



Keraky

THE ANDREAS SOFOCLEOUS
CENTER FOR THE PROVISION
OF SOCIAL SERVICES



Βασιλική Καραγιάννη, Τεχνολογία Ανάπτυξης, 2011

Overall Activity Report

ΕΝΩΝΟΥΜΕ ΤΑ ΧΕΡΙΑ ΧΤΙΖΟΥΜΕ ΧΑΡΑ

JOINING HANDS CONSTRUCTING JOY

UNIENDO NUESTRAS MANOS CONSTRUIMOS FELICIDAD

ВМЕСТЕ СТРОИМ РАДОСТЬ

www.sofocleousfoundation.org



Keraky
THE ANDREAS SOFOCLEOUS
CENTER FOR THE PROVISION
OF SOCIAL SERVICES

The Centre for the Provision of Social Services Andreas Sofocleous "Kepaky" is a nongovernmental charitable foundation registered with the Associations and Foundations Law of 1972 with registration no. 268.

Inspirer and Founder of our Foundation is the Lawyer Andreas Sofocleous. The foundation is run by a Board of Directors in which participate fresh people offering voluntary services.

Our aim is to make use of the foundation's capabilities to improve the quality of life of those who are in need, by contributing and raising awareness of various problems and by raising the importance of volunteer work in society.



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FROM THE PRESIDENT

Dear Friends,

A characteristic of our times is the fast-paced world in which we are all living in. This prevents us from looking at the very essence of life and at those who might need our attention.

Kepakky is a social act aiming to become a station of love and humanity. It is the initiative of a group of active citizens who believe that volunteering and contributing to society are neither a privilege, nor a trend, but a philosophy of life which elevates the spirit of every person.

We invite you to join hands with us to identify yourselves with Kepakky's work, and together we can find the way to contribute and enjoy the satisfying rewards of the incredible world of helping those in need and bringing development to our society.

The world is becoming more intolerant and violent. However, young people are the most important force of change and this is why we should prepare them and work with them to make them realise their potential.

Xenophobia and homophobia individualise and isolate the young man, making him aggressive. And while the phenomenon of marginalisation is reciprocal -from the minority towards the majority and vice-versa- respectful, harmonious, equitable integration, is our goal.

Enhancing and understanding diversity and incorporating the cultural differences in our society will promote a society of peaceful coexistence and will increase our expectations of development and coexistence on earth.

Yours sincerely,

Asusena Sofocleous

President of the Board



MISSION AND VISION

THE IMPORTANCE OF GIVING

The Social Services Provision Center Andreas Sofocleous, or otherwise known as "Kepaky", is a non-profit, non-governmental volunteering organization which is run by a Board of Administrators. It was officially founded in 2008. It is an initiative of the Managing Director of Andreas Sofocleous Group of Companies, Mr. Andreas Sofocleous, following a series of previous charitable acts concerning youth, education, culture and sports.

Our aim is to improve the quality of life of those who are in need and especially for young people by raising awareness of the various problems they are encountering through campaigns and actions. Our mission is to offer a helping hand to young people who feel marginalised in this society and promote equal opportunities for everyone.

Our work expands in 6 main areas:

Promotion of equal opportunities and human rights; Social inclusion of marginalised people and people with disabilities; Educational opportunities and scholarships; Psychological support; Raising social and environmental consciousness; Provision of relief goods to people in need. Our 2016 activities in each of these areas are described in this report.

MAIN AREAS OF ACTIVITY

-  Promotion of equal opportunities and human rights
-  Social inclusion of marginalised people and people with disabilities
-  Educational opportunities and scholarships
-  Psychological support
-  Raising social and environmental consciousness
-  Provision of relief goods to children and young people in need

PSYCHOLOGICAL SUPPORT IN SCHOOLS

Young people are going to shape the future of our society and for a healthy society we need to foster a healthy young generation. Given this, we have established the programme “A helping hand for youth”. Part of this programme is the free provision of Psychological Support in High Schools in Limassol, Cyprus, since 2013. The need emerged after the realisation that the demand for psychological support in public High Schools was much higher than the human resources available to cover this need.

Psychological support is an integral part of social cohesion and social inclusion of young people, people with disabilities and it is of utmost importance when it comes in eliminating social inequalities. Thus, since Kepaky has always been trying to respond to the needs of young people, teenagers and students, 2016 was the third year in a row that Kepaky offered these services for free to cover the needs of the educational system in Cyprus.

