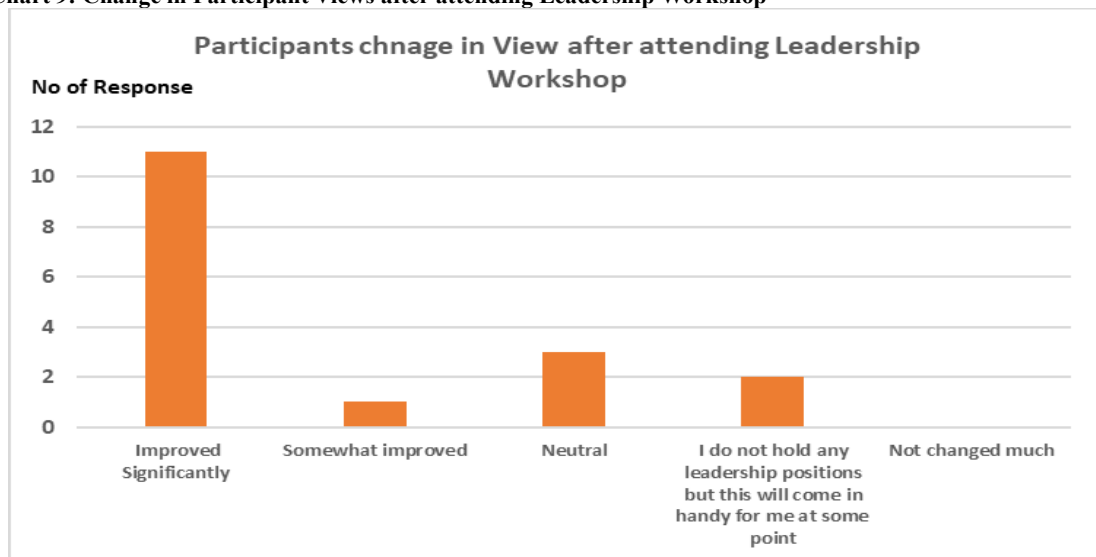
their children to express themselves whilst they in return work to resolve matters with more amicable solutions. A few notable comments made by participants after attending the workshop on positive parenting are as follows:

- *“I do have a strong role in raising my children and after attending this workshop I have learnt to listen to my children as sometimes they are also true”*
- *“My children are more opened up to me now, they freely shared their opinion and their difficulties they faced in school”*
- *“This workshop gives me a lot of ideas to maintain and believe yourself that children can do anything through communication such as listen to your children point of view”*

3. Leadership

All participants that attended this workshop confirmed that they found it useful for them. In Chart 9 below – the response rate showed that majority reported a significant improvement in how they view leadership after attending this workshop. It is also important to note that there were a few participants that remained neutral and also noted that they do not hold leadership positions in the community but attending the workshop and learning about leadership would be useful for them at some point.

Chart 9: Change in Participant Views after attending Leadership Workshop





The initial decision to include leadership training for Koroipita was made as a result of a request from the management of Koroipita that training on leadership is also considered to upskill the newly appointed block leaders and educational representatives in the community. It was not clear how many of the targeted newly appointed block leaders and educational representatives were present in this workshop.

Chart 10: Participant Satisfaction Level after attending Leadership Workshop



Chart 10 provides the satisfaction level of participants after attending the leadership workshop. Majority of the participants were very satisfied with the timing of the workshop delivery, venue and the delivery method used by the workshop facilitator. It is also important that a small group remained neutral on the overall delivery of the workshop. This may still need to be discussed thoroughly in the delivery of workshops in the design of the future project phase.

4. Environmental Management and Sustainability

Environmental Management and Sustainability is considered a cross-cutting issue like gender. Both environmental considerations and gender equality are recognized as crucial for sustainable development in a community. The inclusion of this topic in the delivery of the capacity building program was a good initiative in that it helped participants understand and learn more about sustaining their environment.



The participants attending this workshop in Koroipita highlighted in chart 11 below the three main challenges in their community when it comes to their environment:

1. Lack of knowledge in the community of ways to manage household waste and rubbish;
2. Littering in the settlement and common area for communal gathering; and
3. Proper management of household wastes.

Participants raised the challenges of littering in their community and the impact it has on their health and well-being. The need to raise more awareness through training like this was highlighted by most participants.

Chart 11: Common Environmental Management Challenge

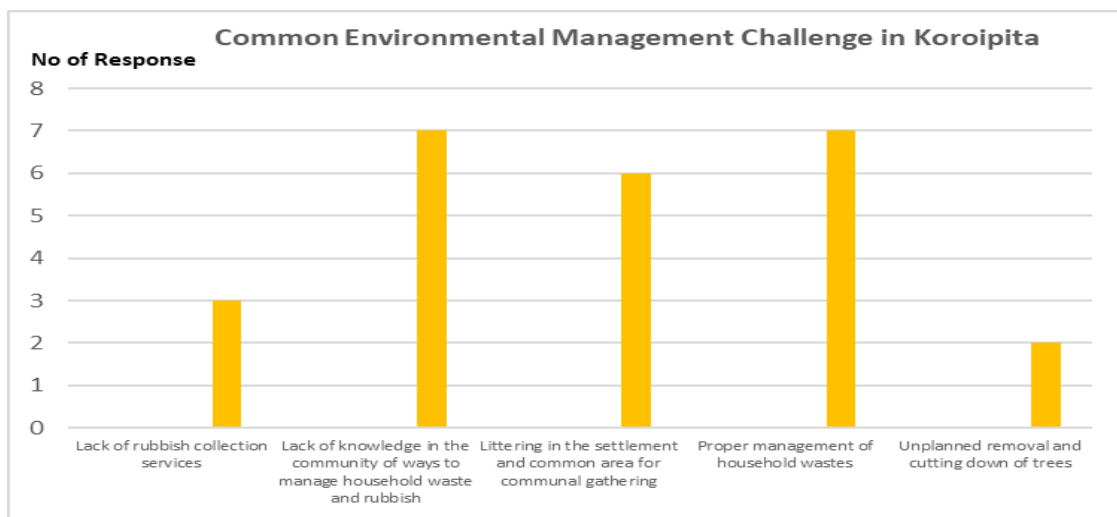


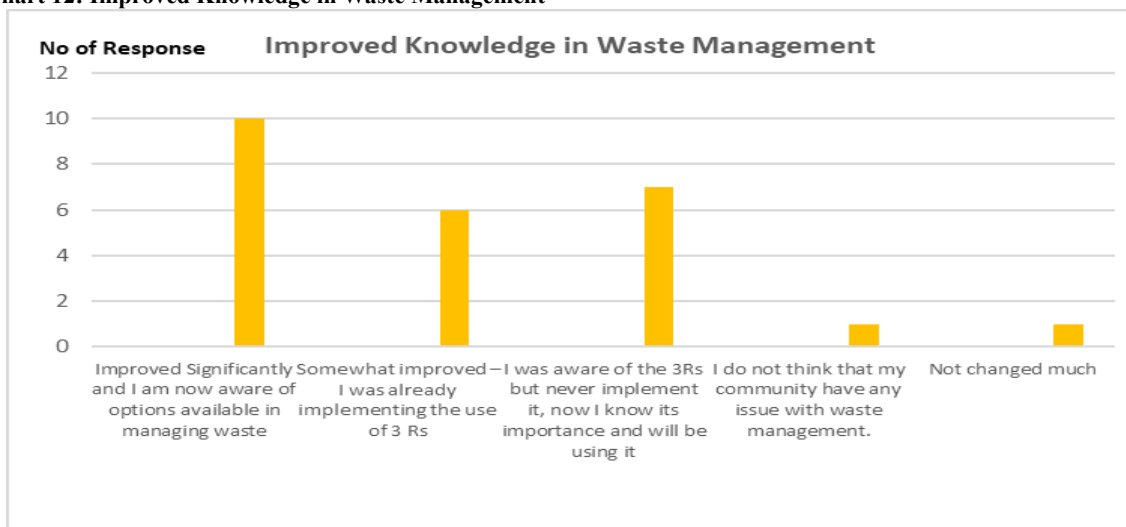
Chart 12 below shows that majority of the participants indicated a significant improvement in the knowledge of waste management after attending the workshop. The participants also acknowledged being aware of 3Rs (Reduce, Reuse and Recycle) but never implemented it – this workshop gave them the boost to now return to their homes and implement what they have learnt.

Participants were able to share their thoughts on waste management and keeping their environment clean and a few comments made by participants was worth noting as follows:



- “After attending this workshop, I was able to teach my children on the importance of sorting our household wastes and then disposing them appropriately e.g., the ones for recycle, peelings for compost that is useful for manure”.
- “Learning about keeping my environment clean ensures that my family is safe from diseases and sickness that is generated from improper disposables of waste and rubbish from my home and my community as a whole”
- There are people in this community that do not regard littering as a big issue, and they throw their rubbish anyhow without thinking about the impact on the community – in terms of health. This is the kind of people that need to attend this type of workshop”.

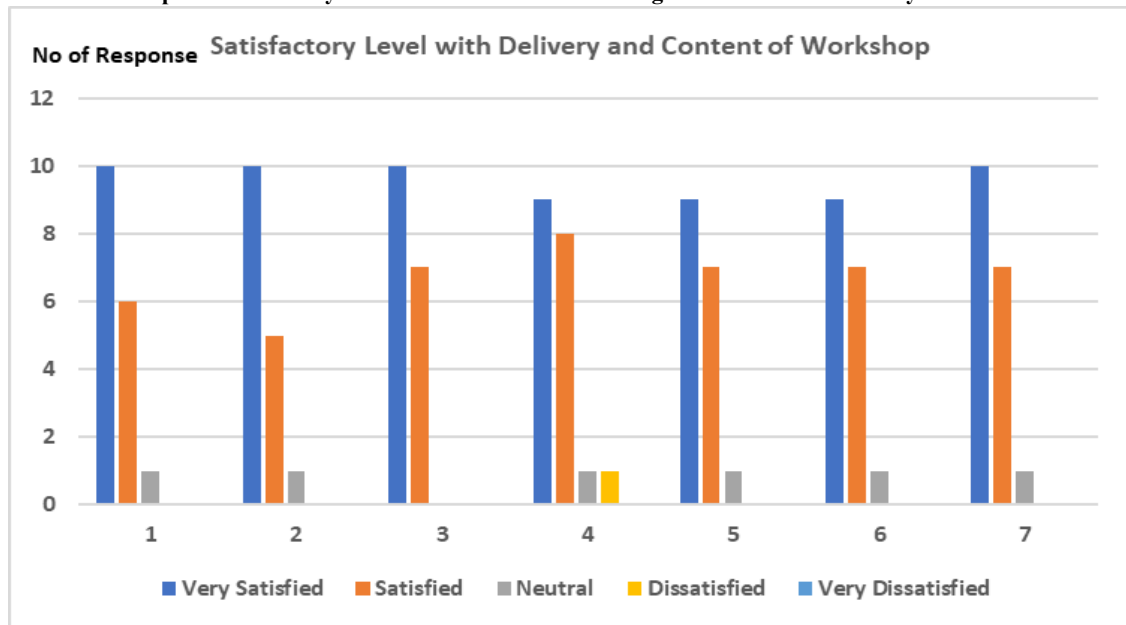
Chart 12: Improved Knowledge in Waste Management



Overall, the workshop was a success with most participants indicating a high level of satisfaction with the overall delivery of the workshop content, venue and timing of the delivery. Participants also highlighted that they’ve been able to apply the concept of 3Rs (Reduce, Reuse, Recycle) in their own households. Reducing the negative health impact of littering on their children and family members is an important message that came out from the survey.



