



SINGLE  
PARENTS'  
CENTRE



## HOW WE ARE HELPING – THE ACTIVITY OF THE SINGLE PARENTS CENTRE DURING THE EMERGENCY SITUATION

**During the time since the emergency situation was announced the difficulties of single parent families have multiplied and the problems that caused hardship before have increased:**

- many families have got into a hopeless situation due to the fact that parents have lost their employment, either temporarily or fully
- early isolation increasingly hits single parent families
- grandparents' earlier help – where it existed – has stopped and what were meant to be tasks for two people turned into ones for several, which a single parent alone now bears the burden of
- parents working from home can often do their job, as well as teaching and entertaining their children at the same time only with difficulty parents' mental endurance is reduced in these difficult times



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*"Most projects of this NGO can be accessed online, but now they are trying to mobilize more support than earlier and especially provide spiritual support."*

*(forbes.hu)*

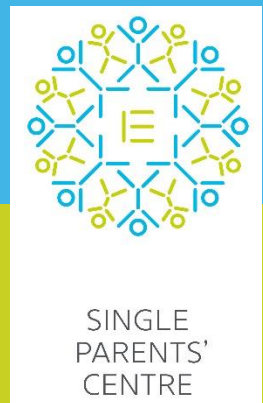
**Families have turned to the Centre with the following problems during the emergency situation:**

- parents having lost their jobs have found themselves in an extremely difficult situation a rather large proportion of single parent families live in rented accommodation and since a single parent is the breadwinner, one salary does not allow them to have savings which could provide a bridging solution under the circumstances
- without any income that could ensure the family's livelihood, they would need food and support
- it is difficult for parents working from home 8 hours a day to devote time to the children – to entertain and play with children of nursery school age and help older ones with their studies
- many families do not have suitable IT equipment; they do not have at their disposal either laptops or tablets for online education
- many parents continue to require assistance with legal matters, psychological difficulties and spiritual deadlocks
- the question what would happen to their children if they were in hospital due to Covid-19 arises in many parents
- they are very isolated, lonely and often feel they are in a hopeless situation
- following the lockdown, many parents wondered what should happen about access for the other parent in this situation; many fear for their children because of the danger of infection, and worry that their children may not be returned by the other parent in case of a possible curfew.

## CHANGES AFTER THE ANOUNCEMENT OF THE EMERGENCY SITUATION

**The Centre has adapted to the situation as soon as possible, therefore:**

- the majority of the Single Parents Centre's services have been made available online
- we have surveyed what families are mostly in need of
- a database has been created about the possibilities the government, and the local authorities of towns and districts in Budapest provide
- new services have been launched
- we have reinforced our charitable activity
- we have announced opportunities for support both in Budapest and outside with the cooperation of our regional communities



## OUR SERVICES DURING THE STATE OF EMERGENCY

### 1. We are continuing

- legal assistance
- coaching
- psychological counselling
- helping conversations
- employment placement and job seeking, interest in which has grown in the present situation

### 2. The Centre provides help with

- **food parcels for families in need in Budapest and nationwide**
  - from the first days of the emergency situation we have provided more than six tons of food for families who had to face financial problems with regards to buying food; we are continuously sending food parcels weekly
- **laptops for families in need**
  - we have presented donated laptops to close to 100 families so that the children – altogether more than 250 – can participate in online education;
- **daily updated information about services on duty rotas and free children's meals**
  - our website presents a continuously updated database about where the district authorities in Budapest and the county municipalities provide locations with duty rotas and what local support they are giving to single parent families, as well as where families in need can get free children's meals.
- **collections of donations**
  - we have intensively launched a campaign to collect donations in order to help as many families as possible with food, cleaning materials and laptops

### 3. We respond to needs, strengthen our old communities and create new ones with

- **new services**
  - online learning of seven school subjects for children with the help of qualified teachers
  - stress-relieving conversations
  - time for yourself in isolation
  - language development preparation for school
  - online yoga
- **new channels**
  - information videos about issues affecting single parents



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*"The Single Parents Centre continues to help single parent families. They haven't let go of our hands even in this situation. I suggest you approach them."*

*(Facebook comment by a single parent)*