Psychological support is offered by our Educational Psychologist in groups or individually. The problems the educational psychologist is dealing with are



Psychological support



Promotion of equal opportunities and human rights



Social inclusion of marginalised people and people with disabilities

often related to marginalisation, bullying and social exclusion due to ethnicity, sexual orientation and religion, family problems and violence at home, physical or verbal abuse, safety matters and use of illegal substances in their family environment, cyber bullying and socio-economic difficulties. All these result in behavioural problems, depression, feelings of rejection, anxiety, anger, victimisation, fear, insecurity, lack of concentration and poor school performance, young delinquency, usage of addictive substances and development of addictive relationships.

At the same time, the educational psychologist is in direct contact with the school teachers, exchanging ideas and providing guidance on how to approach students experiencing these problems. Sessions were organised for the teachers on how to handle their class and students' behaviour to achieve a communication between students and teachers and to help teachers identify when a young person is in need

for help. In some cases, there was also parenting counselling on how to handle their child during adolescence and what to do to help them.

The educational psychologist has also offered experiential workshops on Anger Management (Transforming Anger into Inner Strength). After the completion of the full cycle of the workshops, the students had the opportunity to identify and express their feelings. They learnt how to identify signs of anger, to realise the importance of internal monologue and how to manage their anger through simple techniques.

Through this initiative positive and promising signs emerge: not only young people are being helped, but also the school is becoming more efficient and proactive.

These actions are having a direct effect in young people's soul. Catering for the mental health and a healthy environment for youth, we are furthering education and their social inclusion and -at a later stage- their smooth entrance in the labour market.



Erfan Mohsen (17 years old)

Piece of art from the competition "The environment in our hands" (2016)

SOCIAL INCLUSION: ANTI-BULLYING CAMPAIGN

We have realised through the provision of psychological support that social exclusion and child poverty can lead to a waste of potential that Europe's ageing societies cannot afford. Children growing up in social exclusion, because of their ethnicity, race, religion, sexual preference, social class, etc., are less likely than their better-off peers to do well at school, enjoy good health and realise their full potential later in life, as the risk of becoming unemployed and poor and socially excluded is higher for them.

For this reason, in 2016 Kepaky has organised the programme "Don't be a bully, be a friend, bullying is for losers", through which several sessions are being delivered in schools on bullying, social inclusion, mutual understanding and prevention of violence to enhance students understanding of what is considered to be "the other".

An educational psychologist together with professional footballers from AEL Football Club visited multiple schools in Limassol, to talk about bullying and social inclusion.

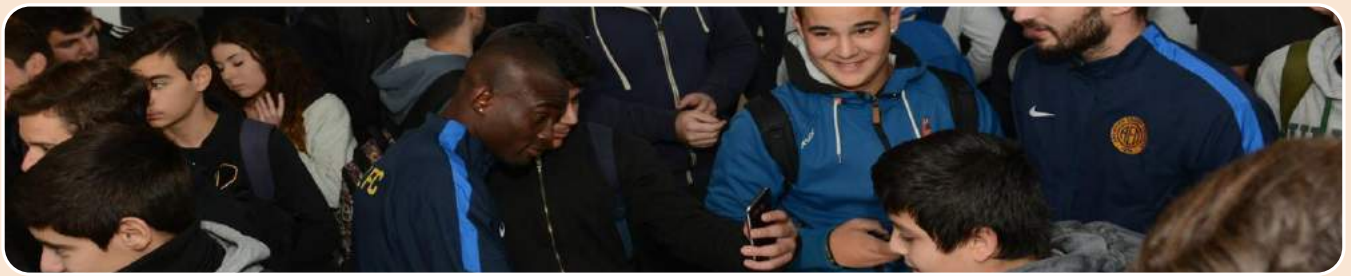
Kepaky and AEL Football Club have established a strong cooperation, trying to promote understanding, fair play, engagement with sports to convey values of fair play and team spirit. The aim of these sessions is to address discipline and health issues, tackle racism, enhance young people's personal development, problem solving skills and self-esteem, explain to them how to accept and follow rules, how to deal with victory and defeat, explain hooliganism and violence and how to avoid them.