Chart 13: Participant Satisfactory Level in Environmental Management and Sustainability



5. Mental Health Well Being

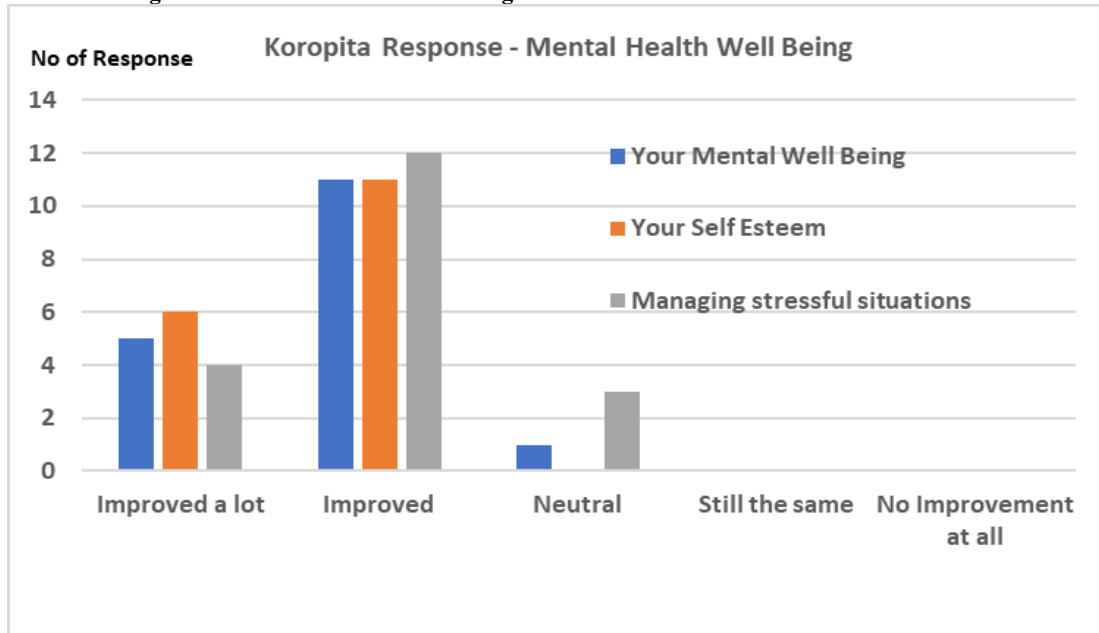
Overall, participants that attended the workshops in Koroipita shared the impact of the four workshops they attended on their mental health well-being. Chart 14 below shows that the majority of the participants found the workshops and new information learnt to have improved their mental health well-being.

Knowledge is power which enabled participants to make better- and well-informed decisions about their situations and what affects them, their family and their community. Workshop on Gender Awareness and Inclusion boosted the self-esteem of young women that attended the workshop and enabled them to know how to manage situations where their safety and their rights are jeopardised.

A key point that was also uncovered through the survey assessment is that 90% of participants confirmed that it is important to share their new knowledge with others in the community, especially to those that have been exposed to gender-based violence.



Chart 14: Change in Mental Health and Well Being



Being aware of their rights, services available to assist them and differentiation of gender roles are some of the points raised through the survey as highlights of new knowledge gained from this workshop.

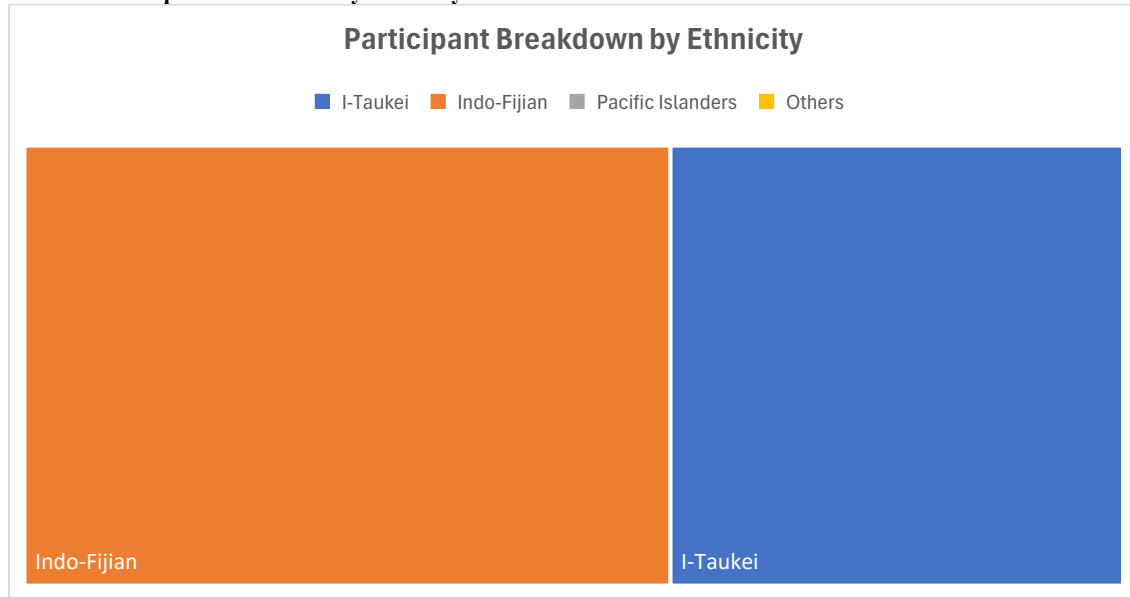
Participants were also able to learn and appreciate new knowledge on parenting and the importance of taking inclusive approach when dealing with their children. All participants showed appreciation of lessons learnt from all workshops delivered as they were able to know how best to manage stressful situations in their lives.

Tomuka Settlement – Survey Summary

A total of 24 participants attended the four workshops (5-8 May 2025) delivered in the Tomuka community. The survey targeted response from all 24 participants that attended the workshop, however only 17 were able to respond to the survey and also one on one interviews. The initial response collected during the field visit was well below the expected number required to effectively analyse the outcome of the workshops so another round of visit to the community was done and it yielded more response reaching 17 at the cut off time of data collection.



Chart 15: Participant breakdown by Ethnicity

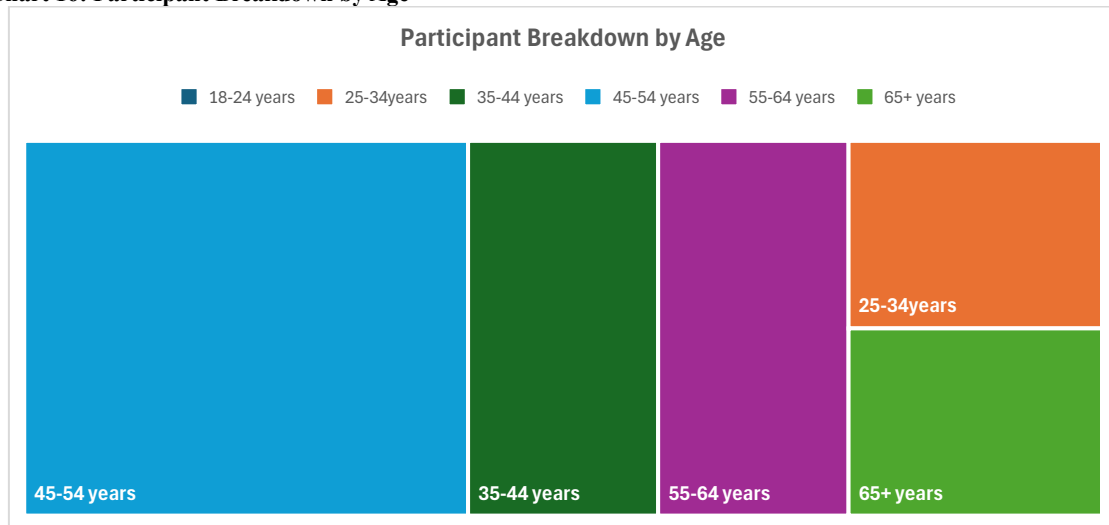


In terms of racial distribution depicted in chart 14 below: 41% of respondents were I-Taukei's whilst the remaining 59% were Indo Fijians.

Looking at the age group of respondents in chart 16, over 70% were above the age group of 45 to 65 years old showing that more elderly residents participated in the 4 workshops delivered in this community. 99% of the participants live with their families and 47% are married with the remaining 43% widowed, single and divorced.



Chart 16: Participant Breakdown by Age



1. Gender Based Violence

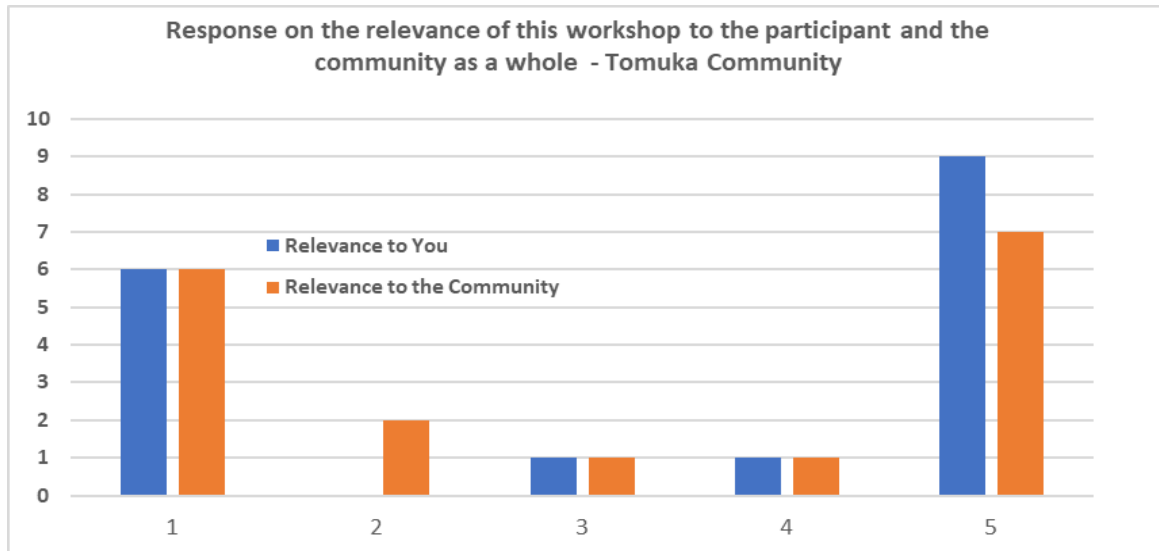
Over 70% of participants indicated that gender-based violence is an issue of concern in Tomuka community. Perpetrators are usually husbands and partners of women that live in the community. 100% of the survey responses indicated that there has never been any workshop or awareness sessions on this topic held in the community, and this presumably is the first one that participants were attending.

On a scale of 1-5 with 1 being the highest and 5 the lowest – participants attending this workshop provided their ratings of the relevance of the workshop to them individually and also to their community as depicted in chart 17 below. Whilst 35% of participants found this workshop to be highly relevant for them as individuals and also for the community, 53% did not find it relevant for them as individuals with 41% noting that this workshop is not relevant for the community.

This analysis could be reflected by the age group of participants attending this workshop with over 70% falling in the age group of elderlies in the community. In Fiji, the elderly retire and stay at home or are looked after by their family members. These elderlies spend very little time participating in community engagements or move around in the community to know what is happening around them.