Social inclusion of marginalised people and people with disabilities



Promotion of equal opportunities and human rights



Anti-bullying campaign in schools (2016)



SOCIAL INCLUSION: SUPPORT TO CHILDREN AND YOUNG PEOPLE WITH AUTISM

Kepakky has already made its presence known in the field of Autism, always working closely with the Cyprus Autistic Association. Its largest achievement with regards to Autism is creating and equipping the Model Centre for Occupation, Care and Treatment. As of October 2010, Kepaky handed over the management of the Centre to the Cyprus Autistic Association.

Following this, and having observed the need for parental awareness in terms of legislation, provision, grants and other rights, Kepaky took the initiative to create a guidebook. Specifically, the guidebook contains useful information with a special focus on treatments, services, legislation, European Union documents, the rights of these individuals and the procedures necessary to claim these benefits.

The first guidebook was prepared after performing social research, which was conducted methodically and professionally by the sociologists of our foundation. At the initial stages, qualitative research was conducted to confirm the empirical knowledge of the foundation and to gather further information, which required personal interviews with special therapists, doctors, government workers and parents of children with autism. The information gathered was categorized and split into separate units. The information in each unit which has been rechecked was obtained from reliable, scientific sources.



Social inclusion of marginalised people and people with disabilities



Promotion of equal opportunities and human rights

As the first year since the creation of the guidebook came to an end, and after communicating with the relevant services, we observed that a lot of the information needed to be amended. After all, this was to be expected, since our aim was to

review the guidebook in order for it to be up-to-date with new empirical data. And so began the process of revising the guidebook.

Keeping in mind the significance of the literature, the new information was derived from various, very recent, valid and reliable sources from within the last years. At the same time, aiming to improve the guidebook in the best way possible, we combined a professional way of writing with a simpler one, by including tables illustrating the main points of each subsection. The point of this adjustment was to make the guidebook as useful and as accessible to both parents, and professionals who work with these disorders.

A very pleasant fact, which comes from dealing with the topic of Autism over the last years and particularly through creating this guidebook, is the experience and knowledge that Kepaky has gained on ASD. The result of this experience is that the Foundation has become a beacon which receives this information and emits it outwards, in the form of a very reliable document.

The guidebook is available online in order to be accessible to all.



SOCIAL INCLUSION: PEOPLE WITH DISABILITIES

Since its establishment, the Foundation has always been supportive towards people with disabilities and any initiative enhances equal opportunities and upgrade in the health sector. For this reason, from 2011 to 2013, the Foundation hired a Social Worker for the Daily Care and Activity programme, AmEA "Ikaros", in Pelendri village. The programme was one of the Social Services Contributions of the Council of Community Volunteerism of Pelendri and it was addressed to adults who encountered mental health issues. The programme had a community character, covering 8 regional nearby communities.

In 2014 Kepaky created a raising awareness clip on "Accessibility in the city", in collaboration with the European Social Forum and the Cyprus Paraplegics Association. Kepaky, with a group of disabled people, old people, mothers with their children in baby strollers, and with the support of actors and the city mayor, organised a walk in the city, where they discovered and videotaped various problems encountered by these people during an everyday walk. In parallel, leaflets and stickers were distributed to passers-by during the walk and a big raising awareness campaign was organised in social media on "Accessibility in the city". The raising awareness clip was distributed widely on social media and on our website.



Social inclusion of marginalised people and people with disabilities



Promotion of equal opportunities and human rights

RAISING SOCIAL AND ENVIRONMENTAL CONSCIOUSNESS

We strongly believe that the way we behave towards the environment depicts the way we behave towards others. With this in mind, any action for environmental preservation and for raising environmental consciousness, becomes a matter of social concern and of social reform.



Raising social and environmental consciousness

For this reason, the aim of 2016 was the enhancement of environmental consciousness in young people. For this reason, Kepaky established a national artistic competition, under the auspices of the Ministry of Education and Culture in Cyprus, on the subject: "The environment in our hands", for people aged 15 to 20. Young people could compete in one of the following categories:

- Art
- Photography
- Graffiti
- Short Film
- Poems



The active response from young people across the island of Cyprus astonished us and the messages carried out through the pieces of art, gave us hope for the future, for a better treatment of our surrounding environment in the future.

Excellent pieces of art have been submitted and 3 participations -one for each category- were selected and awarded in a ceremony organised by Kepaky in December 2016.



Eva Pitsothanasi (16 years old)

Piece of art from the competition "The environment in our hands" (2016)

PROVISION OF RELIEF GOODS TO CHILDREN AND YOUNG PEOPLE IN NEED

We cannot ask from young people to educate themselves, to care about the environment, to have a good attitude towards others, if we don't first cater for their primary needs: food and clothes. When their basic needs for food and clothes are not covered. It is a matter of priorities.

For this reason, through the programme "A helping hand for youth", the organisation is offering vouchers for food, clothes, footwear and stationery to students in need. A small ceremony is organised in the headquarters of the organisation to hand over the vouchers to the schools' representatives with an encouraging message to the students receiving this.

Kepaky organised several fundraising events throughout the year, for this very reason: collection of money to provide relief goods to children and young people in need. The fundraising activities are organised based on the culture of Cyprus and aim at tackling issues that correspond to the cultural identity of Cypriots. For this very reason Kepaky has organised a carnival party, a Christmas tea event, blood donation, fundraising sports activities, etc. These events are organised for funding our activities and are organised after consideration of the citizens' needs.

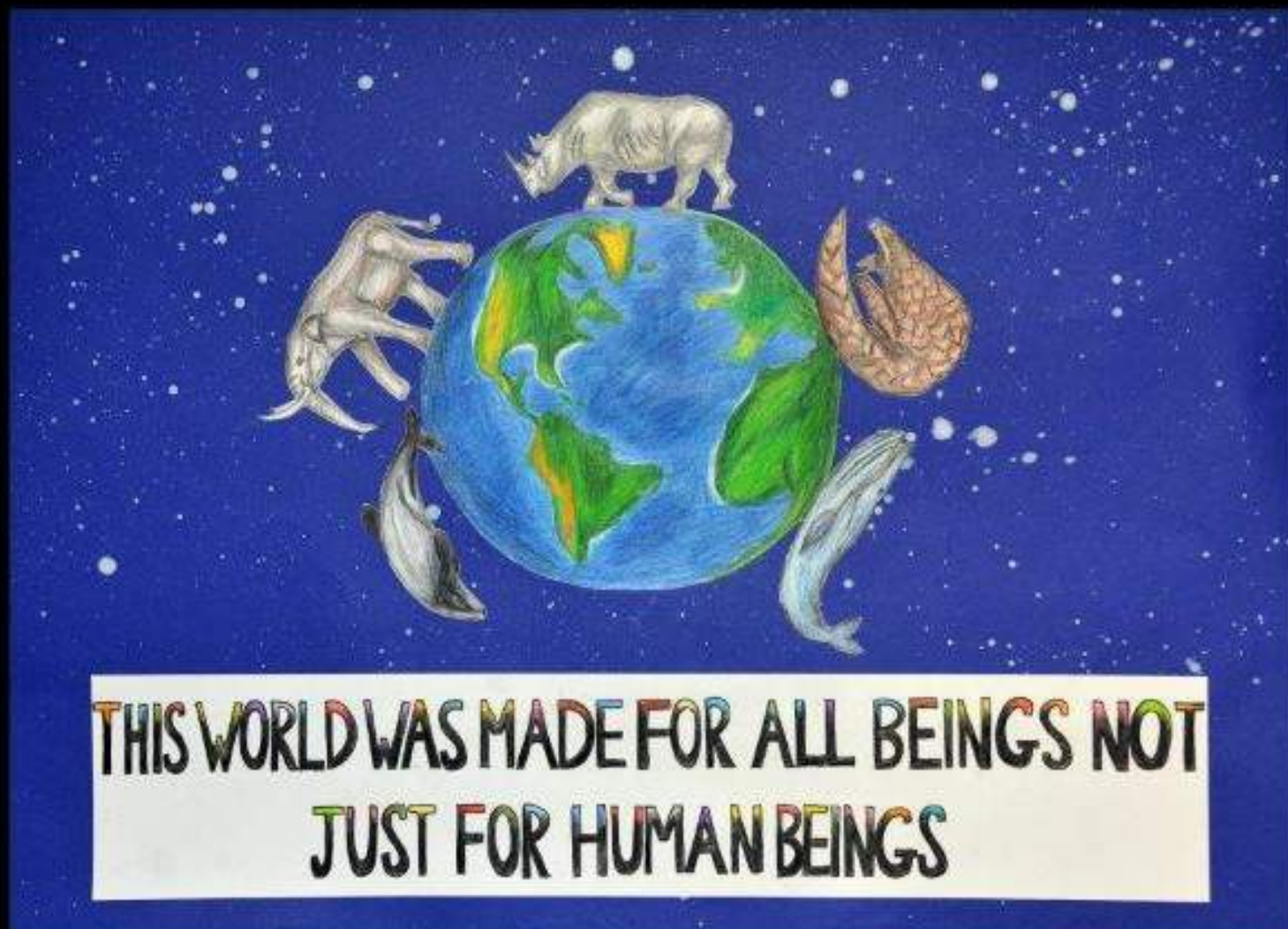
In cooperation with AEL Football Club, Kepaky donated 10 laptops to young people members of the Academy of AEL whose parents are unemployed and their families are in the risk of poverty.