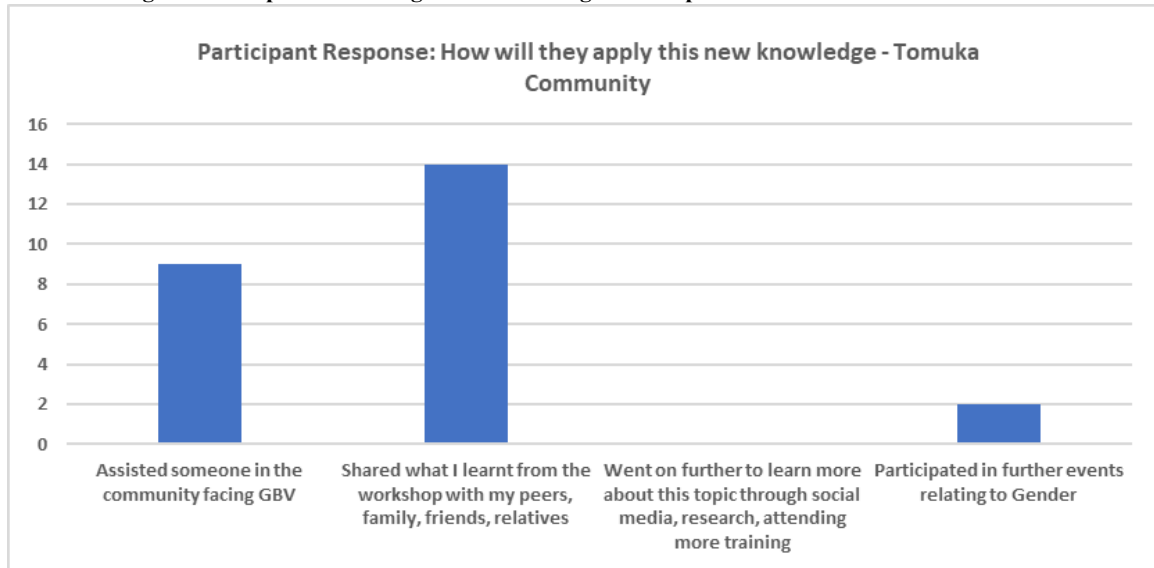
Chart 17: Relevance of Workshop to Participants and their community



After attending the workshop 100% of participants indicated an increase and improvement in their knowledge of the workshop topic and over 90% of the participants indicated that they are now more aware of how to handle, manage and/or report suspicious cases of domestic violence happening in the community. Participants were also able to share their thoughts on the topic with most acknowledging that they are now more prepared to support victims of violence, share their knowledge gained from this workshop to those in their community that are facing this problem and calling authorities when needed to report cases of violence in their midst.



Chart 18: Change in Participant Knowledge after attending workshop

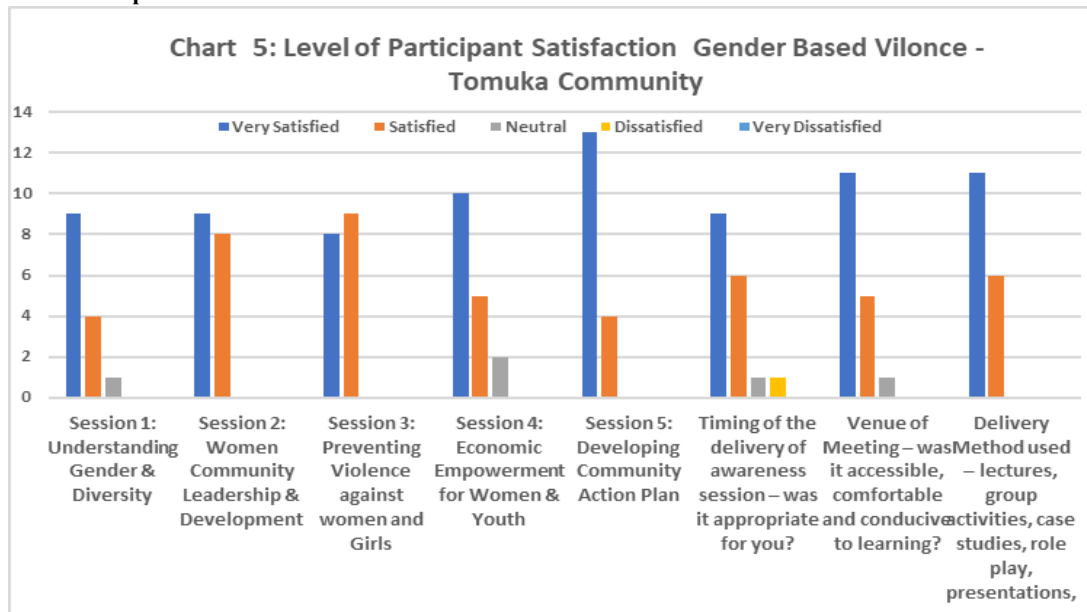


The importance of inclusion was also highlighted in the responses from participants with one stating the need to involve young mothers, couples and men (husbands and partners in this workshop). The following comments were gathered from participants on this topic during the evaluation process.

- *“This workshop enabled me to learn about the different types of violence”*
- *“We need more of this in this area especially to the young couples and to the single moms because of the violence at home and to the neighbourhood especially there's plenty school dropouts”*
- *I learnt that it is important to help others (regardless of religion) in GBV. Unity is very important in community to fight GBV”.*



Chart 19: Participant Satisfaction Level



Overall, as depicted in chart 19 above, the majority of the participants were very satisfied with the topics covered under the workshop and found the timing of the delivery, workshop content and the delivery method used to be very effective and efficient. In interviews conducted with participants – most responses received were very positive on the delivery of the workshop.

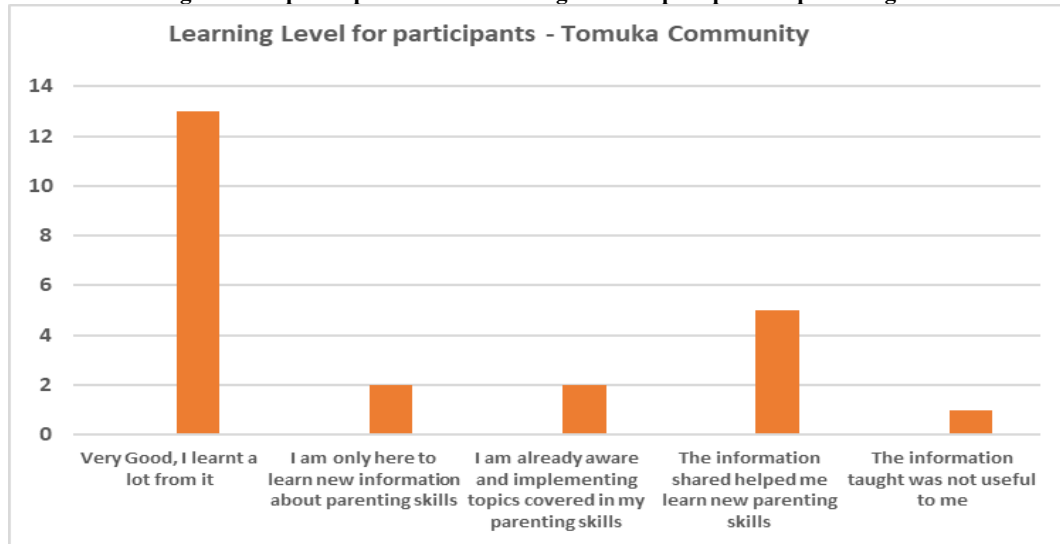
2. Positive Parenting

When asked if they found the positive parenting workshop useful and relevant, all participants confirmed that they learnt a lot from this workshop.

The workshop provided additional knowledge to young parents present on how best to manage their relationships with their children. It also enabled all participants that were struggling with the relationship with their children that parenting is a two way approach where as parents they also need to listen to their children and understand what they are going through.

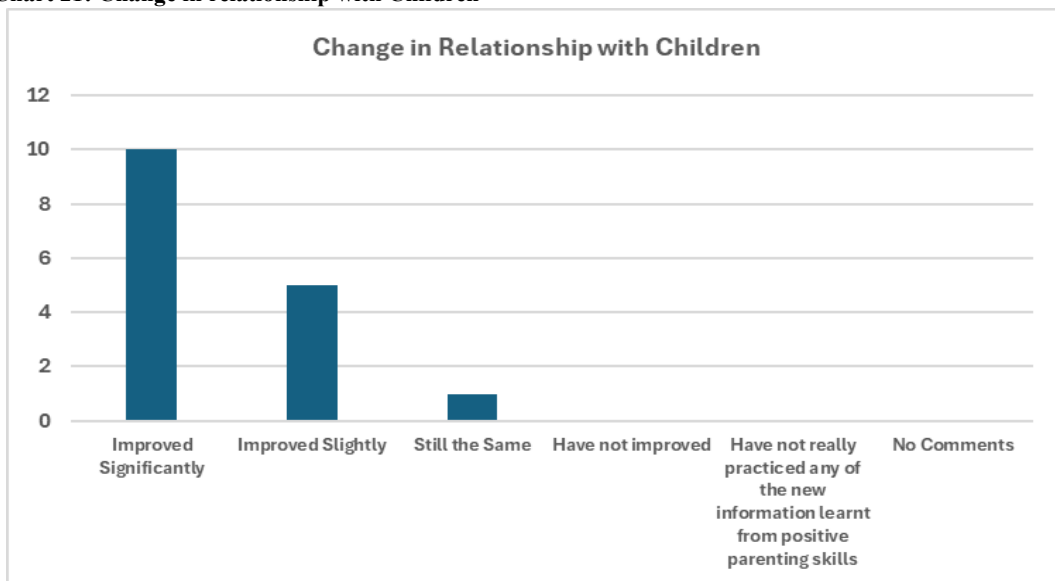


Chart 20: Learning Level of participants after attending workshop on positive parenting



Majority of the participants confirmed that the workshop was very useful for them as depicted in chart 20 above.

Chart 21: Change in relationship with Children



Almost all parents with children between the ages of 1 to 21 confirmed as depicted in chart 21 that they have noted a significant improvement in how they handle their relationship with their children after attending the workshop.



The interview with participants saw suggestions put forward to include husbands in this workshop so that they are able to understand best practise to positive parenting. Having sessions for young couples with children was also mentioned to ensure both women and men are aware of their responsibilities and parents. A few notable comments made by participants that attended these workshops are as follows:

- *“I’ve learnt so many lessons from this workshop, it was a great lesson for me because children will always be children it’s me, I’m the problem most of the time due to lack of knowledge and understanding on parenting skills”.*
- *“I have to listen to them Teaching them what is right and wrong. I have learnt to set boundaries”.*
- *I have started to understand my child better and listen to her when she is tells me anything I try to solve her problems if she is facing any. And I got to know that as a parent we should never judge them”.*

3. Substance Abuse

Substance abuse was a key topic of interest to the community and also confirmed by the participants through the survey and the one-on-one interview outcomes. Tomuka is considered a red zone as confirmed by the police department in Lautoka and it is one of the communities that have not received much awareness on issues relating to substance abuse in the past.

All participants confirmed that the workshop was very relevant to them and all those that were interviewed highlighted that it is important to the youths of the community to attend this workshop. An elderly lady interviewed mentioned that the workshops delivered on gender-based violence, substance abuse and positive parenting need to target husbands, young men and boys in the community as they are very much part of these issues.

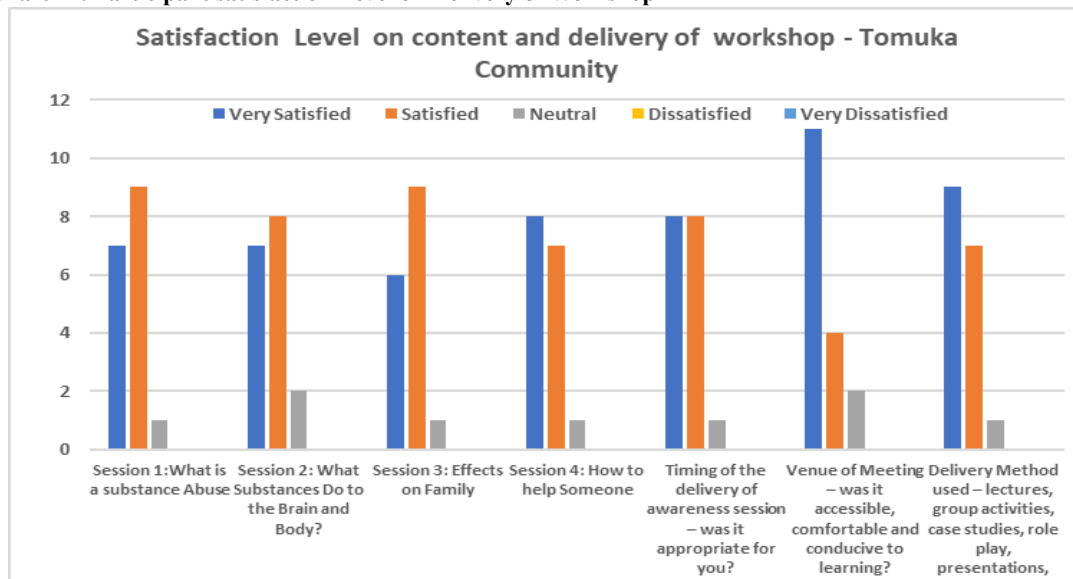
The workshop was helpful in raising awareness on the impact of substance abuse for women that attended the workshop. One of the key highlights for participants was raising awareness of this important issue with their children, family members and their neighbours and lending a



helping hand to victims of substance abuse through emotional support and connecting them to helplines. A few notable comments from participants were gathered from the survey outcomes as follows:

- “This workshop has helped me to know how drugs harm our community likewise kids and teenager by letting them know how to overcome the problem”.
- This workshop has helped me to know drugs is affecting our children. As a community we have to help and let them know help is available to overcome this problem”.
- “Substance Abuse is a major problem in Tomuka and now we know where to find help”.

Chart 22: Participant satisfaction Level on Delivery of Workshop



Overall, chart 22 above shows that participants were very satisfied with the content of the workshop, the timing of delivery and also venue and methods used to deliver the workshop.

4. Environment Management & Sustainability

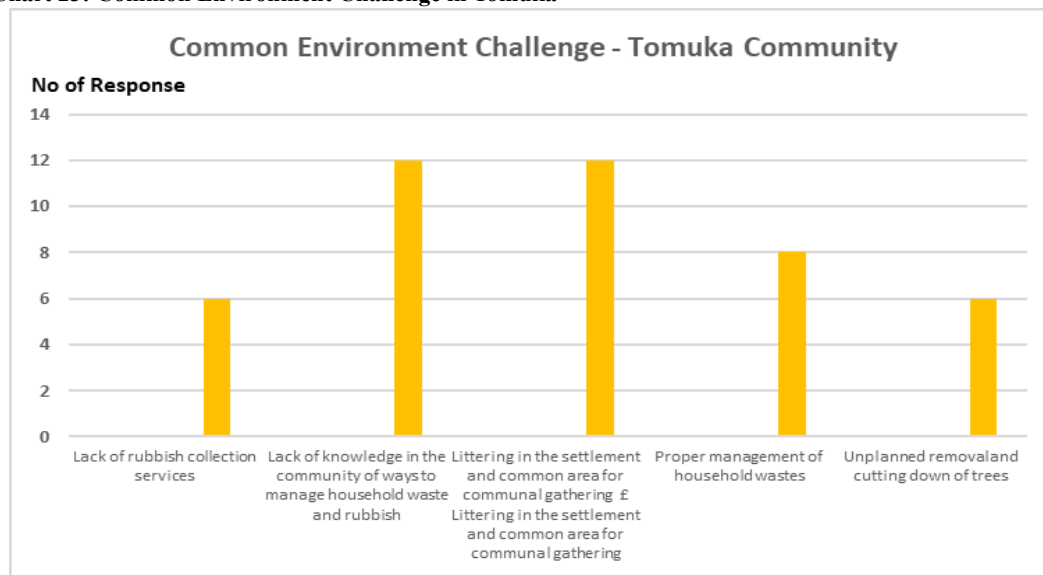
As depicted in chart 23 below – majority of participants attending this workshop highlighted the following two issues as the most common environmental challenges in Tomuka:

1. Lack of knowledge in the community of ways to manage household waste and rubbish.
2. Littering in the settlement and common area for communal gathering.



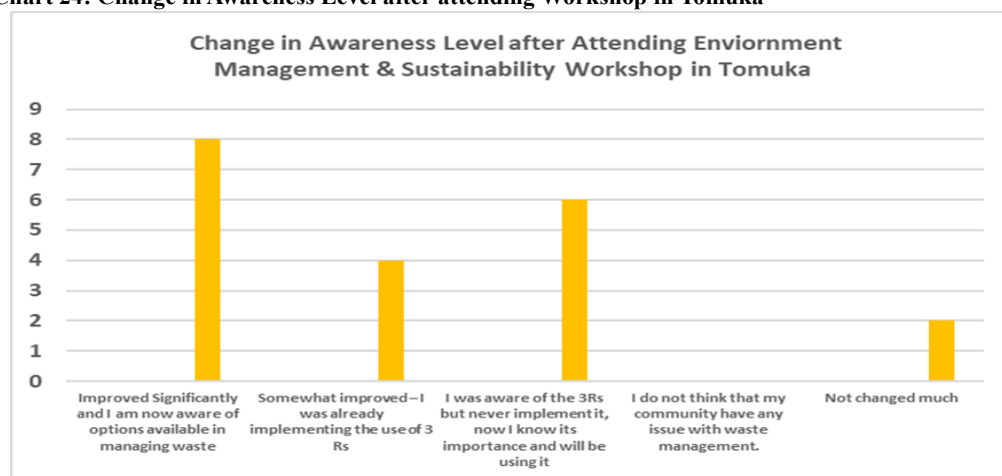
During interviews with participants, the impact of littering on the health and wellbeing of the community especially children was an issue of concern. The workshop needed to be delivered to the community as a whole so that awareness level is increased on the importance of managing personal waste.

Chart 23: Common Environment Challenge in Tomuka



After the attendance of this workshop – the majority of participants as depicted in chart 24 indicated a significant improvement in their awareness level on proper waste management.

Chart 24: Change in Awareness Level after attending Workshop in Tomuka

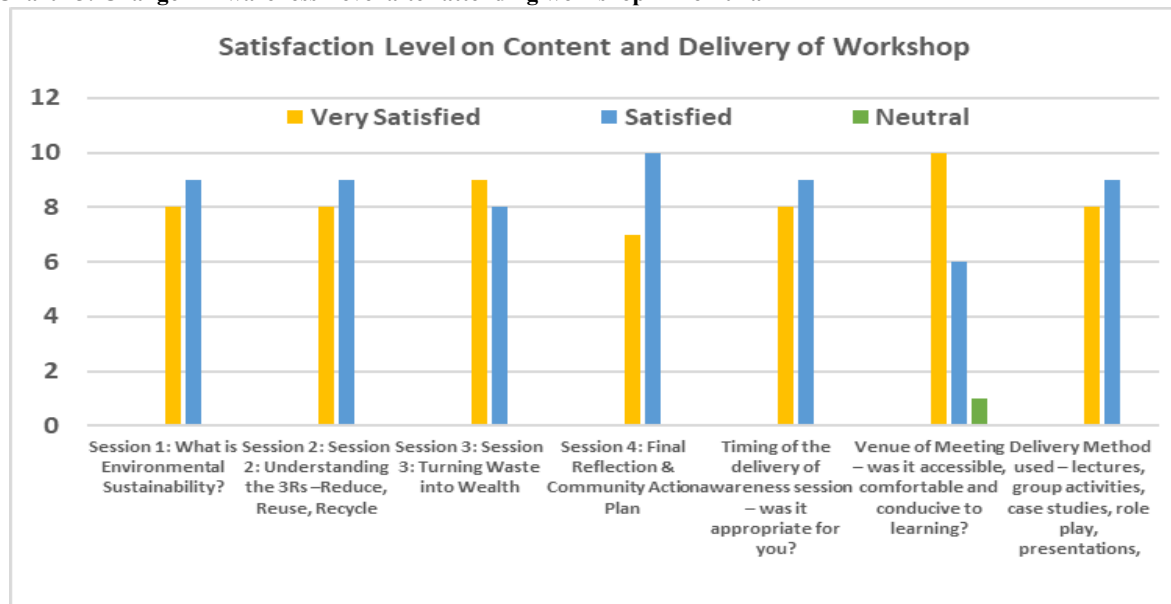




Tomuka is a squatter settlement and rubbish collection is done once a week. Participants discussed the negative impact of littering to the well-being of their children and highlighted the importance of raising awareness to the community on proper waste disposal through this type of workshop.

Overall, as depicted in chart 25 below, almost all participants indicated that they were very satisfied with the content of workshop, the timing of delivery, venue and the methods used to deliver the workshop.

Chart 25: Change in Awareness Level after attending workshop in Tomuka



5. Mental Health and Well Being

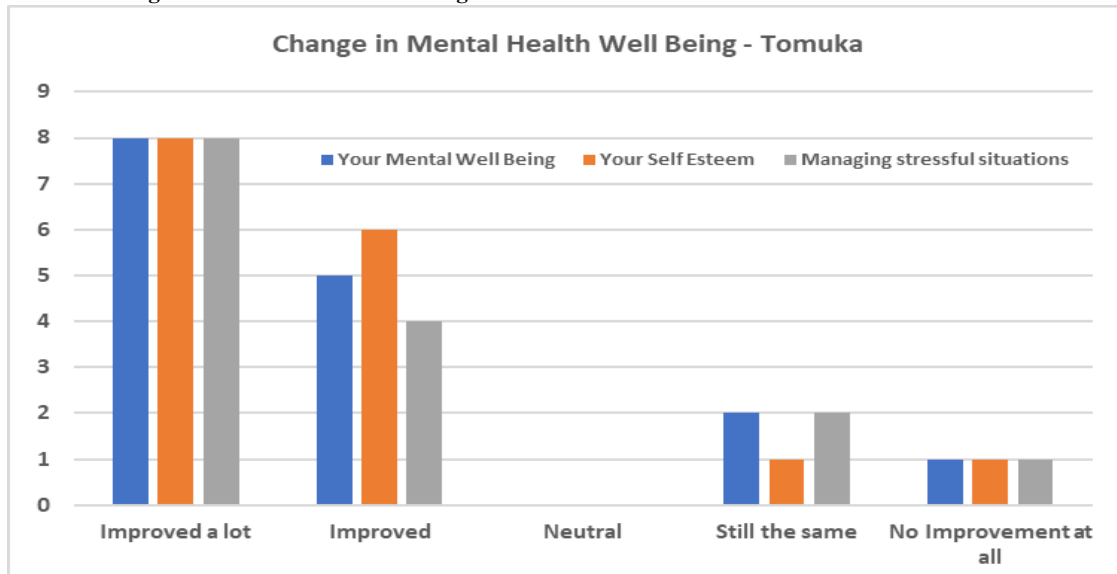
At the end of the delivery of all four workshops, participants were able to express their views and confirm the impact it has had on their mental health and well-being and the improvement in their confidence level.

Most participants shared the change in their self-esteem as their awareness level increased after attending all four workshops. The topic on gender-based violence raised participants awareness on the services that were available for victims of domestic violence. In an interview, a participant shared her opinion on the need to include married and young men in the community on this



awareness session. She highlighted that men are usually the main perpetrators of domestic violence, and they need to be sensitised on the topic of gender-based violence.

Chart 26: Change in Mental Health Well Being in Tomuka

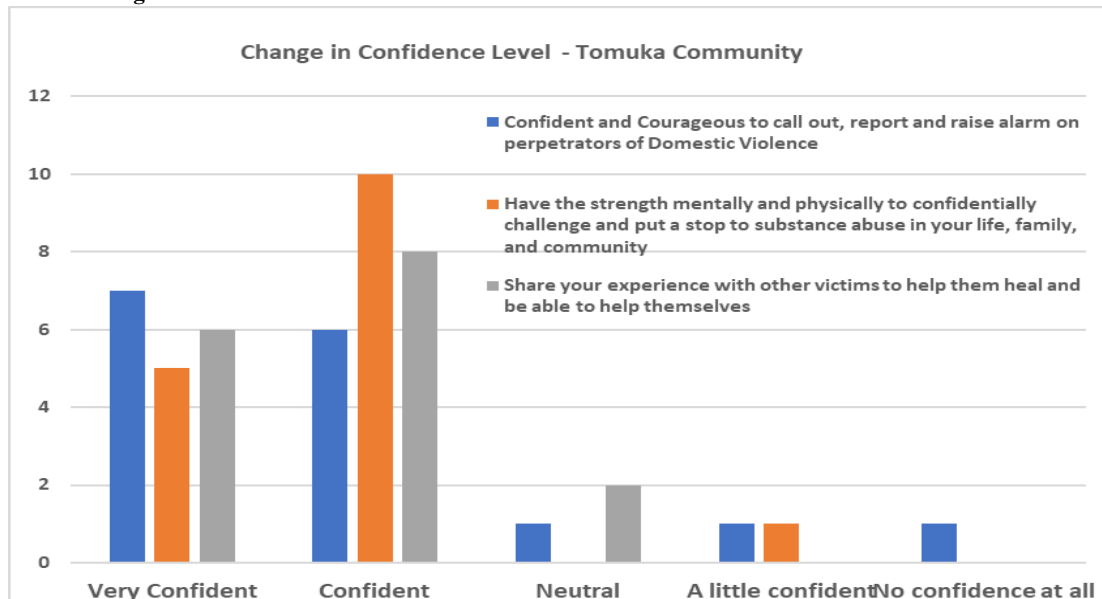


A notable highlight on responses received from participants is the availability of services² that addressed key areas of their lives – domestic violence and mental health support. The positive parenting workshop and substance abuse renewed their alertness level on how they manage their family affairs and their children.