Since 2012, when this action was established, more than 300 coupons, relief goods and gifts have been donated to children and young people in need, worth o

"Kepaky Foundation, a volunteer, non-profit NGO, is asking you to kindly accept this helping hand. On this occasion, we would like to encourage you to carry on your hard work for a better future, through education and always keep in mind that in this society there are people who might not know you personally, but do care about you."



Provision of relief goods to children and young people in need



Endangered species - Kosovan Katalina (17 years old)

Piece of art from the competition "The environment in our hands" (2016)

EDUCATIONAL OPPORTUNITIES AND SCHOLARSHIPS

As part of the programme “A helping hand for youth”, once a year Kepaky is offering scholarships to students who are facing socio-economic difficulties, aiming at helping them to follow undergraduate studies. This is an annual procedure and young people who are interested in applying, must fill in a form -which can be found in our website (www.sofocleousfoundation.org) and our Facebook profile. Applications are accepted until mid-September and after being evaluated by the Board of Directors, the decision is announced in October.



Educational opportunities and scholarships

Since 2011, more than 75 students have been benefited from these scholarships, and the amount offered surpassed €85.000,00.

We believe that this is a way to help students who experience unfavourable conditions in life to receive a float and start their education, which will open up a better future for them.



CULTURAL EVENTS

The core pillar of our activities is culture, hence for reaching our priorities and cultural events are organised for reaching the priorities of the Foundation.

All cultural events are closely related to the culture and lifestyle of Cypriots and they aim at eliminating racial, sexual and social discriminations, promoting equal rights and social integration of people with disabilities, providing psychological support to young people, enhancing people's cultural, environmental and social consciousness and providing opportunities to disadvantaged young people. Kepaky is eavesdropping on social cues, identifying the needs of society and responding to them with cultural activities.

In 2016, Kepaky organised for fourth consecutive year its annual carnival party. All revenues of the party were donated for supporting disadvantaged school and college students. Carnival is the trademark of Limassol, the hometown of Kepaky and for this very reason, the Foundation could not have been left out from this big cultural feast of the city.

Sport camps were also organised by Kepaky in the past, aiming at familiarising young people with various sports and combining these with sessions on bullying, anti-discrimination, addictive substances, safe driving, hooliganism and violence, etc. Among these, Kepaky organises a blood donation at least once a year.

-  Promotion of equal opportunities and human rights
-  Social inclusion of marginalised people and people with disabilities
-  Provision of relief goods to children and young people in need
-  Raising social and environmental consciousness
-  Educational opportunities and scholarships

In Christmas 2016 and within the environmental campaign, Kepaky organised a Christmas event with the participation of the choir of the Electricity Authority of Cyprus and with many actors. A Christmas bazaar was also held during the event, with handcrafts made by volunteers, trees available for planting, as well as an exhibition of the pieces of art of all young people participating in the competition "The environment in our hands" and an award ceremony of the winners.

Furthermore, since its establishment, Kepaky has organised three big festivals for children, young people, adults and older people, offering quality time to the whole family, fostering the social institution of family. Around 100 volunteers disseminated the message in the importance of volunteerism, supporting the organisation of activities that aimed at the projection of our customs and our culture, together with the promotion of social messages. These festivals were crowned with success, engaging the local community, artistic youth groups, dance and sport groups of young people, etc.