² Counseling services, Health Service, Emergency Call Codes



Chart 27: Change in Confidence Level - Tomuka



It also enabled them to address the impact of substance abuse with their children and also share this information with their neighbours, families and friends. At the end of the workshop a significant change in confidence level was reported by participants. Knowledge is power and, in the workshops', delivered participants were thankful to have gained a lot of knowledge from the four topics delivered. As mentioned by participants from Tomuka, snippets of their comments as follows:

- *"I have used the knowledge that I have learnt to teach my children on the importance of keeping our environment clean."*
- *"Substance abuse is real, and it is a problem in our community, as participant in this workshop we need to raise this awareness to the community as a whole."*
- *"As a parent to young children, the positive parenting workshop helped me realise how important it is to listen to my children and to allow them to speak their mind as well"*

Workshop Delivery

The workshop delivery was analysed using the response of participants to the facilitator's performance and the interview response from participants. A review of the facilitator's reports



(Waqabaca, 2025) was also carried out to gauge the delivery outcome of the workshops and recommendations.

There was a total of 8 workshops delivered in the two project communities – Tomuka and Koroipita. The workshops were delivered by two facilitators – Alita Waqabaca and Fanny Fiteli. Of the 8 workshops – Alita Waqabaca delivered 6 and Fanny Fiteli the remaining 2 workshops. The details of the workshops, timing of delivery and target participants are as shown below.

Koroipita Workshop Details				
	Day 1	Day 2	Day 3	Day 4
Date	14-Apr-25	16-Apr-25	22-Apr-25	23-Apr-25
Topics	Leadership Skills	Positive Parenting	Gender	Environment Management & Sustainability
Facilitator	Fanny Fiteli	Fanny Fiteli	Alita Waqabaca	Alita Waqabaca
Targeted Participants	Block and educational leaders and women	Women, Parents, Block & Educational leaders	Women, Person of different gender & men	Women, Block & educational leaders, men
Tomuka Workshop Details				
	Day 1	Day 2	Day 3	Day 4
Date	5-May-25	6-May-25	7-May-25	8-May-25
Topics	Positive Parenting	Gender Based Violence	Substance Abuse	Environment Management & Sustainability
Facilitator	Alita Waqabaca	Alita Waqabaca	Alita Waqabaca	Alita Waqabaca
Targeted Participants	Parents, Women, Men, Community leaders	Women, Men, Community leaders	Women, Men, Children, Community leaders	Women, Community Leaders, Men

In reviewing the views and opinions of participants to the performance of the workshop facilitators, the two charts below provide the outcome of participants views. Majority of the responses were directed towards Alita Waqabaca's performance as opposed to Fanny Fiteli who delivered two workshops in Koroipita. Five performance indicator questions were posed to participants to gauge the performance of facilitators and their response in the two charts below show that almost all participants in both communities were satisfied with the facilitators:

1. Knowledge on the topic
2. Clarity in presentation made
3. Methods used to deliver workshop content
4. Response time to queries on issues and topics during the workshop
5. Participants comfort and interaction level with the facilitators



Chart 28: Facilitators Performance Tomuka

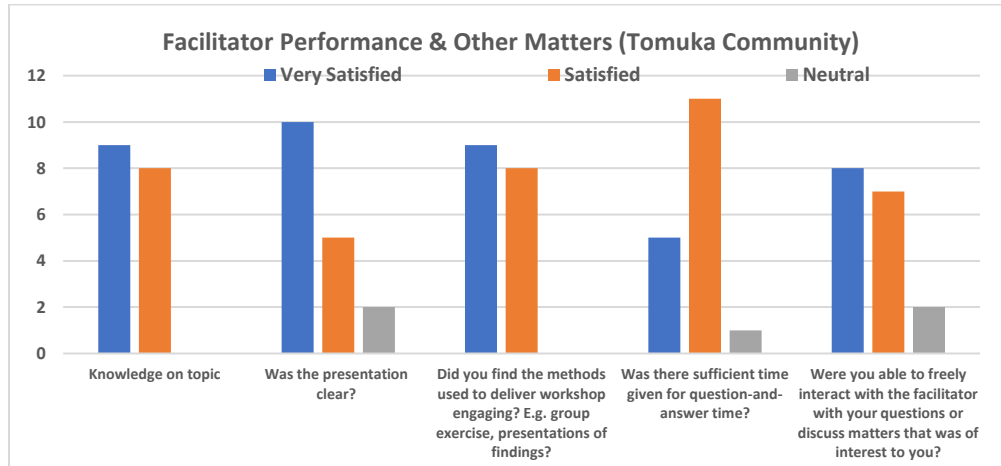
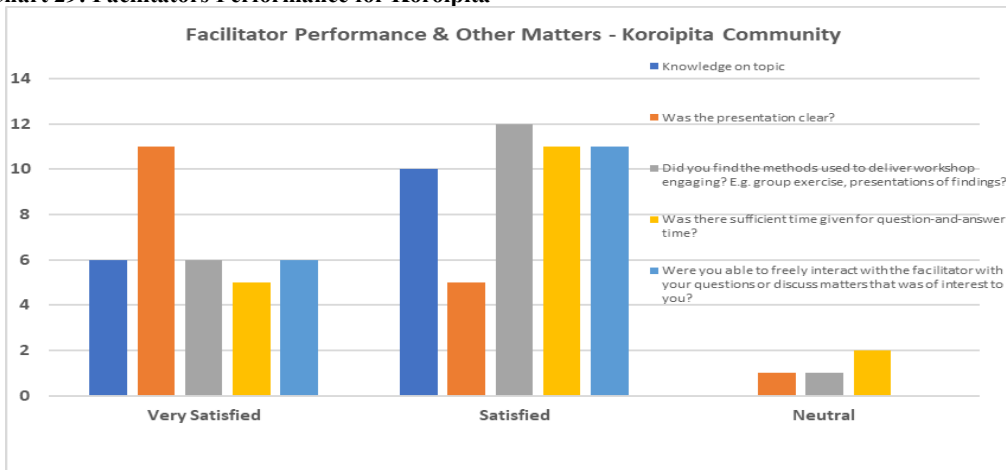


Chart 29: Facilitators Performance for Koroipita



Interviews conducted with participants also included questions relating to their views on the performance of the workshop facilitators and a few of the comments received from the participants were as follows:

The methods that she used was simple and easy to understand.

- “She used her own experience to explain topics during the workshops especially on the topic of positive parenting. This approach made it possible for participants to warm up to her and openly share their experiences as well”.
- “She was well versed with the content of her workshop topics, and it was very nice listening to her share from the depth of her experience and knowledge on the topics”.



- *“She was very friendly and easy to interact with, the methods that she used was very easy to understand and relate to”.*

In reviewing the facilitators report (Waqabaca, 2025) – a few key points were also raised in the report worth noting to be considered in developing future project design.

- The identification of champions (especially women and youth) who could lead on-going awareness sessions and on-going educational activities in the communities.
- The identification of male champions to support shared responsibility at home and in community efforts.
- The need for support services was raised multiple times, especially around drug use, domestic violence, and emotional wellbeing. A clear referral system should be strengthened in partnership with counselling and social support providers to ensure continuity of care after the workshop.
- Follow up visits and sessions to support action plans developed during workshops.
- Partnering with local NGOs and government departments to provide technical support.

Participant Engagement

The target participants varied from one workshop to another with gender related workshops targeting both women and men to attend. However, in the delivery of the 8 workshops – it was noted that 99% were women and 1% were men. There may have been a lack of awareness raised in the initial engagement with the two communities that saw the lack of participation from men.

Based on the outcome of the survey, one on one interview and the review of the facilitators report, it is clear that participants were relatively happy with the methods used to deliver the target message for each topic. The use of group discussions, presentations, development of action plans and sharing of personal experiences were very engaging and allowed participants to effectively learn and also proactively participate in group discussions. The methods used were inclusive in nature allowing all participants to engage with the facilitator and each other freely.

The significant improvement in participants mental health and wellbeing is a strong indicator on the effectiveness of the delivery of the 8 workshops and the methods used which enabled



participants to engage freely and expressing their views and experience to add value to the workshop.

Overall Project Effectiveness

A review of the overall project design and implementation process was undertaken to gauge the overall project effectiveness. The review of project reports, documents, organisation's website and policies was carried out to discover the trend carried out by the organisation in designing, planning, and implementing the project. The following findings were made:

Timeline of Project Implementation

BIRTH Fiji was given a 12-month (01/07/2024 to 31/06/2025) timeline to implement this pilot project. In reviewing the project reports and documents submitted, it was noted that the actual project activities were delivered on the last quarter of the implementation period i.e. April & May 2025, leaving a lapse of 8 months as unaccounted in terms of implementation. The review of the multi-year activity workplan showed that for Quarter 2 and 3 of the implementation periods – the team were collecting and analysing data associated to the outcome of the social survey.

The actual activities that were delivered did not align to the committed activities detailed in the multi-year activity plan therefore making it difficult to effectively report the outcomes of the implemented activities. Reference is made to the table below: **Extraction from Mid-Year Report–Project Achievements** against the table below **Extraction from Multi Year Workplan** for objective 4&5. Although the project committed to delivering activities under these two objectives 4&5, details such as description of activity completed, date and place of delivery were not shown in the **mid-year report on project achievements**.

During the assessment of the overall delivery of workshops – a wellness program was not picked up during the evaluation process as an activity (an output under Objective 4 in the table below) that was delivered in the two communities nor was it acknowledged by the participants who participated in the one on one interview sessions.



Extraction from Mid-Year Report – Project Achievements

Objective 4	Participants attend wellness programs introducing them to self-care tools and methods	Activity 4.1.1 Conduct an impact assessment to measure outcomes against initial goals.			
Objective 5 Baseline established to inform activities three- project design	Project evaluation conducted	Activity 5.1.1 Develop feedback mechanisms to regularly assess and improve service delivery.			
		Activity 5.1.2 Conduct mid-term and end-of-year evaluations to measure progress against baseline data.	Mid-term progress evaluation on Koroipita baseline data	30 Jan 2025	BIRTH Fiji Office, Lomolomo

Extraction from Multi Year Workplan

Objective (from LogFrame)	Output (from LogFrame)	Activity	Year 1 Activities			
			Q1	Q2	Q3	Q4
Objective 4 Women and girls can apply self-care techniques to better manage their mental wellbeing	Participants attend wellness programs introducing them to self-care tools and methods	Activity 4.1.1 Conduct an impact assessment to measure outcomes against initial goals.				X
Objective 5 Baseline established to inform activities three- project design	Project evaluation conducted	Activity 5.1.1 Develop feedback mechanisms to regularly assess and improve service delivery.				X
		Activity 5.1.2 Conduct mid-term and end-of-year evaluations to measure progress against baseline data.				X

It is going to be very important when developing the next phase of this project that the design is carefully crafted to ensure that all phases and commitments are aligned and produce meaningful outcomes.

Design of the project logical framework

The logical framework did not provide a clear flow and linkage of the project's objectives, its outputs, and the anticipated results. Designing the logical framework well will ensure that there is a flow in the designing, planning and delivery of activities to the intended recipients. The lack of



a clear flow and synergy between the objectives set out in the logical framework may have contributed to the lack of clarity in how the actual activities were delivered. For example, output 4 and 5 below is extracted from the project design document.

There is clear lack of logical flow in the current structure of the logical framework. The logical framework must provide a clear, hierarchical overview of a project's objectives, activities, and anticipated results, along with indicators for measuring progress, methods for verification, and a list of necessary assumptions or risks. This structured approach enhances accountability and ensures projects are well-designed with measurable objectives.

For example:

1. The project included its social survey assessment process as objective 1 and its reporting process as objective 5 in its logical framework. The social needs assessment should not be included as an objective as it is an activity that is carried out prior to the development of the project design and information collected from this process should help inform and guide the development of the project's logical framework. Similarly, the reporting process included as objective 5 is an activity that occurs after the implementation process. It should not be included as an objective under the logical framework.
2. A clear logical flow is noted from objective two, three and four – however there is more work required to structure and define its outputs properly and its linkage to its target indicators, mean of verification and assumptions. Example, the target indicator for output 3.2 under the logical framework states, “increased use of support services” with a means of verification stating, “change stories” and referral agency records”.

Extracted from Project Logical Framework

Output 3.2 (for Objective 3)	Target Indicators	Means of Verification	Assumptions
Community members using referral and other support services	Increased use of support services	Referral agency records Change stories	Community members may have differing levels of awareness about the availability and purpose of referral and support services.

Target indicators should be measurable, and its means of verification should be realistic and attainable. It is important to note that if the referral agency records are not from the BIRTH Fiji,



then it would become difficult to obtain this information from other referral agencies as they would treat it as confidential information.

3. A lack of clear flow and link between the objective and the output is noted in objective 3 below – the output needs to clearly indicate how it aligns to the objective – for example, the output could read as “Conduct awareness session to introduce women and girls to support services available”, target indicators can read as “75% of attendance to workshop and No. of awareness session delivered” and means of verification can read as “Pre and Post Survey, Interviews, Workshop Reports”

Extracted from Project Logical Framework

Objective 3	Target Indicators	Means of Verification	Assumptions
Women and girls have ability to access support services	Increased use of support services	Referral agency records Change stories	Women and girls are aware of the existence of support services and know how to contact or approach them.
Output 3.1 (for Objective 3)	Target Indicators	Means of Verification	Assumptions
Workshops delivered based on social needs analysis to participants	20 direct participants in each settlement	Data collected from surveys Focus group discussions and interviews with community members	Community members actively participate in awareness and prevention programs leading to shifts in attitudes.

The lack of a clear flow and synergy between the objectives set out in the logical framework may have contributed to the lack of clarity in how the actual activities were delivered. This is an area that team may need to focus on and ensure that it is clearly defined and set up in the next project design phase.

Analysis of Social Assessments Findings and Data Collection Process

A review of the social needs assessment outcome revealed the use of a **sampling method** to obtain data from the two pilot communities – Tomuka and Koroipita. The two project communities have an estimated population of 1,740 for Koroipita and an estimate of over 2,000 for Tomuka. The sample size used for Koroipita was 200 whilst in Tomuka only a sample of 50 were used.

To define the sampling method, it is a technique used to select a subset of individuals (a sample) from a larger group (a population) to study and draw conclusions about the entire population. Essentially, it's a way to gather information about a whole group by examining only a smaller part of it. There was no clarity in how the sample were chosen and whether it represented every group existing in these two communities. The workshop information submitted indicated



that the target groups to attend workshops were to include men however the final participants were mainly women of the two main ethnicities existing in the two communities – I-taukeis and Indo-Fijians. It is understood that the projects main target groups are women however it is also important to note that when planning for topics of interest to the community – it must also account for the community as a whole.

There was also no mention of any collaboration with relevant government departments responsible for providing oversight for informal communities when undertaking this social assessment or any other NGOs who have worked in this space. The outcome of the interview in Tomuka revealed that the workshop on substance abuse would've been more useful to vulnerable youth, young men and women in the community. Similarly for the gender-based violence workshop, most participants recommended that men should also be encouraged to attend this workshop as they are known to be perpetrators of domestic violence.

Collaboration with External Stakeholders

The project design document identified a group of external stakeholders for the project to collaborate with in order to deliver project activities. The stakeholder list includes government departments, non-government organisations, community members and associations. Whilst undertaking data collection from the community, it was noted that the project had not collaborated with any government departments or any other NGOs working in the same space in the delivery of its activities to the two communities. A visit made to the police department, and the DOs office was interesting in that they were not aware of this project being implemented by BIRTH Fiji in these two communities. This matter was also raised in the workshop facilitators training report as a recommendation. Collaborating with key stakeholders especially government department is essential because it brings together diverse perspectives and skills, leading to more creative solutions and better outcomes. The inclusion of government departments responsible for managing the affairs of informal and disadvantaged communities ensures that the project is enlightened on the background of the community before it moves in to undertake its assessments. Building networks with them ensures ease of access to information and services.

Strengthening Referral Pathways



In an interview with one of the participants from Tomuka, it was noted that she was a victim of domestic violence judging from her response during the interview. Her participation in the workshop gave her a new breath of fresh air as the information learnt from the workshop on gender-based violence provided her with more information that will help her manage her situation better. The workshop facilitator's report also raised the need for support services multiple times, especially around drug use, domestic violence, and emotional wellbeing. A clear referral system should be strengthened in partnership with counselling and social support providers to ensure continuity of care after the workshop.

Resourcing of project staff to undertake project activities effectively in the community

This is key to a successful delivery of activities in the communities. Noting from the field visit undertaken in the two communities, project staff were not able to continuously provide support particularly for Tomuka community as there was a need to collect more data. Unfortunately, the team may have not been able to do this due to lack of resources such as transport to do so. An interview conducted also in the same community uncovered a participant that have been exposed to violence, yet no immediate advice or support was provided to the participant at the time of the delivery of this workshop. For every project to run smoothly, it is very important to ensure that those project staff that work with the communities are appropriately resourced so that they are able to carry out their tasks successfully and are also able to meet the needs in the community as and when required.

Diversifying the target groups under the project with women to remain as the main focus whilst other groups in the community is also considered.

BIRTH Fiji is an NGO that focuses on counselling and providing mental health support with women as its core target group. The initiative to go out into the community under this project is an excellent one as it focuses on raising awareness on important issues that are affecting disadvantaged communities today. It is also a well thought out plan that will bring them closer to identifying vulnerable women, men, youth, elderlies, and children that need counselling and support on mental health and well-being. This is a proactive approach to taking its service to the



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community instead of waiting for the community to come in and access their service. It is also an initiative that ensure the poor and disadvantaged have direct access to knowledge and services that would otherwise be inaccessible to them. Given that BIRTH Fiji focuses on supporting women under this project – it may also need to consider reconstructing its project model to include the community as a whole and with women to remain as their main target participants. This approach will ensure inclusivity and also garner the support of families and community members of women that will be supported by the project.



Conclusion and Recommendations

At the end of the evaluation process, there were a few points that were identified as being important as follows:

Scoping of new project sites

The scoping of new project sites is a task that will need to be carried out again in the second phase of this project. Much has been identified and discussed above relating to the outcome of the social survey undertaken in the two communities and also the lack of involvement from relevant stakeholders on the identification of new project sites. There was no clear process noted during the review on steps taken to identifying project communities. For example – Tomuka is a huge community and when visit was made to the DOs office and the Police Station at Tomuka to seek information about the community – there was no response from these two stakeholders as they were not aware of the work that BIRTH Fiji was carrying out in the two communities. It is essential that important stakeholders such as these two government departments are involved as they will provide much needed information and guidance to the project on the status of the communities. Also, when faced with challenges in the communities they can be reached to provide assistance.

Recommendations

1. The project may need to consider Tomuka as a community of interest in its next phase. During the interviews with participants from Tomuka – a key point that came out is that Tomuka is a huge community that have remained neglected for years. Moreover, it is considered a red zone in Lautoka and there has not been much assistance provided to them. It will be good if consideration is given to running more workshops to other parts of this community;
2. The project will need to undertake a stakeholder mapping exercise to include its external stakeholders mainly government departments that work with informal community and women. There is also a need to include representatives from other NGOs that the organisation works with to ensure a wide range of ideas and advice is accessible to the team;



3. If needed a formation of a small committee of close stakeholders can be set up and it is this committee that will provide guidance and advice to the team on their community scoping exercise;
4. The advice and/or outcome of meetings with stakeholders should then be used to help the team develop and set up its plans moving forward. It should be noted that these stakeholders are needed to inform the project on how they could plan and manage their activities. They will contribute their views and opinions not direct and/or dictate how the project should work; and
5. There is also a need to develop a steering committee made up of key partners and stakeholders who will be able to steer the project forward and hold it accountable for the delivery of its activities including the approval give to the report of recommendation that will come from the team after the project communities are identified through a detailed scoping exercise.

Strengthening existing partnership and building new relationships

Collaboration is important as it promotes sharing of ideas, support in terms of implementing similar initiatives, securing funding, sharing technical expertise and garnering support from society and stakeholders. During the evaluation exercise it was revealed that the project has been working in isolation since its inception. Contacts made with external stakeholders was not successful and for those that responded, it was clear that they were not aware of the project and the activities it was delivering in the two communities. Leading up to the next phase, the project should consider the following recommendations.

Recommendations

1. The project needs to build and strengthen its relationship first and foremost with key stakeholders such as the Ministry Women, Children and Poverty Alleviation, Police Department, Ministry of Health and DOs Office. These organisations play a lead role in the management of key issues covered under the project;
2. As part of its planning process – the identification of its key stakeholders and their role in the project must be reviewed and strengthened. A stakeholder plan has been developed in the current phase and this should be revisited, updated and reviewed every now and then;
3. The project to mobilise resources and build network for the project.



Strengthening the project design document for the next phase

The project design document is the key document that guides the project through the delivery of the project activities. As identified and discussed in the findings above, there is a lot of work that needs to go into developing the design document for the next phase of the project. Noting for the review exercise, the project team acknowledged that working with the donors' reporting requirements is new for the organisation and the team and that they are doing their best to provide information as and when required. To ensure this matter is resolved in the next phase, the following recommendation is provided to the team for their consideration:

Recommendations

1. The team will require assistance in developing their design document for the next phase of this project and this will require either the donor or a consultant to provide guidance to the team. The review of the current design document shows that ideas are there in the design document however they need to be developed further and placed in an orderly fashion that helps readers understand what the project is about; and
2. As the organisation expands beyond its core roles in providing counselling and mental health support for women in the community, it will also need to ensure that the core project management team undergoes various training on project management, financial management, project reporting, MnE to ensure that they have the capacity to accurately report against their commitment in their project design document and yearly plans.

Reconstructing the project model to account for the need of the community as a whole

BIRTH Fiji's target group are vulnerable women and their main objective is to provide them with counselling and support on their mental health and well-being. The delivery of its activities in the two project communities exposed the need to venture beyond focusing on women's needs alone and looking into providing services for the community as a whole.

The outcome of the responses to the survey carried out with participants in the two communities showed that the women who attended the workshops highlighted that the topics covered were relevant to their communities however it needs to include their husbands, other males in the



community, youths and people with disability. Providing services specifically for women can remain as the core objective of the project and it can add on other activities that focuses on building capacity for the specific groups in the community or for the community as a whole. To ensure this matter is resolved in the next phase, the following recommendation is provided to the team for their consideration:

Recommendations

1. The development of training programmes should be clearly defined in that it should identify trainings that are specific to its core target groups – women and develop other workshops and awareness programmes that can be specific for certain groups in the community or for the community as a whole;
2. Include programmes for champions in the community who will take on the role of leading the project initiatives. These champions can include community leaders, youth leaders and those that can give their time in taking on these roles. This approach will also help sustain the initiatives of the project in the community in the long run when the project is completed;
3. To ensure sustainability and lasting impact, consideration should also be given to the inclusion of workshops that build community members ability to be self-sufficient. Noting from the initial social survey outcomes – financial management, income generating workshops and business skills also topped the list in terms of topics that the communities were interested in; and
4. To develop these workshops – it will require the organisation to network with relevant organisations that provide these services – for example, ANZ run money minded trainings to remote rural communities, Ministry of Commerce provides advise on setting up business ventures, Ministry of Agriculture provides advise of farming opportunities as a business and so on.