Our work is always encouraged when we see that people from the public scene are supporting our work. In 2015, in collaboration with MohoArt Gallery and more than 40 artists, including big names of the national artistic scene -such as Philippos Yiapanis, Nikos Kouroussis, Michael Ebanoidze, Lia Lapithi- Kepaky organised an art exhibition, supporting our endeavours, donating part or all revenues of the sales of their pieces of art.

Political personalities and artists have expressed their trust and sympathy to our work with their presence in our events and their interest in the activities and priorities of the Foundation. Their presence creates a positive impact to others, as many see them as role models and this helps us to establish our work in the Cypriot society. From the spouse of the President of the Republic of Cyprus, to politicians, artists, famous athletes in Cypriot teams, they are all always supporting our work, making it easier for us to reach people and make an impact to young people.



OUR EVENTS OVER TIME AT A GLANCE



Theatre
Play on
Central
Limassol
scene

Award
ceremony of
the competition
"The
environment in
our Hands"



Exhibition of
NGOs with
the president
of volunteer
organisations
of Cyprus

Award
ceremony of
the competition
"The
environment in
our Hands"



Exhibition opening,
held by Mrs Andri
Anastasiades,
spouse of the
President of the
Republic of Cyprus

Christmas
event



Cultural
Festival, with
participation
of youth
dance
schools

Youth
festival



FRIENDS OF KEPAKY



KepakY is deeply grateful for the generous contributions of the friends of Kepaky, whose support significantly enabled us to help so many people and have a positive impact to the lives of young people.

Adamos Adamides
Akis Vryonides
Alexia Koni
Amalia Hadjipapa
Andreas Frangos
Andreas Georgiou
Andreas Kyriacou
Andreas Marangos
Andreas Panteli
Andreas Paschalidis
Andreas Pasias
Andreas Sofocleous
Andri Aristidou
Andri Hadjicharalambous
Andri Loizidou
Andri Louroutziati Soutzi
Andri Michaelidou
Andri Papadopoulou
Andri Stavrou
Andria Alexandrou
Andriana Adamidou
Angela Pissouriou
Anna Christodoulou
Anna Christou Ioannou
Anna Korelidou
Anna Michael
Anthi Mavrou
Anthi Michael

Anthi Mixail
Antigoni Tryfonos
Antonia Kallinikou
Antonia Tsoukka
Antonis Antoniou
Antonis Soutzis
Antreas Charalambous
Aphroditi Charalambous
Apollon Kapodistrias
Asousena Sofocleous
Athina Giallourou
Barbara Loyal
Charalambos Charalambous
Charalambos Kekkos
Chloe Hadjittophi
Christakis Evlavis
Christiana Loizou
Christina Antoniadou
Christina Argyrou
Christina Charalambous
Christina Christophoridou
Christina Economou
Christina Kontemeniotou
Christina Michaelidou
Christina Roumba
Christos Christou
Christos Lakkotripis
Christos Theodosiou
Chrysanthi Marangou
Chrysis Spyrou
Chrystalla Papatheodoutou
Constantinos Evangelides
Costas Kyprianides
Costas Vessiaris
Deana Rimi
Demetra Vika
Demetris Elia
Despo Sokratous
Dora Vakana
Efterpi Symeou
Electra Konnari
Elena Athanasiou
Elena Georgiadou
Elena Loizou

Elena Pitsillidou
Elena Pourgouri
Elena Savva
Elena Sofocleous
Elena Stephanidou
Eleni Kafkalia
Eleni Pyrga
Elia Nicolaou
Eli Marangou
Eli Papadopoulou
Emili Spiridonos
Emily Costa
Emily Malekkou
Evangelia Kounouni
Evangelou & Frantzis Developments
Evgenia Hadjikosti
Evgenia Kolia
Evgenia Koui
Evri Hadjikosti
Fani Chatzittofi
Fanoula Ashikki
Filippos Yiapatos
Frnaginos Theodorou
Fytoulla Kattami
George Georgiou
George Malekkidis
George Petris
George Poizis
George Swann
George Vrionides
Georgia Apostolidou
Georgia Georgiou
Georgia Mappoura
Georgia Zenonos
Georgina Maravi
Georgios Skembetzi
Gianna Trapezanidou
Guste Kuzmickaite
Hadjigaviel Natasa
Ioanna Demetriou
Iosifides George
Ioulia Korzhzk
Ioulia Sofocleous
Irene Poyiatzi
Ismini Kamilari
Kalia Pieri