Strengthening Referral Pathways

The need for support services was raised multiple times during the workshop, especially around drug use, domestic violence, and emotional wellbeing. This matter was highlighted by the workshop facilitator in her report and it was also picked up during the evaluation process when



undertaking interviews with participants. The needs for referrals may differ for participants and so it is important that the organisation ensures that it maps out a clear referral system in partnership with counselling and social support providers to ensure continuity of care after the workshop. To ensure this matter is resolved in the next phase, the following recommendation is provided to the team for their consideration:

Recommendations

1. The team can review the facilitators' report and specifically identify the needs for referrals from participants and then set up a referral system that can be part of its future workshops; and
2. This process may require the team to identify the type of needs that will arise based on the type of topics it plans to deliver to the community. For example, when delivering a workshop on domestic violence – there are various needs that will arise as a result of participants becoming informed. Domestic violence will require intervention from the Ministry of Health, Police department, Ministry of Women, Counselling and Social Services, Legal Aid. The team will need to build network with these stakeholders and develop a referral system which can then be used to backup workshop facilitators.

Resourcing of Project Staff to undertake project activities effectively in the community

The project team need to be properly resourced when carrying out project activities in the communities. Their well-being and safety should be paramount to the project and ensuring that they have the means and gadgets to assist them capture, record and gather information in the community should be a priority.

To ensure this matter is resolved in the next phase, the following recommendation is provided to the team for their consideration:

Recommendations

1. Funding should be allocated in the purchase of equipment – laptops, cameras, recorders etc to equip the team when travelling in the community to manage project activities;



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2. Funding should also be allocated for transportation, emergencies and communication to allow the team to move around with ease and continue to connect with the office on matters of urgency;
3. Training should also be included as part of a capacity building program for the team to help equip them with new knowledge and ideas of better managing the project activities. Training in the area of project management, financial management, report writing, MnE are some of the areas that could be explored by the team.



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ANNEXES

Annex 1: Photos of Data Collection from the two communities – Tomuka & Koroipita





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Annex 2: Interview Questions – One on One Interview.

Purpose of Questionnaire

At the end of every project – a monitoring & evaluation exercise is undertaken to gauge the performance of the project at various project sites.

BIRTH Fiji Community Strengthening Program is now going through a monitoring & evaluation process and as part of this process primary participants are interviewed. This interview is basically undertaken to gauge the participant's views and opinions of the project intervention in their lives and wellbeing.

The information that you provide in this interview will enable the development of the evaluation report that will be compiled and submitted to BIRTH and the donor for this project. It will help shape and improve the delivery of future projects to other communities.

Privacy & Confidentiality

The information that you provide in this questionnaire will be treated with confidentiality and right to your privacy will be respected and upheld with due care. Any use of this information outside the ambit of this research will be treated with utmost care to ensure that your privacy is protected at all times.

Involvement of Children and Young People

In the case where children and/or young people are involved – parents and guardians consent will be required before the questioning or interview is administered. It should be at the discretion of the researcher to ensure that the privacy and safety of children is considered first before any interview takes place. Note – (Under the age of 18 is considered a child, and 19–24 is considered a young person)

Consent to Use results of Interview

I wish to confirm that I **have read and understood** and or **the purpose of this questionnaire has been read and explained to me by the researcher** and I fully agree that the outcome of my response be used for the purpose that it is intended for.

Date:

Signature:



Questionnaires – Monitoring & Evaluation Exercise for BIRTH Fiji Community Strengthening Program

1. State your name and your age?
2. Can you please tell us a little about your background i.e. family history and you personally?
3. How have you personally benefitted from the workshops (GBV, Positive Parenting, etc.) delivered under the project?
4. Which workshop would you consider as a life changer for you and why?
5. Which workshop would you consider less important and appealing to you and why? example – Positive Parenting, Gender Based Violence, Substance Abuse, Gender Awareness, Leadership, Environment Awareness & Sustainability, Gender Awareness and Inclusivity?
6. Were your family supportive of your participation in this workshop?
7. How have your relationship with your family changed with all that you have learnt from this training. Rate it from 1 to 5 – 1 being highest and 5 being lowest?
8. How do you see your standing in your community now that you have been enlightened through the various workshops that you have attended under the project?
9. Do you think you have gained sufficient confidence and awareness on issues affecting women's life in a community setting such as yours? Also rate your confidence level from 1 to 5 – 1 being most confident and 5 being least confident?
10. Do you think that the services delivered by BIRTH Fiji should be replicated in other communities? Why and Why Not?
11. Will you be using the knowledge that you have gained from your participation in this project to improve your livelihood? If yes, what type of support would you require to enable you to do this?
12. Do you see yourself as an advocate in your community on the various topics that you have learnt through the workshop? Example. GBV Advocate, Substance Abuse, Positive Role Model for Parents etc.?
13. If you were to rate the delivery of the workshops delivered by the Project team on a scale from 1 – 5 (1 – excellent, good, satisfactory, poor, very poor), what would your rating be and why?
14. How do you rate the performance of the training facilitators on a scale of 1 to 5 – 1 being the best and 5 being the worst?
15. Are there any area of improvement to the delivery of the training that you would like to highlight and which ones would they be?



Annex 3: Survey Questions – Tomuka and Koroipita Settlement.

Survey: Evaluation

BIRTH Fiji Community Strengthening Program

Koroipita Community

Please tell us a little information about yourself. This information is anonymous and does not require any identifying information.

Section 1: Demographic Information

1. Age: _____ Name: _____

18-24 years	25-34years	35-44 years	45-54 years	55-64 years	65+ years

Race:

☐ I-Taukeis

☐ Indo-Fijian

☐ Pacific Islander

2. Gender:

☐ Female

☐ Non-binary

☐ Other

☐ Male

☐ Transgender

☐ Prefer not to say

3. Disability Status:

☐ Yes

☐ No

If yes, specify type of disability

4. Current Living Situation:

☐ Alone

☐ With Family

☐ With Partner

☐ Institution

☐ Shelter

☐ Other



5. Marital status:

- ☐ Married ☐ Divorced
☐ Single ☐ Widow
☐ Other

6. No# of children in the household

Section 2: Gender Awareness and Inclusivity

1. Did you attend the Gender Awareness and Inclusivity workshop conducted by BIRTH Fiji on the 22 April, 2025?

- ☐ Yes ☐ No

2. Have you attended or have been exposed to any gender awareness & inclusivity program, workshop before?

- ☐ Yes ☐ No

3. Have there been any other similar Gender Awareness & Inclusivity workshops/programs delivered in your community in the past?

- ☐ Yes ☐ No

If yes, please identify which other organisation delivered it and did you also attend it?

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4. On a scale 1 to 5 – 1 being the highest and 5 being the lowest – can you rate the relevance of the workshop content on Gender Awareness & Inclusivity delivered by BIRTH Fiji to you and to your community?

You as an individual

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To your community

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5



5. Has your knowledge and awareness level improved after attending the Gender Awareness & Inclusivity workshop?

☐ Yes

☐ No

If yes, in what ways?

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If no, please tell us why and how we can improve and/or add on to this workshop?

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6. After attending this workshop, are you confident enough to raise awareness on gender quality and equity in your community?

☐ Yes

☐ No

7. Were you satisfied with the delivery of the workshop i.e. the topics covered, the place and time of delivery, the delivery method. Please tick the appropriate box indicating your level of satisfaction.

Gender Based Violence	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Topics Covered					
Session 1: Understanding Gender & Diversity					
Session 2: Womens Community Leadership & Development					
Session 3: Preventing Violence against women and Girls					
Session 4: Economic Empowerment for Women & Youth					
Session 5: Developing Community Action Plan					
Timing of the delivery of awareness session – was it appropriate for you?					
Venue of Meeting – was it accessible, comfortable and conducive to learning?					



Delivery Method used – lectures, group activities, case studies, role play, presentations,					
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8. Have you been able to apply what you have learnt from this workshop to your daily live? Tick the appropriate boxes.

- ☐ Assisted someone in the community facing GBV
☐ Shared what I learnt from the workshop with my peers, family, friends, relatives
- ☐ Went on further to learn more about this topic through social media, research, attending more training
☐ Participated in further events relating to Gender

Add more responses

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Section 3: Positive Parenting

1. Did you participate in the Positive Parenting workshop held on 16 April, 2025?

- ☐ Yes ☐ No

2. Do you have any children? Under what age group do they fall under?

- ☐ 1 = 5 years old ☐ 6 – 17 years old ☐ 18 – 21 years old

3. Did the workshop on positive parenting added value to your existing parenting skills

- ☐ Yes ☐ No

4. How would you rate the delivery of the positive parenting workshop?

- ☐ Very Good, I learnt a lot from it
☐ I am only here to learn new information about parenting skills
☐ I am already aware and implementing topics covered in my parenting skills
☐ The information shared helped me learn new parenting skills



☐ The information taught was not useful to me

5. Was the workshop on positive parenting relevant to your situation and have you been able to apply what you have learnt to improving your parenting skills?

☐ Yes

☐ No

6. Were you satisfied with the delivery of the positive parenting workshop i.e. the topics covered, the place and time of delivery, the delivery method. Please tick the appropriate box indicating your level of satisfaction.

Positive Parenting	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Topics Covered					
Session 1: Understanding Our Children					
Session 2: Parenting with Love and Boundaries					
Timing of the delivery of awareness session – was it appropriate for you?					
Venue of Meeting – was it accessible, comfortable and conducive to learning?					
Delivery Method used – lectures, group activities, case studies, role play, presentations,					

7. How have your relationship with your children changed since attending this workshop and practicing some of the new parenting skills.

☐ Improved Significantly

☐ Improved Slightly

☐ Still the Same

☐ Have not improved

☐ Have not really practiced any of the new information learnt from positive parenting skills

☐ No Comments

8. Can you describe if there has been any positive change in your relationship with your children after attending and implementing what you have learnt from this workshop?

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Section 3: Environment Management & Sustainability

1. Did you participate in the Positive Parenting workshop held on 23 April, 2025?

☐ Yes ☐ No

2. What are some of common environmental management challenge in your community?

☐ Lack of rubbish collection services

- ☐ Lack of knowledge in the community of ways to manage household waste and rubbish
- ☐ Littering in the settlement and common area for communal gathering
- ☐ Proper management of household wastes
- ☐ Unplanned removal and cutting down of trees

3. Do you think disposal of wastes that affect communal well-being is a problem in your community?

☐ Yes ☐ No

If yes, why?

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4. After attending the Environmental Management & Sustainability workshop, how have your views on managing wastes & rubbish changed?

- ☐ Improved Significantly and I am now aware of options available in managing waste
- ☐ Somewhat improved – I was already implementing the use of 3 Rs
- ☐ I was aware of the 3Rs but never implement it, now I know its importance and will be using it
- ☐ I do not think that my community have any issue with waste management.
- ☐ Not changed much



5. Have you been able to apply what you have learnt from the Environmental Management & Sustainability workshop to your life and also your family?

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6. Were you satisfied with the delivery of the Environmental Management & Sustainability workshop i.e. the topics covered, the place and time of delivery, the delivery method. Please tick the appropriate box indicating your level of satisfaction.

Environmental Management & Sustainability	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Topics Covered					
Session 1: What is Environmental Sustainability?					
Session 2: Session 2: Understanding the 3Rs –Reduce, Reuse, Recycle					
Session 3: Session 3: Turning Waste into Wealth					
Session 4: Final Reflection & Community Action Plan					
Timing of the delivery of awareness session – was it appropriate for you?					
Venue of Meeting – was it accessible, comfortable and conducive to learning?					
Delivery Method used – lectures, group activities, case studies, role play, presentations,					

Section 4: Leadership

1. Did you participate in the Leadership workshop held on 14 April, 2025?

☐ Yes ☐ No



2. Was the training useful to you?

- ☐ Yes ☐ No

3. After attending the Leadership workshop, how have your views changed on the topic of leadership?

- ☐ Improved Significantly
☐ Somewhat improved
☐ Neutral
☐ I do not hold any leadership positions but this will come in handy for me at some point
☐ Not changed much

4. Do think you can apply what you have learnt from the leadership workshop to your life and also your family?

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5. Were you satisfied with the delivery of the Leadership workshop i.e. the topics covered, the place and time of delivery, the delivery method. Please tick the appropriate box indicating your level of satisfaction.