Kalliopi Yiallourou
Katerina Agathokleous
Katerina Frantzi
Katerina Mavri
Katerina Polycarpou
Katia Parpi
Kings Jewellers
Konstantia Andronikou
Konstantinos Choraites
Kostas Evaggelou
Koula Mavromoustaki
Koulla Konstantinidou
Koulla Kyriakou
Kyriaki Aristeidou
Kyriakos Kakoullis
Kyriakos Theodorou
Lakis Arsiotis
Lefki Porakou
Leonidas Eracleous
Liana Marangou
Limassol Municipality
Lina Kitsiou
Litsa Charalambous
Loizou Louis
Loucas Christodoulides
Loucas Louca
Louiziana Konsalves
Loulla Athanasiou
Luba Andreou
Mairi Christofi
Makhonin
Margarita Hatzichristou
Margarita Marangou
Margarita Sofocleous
Maria Avgousti
Maria Erotokritou
Maria Georgiou
Maria Georgiou Hasapi
Maria Kafkalia
Maria Konstantinou
Maria Louisa Peraticou
Maria Neofytou
Maria Palaonta
Maria Tsangarides
Maria Vasiliou
Maria Violari

Marilena Morfaki
Marina Antis
Marina Konstantinou
Marina Lazarou
Marina Savvidou
Marinos Antoniou
Marinos Kritikos
Marinos Lazarou
Marios Demetriou
Marios Konnaris
Maro Alexandrou
Melina Mitsi
Mesogios Travel
Michael Kyprianou
Michaella Panteli
Michalakakis Nikolettos
Michalis Charalambous
Michalis Kipoura
Michalis Kounounis
Micheal Chatzisergis
Mikaella Kyprianou
Mixalis Theodorou
Nafsika Pouli
Nakis Anastasiou
Narkissos Aircon Ltd
Nicky Liasidou
Nicoletta Konstantinou
Nicos Socratous
Niki Hadjilyra
Niki Psilogenous
Nikolas Markantonis
Nikos Adamides
Odisseas Elissaiou
Olga Solomontos-Kountouri
Olympia Zinonos
Onisiforos Mavromoustaki
Pampos Kalopsidiotis
Panayi Christos
Panayiota Leonidou
Panayiotis Georgiou
Panayiotis Panayiotou
Panayiotis Psomas
Panicos Constantinou
Panicos Koursaris
Paraskevas Paraskeva
Paraskevoula Antoniou

Patroklos Theodoulou
Paulina Chrysostomou
Penelope Neofytou Nicolaou
Petros Hadjiloizou
Pinelope Zinoviou
Popi Savvidou
Popi Socratous
Rafailia Koutroulli
Ria Savvidou
Riginos Charalambous
Rikka Theodoulou
Savvas Neofytou
Savvas Perikleous
Savvoula Socratous
Sergios Sergiou
Socratis Loizidis
Socratis Metaxas
Sofocles Sofocleous
Sofoulis Vassiliades
Sokratis Poullis
Soteris Rallis
Sotiroulla Tsangari
Soula Nisiforou
Spyroulla Skordi
Stalo Chrysostomou
Stavroulla Christou
Stefani Marangou
Stefani Panayiotou
Stelios Petrides
Stella Myrianthous Iezekiel
Stella Pappou
Syndesmos Gonewn kai kidemonwn
Gymnasiou Agias Varvaras
Syndesmos Gonewn kai kidemonwn
Laniteiou Gymnasiou
Syndesmos Gonewn kai kidemonwn
Laniteiou Lykeiou
Takis Michael
Thekla Loizou
Thessalia Charalambous
Vaggelis Charalambous
Valentina Neoptoleμου
Valentina Yiallourou
Vaso Rousou
Vicky Michael
Vika Karamiuski
Vivian Theocharous

Xaris Foka
Xenia Kritikou
Y&M Tsangaris Ltd
Yermasoyeia Municipality
Yianna Trapezanidou
Yianna Violari
Yiannakis Tsiartas

Yiota Christofi
Yiota Hadjistrylli
Zoe Ioannou
Zoe Kounouni
Zoe Michael
Zoe Tapakoudi
Zornitsa Tsankova

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