Positive Parenting	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Topics Covered					
Timing of the delivery of awareness session – was it appropriate for you?					
Venue of Meeting – was it accessible, comfortable and conducive to learning?					
Delivery Method used – lectures, group activities, case studies, role play, presentations,					

Section 5: Mental Health Well Being

1. After attending the workshop on Gender Based Violence, Substance Abuse, and Positive Parenting can you indicate how your participation in the workshop have affected you in the following ways.



MARY MACKILLOP *today*

	Improved a lot	Improved	Neutral	Still the same	No Improvement at all
Your Mental Well Being					
Your Self Esteem					
Managing stressful situations					

2. Do you feel that your participation in the workshops listed in Q1 have enabled you to gain more confidence to deal with the following issues. Please indicate:

	Very Confident	Confident	Neutral	A little confident	No confidence at all
Confident and Courageous to call out, report and raise alarm on perpetrators of Domestic Violence					
Have the strength mentally and physically to confidentially challenge and put a stop to substance abuse in your life, family, and community					
Share your experience with other victims to help them heal and be able to help themselves					

Section 6: Facilitator Performance & Other Matters

1. Please rate the performance of the facilitator for the four workshops delivered on the following topics

Facilitators Performance	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Gender Awareness & Inclusivity, Positive Parenting, Leadership, Environment Awareness & Sustainability					
Knowledge on topic					
Was the presentation clear?					
Did you find the methods used to deliver workshop engaging? E.g. group exercise, presentations of findings?					
Was there sufficient time given for question-and-answer time?					



MARY MACKILLOP *today*

Were you able to freely interact with the facilitator with your questions or discuss matters that was of interest to you?					
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2. Are there any other areas that you feel is important to the community in terms of support through workshops and awareness programs?

- ☐ Mental health, trauma and suicide
- ☐ Legal right
- ☐ Counselling
- ☐ Counselling
- ☐ Selfcare/wellbeing
- ☐ Financial management
- ☐ Business skills
- ☐ Income generating workshops
- ☐ Disaster Risk Management
- ☐ Gender Responsive Budgeting
- ☐ Farming as a business

3. Is there any other comments, points, matters, or advice that you would like to mention in relation to the four workshops that you have attended?

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Survey: Evaluation

BIRTH Fiji Community Strengthening Program

Tomuka Settlement

Please tell us a little information about yourself. This information is anonymous and does not require any identifying information.

Section 1: Demographic Information

4. **Age:** _____ **Name:** _____

18-24 years	25-34years	35-44 years	45-54 years	55-64 years	65+ years

Race:

☐ I-Taukeis

☐ Indo-Fijian

☐ Pacific Islander

5. Gender:

☐ Female

☐ Non-binary

☐ Other

☐ Male

☐ Transgender

☐ Prefer not to say

6. Disability Status:

☐ Yes

☐ No

If yes, specify type of disability _____

7. Current Living Situation:

☐ Alone

☐ With Partner

☐ Shelter

☐ With Family

☐ Institution

☐ Other

8. Marital status:

☐ Married

☐ Divorced

☐ Single

☐ Widow

☐ Other



9. No# of children in the household

Section 2: Gender Based Violence

9. Did you attend the Gender Based Violence workshop conducted by BIRTH Fiji on the 06 May, 2025?

☐ Yes

☐ No

10. Is Gender Based Violence an issue of concern in your community?

☐ Yes

☐ No

11. Have there been any other similar Gender Based Violence awareness workshops/programs delivered in your community in the past?

☐ Yes

☐ No

If yes, please identify which other organisation delivered it and did you also attend it?

.....

12. On a scale 1 to 5 – 1 being the highest and 5 being the lowest – can you rate the relevance of the workshop content on Gender Based Violence delivered by BIRTH Fiji to you and to your community?

You as an individual

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To your community

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

13. Has your knowledge and awareness level improved after attending the Gender Based Violence workshop?

☐ Yes

☐ No

If yes, in what ways?

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If no, please tell us why and how we can improve and/or add on to this workshop?

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14. After attending this workshop, are you confident enough to handle a Gender Based Violence situation that you may across in your community?

☐ Yes

☐ No

15. Were you satisfied with the delivery of the workshop i.e. the topics covered, the place and time of delivery, the delivery method. Please tick the appropriate box indicating your level of satisfaction.

Gender Based Violence	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Topics Covered					
Session 1: Understanding Gender					
Session 2: What is Gender Based Violence					
Session 3: Myths and Beliefs Around GBV					
Session 4: The Impact GBV					
Session 5: How can we Respond					
Timing of the delivery of awareness session – was it appropriate for you?					
Venue of Meeting – was it accessible, comfortable and conducive to learning?					
Delivery Method used – lectures, group activities, case studies, role play, presentations,					

16. Have you been able to apply what you have learnt from this workshop to your daily live? Tick the appropriate boxes.

- ☐ Assisted someone in the community facing GBV
- ☐ Shared what I learnt from the workshop with my peers, family, friends, relatives
- ☐ Went on further to learn more about this topic through social media, research, attending more training
- ☐ Participated in further events relating to GBV



Add more responses

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Section 3: Positive Parenting

9. Did you participate in the Positive Parenting workshop held on 05 May, 2025?

☐ Yes ☐ No

10. How many children do you have? and under what age group do they fall under?

No of Children:

----- 1 = 5 years old 6 – 17 years old 18 – 21 years old

11. Did the workshop on positive parenting added value to your existing parenting skills

☐ Yes ☐ No

12. How would you rate the delivery of the positive parenting workshop?

- ☐ Very Good, I learnt a lot from it
- ☐ I am only here to learn new information about parenting skills
- ☐ I am already aware and implementing topics covered in my parenting skills
- ☐ The information shared helped me learn new parenting skills
- ☐ The information taught was not useful to me

13. Was the workshop on positive parenting relevant to your situation and have you been able to apply what you have learnt to improving your parenting skills?

☐ Yes ☐ No

14. Were you satisfied with the delivery of the positive parenting workshop i.e. the topics covered, the place and time of delivery, the delivery method. Please tick the appropriate box indicating your level of satisfaction.

Positive Parenting	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Topics Covered					



Session 1: Understanding Our Children					
Session 2: Parenting with Love and Boundaries					
Timing of the delivery of awareness session – was it appropriate for you?					
Venue of Meeting – was it accessible, comfortable and conducive to learning?					
Delivery Method used – lectures, group activities, case studies, role play, presentations,					

15. How have your relationship with your children changed since attending this workshop and practicing some of the new parenting skills.

- ☐ Improved Significantly
- ☐ Improved Slightly
- ☐ Still the Same
- ☐ Have not improved
- ☐ Have not really practiced any of the new information learnt from positive parenting skills
- ☐ No Comments

16. Can you describe if there has been any positive change in your relationship with your children after attending and implementing what you have learnt from this workshop?

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Section 3: Environment Management & Sustainability

7. Did you participate in the Environment Management & Sustainability workshop held on 08 May, 2025?

- ☐ Yes ☐ No

8. What are some of common environmental management challenge in your community?

- ☐ Lack of rubbish collection services
- ☐ Lack of knowledge in the community of ways to manage household waste and rubbish
- ☐ Littering in the settlement and common area for communal gathering
- ☐ Proper management of household wastes



☐ Unplanned removal and cutting down of trees

9. Do you think disposal of wastes that affect communal well-being is a problem in your community?

☐ Yes ☐ No

If yes, why?

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10. After attending the Environmental Management & Sustainability workshop, how have your views on managing wastes & rubbish changed?

- ☐ Improved Significantly and I am now aware of options available in managing waste
- ☐ Somewhat improved – I was already implementing the use of 3 Rs
- ☐ I was aware of the 3Rs but never implement it, now I know its importance and will be using it
- ☐ I do not think that my community have any issue with waste management.
- ☐ Not changed much

11. Have you been able to apply what you have learnt from the Environmental Management & Sustainability workshop to your life and also your family?

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12. Were you satisfied with the delivery of the Environmental Management & Sustainability workshop i.e. the topics covered, the place and time of delivery, the delivery method. Please tick the appropriate box indicating your level of satisfaction.

Positive Parenting	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Topics Covered					
Session 1: What is Environmental Sustainability?					



Session 2: Understanding the 3Rs – Reduce, Reuse, Recycle					
Session 3: Session 3: Turning Waste into Wealth					
Session 4: Final Reflection & Community Action Plan					
Timing of the delivery of awareness session – was it appropriate for you?					
Venue of Meeting – was it accessible, comfortable and conducive to learning?					
Delivery Method used – lectures, group activities, case studies, role play, presentations,					



Section 4: Substance Abuse

1. Did you participate in the Substance Abuse workshop held on 07 May, 2025?

☐ Yes ☐ No

2. Is Substance Abuse a problem in your community?

☐ Yes ☐ No

3. Did you find the workshop on Substance Abuse useful for you?

☐ Yes ☐ No

If yes, why?

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4. Has there been any change to your lifestyle after attending this workshop on Substance Abuse?

- ☐ Improved Significantly
- ☐ Somewhat improved – I still use certain substances for stress relieve or to mingle with friends (kava)
- ☐ No change
- ☐ I am glad to have been made aware on the effects of substance abuse however my lifestyle still remains the same
- ☐ I still prefer to use certain substances for entertainment only

5. Have you been able to apply what you have learnt from the Substance Abuse workshop to your life and also your family?

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6. Were you satisfied with the delivery of the Substance Abuse workshop i.e. the topics covered, the place and time of delivery, the delivery method. Please tick the appropriate box indicating your level of satisfaction.

Positive Parenting	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Topics Covered					
Session 1: What is a Substance?					
Session 2: What Substances Do to the Brain and Body?					
Session 3: Session 3: Effects on Families					
Session 4: How to help Someone?					
Timing of the delivery of awareness session – was it appropriate for you?					
Venue of Meeting – was it accessible, comfortable and conducive to learning?					
Delivery Method used – lectures, group activities, case studies, role play, presentations,					

7. Have you been able to apply what you have learnt from this workshop to assist someone in your community that suffers from Substance Abuse?

☐ Yes ☐ No

In what ways?

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Section 5: Mental Health Well Being

3. After attending the workshop on Gender Based Violence, Substance Abuse, and Positive Parenting can you indicate how your participation in the workshop have affected you in the following ways.

	Improved a lot	Improved	Neutral	Still the same	No Improvement at all
Your Mental Well Being					
Your Self Esteem					
Managing stressful situations					

4. Do you feel that your participation in the workshops listed in Q1 have enabled you to gain more confidence to deal with the following issues. Please indicate:

	Very Confident	Confident	Neutral	A little confident	No confidence at all
Confident and Courageous to call out, report and raise alarm on perpetrators of Domestic Violence					
Have the strength mentally and physically to confidentially challenge and put a stop to substance abuse in your life, family, and community					
Share your experience with other victims to help them heal and be able to help themselves					

Section 6: Facilitator Performance & Other Matters

4. Please rate the performance of the facilitator for the four workshops delivered on the following topics

Facilitators Performance	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Gender Based Violence, Positive Parenting, Substance Abuse, Environment Awareness & Sustainability					
Knowledge on topic					
Was the presentation clear?					
Did you find the methods used to deliver workshop engaging? E.g. group exercise, presentations of findings?					
Was there sufficient time given for question-and-answer time?					
Were you able to freely interact with the facilitator with your questions or discuss matters that was of interest to you?					

5. Are there any other areas that you feel is important to the community in terms of support through workshops and awareness programs?

- ☐ Mental health, trauma and suicide
- ☐ Legal right
- ☐ Counselling
- ☐ Counselling
- ☐ Selfcare/wellbeing
- ☐ Financial management
- ☐ Business skills
- ☐ Income generating workshops
- ☐ Disaster Risk Management
- ☐ Gender Responsive Budgeting
- ☐ Farming as a business

6. Is there any other comments, points, matters, or advice that you would like to mention in relation to the four workshops that you have attended?



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